



6 v 6 Rules



1 Introduction

Netball is an exciting, fast and skilful game of fair contest.

ANZ futureFERNs is Netball New Zealand's official junior Netball programme for Years 1 to 8 children. Netball New Zealand (NNZ) has revamped junior Netball after considering the findings from the Junior Netball Review, academic research, methods used in other sports, feedback from pilots run in Netball Centres throughout the country and findings from local research.

Children are not mini-adults and it is important to meet their needs, taking into consideration their physical, cognitive and social abilities.

The **ANZ futureFERNs** programme is focused on igniting a lifelong love of the game.

ANZ futureFERNs provides progressive development stages for players new to Netball. Year 1 & 2 children play 4 v 4, Year 3 & 4 play 5 v 5, Year 5 & 6 play 6 v 6 and Year 7 & 8 children play 7 v 7.

Rule **15.5 Matches for Young Players** states:

"For primary school age children, who are just beginning to play Netball, it is likely more extensive modifications may be desirable to allow for differences in stature, strength and skill level. Thus a lower goalpost or a smaller ball may be used. A modified game with variations to the playing rules may be developed to meet the needs of such players".

NNZ has modified the playing rules to allow the game to grow with the players.

The 6 v 6 game is fast and provides players with lots of touches on the ball to enhance skill development. With only three positions on court it means the game is less complicated for children and easier for coaches to ensure that the players learn the skills relevant to all positions and provide equal opportunities.

2 Definitions

A

Astride the transverse line: standing with one foot in the goal third and one foot in the centre third

At the team bench: on or immediately beside (including behind or in front of) the team bench

Attacking team: team that has possession of the ball

B

Bench player: a player who is on the team bench at a given time during a match

C

Caution: inform a player regarding that player's infringing and/or behaviour

Controlling umpire: umpire in whose half play is at a given time

Co-umpire: umpire who is not controlling play at a given time

Court surround: area immediately surrounding the court

D

Defending team: team not in possession of the ball

During play: at any time during a quarter/half except when time is held

E

Extra time: an additional period of time used when the scores are tied at full-time and a winner is required

F

Fake pass: player makes passing action but does not release ball

Field of play: area consisting of the court and the court surround

Free pass: sanction for a minor infringement

Full-time: end of the specified playing time for a match (60 minutes) excluding any extra time

G

Game: the Game of Netball

Goal end: end of the court where a team shoots for goal

H

Half-time: interval between second and third quarters, in extra time the interval between the two halves

I

INF: the International Netball Federation

Infringement: action contrary to the Rules that may be penalised by an umpire

Interval: period of time between successive periods of play

L

Landing foot (one foot landing): foot on which a player either first lands after catching the ball or is standing on when the ball is caught

Landing foot (two feet landing): the foot NOT first moved when a player either catches the ball standing on both feet or lands on both feet simultaneously after catching the ball

M

Major infringement: infringement of the contact or obstruction rules or when the goalpost is knocked causing a shot to miss

Match: contest between two teams played according to the Rules of the Game

Match officials: two umpires

Minor infringement: infringement of the rules governing playing the ball, footwork, centre pass, offside and other related rules

N

Natural body stance: being stable and upright, whether standing or moving, it may include slight arm movements for stability or momentum

O

Opponent: player from the opposing team

P

Pass: action of player throwing, batting or bouncing the ball to a player

Penalty pass: sanction for a major infringement or for foul play

Period of play: a quarter in a match or a half in extra time

Pivot: a movement where the player with the ball swivels on either the heel or the ball of the landing foot without gaining any ground

Playing enclosure: area consisting of the court, the court surround and bench zone

Playing time: time elapsed in a quarter/half not including any stoppages

Possession: player holds the ball with one or both hands

Primary care person: team official who is qualified to diagnose and treat injury or illness (for example doctor or physiotherapist)

R

Retaliation: player's inappropriate response to the action/s of another player

S

Sanction: action taken by an umpire (free pass or penalty pass) against an infringing player, team official or bench player

Scorers: technical officials responsible for maintaining a scoring record of the match together with a record of centre passes and details of players on court

Simultaneous: occurs at exactly the same time

Shot: a pass that directs the ball towards the ring in an attempt to score a goal

Substitution: when a player moves from the team bench to replace a player on the court

T

Team: up to nine players (of whom a maximum of six are on the court at any time) and up to three officials

Team bench: place where team officials and any players not on the court are located during a match

Team change: when players on court change playing positions

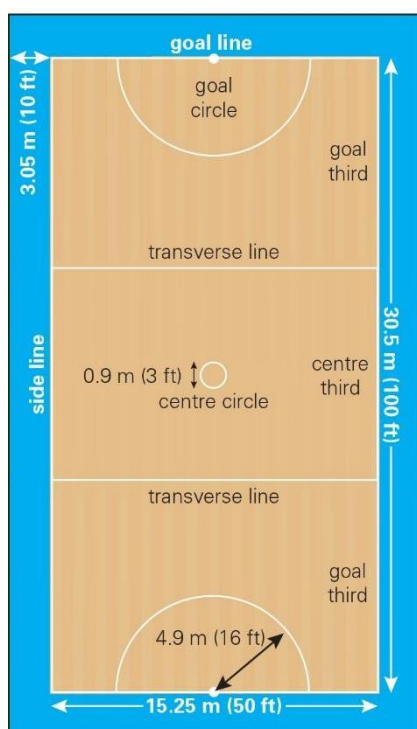
Team officials: up to three persons at least one of whom is a primary care person

