

Griffith Sport - Social Sport Competition

Competition Rules – Netball

All players are responsible for reading and understanding the rules contained herein. If any rules are unclear, please discuss these with the referee or the Social Sport Convenor prior to the commencement of the game or at half time. Due to the time constraints of this competition the referees will have limited capacity to clarify rules or rulings during the game in which case further assistance can be sought from the Social Sport Convenor. All participants are required to read and understand the [Griffith Social Sport Terms and Conditions](#) which contain information regarding uniforms, eligibility, wet weather, injury insurance and more.

Unless otherwise stated in these rules, normal netball rules apply as outlined by [World Netball – Rules of Netball](#). All rules are open to the interpretation of the referee and their decision is final.

RULE 1: Team Composition & Player Requirements

- a) A team may have a maximum squad of 12 players.
- b) Seven (7) players per team are allowed on the court at any one time.
- c) In mixed competitions, the minimum number of males on court at one time is one (1), the maximum number of males allowed on the court is three (3). Male players must be in three (3) different positions on the court (defending, centre positions and attacking positions):
 - i. Goalkeeper (GK) or Goal Defence (GD) (defending positions);
 - ii. Wing Attack (WA), Wing Defence (WD) or Centre (C) (centre positions);
 - iii. Goal Attack (GA) or Goal Shooter (GS) (attacking positions).
- d) Five (5) players is the minimum number of players that a team can have without a forfeit resulting. Teams may commence games with five (5) players provided 1c is satisfied.
- e) In the event that the above rules (1a – 1d) are broken, a turnover free pass will be awarded to the non-offending team at the position of the ball at the time the offence is identified.
- f) All teams must adhere to the uniform requirements set out in the [Griffith Social Sport Terms and Conditions](#). Breaches will result in playing points penalty imposed at the start of the match.
- g) All players wishing to take the field must be registered with the team they are playing for and must have signed in on the team check in sheet prior to taking to the field.
 - i. Teams that participate in a match with ineligible players will be deducted One (1) competition point.
 - ii. Teams that participate in a finals match with ineligible players will be disqualified.

RULE 2: Interchange & Substitutions

- a) Players can change playing position at quarter breaks so long as any changes do not breach Rules 1a – 1d.
- b) Either team may make tactical changes following a request from an on-court player when:
 - i. Play has stopped for an injury/illness.
 - ii. Play has stopped immediately after a goal has been scored.
- c) When performing a tactical substitution change the following must occur:
 - i. The umpire has approved a change to occur.
 - ii. Changes must take place without delay and as quickly as possible.
 - iii. The umpire is able to restart play as quickly as possible.
- d) If undue time is taken by players that are substituting, the infringing team will be penalised for delaying play.
 - i. Although the number of tactical changes a team can make is unlimited, if the number of changes becomes frivolous the umpire may refuse a change request and / or penalise the team for delaying play.

- e) It is the responsibility of individual teams and team captains to ensure they maintain the appropriate number of players on the field in accordance with Rule 1. It is NOT the responsibility of the umpire to monitor this.
- f) In the event rules 2a – 2e are broken a penalty will be awarded to the non-offending team at the position of the ball at the time the offence is identified.

RULE 2 – Game duration

- a) Each game is 40 minutes duration (4 x 10 minute quarters), with one (1) minute breaks between each quarter. Teams must change ends after each quarter.
- b) Clock stoppages will only occur in exceptional circumstances and at the discretion of the Referee or Social Sport Convenor.
- c) No time outs are allowed.
- d) If a game commences late (and is not deemed a forfeit) then it must still finish at the scheduled time. In such circumstances, the halves may be shortened at the discretion of the Social Sport Convenor.

RULE 3: Game Commencement

- a) Teams should arrive 15 minutes prior to the commencement of their match to allow for smooth transition of games.
- b) Any team that is not ready to commence play with a minimum of five (5) eligible players (Rule 1d), five (5) minutes after the scheduled start time of the game, will incur forfeit loss.
NB. The game may go ahead after this time; however the 0-15 loss will stand regardless of the actual score.
- c) In all circumstances the game must finish at the scheduled time.

RULE 5 – Sport Specific

Netball is considered a non-contact sport, however body contact between players may occur within the confines of the Rules of Game when players are equally contesting and challenging to gain possession of the ball. The decision regarding whether and when conduct is considered contact, contesting or challenging is at the discretion of the umpire.

When sanctioned by an umpire, a player is required to be out of play until the ball has been released. This means you must move quickly to the position indicated, stand beside but away from the player taking the penalty pass so as not to impede that player, and remain in this position ,not moving or taking any part in the play (including verbal comments).

