

Netball Rules

Introduction

The Sydney Game On is a sports tournament advocating excellence, healthy competition and sportsmanship by complying with international standards established by the various international sports federations.

This document contains the World Netball international standard match playing conditions that will be enforced and adhered to by all athletes participating in the 2024 Game On tournament. In the event there is any conflict between the Game On Rules and Regulations and the World Netball International Match Playing Conditions, the Game On Rules will govern.

Playing conditions, format, rules and/or terms may be subject to change. The AKYSB Sydney Game On Team reserves the right to make such changes. All changes will be communicated to participating cities at the earliest opportunity.

Click [here](#) for more information on the World Netball International Match Playing Conditions.

Highlights

Objective:

- The main goal in netball is to score as many goals as possible while preventing the opposing team from scoring.
- Goals are scored by shooting the ball through a raised ring attached to a vertical post.

Teams:

- Each team consists of seven players, each assigned specific positions.
- Positions define roles within the team and restrict movement to certain areas of the court.

Court:

- Netball is played on a rectangular court divided into thirds: two goal thirds and a centre third.
- The court is marked with specific areas, including goal circles where goals are scored.

Gameplay:

- The game starts with a centre pass and restarts after each goal with teams alternating possession.
- Players pass and catch the ball to move it into their goal circle to score.
- Defensive players attempt to block shots and intercept passes to gain possession.

Player Movement:

- Players can only move in designated areas based on their positions.
- Positions include Goal Shooter (GS), Goal Attack (GA), Wing Attack (WA), Centre (C), Wing Defence (WD), Goal Defence (GD), and Goal Keeper (GK).

Key Rules:

- **Footwork:** Players must pass the ball within 3 seconds of receiving it and cannot move their landing foot once they have the ball.
- **Offside:** Players cannot move out of their designated areas.
- **Contact:** Physical contact that impedes an opponent is not allowed.
- **Obstruction:** Players must be at least three feet away from the player with the ball when defending.

- **Held Ball:** Players must release the ball within 3 seconds.
- **Scoring:**
- Goals can only be scored from within the goal circle by the Goal Shooter or Goal Attack.
- Each goal scores one point.

Start and Restart of Play:

- The game is divided into four quarters, each lasting 15 minutes.
- Play begins with a centre pass at the start of each quarter and after every goal.

Foul Play and Penalties:

- Infringements like contact and obstruction result in a penalty pass or shot to the opposing team.
- Serious infringements can lead to players being warned, suspended, or ordered off the court.

Umpire:

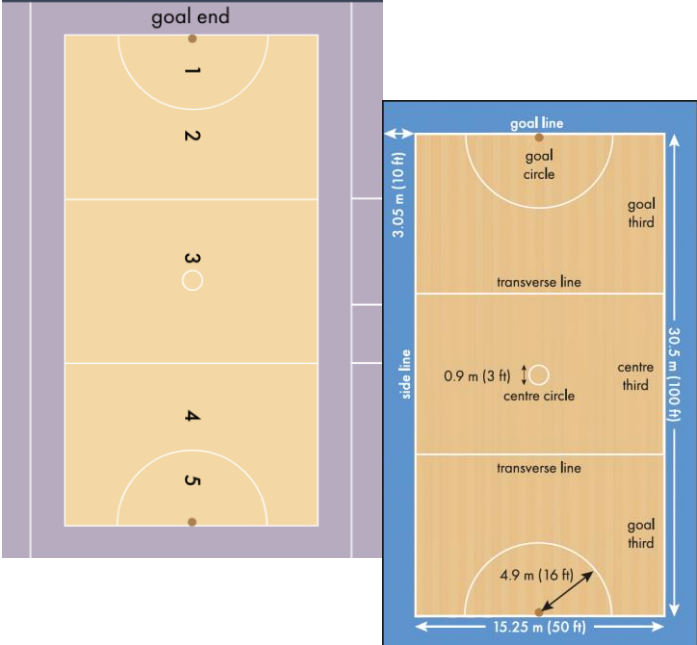
- The umpire controls the game, ensuring the rules are followed and managing infringements.
- They use hand signals to communicate decisions.

Game Management:

- Teams can make substitutions at intervals or for injuries.
- Timekeepers manage playing time and stoppages.

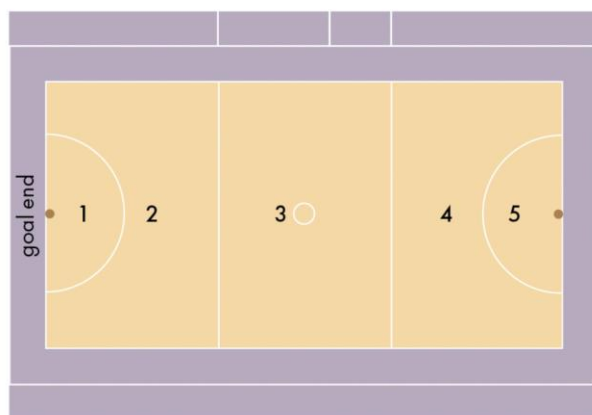
Netball Court

The Diagram below is an illustration of an indoor netball court and fields of play:



Equipment

- During a match players must wear:
- Suitable sports footwear that is not spiked.
- Playing position initials 150 mm (6 in) high which must be clearly visible and worn above the waist, front and back.
- The playing positions and initials are:
- Goal Shooter (GS), Goal Attack (GA), Wing Attack (WA), Centre (C), Wing Defence (WD), Goal Defence (GD) and Goal Keeper (GK).
- All players have specified areas of the court where they are allowed to play. These are:



Position	Playing areas				
Goal Shooter	1	2			
Goal Attack	1	2	3		
Wing Attack		2	3		
Centre		2	3	4	
Wing Defence			3	4	
Goal Defence			3	4	5
Goal Keeper				4	5

Ready to Play

- "Ready to play" means that the team must be on the playing area with a minimum number of requisite team members present to start a match
- All teams are expected to be at the sporting venue, in appropriate uniform and with the necessary equipment at least 15 minutes before the scheduled start time of the sport/event

Late Penalties

- When the umpire indicates that there are 10 seconds remaining before the start of any period of play, players must take the court.
- A team must take the court if there are at least five players present, one of whom must play as Centre. If a team does not have five players present at the start of a period of play, the umpire will wait up to 30 seconds for additional player/s to arrive.
- Action:
 - If the team takes the court within 30 seconds: the umpire starts play and the infringing team is penalised for delaying play and immediately following the whistle for the centre pass.

