

Kumeu Gym Indoor Netball Rules

RULE 1 THE TEAM

- A. Each team consists of six (6) players. Teams may have a maximum of eight players and a minimum of five players.
- B. A team is comprised of: Two (2) Attack Players Two (2) Defence Players Two (2) Centre Players and Two (2) Substitute Players (Optional).
- C. Substitutions may be made at quarter, half or three-quarter time, and in the event of injury, illness or blood bin, only the injured, ill or blood-binned player(s) may be substituted.

RULE 2 MIXED TEAMS

- A. Each team consists of a maximum of three (3) males on court at any time.
- B. A male player must take up only one of each position, i.e. If you have three males: One male plays Attack, one male plays Defence and one male plays Centre.

RULE 3 DURATION OF THE GAME

- A. Round-robin games shall consist of four quarters of eight minutes each.
Quarter-time interval 30 seconds
Half-time interval 1 minutes
Three-quarter time interval 30 seconds
- B. An interval may be extended by an umpire to deal with an emergency.

RULE 4 PLAYING AREAS

- A. The court is divided into two halves, an attack half and a defence half. The nets surrounding the court are all considered part of the playing area.
- B. The playing area for the Two Attack players is entirely within the attack half for that quarter and includes the goal circle.
- C. The playing area for the Two Defence players is entirely within the defence half for that quarter and includes the goal circle.
- D. The playing area for the Two Centre players is the entire court with the exception of both goal circles.
- E. A standard netball is provided for your game and is leather or synthetic leather composition.

RULE 5 REFEREES

- A. The Centre shall provide the referee who shall control the game, operate the scoreboard and act as a timekeeper. The referee's interpretation of the rules shall be final and shall be given without appeal
- B. The ball shall be played live if it comes into contact with the referee during play. If such contact interferes with the course of the game, the umpire may decide to have a toss ball between two opposing players in that area of play.
- C. The Referees whistle shall:
 - a) Start and re-start the game at the beginning of each quarter.
 - b) End each period of play.
 - c) Indicate when a goal has been scored.
 - d) Indicate when an infringement of the rules has been made.
- D. The Referee shall:
 - a) Refrain from penalising an infringement of the rules when by doing so the non-offending team would be placed at a disadvantage. The Referee may call 'Advantage' or use hand signals to indicate an infringement has been observed but not penalised. Having blown the whistle for an infringement, the referee must award the penalty.
 - b) Not criticise or coach any team while playing a game in progress.
 - c) State the infringement and penalty and may use hand signals to clarify decisions.
 - d) Answer questions regarding clarification of rules from Team Captains only and only at quarter breaks or at the conclusion of the game.
 - e) Advise each team of the correct score at each quarter break.
 - f) Adjudicate the rules contained in this book both consistently and without bias.
- E. Teams have no choice in referees.

RULE 6 POSITIONING OF PLAYERS FOR START OF PLAY

- A. The team positioned on the court first and ready to play has the choice of goal end. Otherwise ends will be decided by the umpire.
- B. Teams will change ends at the end of each quarter.
- C. A Centre player from each team will contest a toss ball at the centre line, centre court, to start the game at each quarter.
- D. Both Centre players from each team must be positioned in their defence halves when the toss-up is taken. All other players must be in their correct positions.

RULE 7 START OF PLAY AFTER A GOAL

- A. A Defence player will re-start the game from within the goal circle after each goal is scored.

- B. A throw-in circle will be marked at the top of, but within the goal circle. The throw-in circle shall be a minimum of 500mm in diameter with the top of the throw-in circle also being the top of the goal circle.

RULE 8 TEAM LATE ON COURT

- A. If a team does not have at least five (5) players on court, a penalty of one goal for every minute late shall apply.
- B. Late arriving players may not enter the court while the game is in progress, but after notifying the umpire may take the court:
 - a) After a goal has been scored. In this case they must play in the position left vacant in the team.
 - b) Immediately following an interval.
 - c) After a stoppage for injury or illness.
- C. If a late arriving player takes the court without notifying the referee, a free pass will be awarded to the opposing team where the infringer was standing and the player shall leave the court until permitted to return.
- D. If eight minutes have elapsed the game is then defaulted. For this reason we recommend teams to arrive, and be ready to play at least ten minutes prior to the scheduled game time.