U

Umpires' bench: place where the umpires are seated when not on the court and the reserve umpire is seated during the match

3 Technical Specifications

3.1 COURT AND RELATED AREAS

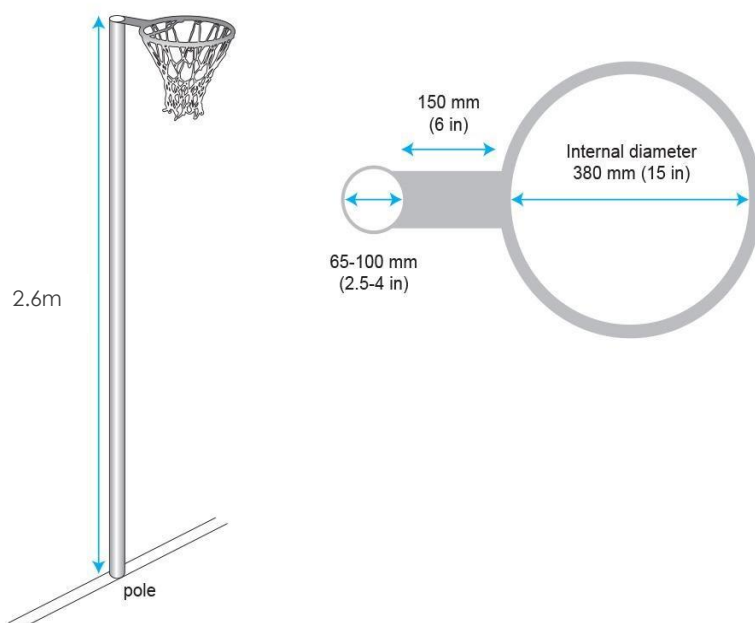


3.1.1 Court

The court is rectangular in shape and is level and firm.

- (i) The two longer sides are called side lines and measure 30.5 m (100 ft).
- (ii) The two shorter sides are called goal lines and measure 15.25 m (50 ft).
- (iii) Two lines parallel to the goal lines divide the court into three equal areas. These lines are called transverse lines. The middle area is called the centre third and the two end areas are the goal thirds.
- (iv) A circle 0.9 m (3 ft) in diameter is located in the centre of the court. This is called the centre circle.
- (v) A goal circle is located at each end of the court. This is a semi-circle of radius 4.9 m (16 ft) whose centre is the mid-point of the outside of the goal line.
- (vi) All lines (preferably white) are 50 mm (2 in) wide and are part of the court area they outline.

3.2 GOALPOSTS



The goalpost is placed at the mid-point of each goal line. It consists of the following:

- (i) A vertical metal pole 65-100 mm in diameter and 2.6-metres high. The pole is:
 - (a) Inserted in the ground or sleeved beneath the floor so when it is knocked there is a minimal amount of movement and it remains stable
 - (b) Placed so the back of the pole is at the outside edge of the goal line
 - (c) Covered with padding of uniform thickness not more than 50 mm (2 in) thick and extending the full length of the pole
- (ii) A net (preferably white) fitted to the ring, clearly visible and open at top and bottom.

3.3 BALL



The match ball (size 4) which is spherical in shape:

- (a) Measures 660-680 mm in circumference and weighs 350-400 grams
- (b) Is made of a suitable synthetic material
- (c) Is inflated to a pressure of 8-10 PSI.

4 Match Duration

4.1 GAME LENGTH

- (i) A match consists of four quarters, each of 8 minutes playing duration, with an interval of 3 minutes between the first-second and third-fourth quarters. The half-time interval shall be a maximum of five minutes.

1 st quarter	Interval	2 nd quarter	Half- time	3 rd quarter	Interval	4 th quarter
8 minutes	3 minutes	8 minutes	Max. 5 minutes	8 minutes	3 minutes	8 minutes

- (ii) Teams change ends at half-time.

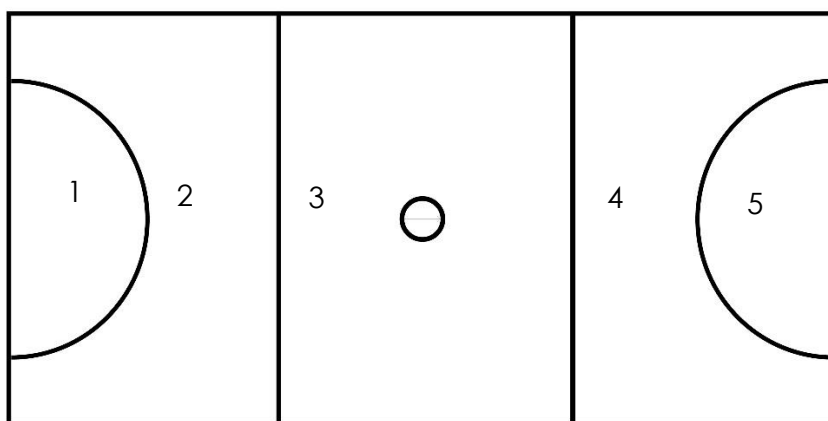
5 Match Personnel

5.1 TEAM

- (i) The game may be played by mixed or single sexed teams.
- (ii) A maximum of nine players per team is recommended.
- (iii) During a game, a minimum of five and maximum of six players from a team may be on the court at any one time, one of whom must play as Centre.