- If the team is not able to take the court within 30 seconds: the umpire will award the match to the opposing team.
- If a team delays taking the court after a stoppage when requested by the umpire, the umpire penalise the team for delaying play as soon as play restarts. If play was due to restart with a centre pass, the sanction is awarded immediately following the whistle for the centre pass.

LATE PLAYERS

- Any late player may, after advising the umpire, take the court in the vacant position/s at the next break in play.
- Action: Any late player is sent from the court until the correct time for entry and possession is awarded to the opposing team where the ball was when play stopped.

Opponents not ready

- If the team refuses to play after being summoned to do so or is not present, the team shall be declared in default and forfeit the match
- If the team refuses to play or is ineligible, the team is declared in default and the forfeits the match with the following results:
 - Forfeits must always be recorded as a winning result for the team that did not forfeit with only the match being recorded as a win – no other score such as goals etc. should be awarded as this will alter the for and against calculations
- If the team fails to return to play following a regular match interval or a regular match interruption, for any reason other than a refusal, after being warned and penalised for the delay, the team shall be declared in default and forfeit that match, retaining any goals.
- A team declared incomplete for a match loses that game/match by forfeit. The opposing team is recorded as the winner with only the match being recorded as a win – no other score such as goals should be awarded as this will alter the for and against calculations.

Time

Match length

- A match consists of four quarters, each of 10 minutes playing duration, with an interval of two minutes between the first-second and third-fourth quarters. The half-time interval is 4 minutes.
- Teams change ends each quarter.
- A period of play must not exceed the specified playing time, except that

- if a team is awarded a penalty pass in its attacking goal circle before the timekeeper signals the end of play:
 - The umpire will blow the whistle to end the period of play and
 - Advise the players that time is being extended for the penalty pass to be taken including any subsequent infringements at that penalty pass
- An interval may be extended by the umpire for an emergency

Extra time

- In the event that scores are tied at full-time, extra time will be played to determine a winner.
- The following procedure will apply:
 - Extra time consists of two minutes.
 - The first centre pass is taken by the team entitled to the next centre pass.
 - In the event of a tie remaining at the end of extra time, another two minutes of play will occur until a winner has been confirmed.

Team

Members

- Before the start of a match, the names of all players and team officials must be provided to the scorers. Each team names one player as captain.
- During play, a minimum of five and a maximum of seven players from a team may be on the court at any time, one of whom must play as Centre.
- Action:
 - If a team does not have five players available at any time, the umpire will award the match to the opposing team.
 - If a team has more than seven players on the court at any time, the additional player/s are immediately sent from the court and possession is awarded to the opposing team where the ball was when play stopped. If the additional player/s delay leaving the court, the umpire will penalise the team for delaying play.
- Bench players (i.e. substitute player) may leave the team bench during play for a valid reason (for example to warm up).

Players

- During a match players must wear:
 - Playing uniform that includes their name or allocated team number, which is distinct from the opposing team's playing uniform.
 - Suitable sports footwear that is not spiked.
 - Playing position initials 150 mm (6 in) high which must be clearly visible and worn above the waist, front and back.

- The playing positions and initials are Goal Shooter (GS), Goal Attack (GA), Wing Attack (WA), Centre (C), Wing Defence (WD), Goal Defence (GD) and Goal Keeper (GK).
- All players have specified areas of the court where they are allowed to play (see Netball court section).
- Players may not wear anything that could endanger themselves or other players, specifically:
 - No body piercings including earrings may be worn.
 - No adornment that may endanger player safety may be worn.
 - No communication devices may be worn.
 - Any other adornment worn must be securely covered with tape and/or padding.
 - Medical devices may be worn provided they are securely covered with tape and/or padding.
 - Player monitoring devices may be worn provided they are secured within the playing uniform.
 - Fingernails must be short and smooth.
 - Hair must be suitably tied back (for example in a ponytail, plait or braided) and free from any adornment.
- Role of captain:
 - Before the match starts, the captains toss on the field of play. The captain for the first named team tosses a coin and the other captain calls.
 - The winner of the toss decides whether to have the first centre pass or to choose a goal end. If the winner of the toss decides to choose the first centre pass, the opposing captain must choose a goal end and vice versa.
 - The captains will notify the umpire of the result of the toss.
 - During an interval, clarification of any Rule may be sought from the umpire by the captain and/or any other player concerned. The umpire must provide such clarification in a way that is clearly understood.
 - In the event that the captain is not on the court, an on-court captain will be advised to the umpire.
 - The on-court captain must wear identification such as a lanyard.