RULE 9 STOPPAGES

- A. Play may be stopped for injury or illness in which case the umpire will stop the clock for a period of time (maximum 2 minutes) for the injured or ill player(s) to resume play or to be substituted. Play will continue from where the ball was when play was stopped or a toss-up will be taken if the umpire is unable to determine:
 - a) Who was in possession of the ball or
 - b) The ball was on the ground when play was stopped.
- B. If a player left the court through injury or illness and no substitution was made, the injured or ill player may return to the game when
 - a. The referee is satisfied the player is safe and refit to re-enter the game and
 - b. After a goal is scored.

RULE 10 BLOOD BIN

- A. Any player that is blood binned by the umpire must leave the game immediately and may be substituted in the vacant position. At the time the player is blood binned, the umpire will stop the clock, ensure any equipment that is blood marked is replaced IMMEDIATELY, re-start the clock and let play continue. The blood-binned player may return to the game in their original position, unless at a quarter break:
 - a) When the referee is satisfied the player is safe and fit to re-enter the game and

- b) After a goal is scored.
- B. If a player left the court through injury or illness and no substitution was made, the injured or ill player may return to the game when
 - a. The referee is satisfied the player is safe and refit to re-enter the game and
 - b. After a goal is scored.

RULE 11 OFFSIDE

- A. A player either with or without the ball shall be deemed offside if they step outside of their designated playing areas as detailed in Rule 7.
- B. On the line is ruled offside.
- C. A player may reach over and take the ball from an offside area or may lean on the ball provided no body contact is made with the ground or the net.
- D. A player without the ball may not use the net in an offside area to gain or re-gain balance. A free pass will be awarded to the opposing team if a player is penalised for breaking the rules of offside.
- E. If two players are ruled offside at the same moment:
 - a) If neither player makes any contact with the ball they are not penalised and play continues.
 - b) If one or both players are in possession of or touch the ball and are playing in the same half a toss-up is taken between those two players in their own half.
 - c) If one or both players are in possession of or touch the ball and are playing in opposing halves, a toss-up is taken between those two players at the centre line.

RULE 12 PLAYING THE BALL

- A. A player may:
 - a) Catch the ball with one or both hands.
 - b) Gain or regain control of the ball if it rebounds from the goalpost or goal hoop.
 - c) Bat the ball to another player without first having possession of it.
 - d) Bounce the ball once to another player.
 - e) Tip or touch the ball in any uncontrolled manner once or more than once and then: - Catch the ball or - Direct the ball to another player regardless of whether the ball has either bounced ahead of the player or touched any of the nets surrounding the court.
 - f) Roll the ball to oneself to gain possession but only if in doing so the players hand does not leave the ball.
 - g) Fall while holding the ball but must regain footing and throw the ball within 3 seconds of receiving it and observe the footwork rule.
 - h) Lean on the ball to prevent going offside.
 - i) Lean on the ball to regain balance against the floor or any perimeter net to stop going offside.
 - j) Throw the ball to the net for another player to gain possession.

B. A player may not:

- a) Contact the ball with their legs or feet at any time in a controlled action.
- b) Strike the ball with a fist.
- c) Deliberately fall on the ball to gain possession.
- d) Attempt to gain possession of the ball while sitting, kneeling or lying on the ground.
- e) Throw the ball while sitting, kneeling or lying on the ground.
- f) Receive their own throw off the net before it has been touched by another player.
- g) Guard a loose ball to prevent other players from gaining possession of the ball.

C. Held ball.

A player who has either caught or held the ball must play it or shoot for goal within three seconds of having received it. The player may throw or bounce the ball with either one or both hands in any direction.

D. Replayed ball.

A player who has either caught or held the ball may not:

- a) Roll the ball to another player.
- b) Throw the ball and touch it before it has been touched by another player.
- c) Toss the ball into the air and then replay it.
- d) Drop or bounce the ball and then replay it.
- e) Replay the ball after an unsuccessful shot at your goal ring or another player.
- f) Mixed netball = one touch only
- g) Ladies netball = two touch only – as per outdoor 7 aside replay rule.