- Contact infringement = penalty pass
- The ball can only be held for three (3) seconds at a time. Held ball infringement = free pass
- Running with the ball is not permitted. Stepping infringement = free pass
- The ball must be touched in each court third. Infringement = free pass
- Players must keep to their restricted areas –
 - Attacking goal circle – GS/GA
 - Attacking goal third – GS/GA/WA/C
 - Centre third – GA/WA/C/WD/GD
 - Defending goal third – C/WD/GD/GK
 - Defending goal circle – GD/GK
- Infringement = free pass
- A defending player must be at least three (3) feet from a player in possession of the ball when trying to intercept or defend the ball. A player is obstructing if within three (3) feet and the arms are taken away from the body other than to balance. Obstruction infringement = penalty pass
- A player who has possession of the ball may not bounce the ball and regain possession. They may however bounce the ball to a teammate. In other words, players cannot dribble the ball or bounce the ball deliberately to themselves. Infringement = free pass to the other team.

- A player may not hold onto or touch the goal post during play. Using the goal post may be seen as an advantage to gain extra jumping height, extra balance to defend a shot or cause the post to move when a shot is being taken. Contact Infringement = penalty pass / shot
- If a player throws/passes/shoots and the ball contacts either the Basketball cross bar or back board apparatus ,a free pass is awarded to the opposing team from the baseline. This will be treated the same way as if the ball had left the court and a baseline throw in was to occur.
- Players will not be able to deflect a shot once the ball is on a downward flight towards the ring, including touching the ball up through the net. Infringement = penalty pass.
- A goal is scored when the ball passes above and completely through the ring by either the GS or the GA whilst they are wholly within the goal circle.
- If the whistle to end a period or to hold time is blown after the ball has left the hands of the GS or the GA and the shot is successful, the goal will count.

RULE 6 – Penalties/Send Offs

- a) Umpires have the right to warn, ask to leave or eject from the oval any player or spectator whom they feel is bringing the game to disrepute.
- b) During the game, the umpire has the option of using two (2) disciplinary actions – a suspension and an ordering off. If a player receives an ordering off, that player is immediately expelled from the game. No substitute player is allowed to replace a player who is sent off in the game for four (4) minutes after the player has been ordered off.
- c) This competition is social. Any rough play, abusive language, backchat or challenge etc. to the umpire's authority will not be tolerated. Team captains must take responsibility for their team and ensure all matches are contested in the spirit of the game and all participants and spectators adhere to the Griffith Sport Code of Conduct (link).
 - i. Rough play includes any form of aggressive contact and any other act or omission that, in the umpire's opinion, places the safety of players at risk.

In most instances the following procedure will apply for the above infringements.

a) Forced Substitution

- i. The match umpire is entitled to send off any player at any stage for any reason and for any period of time if they feel it necessary to do so for player safety or their ability to effectively control the game.
- ii. The decision regarding whether and when this player can be replaced with a substitute during this time is at the discretion of the umpire.
- iii. A player does not need to be given a warning, suspension or ordering off by the umpire to be sent off or substituted in this manner.

b) Suspension

- i. The match umpire informs the individual that a suspension has been given.
- ii. The player who receives a suspension will be sent from the court of play for two (2) minutes.
- iii. The player who has been suspended cannot be substituted or have their position replaced by another player. If the player who is suspended is the Centre, then any centre passes are to be taken by the WD during the suspended period, if required.
- iv. The decision regarding whether the player can be return to play after the two (2) minute suspension is at the discretion of the umpire.

c) Ordering Off

- i. The match umpire informs the individual that they have been ordered off.
 1. This can be a direct ordering off or as a result of the same individual receiving a previous suspension within the same match.

- ii. An individual who is ordered off is automatically dismissed from both the current game and the next scheduled game for the team. This includes when the red card is received the week before or during a finals match.
 - iii. A player who is ordered off must give their name to the umpire who will record it on the scoresheet and pass it onto the Social Sport Convenor.
 - iv. After providing the umpire with their name the player must leave the court immediately and is not allowed to play for the rest of the match, as well as the following scheduled match for their team.
- d) Additional sanctions or suspensions can be applied to players, spectators or teams in accordance with the **Social Sport Disciplinary Guidelines** for breaches of the rules of the game or failure to adhere to the Griffith Sport Code of Conduct.

RULE 7: Points

Points are awarded in matches as follows:

- Win – 3 Points
- Bye – 3 Points
- Draw – 2 Points
- Loss – 1 Point
- Late Forfeit – 1 Point

At the end of round matches overall standings will be determined in the following order:

1. Highest competition points
2. Highest goal difference
3. Most goals for
4. The victorious team from the most recent round match encounter between two (2) teams

RULE 8: TIED FINALS

In the event of tied points at the end of a finals match the following will occur:

- a. A further five (5) minutes will be played. This will consist of two (2) x 2½ minute halves, one each direction, with a 30-second half time break.
- b. In the event of a tie at the end of extra time, play will continue until one (1) team leads by two (2) goals.