Umpire

- The umpire controls a match according to the Rules of the Game and decide any matter not covered by them. The umpire wears clothing that is distinct from the teams' playing uniforms and suitable sports footwear.
- Before a match starts, umpire must:
 - Check the field of play, goalposts and all match balls conform to rules
 - Check the players off the court to ensure they meet the requirements

- The umpire ensure that these rules are maintained throughout the match to provide a safe environment for play.
- If a player fails to meet these requirements at any time during play, they will be penalised as a late player.
- An umpire's whistle:
 - Notifies the players when there are 30 seconds and 10 seconds remaining before the start of a period of play.
 - Starts and ends each period of play.
 - Restarts play after a goal has been scored.
 - Indicates when an infringement is penalised.
 - Is only required to indicate when the ball or a player is out of court if it is not clear.
 - Signals when the timekeepers are to hold time and when to restart timing play.
 - Notifies the players when 10 seconds remain prior to the end of a stoppage.
- When penalising an infringement, the umpire will blow the whistle, state the infringement using the correct terminology, use the relevant umpire hand signal (if applicable) and indicate where the sanction or action is to be taken. The sanction or action may also be stated if clarification is required.
- The umpire moves along the sideline and behind the goal line to view play and makes decisions. Ideally, they should keep off the court during play.
- If the ball strikes the umpire while on the court during play, or if an umpire interferes with the movements of the on-court players, play does not stop unless one team has been unfairly disadvantaged, in which case possession is awarded to that team where the ball was when play stopped.
- 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.
- The umpire may hold time for injury/illness of a player or blood, an emergency or other extreme circumstances, or for foul play. If a player is shooting for goal the shot may be completed before this occurs unless circumstances require time to be held urgently.

Sanctions and actions

Types

- During a match the umpire may penalise an infringement and award either a sanction or action to the non-infringing team.

	Type	Awarded for	Position awarded
Sanction	Free pass	Minor infringements	Where the infringement occurred
	Penalty pass	Major infringements	Where the infringer was standing (unless this places the non-infringing team at a disadvantage, in which case the penalty will be taken where the infringed player was standing)
Action	Throw-in	Out of court	Where the ball went out of court
	Possession	Simultaneous infringements, mutual infringements and [Rule 3.2], [Rule 3.8], [Rule 4.10] and [Rule 6.17]	Where the ball was when play stopped

- Sanctions and actions are awarded to a team and may be taken by any player allowed in the area, unless otherwise mentioned by the umpire.
- The player taking the sanction or action must take up the position indicated by the umpire.
- Sanction: If the infringement occurred on court, free pass.
- Action: If the infringement occurred off court, throw-in to the opposing team.

Conditions for free pass

- A player taking a free pass may not shoot for goal.
- Sanction: Free pass and no goal is scored.

Conditions for penalty pass

- The infringer must stand out of play. This means the infringer 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.
 - 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
- 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 and all infringers stand out of play.
- If Goal Shooter or Goal Attack takes a penalty pass in the goal circle, the player may either pass or shoot for goal. If this has been awarded but has not been taken when the timekeeper signals the end of a period of play, the umpire will blow the whistle to end the period of play and advise the players that time is being extended for the penalty pass to be taken including any subsequent infringements at that penalty pass or under
- A player who is correctly positioned to take a penalty pass may choose to play the ball before the sanction has been set.
 - The umpire may call “taken” sparingly where it is necessary to clarify that a player has chosen to play the ball immediately (for example when a shot has been released after the whistle has been blown to penalise a major infringement).
 - If the player chooses to play the ball immediately, the infringer may not take part in play until the ball has been released or make any attempt to intercept the penalty pass.
- Sanction: A further penalty pass is awarded which may be advanced
- 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.
- If a player is suspended or ordered off, a penalty pass is awarded to the non-infringing team and no player from the infringing team is required to stand out of play for the penalty pass.

Conditions for throw-in

- A player who goes out of court to retrieve a ball or to take a throw-in must be allowed back on the court at the point where the player left the court or took the throw-in.
- Sanction: Penalty pass on court near where the player left the court.
- The player taking the throw-in:
 - 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 landing foot).
 - May not step behind any offside area while holding the ball.
 - Action: Throw-in to the opposing team where the infringement occurred.
- The player taking the throw-in must pass the ball:
 - From the goal line: into the goal third.
 - From the side line: into the nearest or adjacent third.
 - Sanction: Free pass taken in the third where ball entered incorrectly.

- The player taking the throw-in may not enter the court (including the lines bounding the court) until the ball has been released.
- Action: Throw-in to the opposing team from the same position.
- The ball from a throw-in must enter the court.
- Action: Throw-in to the opposing team from the same position.

Possession

- During a match the umpire may award possession of the ball to a team. If this is in the goal circle, a Goal Shooter or Goal Attack may either pass or shoot for goal.
- In the case of simultaneous or mutual infringements, possession will be awarded to the team who last had possession of the ball immediately prior to that infringement, where the ball was when play stopped.
- If two opposing players gain possession of the ball in quick succession during play, the umpire may allow play to continue by calling “possession” and indicating the team and playing position of the player who gained possession of the ball first so they can play the ball. The hands of the opposing player must be quickly removed, or they will be penalised for contact.

Conditions for all sanctions and actions

- Any player taking a sanction or action must also observe the rules for playing the ball and passing distances once it has been set.
- Sanction: If the infringement occurred on court, free pass.
- Action: If the infringement occurred off court, throw-in to the opposing team.
- Any player taking a sanction or action must obey the footwork rule once it has been set. The foot placed at the point indicated is considered as equivalent to a ‘one-foot landing’.
- Sanction: If the infringement occurred on court, free pass.
- Action: If the infringement occurred off court, throw-in to the opposing team.

Infringements during a break in play

- A player must not infringe when the ball is not in play. This includes:
 - Between the ball going out of court and a throw-in being taken.
 - Between the awarding of, and the taking of a sanction or an action.
 - This does not include a player entering an offside area to retrieve a ball to set a sanction or action.
 - Between the scoring of a goal and the taking of a centre pass.
 - During a stoppage.
 - Sanction: Free pass (for minor infringement) or penalty pass (for major infringement).
 - For a and b, the infringement is immediately penalised.

- For c and d, the whistle is blown to restart play then the infringement is penalised.