E. Short pass.

On the court at the moment the ball is passed, there must be room for a third player to move between the HANDS of the thrower and the HANDS of the receiver. The above applies also when a Throw in is being taken from within the goal circle.

F. Back net violation.

When a player passes a ball from their defence half to a player in their attacking half, the ball must be touched or caught by any player prior to the ball hitting the back net behind the goal hoop.

G. Goal tending

Goal tending occurs during a shot for a field goal when:

A player touches the ball when it is on its downward flight and the ball is completely above the level of the ring.

This restriction applies only until the ball no longer has the possibility to enter the basket directly or after the ball has touched the ring.

H. Penalty

If the violation is committed by the offence, no points can be awarded. The ball shall be awarded to the opponents for a pass-off from under the basket.

If the violation is committed by the defence, the offensive team is awarded:

Two (2) points when the ball is released from the two-point field goal area.

One (1) point when the ball is released from the one-point field goal area.

RULE 13 FOOTWORK

- A. A player may receive the ball with one foot grounded, or jump to catch and land on one foot and then either:
 - a) Step with the other foot in any direction, lift the landing foot and throw or shoot the ball before this foot is re-grounded.
 - b) Step with the other foot in any direction any number of times, pivoting on the landing foot. The pivoting foot may be lifted but the player must throw or shoot the ball before re-grounding it.
 - c) Jump from the landing onto the other foot and jump again but must throw or shoot the ball before re-grounding either foot.
 - d) Step with the other foot and jump but must throw or shoot the ball before re-grounding either foot.
- B. A player may receive the ball while both feet are grounded, or jump to catch the ball and land on both feet simultaneously and then either:
 - a) Step with either foot in any direction, lift the other foot and throw or shoot the ball before this foot is re-grounded.
 - b) Step with either foot in any direction any number of times while pivoting on the other. The pivoting foot may be lifted but the player must throw or shoot the ball before re-grounding it.
 - c) Jump from both feet onto either foot, but must throw or shoot ball before re-grounding the other foot.
 - d) Step with either foot and jump but must throw or shoot the ball before re-grounding either foot.
- C. 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. The penalty for infringing the footwork rule is a free pass to the opposing team where the infringement occurred.
- E. A player may jump shoot as long as the footwork and contact rule is observed.

RULE 14 SCORING A GOAL

- A. When the ball is thrown over and completely through the goal ring by an attack player from within the goal circle, one goal is scored.
- B. When the ball is thrown over and completely through the goal ring by either an attack or Centre player from outside the goal circle two goals are scored.

- C. If either of an attacks feet are positioned on the line marking the goal circle at the time of shooting the ball, one goal will be scored. To gain a two point shot, the player must take possession of and shoot the ball from outside the circle.
- D. If a defending player defects a shot for goal and the ball passes over and completely through the goal ring, a goal is scored according to where the shot at goal was taken.
- E. An Attack or Centre player may shoot for goal if the ball has been won in a toss-up within their attacking half.
- F. If the whistle is blown ending any period of play after a penalty pass or shot has been awarded in the attacking half, the penalty shot is to be completed.
- G. In taking a shot for goal, a player must:
 - a) Shoot within 3 seconds of receiving the ball.
 - b) Obey the rules of footwork.
 - c) Attack players must not touch the goal ring in the action of shooting.