5.1.1 Players

- (i) During a game players must wear:
- Registered playing uniform and suitable sports footwear
 - Playing position initials 150 mm (6 in) high which must be clearly visible and worn above the waist, front and back.
- (ii) The playing positions and initials are:
- Attack (A) x 2,
Centre (C) x 2
Defence (D) x 2.
- (iii) All players have specified areas of the court where they are allowed to play. These are:



Position	Playing Areas				
Attack	1	2	3		
Centre		2	3	4	
Defence			3	4	5

- (iv) Players may not wear anything that could endanger themselves or other players, specifically:
- (a) No adornment or jewellery may be worn
 - (b) A medical alert bracelet may be worn provided it is covered with tape
 - (c) Fingernails must be short and smooth
 - (d) Hair must be suitably tied back.

5.1.2 Team Officials

- (i) A team may have up to three team officials. These will include a coach and at least one primary care person.

5.2 GAME OFFICIALS

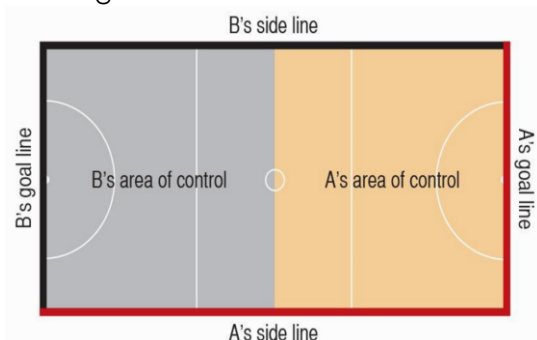
The game officials are two umpires.

5.2.1 Umpires

The umpires control a game according to the Rules and decide any matter not covered by them. Their decisions are final and are given without appeal.

- (i) Team captains use Paper, Scissors, Rock to determine which team has the first pass in every quarter, they then notify the umpires which team starts with the ball. Each umpire controls the same half of the court throughout the match.
- (ii) An umpire's whistle :
 - (a) Starts and ends each quarter/half
 - (b) Restarts play after a goal has been scored
 - (c) Indicates when an infringement is penalised

- (d) May be used to indicate when the ball is out of court if clarification is needed
 - (e) Signals when the timekeepers are to hold time for a stoppage and when to restart timing play.
- (iii) Each umpire controls and gives decisions for one half of the court including the goal line except as provided for in (v) and (vi) below and Rule 6.1.1 (v). For this purpose the length of the court is divided in half across the centre from side line to side line.



- (iv) Each umpire makes all decisions for the throw in on one side line including infringements by the player taking the throw in or any opponent defending that player. If the sanction is awarded in the co-umpire's half, the co-umpire resumes control once it has been set.
- (v) Either umpire may hold time for injury/illness of a player, blood, foul play, an emergency or other appropriate circumstances.

6 Game Procedures

6.1 UMPIRE PROCEDURES

6.1.1 Procedures for Centre Pass

Play is started with a centre pass at the beginning of each quarter/half and after each goal scored.

- (i) The first centre pass in each quarter/half is started by the umpire controlling the goal end of the team taking the centre pass.
- (ii) During a quarter/half the centre pass is started by the umpire controlling the goal end where the last goal was scored.
- (iii) Immediately after a goal is signalled, both umpires indicate the direction of the next centre pass, i.e., in the direction of the non-scoring team.
- (iv) The umpires check that one Centre from each team, stands out of play on the side line in the Centre Third until the centre pass has been received.

6.1.2 Procedures during Play

The umpires move along the side line and behind the goal line to view play and make decisions. They keep off the court during play except to take a toss up.

- (i) The umpires:
 - (a) When penalising an infringement: blow the whistle, state the infringement and the sanction given, using hand signals to support their decisions
 - (b) When applying the advantage rule [Rule 7.2]: refrain from blowing the whistle for an infringement
 - (c) Signal a goal has been scored by raising one arm vertically.
- (ii) If the ball strikes the umpire while on the court during play, or if an umpire interferes with the movements of the players, play does not cease unless one team has been unduly disadvantaged, in which case a free pass is awarded to that team.
- (iii) The umpires must not criticise or coach a team while a game is in progress.

6.1.3 Procedures for Out of Court

The umpires give decisions relating to the goal line in the half each controls and all of the nearer side line. The umpire controlling the goal/side line is responsible for:

- (i) Ruling when the ball is out of court and the team to take the throw in (no whistle is required if it is clear the ball is out of court)
- (ii) Penalising infringements by the player taking the throw in or by any opponent/s defending the throw in (if a sanction is awarded in the co-umpire's half, the co-umpire resumes control once it is set).
- (iii) Players must share the task of taking the throw-in. Do not penalise a team but check who took the last throw-in and if not different, request the change.