Advantage

PRINCIPLES

- A team should not be disadvantaged when an opponent infringes. The umpire will refrain from blowing the whistle for an infringement when by so doing, the non-infringing team would be disadvantaged, and will instead apply advantage and allow play to continue.
- Advantage will be applied where the non-infringing team has a clear and real opportunity to play the ball:
 - To a territorial advantage (towards the non-infringing team's goal end).
 - To a tactical advantage (the non-infringing team is free to play the ball as they wish).
 - To a combination of territorial and tactical advantage.
- The umpire will indicate that an advantage is being applied by:
 - Calling "advantage" and stating the infringement and playing position of the infringer/s.
 - Using the umpire hand signal for advantage.

NOT TO BE APPLIED

- Advantage must not be applied:
 - To any incident of unfair play, unsporting behaviour or dangerous play.
 - To any other incident that would result in the immediate suspension or ordering off of the infringer.
 - To any incident resulting in head and/or neck contact or contact of the head and/or neck with any part of the playing enclosure including the goalpost.
 - To any other incident where it is suspected that a player is seriously injured.

IF GOAL SCORED

- 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. In signalling the goal, the umpire will call "advantage" and state the infringement and playing position of the infringer.

CENTRE PASS

PRINCIPLES

- Play is started at the beginning of each period of play and after each goal is scored by a centre pass. The centre pass is taken alternately by the Centre of each team.
- The umpire should check the correct centre pass with the scorers at the start and end of each period of play.
- During a period of play, the centre pass is started by the umpire controlling the goal end where the last goal was scored.
- Immediately a goal is signalled, both umpire and the reserve umpire indicate the direction of the next centre pass, and the controlling umpire calls the name of the team to take the centre pass:
 - If they disagree or are in any way unsure, the umpire must seek clarification from the scorers.
 - If the umpire indicates the centre pass direction incorrectly, the scorers notify the umpire by electronic and/or audible means prior to the centre pass being taken.
 - On appeal from an on-court player prior to the centre pass being taken, the umpire will check with the scorers and confirm the correct team to take the next centre pass.

POSITION OF PLAYERS

- The Centre in possession of the ball stands with at least one foot wholly within the centre circle.
 - Sanction: Free pass in centre circle.
- The opposing Centre is in the centre third and free to move.
 - Sanction: Free pass in the goal third by the transverse line where the opposing Centre was in contact with the ground in the goal third.
- Players must be positioned on the court and in their correct thirds when play is due to start.
 - Sanction: Free pass on court near to where the player was positioned incorrectly.
- Apart from both Centres, all other players must not enter the centre third until the whistle has been blown to start play.
 - Sanction: Free pass in the centre third by the transverse line where the player entered the centre third.

CONTROLLING THE CENTRE PASS

- 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 13]. If when the whistle was blown:

- Only one foot was wholly inside the centre circle, this foot will be considered the landing foot.
 - Both feet were wholly inside the centre circle, the foot not moved first will be considered the landing foot.
 - Sanction: Free pass in centre circle.
- The Centre must release the ball within three seconds.
 - Sanction: Free pass.
- A centre pass must be touched or caught by a player who:
 - Is standing wholly within the centre third, or
 - Lands with the first or both feet wholly within the centre third.
 - Sanction: Free pass in goal third by the transverse line where the player was in contact with the ground in the goal third.
- The ball from a centre pass may not go untouched over the sideline bounding the centre third.
 - Action: Throw-in.
- A player from the team taking the centre pass may not:
 - Touch or catch the ball in the air then land on both feet simultaneously astride the transverse line, or
 - Touch or catch the ball in the air then land either wholly or partly outside the court, or
 - Touch or catch the ball in the goal third if it has not been touched.
 - Sanction: Free pass in goal third by the transverse line where the player was in contact with the ground in the goal third or near to where the player landed out of court.
- The umpire may apply advantage and allow play to continue if a player from the opposing team:
 - Catches the centre pass in the goal third, or
 - 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).

SCORING A GOAL

REQUIREMENTS

- A goal is scored when the ball passes above and completely through the ring following a shot by Goal Shooter or Goal Attack from any point within the goal circle including the lines bounding the goal circle.
- If the whistle to end a period of play or hold time is blown after the ball has left the hands of the Goal Shooter or Goal Attack and the shot is successful, the goal will be scored. If the shot is unsuccessful but there is an infringement:
 - If this occurs at the end of a period of play, play will be extended for the penalty pass to be taken including any subsequent infringements at that penalty pass.

- At all other times, play restarts with a penalty pass.
- If a defending player deflects a shot for goal and the ball then passes above and completely through the ring, a goal is still scored.
- If the ball passes completely through the ring on any other occasion no goal is scored, and play continues.
- The umpire signal a goal has been scored by raising one arm vertically.

TAKING A SHOT

- In taking a shot at goal the player must:
 - Have no physical contact with the ground outside the goal circle including while catching or touching 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.
 - Sanction: Free pass where the player made physical contact with the ground outside the goal circle. No goal is scored.
 - Shoot within three seconds of catching the ball.
 - Sanction: Free pass.
 - Obey the footwork rule [Rule 13].
 - Sanction: Free pass.
- A defending player may not:
 - Cause the goalpost to move to interfere with a shot at goal.
 - Deflect a ball on its downward flight towards the ring, including touching the ball up through the net.

Stoppages

SUBSTITUTIONS AND TEAM CHANGES

- Both teams have the right to make substitutions and/or team changes:
 - ONCE in **each half** of the game (i.e. quarter 1+2 and quarter 3+4)
 - If undue time is taken by either team to complete substitutions and/or team changes, the infringing team will be penalised for delaying play. For a tactical change, this will be immediately following the whistle for the next centre pass.
 - UNLIMITED during the **intervals** provided the players used are those named for the match.
- Both teams may make the tactical change immediately after a goal has been scored following a request from an on-court player to hold time for this purpose, ensuring that:
 - The umpire is clear the request is for a tactical change and not for injury/illness of a player or blood.