RULE 15 OBSTRUCTION

- A. An attempt to intercept or defend the ball may be made by a player if the distance is not less than 0.9m from the player in possession of the ball. When the ball is received this distance is measured as follows:
 - a) If the players landing, grounded or pivoting foot remains on the ground, the distance is measured from that foot to the nearest foot of the defending player.
 - b) If the players landing, grounded or pivoting foot is lifted, the distance is measured from the spot on the ground from which the foot was lifted to the nearest foot of the defending player.
 - c) If the player is standing or lands on both feet simultaneously and remains grounded on both feet, the distance is measured from which ever is the nearest foot of that player to the nearest foot of the defending player.
 - d) If the player is standing or lands on both feet simultaneously and either foot is lifted, the other foot is considered the grounded foot from which the distance is measured.
- B. From a correct distance, a defending player may not attempt to intercept or defend a ball by jumping or stepping towards the player with the ball if they land or step within the 0.9m distance of that player.
- C. A player may attempt to intercept or defend the ball when the player with the ball steps forward to lessen the 0.9m distance between them.
- D. A player may be within 0.9m of an opponent in possession of the ball providing no effort is made to defend and there is no interference with the opponents throwing or shooting action.
- E. A player will be penalised for obstructing an opposing player that is not in possession of the ball if they are within the 0.9m distance of that player and they employ any movements which take their arms away from their body. Within this distance a player is not obstructing if their arms are outstretched to:
 - a) Catch, deflect or intercept a pass or feint pass.
 - b) Obtain a rebound from an unsuccessful shot at goal.

- c) Momentarily signal for a pass or to indicate their intended direction of movement.
- F. A player may attempt to block or reject a shot at goal at any time once the ball has left the throwers hands, regardless of whether the ball is on an upward or downward flight.
- G. A player may defend the ball from the correct distance but must not obstruct an opponents face or eyes at any time. 19-8 A penalty pass or shot will be awarded to the opposing team when a player is penalised under any of the rules of obstruction.

RULE 16 CONTACT

- A. Personal Contact No player shall come into personal contact with an opponent in such a manner as to interfere with the opponents play regardless of whether it was a deliberate or accidental action.
- B. In an effort to get free a player shall not:
 - a) Push an opponent in any way.
 - b) Trip or knock an opponent in any way.
- C. In an effort to contact the ball a player must not push or bump an opponent.
- E. In an effort to defend an opponent, a player shall not:
 - a) Keep an elbow against an opponent.
 - b) Hold an opponent. This includes feeling to keep near an opponent.
 - c) Charge an opponent. That is, when jumping, bump an opponent.
- F. Whether attempting to get free, or to defend, a player is responsible for any personal contact:
 - a) If taking up a position so near an opponent that contact is inevitable.
 - b) If moving so quickly into the path of a moving player that contact is unavoidable.
- G. A player shall not contact any other player on any other occasion or in any other way in such a manner as to interfere with the opponents play.
- H. Contact with the ball While holding the ball, a player shall not touch or push an opposing player in such a manner as to interfere with the opponents play.
- I. A player shall not either accidentally or deliberately:
 - a) Place a hand or hands on the ball when held by another player.
 - b) Remove the ball from an opposing player when the ball is being held by that player.Where (a) or (b) occurs simultaneously, a Toss-up will be taken between those two players.

RULE 17 NET ABUSE

- A. A player may not abuse any of the court equipment, this includes the nets. A player may not jump into the net in anyway that may cause damage to the net or create a danger to players playing on the next court.

- B. A player may not climb any nets to try and avoid a contact or to stop themselves from going offside.
- C. A player may not hold any net to maintain balance while defending an opponent.
- D. A player may use the net in their correct half to stop from going offside as long as both feet don't leave the floor, they are not in possession of the ball and they are not deliberately jumping into the net.
- E. A player may lean on the ball on the net in their correct playing area to stop going offside or to gain or re-gain balance.

RULE 18 PENALTIES

- A. There are three types of penalties that can be awarded when any of the rules of Indoor Netball are broken:
 - a) Free Pass.
 - b) Penalty pass or shot.
 - c) Toss-up
- B. The penalty must be taken from where the infringement occurred except where this places the non-offending team at a disadvantage. In this situation the penalty will be taken where the non-offending player was standing or at a place on the court indicated by the umpire.
- C. With the exception of a toss-up, all penalties are awarded to the non-offending team. Any member of the non-offending team may take the penalty if allowed in the area where the penalty was awarded.
- D. The player taking the penalty must throw the ball within 3 seconds after taking position at the correct place and being in possession of the ball.
- E. When taking either a free pass, penalty pass or penalty shot, the footwork rule applies as though the foot placed at the point indicated were equivalent to the landing foot in a one foot landing or when a ball is received with one foot grounded.
- F. A free pass will be awarded to the opposing team if a player is penalised for any infringement when in the process of taking either a free pass, penalty pass or penalty shot.