6.1.4 Procedures for Toss Up

- (i) The umpires enter the court to take a toss up as follows:
 - (a) In the goal circle the toss up is taken by the umpire controlling that goal end
 - (b) Outside the goal circle the toss up is taken by the nearer umpire who also controls all related procedures.
- (ii) The umpire ensures players are correctly positioned before taking a toss up.
- (iii) Before taking the toss up, the umpire momentarily is stationary, holding the ball in the palm of one hand at a point midway between the two players and just below the shoulder of the shorter player in normal standing position.
- (iv) The umpire flicks the ball vertically in the air no more than 600 mm (2 ft) and simultaneously blows the whistle.

6.1.5 Procedures for Stoppages

The umpire:

- (i) Signals to the timekeeper to hold time when required
- (ii) Where appropriate notifies the players when 10 seconds remain prior to the end of the stoppage
- (iii) Signals to the timekeeper when play restarts.

6.1.6 Procedures for Game Management

- (i) After signalling to the timekeeper to hold time, the umpire uses the appropriate hand signal to indicate if a player is receiving an official warning, being suspended or ordered off.
- (ii) The umpire advises the co-umpire of any official warning, suspension or ordering off.

6.2 TEAM OFFICIAL PROCEDURES

- (i) Team officials and bench players may coach:
 - (a) While play is in progress provided they are positioned at the designated team area/bench
 - (b) During stoppages provided they remain either at the team bench or on the court surround and do not (except for the primary care person/s) enter the court
 - (c) During intervals.
- (ii) Team officials and bench players must not use offensive, insulting or abusive language and/or gestures.

7 Sanctions

7.1 TYPES OF SANCTIONS

During a match the umpires may penalise an infringement and award a sanction to the non-offending team as follows:

- (i) Free pass – awarded for minor infringements
- (ii) Penalty pass – awarded for major infringements.

7.1.1 Conditions for all Sanctions

Sanctions are awarded to a team and may be taken by any player allowed in the area. The player taking the sanction must:

- (i) Take up the position indicated by the umpire as follows:

- (a) For a free pass: the position is where the infringement occurred
- (b) For a penalty pass: the position is where the infringer was standing unless this disadvantages the non-infringing team
- (ii) Obey the footwork rule [Rule 9.6]. The foot placed at the point indicated is considered as equivalent to a 'one foot landing'
Sanction: *Free pass*
- (iii) Release the ball within 5 seconds of the sanction being set.
Sanction: *Free pass*

7.1.2 Conditions for Free Pass

A player taking a free pass may not shoot for goal.

Sanction: *Free pass – no goal is scored*

7.1.3 Conditions for Penalty Pass

- (i) The infringer must stand out of play. This means the infringer must:
 - (a) Move quickly to the position indicated
 - (b) Stand beside but away from the player taking the penalty pass so as not to impede that player
 - (c) Remain in this position and not move or take any part in play (including verbal comments) until the ball has been released.

Sanction: *A further penalty pass is awarded (which may be advanced if it is judged to be delaying play)*

- (ii) An opposing player may not obstruct or contact the player taking a penalty pass before the ball has been released.

Sanction: *Penalty pass where second infringer was standing – both infringers stand out of play*

- (iii) If an Attack takes a penalty pass in the goal circle, the player may either pass or shoot for goal. If this has been awarded but not taken when the timekeeper signals the end of a period of play, the penalty pass must be taken before play is ended.
- (iv) Once the player taking a penalty pass is in the correct position, the player may choose either to play the ball immediately or to wait for the infringer to stand out of play. If the player chooses to play the ball immediately:
 - (a) The infringer may not take part in play until the ball has been released or make any attempt to intercept the penalty pass
 - (b) The penalty pass will be retaken if the infringer interferes with it.
- (v) If an infringer is substituted or changes positions before a penalty pass is taken, the player who takes the position of the penalised player stands out of play.

7.2 ADVANTAGE

The umpire should refrain from blowing the whistle for an infringement when by so doing the non-infringing team would be disadvantaged.

- (i) The umpire indicates an advantage is being applied by:
 - (a) Calling 'advantage' and stating the infringement
 - (b) Using the hand signal for advantage.
- (ii) If the whistle is blown for an infringement the sanction must be awarded, except that if a goal is scored that is to the advantage of the non-infringing team, the umpire will award the goal.

8 Starting Play

8.1 ORGANISATION FOR START OF PLAY

- (i) Centres use Paper, Scissors, Rock to determine which team has the first pass in every quarter, they then notify the umpires which team starts with the ball.
- (ii) For each quarter/half:
 - (a) When the umpires indicate there are 10 seconds before the start of play, players must take the court
 - (b) Players must be positioned in the correct thirds when play is due to start.
- (iii) A team must take the court if there are at least five players present, one of whom must play as Centre.

8.2 CENTRE PASS

- (i) Play is started at the beginning of each quarter/half and after each goal by a centre pass. The centre pass is taken by the non-scoring team.

8.2.1 Positioning of Players for Centre Pass

- (i) The Centre in possession of the ball stands with at least one foot wholly within the centre circle. The other Centre stands on the side line.
Sanction: Free pass – the whistle is blown for the centre pass then the infringement is penalised
- (ii) The opposing Centre is in the centre third and free to move. The other Centres stands on the side line.
- (iii) All other players are in their respective goal thirds and are free to move but must not enter the centre third until the whistle has been blown to start play.
Sanction: Free pass – the whistle is blown for the centre pass then the infringement is penalised

- (iv) If two opposing players enter the centre third simultaneously before the whistle is blown:
 - (a) If neither player makes contact with the ball they are not penalised and play continues
 - (b) If either player catches or touches the ball, either while standing in the centre third or immediately before or after landing in the centre third, a toss up is taken between the two players concerned where the player caught or touched the ball
 - (c) If one umpire blows the whistle for a sanction and the other umpire indicates an advantage has applied, the sanction will stand.