- Any on-court players leave the court or change playing positions without delay.
- Any substitutes take up their position on court without delay.
- All team officials including primary care persons remain at the team bench.
- The umpire can restart play quickly, so the momentum of the match is not affected.
- If undue time is taken by either team to complete substitutions and/or team changes, the infringing team will be penalised for delaying play. For a tactical change, this will be immediately following the whistle for the next centre pass.

PROCEDURES

- The umpire must hold time:
 - For injury/illness following a request from an on-court player, primary care person or independent concussion observer.
 - When they notice active bleeding, an open wound or blood-stained clothing.
- The umpire may hold time for an emergency or in other extreme circumstances.
- **During a stoppage:**
 - For injury/illness of a player or blood: all players not affected or being substituted remain on the court. Both umpire remain on their respective sidelines.
 - In an emergency or in other extreme circumstances: the event organiser decides whether the players and/or umpire leave the court or not.
 - **Sanction:** Free pass on court where the ball was when play was stopped.
 - **Terminology:** Incorrect stoppage procedures.
- Play restarts from where the ball was when play stopped:
 - If the ball was out of court play restarts with a throw-in.
 - If an infringement was signalled before play was held play restarts with the sanction awarded.
 - If a player was in possession of the ball when time was held by the umpire, any player from that team allowed in the area may have possession of the ball for the restart of play.
 - If the ball was on the ground or the umpire is unable to say which team had possession of the ball, possession of the ball is awarded to the team who last had possession of the ball immediately prior to the stoppage and any player from that team allowed in the area may restart play.

INJURY/ILLNESS OF A PLAYER OR BLOOD

- The umpire holds time for injury/illness following a verifiable request by an on-court player or without a request in the event there is an obvious and/or serious injury.
- In extreme circumstances where player safety is endangered, a primary care person or independent concussion observer may enter the court while play is in progress. The umpire will then immediately hold time. If this safety precaution is misused by a primary care person, they may be disciplined.
- The umpire holds time if they notice any player who has an open wound or who is actively bleeding (including blood-stained clothing).
- In all circumstances above, the player concerned must leave the court within 30 seconds and receive any treatment off the court.
- Only primary care person/s are permitted on the court to assess the player's medical condition. They may ask for further assistance from the independent concussion observer before assisting the player from the court.
- If the primary care person/s or independent concussion observer advise the umpire that the player concerned cannot be removed safely within 30 seconds, the umpire will extend the time for the player to leave the court and notify the sports team accordingly.
- The umpire may authorise other persons to assist the player to leave the court if needed.
- Any other player with blood on their body or clothing who is not actively bleeding may leave the field of play to have this cleaned within the time allowed for the stoppage by the umpire without the need to be substituted. However, any clothing that becomes blood-stained must be replaced within the time allowed for the stoppage by the umpire and this may occur away from the playing enclosure.
- If there is blood on the ball it should be swapped and any blood on the court must be cleaned as directed by the event organiser before play restarts.
- 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 umpire.
- If no substitution is made for the injured/ill player, or for a player who has an open wound or who is actively bleeding (including blood-stained clothing), 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.
- If the position has been left vacant the player concerned or a substitute may not enter the match while play is in progress or they will be treated as a late player.
- If the position has been left vacant the player concerned or a substitute may return to the court at the next break in play. If the player concerned was originally the Centre at the time of the stoppage, the umpire will hold time so they can

return to the Centre position and any player who moved to play as Centre can return to the previous playing position.

EMERGENCIES

- The umpire may hold time or extend an interval in the event of the serious injury/illness of a player, injury/ illness of a match official or technical official, an issue with the court, goalposts or ball or technical equipment or in other extreme circumstances.
- The umpire in conjunction with the event organiser decide the length of such a stoppage and ensure play restarts as soon as possible.
- The umpire may sparingly hold time if there is going to be a material loss of playing time (for example the ball leaving the playing enclosure). Otherwise, playing time should not be stopped including when an umpire is awarding an infringement that is not foul play, or where the court or ball has incidental moisture on it which is not impacting play.
- If required, the event organiser may invoke any delay, postponement or cancellation policy. In extreme circumstances they may also instruct the umpire to abandon a match if the safety of players and/or officials is at risk.

FOOTWORK

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:
 - Step with the second foot in any direction, lift the landing foot and pass or shoot before the landing foot is regrounded.
 - 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 pass or shoot before regrounding it.
 - Jump from the landing foot onto the second foot and jump again but must pass or shoot before regrounding either foot.
 - Step with the second foot and jump but must pass or shoot before regrounding either foot.
 - **Sanction:** Free pass.

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:
 - Step with one foot in any direction, lift the second foot and pass or shoot before the second foot is regrounded.

- 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 pass or shoot before regrounding it.
- Jump from both feet onto one foot but must pass or shoot before regrounding the second foot.
- Step with one foot then jump but must pass or shoot before regrounding either foot.
- **Sanction:** Free pass.

OTHER FOOT MOVEMENTS

- A player in possession of the ball may not:
 - Drag or slide the landing foot.
 - Hop on either foot.
 - Jump from both feet and land on both feet while still in possession of the ball.
 - Fall to the ground and reground the landing foot.
 - **Sanction:** Free pass.

OFFSIDE

REQUIREMENTS

- A player is offside when the player enters a court area not designated for that player's position except when solely to retrieve a ball to set a sanction or action. This applies whether the player has contact with the ball or not. A player is not offside if any part of their body is in contact with, but not over, the line bounding the court area designated for that player's position.
 - **Sanction:** Free pass where the player entered the offside area.
- If two opposing players enter an offside area, one before the other, the first player is penalised.
 - **Sanction:** Free pass where the player entered the offside area.
- 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.