RULE 19 FREE PASS

- A. A free pass is awarded for infringements of these rules with the exception of the rules of: Obstruction, Contact: Personal and With the Ball, Net Abuse, Simultaneous Offences by two opposing players.
- B. A free pass is awarded to the non-offending team and any member of the team may take the free pass if allowed in the area in which the free pass was awarded.
- C. A direct shot at goal may not be attempted from a free pass.

RULE 20 PENALTY PASS OR SHOT

- A. A penalty pass or shot is awarded for the breaking of the rules of: Obstruction, Contact: Personal and With the Ball and Net abuse.
- B. A player penalised under these offences must stand beside and away from the player taking the penalty and must make no attempt to take part in the game until the ball has left the throwers hands. If the infringer moves before the ball has left the throwers hands the penalty shall be re-taken unless the pass or shot is successful and the advantage rule shall apply.
- C. The penalty must be taken where the infringement occurred except where this places the non-offending team at a disadvantage. The penalty will then be taken where the non-offending player was standing.
- D. Any player from the non-offending team may take the penalty if allowed in the area where the penalty was awarded.
- E. An attempt to defend a pass or shot may be made by any member of the opposing team with the exception of the penalised player.
- F. If an opponent contacts or obstructs the thrower during the taking of a penalty pass or shot, a second penalty will be awarded where the second infringer was standing unless this would place the non-offending team at a disadvantage. In this instance, both the original and second offenders must stand beside and away from the player taking the penalty.
- G. When two members of a team simultaneously obstruct or contact a member of the opposing team, each offending player must stand beside and away from the player taking the penalty.
- H. When a penalty is awarded in the non-offending teams attack half, an attack or Centre player may either pass the ball or shoot for goal.

RULE 21 TOSS-UP

- A. A toss-up is used to start each period of play and is taken at the middle point of the centre line by two opposing Centre players.
- B. A toss-up is also used in the following situations:
 - a) When two opposing players simultaneously gain possession of the ball with one or both hands.
 - b) When two opposing players are simultaneously offside and one or both players was either in possession of or contact with the ball.
 - c) When two opposing players make simultaneous contact with each other or the ball that interferes with play.
 - d) After a stoppage in play when the umpire is unable to determine who was in possession of the ball or the ball was on the ground when play was stopped.
- C. The toss-up must be taken on court between the two opposing players concerned as near as possible to where the infringement occurred.
- D. The two players must stand facing each other and their own goal ends. The two players must hold their arms and hands straight down alongside their body but their feet may be positioned in any manner. There shall be a distance of not less than 0.9m between the nearest foot of each

player. Neither player shall move from that position until the whistle is blown. If a player moves too soon a free pass will be awarded to the opposing team.

- E. The umpire shall toss the ball midway between the two players to a point no higher than the shortest opponents shoulders when they are in their normal standing position. The umpire shall hold the ball in the palm and remain momentarily stationary prior to tossing the ball. At the time of releasing the ball upwards the umpire shall blow their whistle.
- F. The players must attempt to catch the ball in a toss-up. Batting of the ball is not permitted and will be penalised by a free pass to the opposition.
- G. If a toss-up has to be repeated more than three times between the two same players, the two players will be replaced by another member from each team. The two players chosen will be at the discretion of the umpire.
- H. All players not directly involved in the toss-up may stand or move anywhere in their playing areas as long as they do not interfere with the toss-up.
- I. A player winning the toss-up may then either pass the ball or shoot for goal.

RULE 22 POINTS SCORING SYSTEM

All tournaments and events under the jurisdiction of the New Zealand Indoor Sports Incorporated will utilise the following points scoring system: -

Win 3 Points
Win by Default 3 Points
Draw 2 Points
Loss 1 Points
Loss by Default 0 Points
Bye 2 Points

RULE 23 LADDER POSITION

When determining the order of teams at the end of all Round-Robin games for the final, the positions be determined by points, 1st position and 2nd position will play for 1st place and 2nd place, 3rd position and 4th position will play for 3rd place and 4th place and so forth.

RULE 24 FINALS

When playing a final all players must have played a minimum of four games throughout the season for the team. Players can play for one team only on each final night.