8.2.2 Controlling the Centre Pass

- (i) When the whistle is blown to start play, the Centre in possession of the ball may step outside the centre circle but must obey the footwork rule [Rule 9.6]. If when the whistle was blown:
 - (a) Only one foot was wholly inside the centre circle, this foot will be considered the 'landing foot'
 - (b) Both feet were wholly inside the centre circle, the foot not moved first will be considered the 'landing foot'.
- (ii) The Centre must release the ball within 5 seconds.
Sanction: *Free pass*
- (iii) A centre pass must be touched or caught by a player who:
 - (a) Is standing wholly within the centre third or
 - (b) Lands with the first or both feet wholly within the centre third.
Sanction: *Free pass*
- (iv) The centre pass must not be touched or caught by the Centres who was positioned on the side line for the start of play.
Sanction: *Free pass*
- (v) If the ball from a centre pass goes untouched over the side line bounding the centre third, a throw in is awarded to the opposing team where the ball crossed the line.
- (vi) A player from the team taking the centre pass may not:
 - (a) Touch or catch the ball in the air then land on both feet simultaneously astride the transverse line or
 - (b) Touch or catch the ball in the goal third if it has not been touched as in Rule 8.2.2
Sanction: *Free pass in goal third where ball crossed the transverse line*
- (vii) The umpire may apply advantage [Rule 7.2] and allow play to continue if a player from the opposing team:
 - (a) Catches the centre pass in the goal third or
 - (b) After catching the ball in the air lands with feet astride the transverse line (this player's subsequent pass is deemed to have been made from the goal third).

8.3 OUT OF COURT

8.3.1 Ball Out of Court

- (i) The ball is out of court when:
 - (a) It touches the ground outside the court
 - (b) It touches any person or object in contact with the ground outside the court.

Action: *Throw in by team that did not touch the ball last on court*

- (ii) The ball is put out of court by a player who:
 - (a) Catches the ball in the air just before landing with the ball either wholly or partly outside the court
 - (b) Catches or touches the ball while standing on the ground, partly inside and partly outside the court.

Action: *Throw in by team that did not catch or touch the ball*

- (iii) If the ball is caught simultaneously by two opposing players, either of whom lands or is standing wholly or partly outside the court, a toss up is taken on court between the players concerned.
- (iv) A ball is not out of court if it hits any part of the goalpost and rebounds into the court.

8.3.2 Player Outside the Court

- (i) A player may jump from a position inside the court and throw or bat the ball before landing outside the court.
- (ii) A player having no contact with the ball may move outside the court provided the player remains within the court surround.
- (iii) A player who has left the court to retrieve a ball or to take a throw in must be allowed direct re-entry to the court.

Sanction: *Penalty pass on court (near where the player left the court)*

- (iv) A player who is partly or wholly in the court surround must re-enter the court and have no contact with the court surround before playing the ball.

Action: *Throw in by the opposing team*

- (v) A player who leaves the field of play without the permission of the umpire may not be replaced. If this player is the Centre, one player must immediately move to play as Centre. The player may, after first reporting to the umpire, return to the court immediately after:
 - (a) A goal has been scored (in this case the player must play in the vacant position)
 - (b) A stoppage for injury/illness or
 - (c) An interval.

Sanction: *Free pass where ball was when play stopped – the player is sent from the court until the correct time for entry*

8.4 THROW IN

When the ball is ruled to be out of court, play restarts with a throw in.

8.4.1 Requirements for Taking Throw In

- (i) The player taking the throw in:
 - (a) Stands outside the court with at least one foot within 15 cm (6 in) of the line at the point indicated by the umpire (this foot is considered 'the landed foot')
 - (b) Ensures all other players are on the court before releasing the ball
 - (c) Throws the ball within 5 seconds of taking up this position
 - (d) Observes the rules for footwork and playing the ball [Rules 9.4-9.6]
 - (e) May not enter the court (including the lines bounding the court) until the ball has been released
 - (f) May not step behind any offside area while holding the ball.

Action: *Throw In by opposing team*

- (ii) The player taking the throw in must throw the ball:
 - (a) From the goal line: into the goal third
 - (b) From the side line: into the nearest or adjacent third.

Sanction: *Free pass taken in the third where ball entered incorrectly*

- (iii) If the ball from a throw in goes out of court without being touched, a throw in is taken by the opposing team where the ball went out.
- (iv) If the ball from a throw in fails to enter the court, a throw in is taken by the opposing team from the same position.

8.5 TOSS UP

A toss up is taken to restart play when:

- (i) Two opposing players gain possession of the ball simultaneously (with one or both hands)
- (ii) Two opposing players send the ball out of court simultaneously or the umpire is unable to determine which player touched it last
- (iii) Two opposing players are offside simultaneously and one or both touch or catch the ball
- (iv) At a centre pass, two opposing players enter the centre third before the whistle and one or both touch or catch the ball
- (v) Two opposing players contact each other simultaneously
- (vi) After a stoppage, the umpires are unable to determine which player had the ball or the ball was on the ground when play stopped.

