

CBC Indoor Sports

INDOOR NETBALL RULES

1. General Netball Rules

The general rules of netball apply. These include the rules of contact, obstruction, stepping, held ball, etc.

2. 6-A-Side Format and Area of Play

Teams consist of six players:

| Position | Area of Play |
|-----------------|---------------------------------------|
| GS Goal Shooter | Attacking Goal Third |
| GA Goal Attack | Attacking Goal Third and Centre Third |
| WA Wing Attack | All areas, excluding goal circles |
| WD Wing Defence | All areas, excluding goal circles |
| GD Goal Defence | Defensive Goal Third and Centre Third |
| GK Goal Keeper | Defensive Goal Third |

3. Game and Team Formats

- (a) Games are 2 x 13 minute halves, with 2 minutes break at half time.
- (b) Substitutions can only be made at half time or in the event of an injury or illness.
- (c) Teams must have a minimum of 3 players at the commencement of the game, and must fill the following positions: (1) GS or GA, (2) WA or WD, and (3) GD or GK.

4. Late-Arrivals / Forfeits

- (a) If a team does not have the required number of players at the commencement of the game, 2 goals will be awarded to the opposition team for every minute the game is late. The game will be forfeited after 5 minutes, with the opposition team being awarded full game points with a score of 20-0.
- (b) Players who are late arriving can only enter the court after a goal is scored and only with the permission of the umpire, and cannot change positional bibs with players on court.
- (c) Teams may have only one un-registered player for each game. Any more will be considered a forfeit.
- (d) In a result of a forfeit, scratch matches will be played instead if possible.
- (e) Teams are encouraged to notify CBC Indoor Sports as early as possible in the event they are unable to field a team for their game.

5. Uniform

- (a) All players must wear the same coloured t-shirts. Shorts and tracksuit pants are allowed, which do not need to be a specified colour.
- (b) Playing bibs will be supplied by CBC Indoor Sports.
- (c) No jewellery is allowed with the exception of a wedding band or medical bracelet, and studded earrings, which must be taped.
- (d) Nails must be cut short, gloved or taped.

6. Scoring

- (a) Scoring will be conducted electronically by the umpire, unless otherwise specified by the umpire.
- (b) GS and GA **cannot** score a goal in the event of the following:
 - If they have received the ball off the net. Players must have the ball passed directly to them before they can shoot.
 - If the ball goes through the ring, directly off the net. A goal can be scored only if the ball touched the goal ring first before hitting the net and passing through the ring.
 - If the ball has not passed completely through the goal ring at the umpire's call of time at half or full time.
- (c) If any of the above occur, a free pass will be awarded to the opposition team.
- (d) Teams receive the following points:

| | | |
|------|---|----------|
| Win | = | 3 points |
| Draw | = | 2 points |
| Loss | = | 1 point |

7. Centre Pass

- (a) WD substitutes as the Centre (C) taking the centre pass. WA and the opposition WD are behind the transverse line. The opposition WA must be in the centre third at the centre pass.
- (b) The centre pass must be received in the centre third and must be touched by a player before the ball touches the side net. A free pass will be awarded to the opposition if the ball touches the net or goes over a transverse line before being touched by a player.
- (c) The whistle for the centre pass will be blown when the WD is wholly within the circle when the whistle is blown. If a player is not within their required area when the whistle is blown, a free pass will be given to the opposition team.
- (d) Players may be warned and then penalised for deliberate delay in play.

8. Over a Third and Net Ruling

- (a) The ball must be touched by a player in all three thirds.
- (b) If the ball is thrown from the centre third and touches the back net without being touched by a player, it is ruled over a third. The opposition must also touch the ball within the goal third before it enters the centre third.
- (c) A player can only brush the net, however, at no time can a player make any other contact with the net, whether they have possession of the ball or not.
- (d) A player must not step, land, push off or jump into the nets.
- (e) The ball shall be “live” off all nets. Once a player has released the ball that player may not touch or regain possession until it is first touched by another player or makes contact with the goal ring.
- (f) The nets may not be used to “pin” a player in such a manner as to prevent movement.

9. Injury Time and Blood Rule

- (a) If a player has blood on their body or clothing, they must leave the court.
- (b) In the event of an injury or bleeding, players are given two minutes injury time. After two minutes, play will resume with or without the injured player.
- (c) Teams may change positions when play is stopped for injury time. This includes both teams.
- (d) If an injured or bleeding player is replaced by a substitute, that player may only re-enter the game at half time or in the event of another injury.

10. Mixed Netball

- (a) Teams consist of 6 players.
- (b) Teams can have a maximum of 3 guys on the court at any one time. Teams must have one female player in each of the following positions:
 - Goal shooter or Goal attack
 - Wing defence or Wing attack
 - Goal keeper or Goal defence