OUT OF COURT

BALL OUT OF COURT

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

- A player on court is holding the ball which is in contact with the ground, an object or a person outside the court.
- **Action:** Throw-in to the team that did not touch the ball last on court, to be taken in line with where the ball went out of court.
- The ball from a throw-in must not go out of court without being touched.
 - **Action:** Throw-in to the opposing team where the ball goes out of court after the original throw-in is taken.
- The ball is put out of court by a player who:
 - Catches the ball in the air and lands either wholly or partly outside the court.
 - Catches or touches the ball while standing on the ground, partly inside and partly outside the court.
 - **Action:** Throw-in to the team that did not catch or touch the ball, to be taken in line with where the player landed or is standing outside the court.
- A ball is not out of court when:
 - It hits any part of the goalpost and rebounds into the court.
 - It lands on but not over any part of the goal line or side line.

PLAYER OUTSIDE THE COURT

- A player is not out of court when any part of their body is on but not over any part of the goal line or side line.
- A player may jump from a position inside the court and pass or shoot the ball before landing outside the court.
- A player having no contact with the ball, whether attacking or defending, may move into the court surround provided this is solely for the purpose of repositioning back onto the court.
 - **Sanction:** Penalty pass taken on the court in line with where the infringer was standing.
- 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 to the opposing team in line with where the player last had contact with the court surround before playing the ball.
- A player who leaves the field of play without the permission of the umpire will be treated as a late player.

DEFENDING 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.
 - **Sanction:** Penalty pass taken on the court near to where the infringer was standing.

Obstruction

- **Sanction:** Penalty Pass where the infringer was standing, unless it disadvantages the non-infringing team.

Player in Possession of the Ball

- An opposing player may attempt to deflect or intercept the ball or defend a player in possession of the ball, provided there is a distance of not less than 0.9 m (3 ft) measured on the ground from the nearest part of the landing foot of the player with the ball to the nearest part of the opposing player's nearer foot in contact with the ground.
- An opposing player may attempt to deflect or intercept the ball or defend a player in possession of the ball while being lifted by another opposing player, provided there is a distance of not less than 0.9 m (3 ft) measured on the ground from the nearest part of the landing foot of the player with the ball to the nearest part of either opposing player's nearer foot in contact with the ground.
- If the player with the ball has a one-foot landing, this distance is
- measured on the ground as follows:
 - If the player remains in the landing position: from the nearest part of the landing foot to the nearest part of the nearer foot of the opposing player.
 - If the player lifts the landing foot: from the point where the nearest part of the landing foot was grounded to the nearest part of the nearer foot of the opposing player.
- If the player with the ball has a two-foot landing, this distance is measured on the ground as follows:
 - If the player does not move either foot: from the nearest part of the foot that is closer to the nearest part of the nearer foot of the opposing player.
 - If the player moves one foot: from the nearest part of the foot that remains grounded to the nearest part of the nearer foot of the opposing player.

Player Not in Possession of the Ball

- A player who is within 0.9 m (3 ft) of an opponent (measured between the nearest part of the nearer foot on the ground) may stretch out arms to:
 - Catch, deflect or intercept a pass or a fake pass.
 - Catch, deflect or bat a rebound from an unsuccessful shot at goal.
 - Momentarily signal for a pass or to indicate the intended direction of a movement.
- A player who is within 0.9 m (3 ft) of an opponent (measured between the nearest part of the nearer foot on the ground) may not, whether attacking or defending, use movements that take the arms away from the body to prevent the movement of an opponent, except as required for natural body stance.

Contact

Sanction for contact infringements: Penalty Pass where the infringer was standing unless this places the non-infringing team at a disadvantage, in which case the penalty will be taken where the contacted player was standing.

Interference

- When attacking, defending or playing the ball, a player must not engage in physical contact with an opponent that unfairly interferes with the opponent's play, whether accidental or deliberate. This may include, but is not limited to:
 - Pushing, tripping, grabbing, holding or leaning on an opponent.
 - Knocking or hitting an opponent, including when shooting for goal.
 - Hitting or placing hand/s on a ball held by an opponent.
 - While holding the ball, pushing it into an opponent.
- To be penalised as contact, the physical contact must result in:
 - Loss of the ball by an opponent in possession.
 - Interference with the passing or shooting action of an opponent in possession.
 - A change or changes in the body position of an opponent, regardless of whether the opponent is in possession, which prevents their ability to move freely and places them at an unfair disadvantage in attacking, defending or playing the ball.
- Incidental physical contact between opposing players in attacking, defending or playing the ball which does not cause interference will be deemed fair contest, and should not be penalised.

CAUSING CONTACT – PLAYER IN THE AIR

- Regardless of whether the ball is touched or caught, a player who has jumped into the air from an on-court position must be permitted to land:
 - In the same place on court.
 - In any other place on court, provided that an attacking player may not intentionally move into a stationary opponent when jumping and catching the ball.
- Where two or more opposing players jump into the air together in an attempt to touch or catch the ball, the player who is successful in gaining possession has priority and must be permitted to land in accordance with the trajectory of the pass, and any opponent/s must yield this landing place.
- An opponent must not:
 - Move into the landing place of a player after that player has jumped in the air.
 - Fail to yield the landing place of a player who has jumped into the air and gained possession after an unsuccessful attempt to touch or catch the ball.

CAUSING CONTACT – MOVING PLAYER

- A player must not take up a position so near to and/or so quickly in the path of a moving opponent, that the opponent does not have sufficient time or distance, either to stop or change their direction. The time and distance that must be allowed by the player is directly proportional to the speed of the opponent.

INEVITABLE CONTACT

- Player/s, whether moving or stationary, must not position so closely to an opponent that the opponent is unable to move at all without contacting.