8.5.1 Position for Toss Up

The toss up is taken between the two opposing players concerned at the point where the incident occurred, except when it involves players who have different playing areas as follows:

- (i) if the two players have a common playing area: the toss up is taken between them in their common area as close as possible to the original position
- (ii) If the two players have no common playing area: the toss up is taken in the centre third between any two opposing players allowed in the area at a point as close as possible to the original position.

8.5.2 Position of Players for Toss Up

- (i) Before taking the toss up the umpire checks the two players are positioned as follows:
 - (a) the players face each other and their goal ends
 - (b) there is a distance of 1.0m between the nearer feet of the players
 - (c) their arms are straight with hands at sides.
- (ii) The two players remain stationary until the whistle is blown as the umpire releases the ball.
Sanction: *Free Pass*
- (iii) All other players may stand or move anywhere within their playing areas provided they do not interfere with the toss up.

8.5.3 Outcome of Toss Up

- (i) Either player may catch the ball or bat it in any direction except directly at another player.
Sanction: *Free Pass*
- (ii) An Attack who catches the ball at a toss up in the goal circle may either shoot for goal or pass.

9 During the Match

9.1 SUBSTITUTIONS AND TEAM CHANGES

- (i) Both teams have the right to make rolling substitutions and/or team changes:
 - (a) At any stage of the game, with the players meeting at the side line and high fiving
 - (b) During an interval
 - (c) When play is stopped for injury/illness or blood.
- (ii) There is no limit to the number of substitutions which can be made by a team provided that the team does not exceed nine players.

9.2 LATE ARRIVALS

- (i) A player who arrives after the game has started must be checked by an umpire before taking the court.

- (ii) A late player may not immediately replace a player who is already on the court but may be used subsequently as a substitute.
- (iii) If a position has been left vacant the late arrival may not enter the match while play is in progress but may take the court immediately after:
 - (a) A goal has been scored (in this case the player must play in the position that **Sanction:** *Free pass where ball was when play stopped – the player is sent from the court until the correct time for entry*)
 - (b) A stoppage for injury/illness or blood
 - (c) An interval.

9.3 STOPPAGES

- (i) The umpires hold time for injury/illness upon appeal from an on-court player or for blood and may hold time for an emergency or such other circumstances as they consider appropriate. During a stoppage:
 - (a) For injury/illness of a player or blood: all players not affected remain on the court
 - (b) In an emergency or other circumstances: the umpires decide whether the players leave the court or not.
- (ii) Play restarts from where the ball was when play stopped:
 - (a) If the ball was out of court play restarts with a throw in
 - (b) If an infringement was signalled before play was held play restarts with the sanction awarded
 - (c) If the ball was on the ground or the umpire is unable to say which team had possession of the ball, play restarts with a toss up between any two opposing players allowed in the area.
- (iii) In extreme circumstances and in consultation with the event organiser, the umpires may decide to abandon a match if the safety of players and/or officials is considered to be at risk.

9.3.1 Injury/Illness or Blood

- (i) The umpires hold time for blood when noticed or for injury/illness when requested by an on-court player (in extreme circumstances the umpires may hold time without a request being made).
- (ii) The player concerned must leave the court within 30 seconds and receive any treatment off the court. The timekeepers advise the umpires when 10 seconds remain.
- (iii) Only primary care person/s are permitted on the court to assess the player's medical condition and to assist the player from the court.
- (iv) In the event that the primary care person/s advise the umpires that the player concerned cannot be removed safely within 30 seconds, the umpires will extend the time for the player to leave the court.
- (v) The umpires may authorise other persons (including team officials) to assist the player to leave the court if needed.

- (vi) Any blood on the ball or the court must be cleaned before play restarts and any bloodstained clothing replaced.
- (vii) During the stoppage both teams may make substitutions and/or team changes, provided these are completed within the time allowed for the stoppage by the umpires.
- (viii) If no substitution is made for the injured/ill player, or for a player who is bleeding, play may resume with the position left vacant. If the player is the Centre and no substitution is made, one player must move to play as Centre to allow the match to continue.
- (ix) If the position is left vacant the player concerned or a substitute may subsequently, after advising the umpire, take the court immediately after one of the following:
 - (a) A goal has been scored (in this case the player or the substitute must play in the position left vacant)

Sanction: Free pass where ball was when play stopped – the player is sent from the court until the correct time for entry

 - (b) A stoppage for injury/illness or blood
 - (c) An interval.

9.3.2 Other Stoppages:

- (i) The umpires may hold time or extend an interval if considered appropriate. Examples for which time may be held include (but are not limited to):
 - (a) Emergencies such as serious injury/illness of a player, injury/illness of an umpire or technical official/s, the equipment, the court, the weather or technical equipment
 - (b) Retrieving the ball
 - (c) Disciplining a player, team official or bench player.
- (ii) The umpires decide the length of such a stoppage and ensure play restarts as soon as possible.
- (iii) Team officials are not permitted on the court during a stoppage other than specified in Rule 9.3.1 (iii) and (v).

