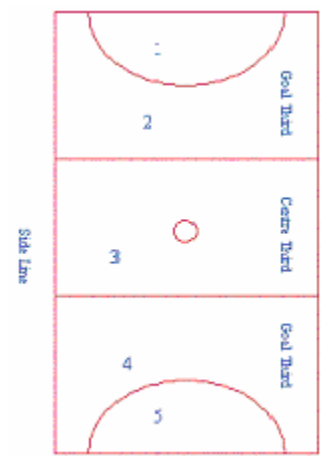


Rules for Mixed Netball

- Teams must arrive 10 minutes before the scheduled time of their match.
- If a team arrives 15 minutes after the scheduled time, the match is forfeited and a win will be given to the opposition
- 10 players can be entered per team (7 players plus 3 reserves)
- No more than 3 boys can be playing at a time



- **PLAYING POSITIONS**

Each playing position has a specific area in the court in which to play. Players must stay within their designated playing areas.

- Goal Shooter GS Areas 1 & 2
 - Goal Attach GA Areas 1, 2 & 3
 - Wing Attach WA Areas 2 & 3
 - Centre C Areas 2, 3 & 4
 - Wing Defense WD Areas 3 & 4
 - Goal Defense GD Areas 3, 4 & 5
 - Goal Keeper G K Areas 4 & 5
- The game commences and is restarted after each goal is scored and at the beginning of each quarter by a centre pass taken alternatively by the two centres, irrespective of who scores the goal.
 - **Substitutions:** Substitutions may take place at half time or in place of injury.
 - **Contact:** No player may come in contact with an opponent in such a way that impedes that play of the opponent. For example, pushing, tripping, or leaning on an opponent or use of other forms of physical contact.
 - **Obstruction:** A player with arms extended cannot defend closer than 0.9m (3 feet). This distance is measured from the first landed foot of the attacking player to the nearer foot of the defending player. A player may not use intimidating actions against an opponent with or without the ball.
 - **Holding the ball:** A player must release the ball within 3 seconds.

- **Over a third:** The ball cannot be thrown over a complete third without being touched by a player who is standing or who lands within that third.

- **Footwork (stepping):**

- A. One foot landing

- When a player lands on one foot they may step with the other foot and lifting the landing foot, but must throw before grounding it. They must use the landing foot as a pivoting foot, stepping in any direction with the other foot as many times as they wish. Once the pivoting foot is lifting they must shoot or pass before regrounding this foot.

- B. Two foot landing

- If a player catches the ball and lands on both feet simultaneously, they may step in any direction with one foot and lift the other foot but must throw or shoot before regrounding this foot. They may pivot on one foot, stepping in any direction with the other foot as often as they wish. Once the pivot foot is lifted they must throw the ball before regrounding this foot.

- **Playing the ball:** A player who has possession of the ball may not bounce the ball and replay it. If a player does not catch the ball cleanly, it may be bounced to gain possession or batted or bounced to another team mate. After throwing the ball, a player cannot play it again until it is touched by another player, or rebounds off the goal post.

- **Short Pass:**

- A the moment the ball is passed, there must be room for a third player to move between the hands of the thrower and those of the receiver.

- A player cannot:

- punch, roll, kick or fall on the ball
 - pass the ball in any way while lying, sitting or kneeling on the ground
 - use the goal post as a way to regain balance or as a support while stopping the ball from going out of court.

- **Game Control:**

- The game is controlled by 2 umpires who penalise infringements of the rules. They may award: Free pass, Penalty Pass, Penalty Pass or Shot, Throw in, Toss Up

- A. Penalty Pass

- A penalty pass or shot is awarded for infringement of the Rules of Obstruction and Contact. The pass is taken from where the infringer was standing, unless it places the non offending team at a disadvantage. The pass can be taken by any player who is allowed in the area. The penalised player must stand 'out of play'. That is beside and away from the player taking the penalty, so as not to impede this player in any way and make no attempt to take part in play until the ball has left the hands of the thrower. If a penalty is given to the attacking team in their own goal circle they are awarded 'penalty pass or shot'.

- B. Free Pass

- A free pass is awarded for infringement of the Rules on court except for Contact and Obstruction. The pass is taken where the infringement occurred by any player who is allowed in the area.

- The offending player does not have to stand beside the thrower taking the pass. If a free pass is awarded in the goal circle, the shooters may only pass the ball not shoot for goal.

- **Throw In:**

- When the ball goes out of court it is thrown in by any member of the opposing team allowed in the area where the ball crossed the line.

- The player throwing in must ensure all other players are already on the court before taking the throw in. The player must stand outside the court and place one or both feet behind the point

where the ball crossed the line and must released the ball within 3 seconds of taking up this position.

- **The toss up:**

A toss up is taken to put the ball into play when:

- Opposing players simultaneously contact each other
- Opposing players simultaneously knock the ball out of court.
- Opposing players simultaneously gain possession of the ball
- The umpire is unable to decided who last touched the ball out of court
- Opposing players are simultaneously offside with one in possession of the ball.

The two players stand 0.9m apart, facing each other and their own goal ends. Their arms should be straight with hands by their sides. Once in position, they must not move until the umpire has tossed it up from just below shoulder height of the shorter player's normal standing position and has blown the whistle.

The ball may be caught or batted except directly at an opponent.

A goal shooter or goal attack who gains possession from a toss up may shoot for goal.

- **Out of Court:**

Ball is out of court when it contacts anything outside the court area. The ball is returned into play by a Throw-In taken from a point outside the line where the ball left the court. The player stands with foot close to the line, and the ball must be thrown onto the court within three seconds.