



# GVPSSA Netball Rules



Updated 2011

## BALL

- Seniors - Size 5 Netball
- Juniors - Size 4 Netball

## TEAMS

- A team shall consist of 7 players - Goal Shouter, Goal Attack, Wing Attack, Centre, Wing Defence, Goal Defence, and Goal Keeper.
- A team may not take the court with fewer than 5 players.
- Playing positions may be changed when a substitution has taken place.
- A player, once substituted for, may take no further part in the game.
- Seniors may not play for the junior team; however, juniors may be substituted into the senior team if numbers are needed. These substitutions must be cleared with the umpire.
- If a junior player plays in the senior team, they may not play in the junior game that day.
- If a junior plays more than 2 games for the senior team, they must finish the rest of the season as a senior.

## TIME

- Seniors - 20 minutes per half.
- Juniors - 15 minutes per half.

## STARTING PLAY

- The centre with the pass starts with both feet inside the circle.
- The opposing Centre stands in the Centre third and is free to move in that area, but no closer than 0.9m from the closest foot of the other centre.
- All other players stand in the Goal third which is part of their playing area. These players may only enter the Centre Third after the whistle has been blown to start play.
- Play is started and restarted after each goal is scored with the players in the correct positions.
- Centre passes are taken alternatively by the 2 Centres throughout the game.
- When the umpire blows the whistle to start play, the Centre in possession of the ball must throw it within 3 seconds.

- JUNIOR MODIFICATION ~ may be in possession for 6 seconds.
- The Centre pass must be caught or touched by any player standing or landing wholly within the Centre Third.

### GAINING POSSESSION AND PASSING

- A player controlling the ball with 1 or 2 hands is considered to have possession of the ball.
- A player failing to catch the ball cleanly may bat or bounce the ball once to gain possession.
- A player in possession of the ball may throw or bounce it in any direction to another player.
- A player gaining possession of the ball must pass or shoot within 3 seconds.
- JUNIOR MODIFICATION ~ must pass or shoot within 6 seconds.
- A player may not:
  - a) kick, punch, roll or fall on the ball.
  - b) play the ball while lying, sitting or kneeling on the ground.
  - c) play the ball again after throwing it until it has been touched by another player, except after an unsuccessful shot for goal, providing the ball has touched some part of the goal post,
  - d) use the goal post as a support in recovering a ball going out of court.
  - e) touch the ball when it is in possession of another player.

### SHORT PASS

- At the moment the ball is passed on the court or at a throw in, there must be room for a third player to move between the hands of the thrower and those of the receiver.

### OVER A THIRD

- The ball may not be thrown over a complete third without being touched by a player in that third.
- The ball is out of court when it touches the ground, an object or a player in contact with the ground outside of the court.

### FOOTWORK

- One foot landing ~ if a player receives the ball with one foot grounded or jumps to catch and lands on one foot, the player may then....
  - a) step with the other foot, lift the landed foot and throw before the landed foot is regrounded.
  - b) pivot on the landed foot in any direction as many times as desired. The pivot foot may be lifted but not regrounded before the ball thrown.
  - c) jump from the landing foot onto the other foot and jump again but must throw or shoot the ball before regrounded either foot.
  - d) step with the non-landing foot but throw or shoot before regrounding either foot.

- Two foot landing - if a player catches the ball and lands on both feet simultaneously, the player may then
  - a) step with either foot in any direction, lift the other foot and throw or shoot before this foot is regrounded.
  - b) step with either foot in any direction any number of times pivoting on the other. the pivoting foot may be lifted but the player must throw or shoot before regrounded it.
  - c) jump from both feet onto either foot and throw or shoot before regrounded the other foot.
  - d) step with either foot, jump and throw the ball before regrounded either foot.
- A player in possession of the ball may not
  - a) drag or slide the landing foot.
  - b) hop on either foot.
  - c) jump from both feet and land on both feet unless the ball has been released before landing.
  - d) JUNIOR MODIFICATION - players may shuffle their feet to gain balance, but must not gain any distance.