9.4 PLAYING THE BALL

9.4.1 Methods of Playing the Ball

- (i) To gain possession a player may:
 - (a) Catch the ball with one or both hands
 - (b) Roll the ball to oneself
 - (c) Catch the ball if it rebounds from the goalpost.
- (ii) A player who has possession of the ball may throw or bounce it in any direction to another player with one or both hands. The player with the ball:
 - (a) May not throw it deliberately at another player

- (b) May not roll it to another player
- (c) Must release the ball within 5 seconds
- (d) After releasing the ball, may not replay the ball until it has been touched by another player or it rebounds from the goalpost.

Sanction: *Free pass*

- (iii) Without having possession of the ball a player may:
 - (a) Bat or bounce the ball to another player but may not bat it deliberately at another player
 - (b) Tip the ball in an uncontrolled manner once or more than once, then either catch the ball or bat or bounce it to another player
 - (c) Bat the ball once before either catching the ball or batting or bouncing it to another player
 - (d) Bounce the ball once before either catching the ball or batting or bouncing it to another player.

Sanction: *Free pass*

- (iv) A player may not deliberately:
 - (a) Kick the ball
 - (b) Fall on the ball to gain possession
 - (c) Strike the ball with a fist.

Sanction: *Free pass*

- (v) A player who falls to the ground while holding the ball must first regain footing (without infringing the footwork rule [Rule 9.6]) before playing the ball and must release the ball within 5 seconds of first catching it. A player may not:
 - (a) Gain possession of the ball while lying, sitting or kneeling on the ground
 - (b) Throw or play the ball while lying, sitting or kneeling on the ground.

Sanction: *Free pass*

- (vi) A player may not use the goalpost to regain balance or as a support to recover the ball.

Sanction: *Free pass*

9.5 PASSING DISTANCES

9.5.1 Short Pass

- (i) When a player passes the ball there must be sufficient space for an opposing player on the court to be able to intercept the ball as it moves from the hands of the thrower to those of the receiver.

Sanction: *Free pass*

- (ii) If two players from the same team gain possession of the ball in quick succession, the second player's hands must be removed or it will be deemed to be a short pass.

Sanction: *Free pass*

- (iii) If two opposing players gain possession of the ball in quick succession, the umpire calls 'possession', indicates the player who caught the ball first and allows play to continue.

9.5.2 Over a Third

The ball must be caught or touched by a player in each third of the court.

- (i) The player who touches or catches the ball must:
 - (a) Be standing wholly in the third concerned when the ball is caught or touched or
 - (b) After catching or touching the ball in the air, land either with the first foot or both feet wholly in the third concerned.

Sanction: *Free pass taken by the transverse line where the ball first entered the third incorrectly, except if the ball goes out of court over the goal line a throw in is awarded*

- (ii) After catching the ball correctly a player may step into an adjacent third. Any subsequent throw is deemed to have been made from the third where the player first landed.
- (iii) If a player either catches the ball before landing with feet astride the transverse line, or is standing on both feet astride the transverse line when the ball is caught, the pass made by this player must be touched or caught in one of these two thirds.

Sanction: *Free pass taken in the goal third by the transverse line where the ball entered the third incorrectly*

9.6 FOOTWORK

9.6.1 One Foot Landing

A player who either receives the ball with one foot on the ground or, who after catching the ball in the air lands on one foot, may:

- (i) Step with the second foot in any direction, lift the landing foot and throw or shoot before the landing foot is regrounded
- (ii) While pivoting on the landing foot, step with the second foot in any direction one or more times. The landing foot may be lifted but the player must throw or shoot before regrounding it
- (iii) Jump from the landing foot onto the second foot and jump again but must throw the ball or shoot before regrounding either foot
- (iv) Step with the second foot and jump but must throw the ball or shoot before regrounding either foot.

Sanction: *Free pass*

9.6.2 Two Foot Landing

A player who receives the ball while both feet are on the ground, or who catches the ball in the air and lands on both feet simultaneously, may:

- (i) Step with one foot in any direction, lift the second foot and throw or shoot before the second foot is regrounded
- (ii) Step with one foot in any direction one or more times while pivoting on the second foot.
The second foot may be lifted but the player must throw or shoot before regrounding it
- (iii) Jump from both feet onto one foot but must throw or shoot before regrounding the second foot

- (iv) Step with one foot then jump but must throw the ball or shoot before regrounding either foot.

Sanction: *Free pass*

9.6.3 Other Foot Movements

A player in possession of the ball may not:

- (i) Drag or slide the landing foot
- (ii) Hop on either foot
- (iii) Jump from both feet and land on both feet while still in possession of the ball.

Sanction: *Free pass*

9.7 OFFSIDE

- (i) A player is offside when the player enters a court area not designated for that player's position. This applies whether the player has contact with the ball or not.

Sanction: *Free pass*

- (ii) A player may reach across and pick up a ball from an offside area or lean on the ball in an offside area, provided the player makes no physical contact with the ground in that area.

9.7.1 Opposing Players Offside

- (i) If two opposing players enter an offside area, one before the other, the first player is penalised.

Sanction: *Free pass*

- (ii) If two opposing players enter an offside area simultaneously:
 - (a) If neither player makes any contact with the ball they are not penalised and play continues
 - (b) If either player catches or touches the ball while standing in the offside area, or immediately before or after landing in the offside area, a toss up is taken between the two players in their own area of play.