CONTACT ENDANGERING PLAYER SAFETY

- In the application of this Rule, player safety is the paramount consideration. In particular, an infringement of this Rule will normally be considered as dangerous play requiring the additional delivery of a game management action if it involves:
 - A player who pushes, grabs, holds, knocks or hits the arms, legs or body of an airborne opponent in a manner that puts safe landing at risk.
 - A player who moves into the landing place of an opponent who has jumped into the air.
 - A player who fails to yield the landing place of an opponent in possession after an unsuccessful attempt to touch or catch the ball.
 - Any action, either unnecessarily forceful, careless, reckless or dangerous that affects the safety of another player and results in either head and/or neck contact or contact of the head and/or neck with any part of the playing enclosure including the goalpost.

GAME MANAGEMENT

PRINCIPLES

- The umpire applies the Rules of the Game fairly, communicate clearly and maintain a calm, decisive control while ensuring that player safety is the paramount consideration. In all interactions with players and team officials during the match, umpire will act respectfully in accordance with standards of good sporting behaviour and must not criticise or coach any player or team.
- Players on the court are responsible for complying with the Rules of the Game and are expected to respond to rulings by the umpire and adjust their play accordingly. Similar requirements apply to team officials and bench players.
- The requirement of players, team officials and bench players to behave in a manner consistent with good sporting behaviour extends throughout the entire match including intervals, stoppages and when the ball is both in and out of play.
- A player who infringes any part of the foul play rule must be specifically disciplined with the prescribed game management action.

- The game management action applied will be proportionate to the seriousness of the behaviour concerned, having regard to the principles of fair play and sporting behaviour and the paramount consideration of player safety.

GAME MANAGEMENT ACTIONS

- To manage a match the umpire will, in addition to the sanction for any infringement, use any of the following actions:
 - Proactive advice: a player is provided with specific feedback to change their behaviour.
 - Advance and/or escalate a sanction: a sanction may be advanced up to half a third (this may be to inside the goal circle if the infringement was in the goal third) and/or a free pass escalated to a penalty pass.
 - Issue a warning to a player: a player is warned that suspension will follow if the player continues to infringe any of the foul play rules.
 - Suspend a player: a player who is suspended takes no part in play for two minutes playing time
 - Order a player off: a player who is ordered off takes no further part in the match. A team may replace this player after four minutes playing time.
- Normally an umpire will work through these game management actions in the order indicated unless an offence is serious enough to require a high level of game management to be applied immediately.
- Any game management action must be applied in the same period of play that the infringement occurred. If the infringement occurred during an interval, the game management action must be applied immediately the next period of play starts.
- To give a warning, suspension or ordering off, the umpire will:
 - Hold time and signal to the official bench, using the relevant umpire hand signal.
 - Use the specific term “warning”, “suspension” or “ordering off”.
 - Advise the player of the behaviour for which the game management action is being applied.

PROACTIVE ADVICE

- For low-level incidents that do not compromise player safety, an umpire may provide a player with specific feedback to change their behaviour without the need to hold time.
- The language used should be succinct and provide the player with the necessary information to adjust their behaviour.
- The umpire may also hold time and inform the on-court captain that a player’s behaviour is causing concern and needs to change and may request the on-court captain to speak to the player involved.

- If a player needs to be spoken to more than once (including where a player has been spoken to by their captain at the umpire's request), the umpire must treat this as repeated infringing.

ADVANCE AND/OR ESCALATE A SANCTION

- An umpire may:
 - Advance a sanction up to half a third (this may be to inside the goal circle if the infringement was in the goal third) without the need to hold time.
 - Escalate a free pass to a penalty pass, as a stand-alone action or in combination with the sanction being advanced.
 - Where the sanction advanced is a penalty pass, the infringer stands out of play at the new position. If this is in an offside area the infringer moves to the edge of this area.
- In deciding whether it is appropriate to advance and/or escalate a sanction, the umpire will have regard to all of the circumstances, including the seriousness of the behaviour concerned and the principles of fair play and sporting behaviour.
- Advancing and/or escalating a sanction would not usually be appropriate for infringements that endanger player safety unless the infringement also involved the delaying of play. In this instance, the umpire may advance and/or escalate the sanction in combination with other appropriate game management action/s, again having regard to the seriousness of the behaviour concerned, the principles of fair play and sporting behaviour, as well as the paramount consideration of player safety.
- If an individual player has multiple advanced and/or escalated sanctions, the umpire must issue a warning.
- If a team has cumulative advanced and/or escalated sanctions, the umpire must issue a warning to the next infringer for that team where this game management action is required.

WARNING

- If a player does not change their behaviour following proactive advice from an umpire or an advanced and/or escalated sanction, the umpire will issue a warning to the player.
- Where appropriate a warning may be given for instances of unfair play, even if no earlier game management actions have been taken.
A warning must be given for all instances of unsporting behaviour.
- Only one warning can be given to a player in a match.

SUSPENSION

- The umpire will suspend a player following a warning if the player continues to engage in unfair play and/or unsporting behaviour.
- Where appropriate the umpire may suspend a player for unfair play or unsporting behaviour even if no warning has been given.

- The umpire must suspend a player for instances of dangerous play unless the action concerned involves intentional or highly reckless acts of dangerous play that endanger player safety and are sufficiently serious to warrant immediate ordering off.
- Only one suspension can be given to a player in a match.
- A player who is suspended must immediately leave the court and while off the court the suspended player is seated at the umpire's bench.
- No substitute is permitted and the suspended player's position is left vacant unless this player is the Centre. In this case one player must move to play as Centre during the suspension period.
- The suspension period of two minutes playing time begins when play restarts.
- Once the suspension period has been completed, either the suspended player or a substitute may return to the court at the next break in play. Either the suspended player or a substitute returns to the original playing position of the suspended player and any player who moved to play as Centre during the suspension returns to the previous playing position.
- A suspended player may join the team during any interval that occurs during the suspension but must return to the umpire's bench when play restarts for the remainder of the suspension period.