### FREE PASS

- A free pass is awarded for any infringements on the court of all the rules above with the exception of the contact rule, obstruction rule, and simultaneous offences by two opposing players and interference with the goal post.
- A free pass may be taken by any player allowed in that area of the court.

### PENALTY PASS

- A penalty pass is awarded for infringements against a player under the rules of Obstruction or Contact.
- The player penalised for Obstruction or Contact must stand beside and at least 0.9m away from the player taking the penalty pass and must make no attempt to take part in the play until the ball has left the thrower's hand.
- A penalty may be taken by any player allowed in that area
- A Goal Shooter or Goal Attack taking a penalty pass in the Goal Circle may pass or shoot for goal.

### THE THROW IN

- When the ball goes out of the court, it is thrown in by an opponent of the team touching it last.
- The throw in is taken from the spot where the ball went out of the court.
- The player throwing the ball in shall wait for the umpire to call play and throw within the correct time.

## THE TOSS UP

- The toss up is used to put the ball into play when
  - a) opposing players simultaneously gain possession of the ball or knock the ball out of court.
  - b) the umpire is unable to determine the last player to touch the ball before going out of play.
  - c) opposing players are simultaneously off side with one in possession of the ball.
  - d) opposing players make simultaneous contact.
- The Toss up is taken on the court between the two opposing players involved as near as -possible to the place where the incident occurred.
- The two players stand facing each other and their own goal ends with arms straight and arms by their sides. Feet may be in any position, but 0.9m apart.
- The umpire shall flick the ball upwards between the two players. The ball should not go higher than 60cm.
- The ball may be caught or batted in any direction except AT the opposing player.
- Goal shooter or Goal attack may shoot for goal once gaining possession from a toss up in the circle.
- JUNIOR MODIFICATION - Players should not be stood out of play. The game is stopped while the mistake is explained and then play continues.

## OFF SIDE

- A player may not enter an area other than as defined in the official rules.
- A player may reach over into an offensive area to catch the ball providing no part of their body touches that area.
- If two players go offside simultaneously without possession of the ball no penalty is incurred.

## SCORING A GOAL

- A goal is scored when a ball is thrown or batted over and completely through the ring by the Goal Shooter or Goal Attack.
- Before shooting, the ball must be caught and held with no part of the shooters body in contact with the ground outside the circle.
- The shot must be made within the shooting circle which includes the lines.

## CONTACT

- A player may not accidentally or deliberately come into personal contact with an opponent.
- When attacking, a player may not push, trip or knock an opponent, throw the body against or rush an opponent, use the ball to push or contact an opponent.

- When defending, a player may not keep an elbow against, touch or hold an opponent or push or charge an opponent.

## OBSTRUCTION

- When defending an opponent, the defender must not be *less* than 0.9m from the player with the ball (This is measured from the nearest foot of the defender to the first landed foot of the attacker.)
- A defending player while remaining at the correct distance may attempt to intercept or defend the ball.
- A player may be within 0.9m of an opponent in possession, providing there is no attempt to defend and there is no interference with the opponent.
- A player may not defend an opponent without the ball by using outstretched arms from a distance of less than 0.9m. The defender may use outstretches arms to intercept a ball.
- A player may not use intimidating movements against an opponent with or without the ball.
- JUNIOR MODIFICATIONS ~ The G/K or G/D is not allowed to defend the shot for goal and players must defend at a distance no greater than 1.2m with strict "one on one" defence in all play.

## PENALTIES

- A penalty for an infringement of the rules is taken where the infringement took place.
- The umpire may decide to play an advantage and not stop play
- With all penalties, except the TOSS UP, any member of the opposing team may take the penalty providing they are allowed in that area of the court.
- The player taking the penalty has 3 seconds.
- JUNIOR MODIFICATION ~ The player taking the penalty has 6 seconds.