10 Scoring a Goal

10.1 REQUIREMENTS FOR SCORING A GOAL

A goal is scored when the ball is thrown or batted above and completely through the ring by an Attack from any point within the goal circle including the lines bounding the goal circle.

- (i) If the whistle to end play or to hold time is blown before the ball has passed completely through the ring no goal is scored.
- (ii) If a player other than the Attack throws or bats the ball through the ring no goal is scored and play continues.
- (iii) If a defending player deflects a shot for goal and the ball then passes above and completely through the ring a goal is scored.
- (iv) If the ball is won at a toss up in the goal circle the Attack may either shoot for goal or pass.

10.2 REQUIREMENTS FOR TAKING A SHOT

- (i) In taking a shot at goal the player must:
 - (a) Have no contact with the ground outside the goal circle either while catching or holding the ball. The player may lean on the ball in the goal third outside the goal circle or may roll the ball or pick it up from this area, provided the player makes no physical contact with the ground outside the goal circle
 - (b) Shoot within 5 seconds of catching the ball
 - (c) Obey the footwork rule.

Sanction: *Free pass*

- (ii) A defending player may not:
 - (a) Cause the goalpost to move so as to interfere with a shot at goal and cause it to miss

Sanction: *Penalty pass*

- (b) Deflect a ball on its downward flight towards the ring, including touching the ball up through the net.

Sanction: *Penalty pass. If a shot is successful the goal is scored*

11 Obstruction

Sanction for obstruction infringements: *Penalty pass*

11.1 OBSTRUCTION OF A PLAYER IN POSSESSION OF THE BALL

An opposing player may attempt to intercept the ball or defend a player in possession of the ball, provided there is a distance of not less than 1.0 m from the landing position of the player with the ball. This distance is measured on the ground as follows:

- (i) One foot landing by the player with the ball:
 - (a) If the player remains in the landing position: from the landing position to the nearer foot of the defending player
 - (b) If the player steps away from the landing position: from the point where the player landed to the nearer foot of the defending player.
- (ii) Two foot landing by the player with the ball:
 - (a) If the player does not move either foot: from whichever foot is closer to the nearer foot of the defending player
 - (b) If the player moves one foot: from the foot that remains grounded to the nearer foot of the defending player.
- (iii) An opposing player who is the correct distance from a player with the ball may attempt to intercept the ball or defend the player with the ball:
 - (a) Either by jumping upwards or towards the player with the ball and landing within 1.0m provided this does not interfere with the shooting or passing action
 - (b) If the player with the ball reduces the distance between them.
- (iv) A defending player may be within 1.0m of an opponent with the ball provided there is no interference with the throwing or shooting action of this player. The defending player may not make any effort to intercept the ball or defend the player with the ball.

11.2 OBSTRUCTION OF A PLAYER NOT IN POSSESSION OF THE BALL

- (i) A player who is within 1.0m of an opponent (measured on the ground) may stretch out arms to:
 - (a) Catch, deflect or intercept a pass or a fake pass
 - (b) Catch, deflect or bat a rebound from an unsuccessful shot at goal
 - (c) Momentarily signal for a pass or to indicate the intended direction of a movement.
- (ii) A player who is within 1.0m of an opponent (measured between nearer feet on the ground) may not, whether attacking or defending, use movements that take the arms away from the body so as to limit the possible movement of an opponent, except as required for natural body stance.

11.3 DEFENCE INVOLVING A PLAYER OUTSIDE THE COURT

11.3.1 Defending a Player from Out of Court

A player who is standing outside the court may not attempt to defend a player on the court whether that player has the ball or not.

The sanction is taken on the court close to where the infringer was standing

11.3.2 Defending a Player who is Out of Court

- (i) A player may defend an opponent who has chosen to go out of court provided the defending player does not leave the court or own playing area or obstruct the player as in Rule 11.2 (ii).
- (ii) A player who goes out of court to retrieve a ball or to take a throw in must be allowed back onto the court at the point where the player left the court or took the throw in. Any opponent attempting to prevent the player from re-entering the court is penalised.

12 Contact

Sanction for contact infringements: *Penalty pass*

12.1 CONTACT AND CONTEST

When attacking, defending or playing the ball, opposing players may come into physical contact with each other. Provided the players do not interfere with each other's play or use their bodies to gain an unfair advantage over their opponent, it is deemed to be 'contest' and play continues. 'Contact' occurs when a player's actions interfere with an opponent's play whether these are accidental or deliberate.

12.2 INTERFERENCE

Interference may occur in the following ways:

- (i) Physical contact using any part of the body to limit an opponent's ability to move freely (this includes, but is not limited to, pushing, tripping, holding or leaning on an opponent)
- (ii) Knocking or hitting a player including when shooting for goal
- (iii) Placing hand/s on the ball held by an opponent
- (iv) Hitting the ball held by an opponent or removing it from an opponent's possession
- (v) While holding the ball, pushing it into an opponent.

12.2.1 Moving into Player's Space

A player causes contact by:

- (i) Landing in a place already occupied by an opponent before the movement began
- (ii) Moving into the path of an opponent who is committed to a particular landing space.

12.2.2 Inevitable Contact

Player/s, whether moving or stationary, may not position so closely to an opponent that this player is unable to move without contacting.

12.2.3 Simultaneous Contact

If two opposing players contact simultaneously a toss up is taken between the two players concerned.