ORDERING OFF

- The umpire will order a player off the court following a suspension if the player continues to infringe any of the foul play rules.
- Where appropriate an umpire may order a player off the court even if no suspension has been given. This must be the case for intentional or highly reckless acts of dangerous play that endanger player safety.
- A player who is ordered off must immediately leave the court and take no further part in the match. The player reports initially to the umpire's bench.
- No substitute is permitted and the ordered-off player's position is left vacant unless this player is the Centre. In this case one player must move to play as Centre during the ordered-off period.
- The ordered-off period of four minutes playing time begins when play restarts.
- Once the ordered-off period has been completed, a substitute may return to the court at the next break in play. The substitute returns to the original playing position of the ordered-off player and any player who moved to play as Centre during the ordered-off period returns to their previous playing position. The ordered-off player must now report to the appropriate team officials on the team bench and may not re-enter the field of play.
- An ordered-off player may join the team during any interval that occurs during the ordered-off period but must return to the umpire's bench when play restarts for the remainder of the ordered-off period.

DISCIPLINE OF TEAM OFFICIALS AND BENCH PLAYERS

- During play team officials and bench players must remain at the team bench, except that bench players may leave the team bench for a valid reason (for example to warm up).
 - Sanction: Free pass to the non-infringing team taken where the ball was when play was stopped. If the ball was out of court the free pass is taken on court in line with where the ball was out of court.
- During a match (including intervals, stoppages and when the ball is both in and out of play) team officials and bench players must not:
 - Criticise the umpire or their decisions.
 - Use offensive, insulting or abusive language and/or gestures.
 - Use excessive noise or interruption.
 - Encourage foul play by on-court players.
 - Enter the court other than in extreme circumstances where player safety is endangered.
 - Sanction: Penalty pass to the non-infringing team taken where the ball was when play was stopped or where play was due to restart. If the ball was out of court the penalty pass is taken on court in line with where the ball was out of court. No player is required to stand out of play for the penalty pass.
- The umpire may penalise such behaviour. In addition, a warning may be issued to a specific person or to all team officials and bench players of the team concerned.
- In the event that team officials and/or bench players do not respond to a warning, the umpire requests the event organiser to remove them from the playing enclosure for the remainder of the match (including any contact with the team during intervals and stoppages).
- In a serious case, the umpire may request the event organiser to remove a person from the playing enclosure for the remainder of the match (including any contact with the team during intervals and stoppages) without a previous warning.

FOUL PLAY

UNFAIR PLAY

- A player must not play unfairly even if player safety is not endangered. This includes any instance of delaying play, intentional infringing, repeated infringing, disputed ruling or intimidation. Game management action: Penalty pass which is advanced.
- Delaying play: A player or team must not intentionally waste time or delay play.
- Intentional infringing: A player must not intentionally infringe any rule.
- Repeated infringing: A player must not persist in repeatedly infringing a rule or a combination of rules. A team must not repeatedly infringe the same rule or a combination of rules.

- Disputed ruling: A player must not dispute a ruling given by an umpire. If an umpire's call is not clearly heard a player may ask the umpire to repeat the infringement penalised or seek clarification of where a sanction or action is to be taken.
- Intimidation: A player, either with or without the ball, must not intimidate an opponent by using behaviour designed to distract (including verbal comments) to obtain an unfair advantage. Examples of intimidation include (but are not limited to):
 - Covering an opponent's eyes.
 - Swiping the ball directly at an opponent's face.
 - Making unnecessary loud or sudden noises.
 - Stomping the ground.
 - A player waving their arms erratically.
 - Sledging an opponent.

UNSPORTING BEHAVIOUR

- A player must not act in any way that may add hostility to a match or is contrary to accepted standards of good sporting conduct and to the integrity or image of the game. Game management action: Penalty pass where the infringement occurred and the player is either given a warning or suspended. In a serious case the umpire will order the player off.
- Retaliation: A player must not retaliate even if an opponent infringes the Rules of the Game.
- Abusive behaviour: A player must not use any offensive, insulting or abusive language and/or gestures towards anyone in the playing enclosure.
- Actions contrary to good sporting behaviour: A player must not act in a manner contrary to accepted standards of good sporting behaviour or to the integrity and image of the game.

DANGEROUS PLAY

- A player must not take any action, either unnecessarily forceful, careless, reckless or dangerous that could affect the safety of another player. This specifically includes (but is not limited to) any action that results in either head and/or neck contact or contact of the head and/or neck with any part of the playing enclosure including the goalpost.
- Game management action: Penalty pass where the infringement occurred and the player is either suspended or in a serious case ordered off. A player must always be ordered off for intentional or highly reckless acts of dangerous play.
- When umpire are considering whether a suspension or ordering off is more appropriate, they should consider the following factors (which are not exhaustive):
 - Was the action intentional, reckless or avoidable?

- Did the action have a low or high impact on player safety?
- Was the action at low or high speed, on the ground or in the air?
- Was the action low or high force?
- Did the action occur while stationary or moving?

SIMULTANEOUS AND MUTUAL INFRINGEMENTS PROCEDURE

- The umpire will award possession to the team who last had possession of the ball immediately prior to that infringement in the following instances:
 - Two opposing players gain possession of the ball simultaneously with one or both hands.
 - Two opposing players send the ball out of court simultaneously.
 - Two opposing players are offside simultaneously and one or both touch or catch the ball.
 - At a centre pass, two opposing players enter the centre third before the whistle and one or both touch or catch the ball.
 - Two opposing players contact each other simultaneously.
 - Any mutual infringement.
- If two opposing players enter the centre third simultaneously before the whistle is blown for a centre pass:
 - If neither player touches the ball they are not penalised and play continues.
 - If two opposing players enter an offside area simultaneously, if neither player touches the ball they are not penalised and play continues.
- If the infringements have the same sanction or action, the decision made by the controlling umpire will stand.