

Contact – No player may contact an opponent, either accidentally or deliberately, in such a way that interferes with the play of that opponent or causes contact to occur.

- In an effort to attack or defend or to play the ball a player **shall not**:
- Move into the path of an opponent who is committed to a particular landing space;
- Position so closely to an opponent that the player is unable to move without contacting;
- Push, trip, hold or lean on an opponent or use other forms of **physical contact**; to an extent where it significantly interferes with play;
- Place a hand or hands on the ball held by an opponent;
- Knock or remove the ball from the possession of an opponent;
- While holding the ball push it into an opponent.
- Results in a Penalty Pass or Penalty Pass or Shot where the infringer is standing unless this places the non offending team at a disadvantage, when the penalty shall be taken where the contacted player was standing.
- Contact is called to the umpire's discretion of whether the contact significantly interferes with play or is dangerous.
- Deliberate contact on a player is NOT acceptable, players should only be contesting for the ball and malicious play will be dealt with severely.

Intimidation

- The umpire may call a penalty if they believe a defender is intimidating another player, e.g. waving their hands in the face of the ball holder.

Setting penalties

- All penalties, with the exception of the Toss up, are awarded to a team. The penalty may be taken by any member of the team allowed in the area.
- The player taking penalty must take up the position clearly directed and indicated by the Umpire, throw the ball within three seconds and obey the Footwork Rule
- Penalties are awarded for an offence committed on a player (e.g. obstruction, contact, intimidation).
- The player who infringed must stand beside and away from the player taking the penalty and is out of play. They may not move back into play or speak until the penalty has been taken.
- A shooter may take a shot on a penalty, if within the goal circle.

Free Passes

- These are for all minor infringements of the rules not committed on a player (e.g. stepping, replay ball, offside). A player does not have to stand down out of play.
- A free pass is awarded to a team and may be taken by any player allowed in the area where the infringement occurred.
- A shooter may not shoot for goal in the goal circle, but must pass the ball only.

Possession

- The umpire will call 'possession' to signal which player had possession of the ball first and may then have the free pass.
- A possession call means no player is called for contact and is not a penalty so no player is out of play.
- Possession is awarded to a player only, not a team, so the pass must be taken by the player to whom possession was awarded.

Toss up – A Toss up is taken when:

- Opposing players gain **simultaneous** possession of the ball with either or both hands.
- Opposing players simultaneously knock the ball out of Court.
- Opposing players are involved and the Umpire is unable to determine the last player to touch the ball before it goes out of Court.
- Opposing players are **simultaneously** offside, one in possession of or touching the ball.
- Opposing players make **simultaneous** contact.
- After an accident the Umpire is unable to determine who had possession of the ball or the ball was on the ground when play was stopped.
- The Toss Up is taken between the two opposing players concerned at the point where the incident occurred.
- All other players may stand or move anywhere within their playing area provided they do not interfere with the Toss Up.
- The ball may be caught or may be batted in any direction except directly at the opposing player.
- The two players shall stand facing each other and their own goal ends with arms straight and hands to sides, but feet in any position. There shall be distance of 0.9 (3 feet) between the nearer foot of each player concerned. It is the responsibility of the Umpire to ensure that the players are standing correctly before taking the Toss-Up. They shall not move from that position until the whistle is blown.

Disputes

- The umpire's calls are final and can not be changed after a call is made.
- It is important for all players to recognise that due to the position of the umpire and players on court the view of the ball may be blocked and even elite level umpires miss things during a game.
- If a player has a question about the rules of the game or a call that was made, they may approach the umpire at halftime to discuss.
- The umpire may advance a penalty if a player argues with the umpire or delays play in any way (e.g. not surrendering the ball or throwing the ball away).
- The umpire may give a player a verbal warning for any misconduct. This includes arguing with the umpire's calls, verbal or physical abuse, deliberate contact or rule breaking, and any other general misconduct.
- Following a warning, a player will be sent off the court if misconduct continues. A player will be sent off for at least 1 goal. It is the umpire's decision to send off and to determine how long the send off is for (May be 1, 2 or 3 goals or for the remainder of the game.)
- Very serious misconduct will result in a game stand down, banning from the league or further action taken.

:: NORTH SHORE LEISURE

Mixed Netball Rules



NORTH SHORE LEISURE
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Auckland Council

Rules for players:

- 7 players on the court during play.
- On the court playing there is only allowed to be 3 males at any one time.
- Teams may consist of only females.
- When on court playing the **3 males have to be in separate thirds of the court**, position wise. This means that 1 male plays in the shooting or attacking positions of either goal attack (GA) or goal shooter (GS). 1 male plays in the midcourt positions of either centre (C), wing attack (WA) or wing defense (WD) and 1 male in the defending positions of either goal defense (GD) or goal keeper (GK).
- Players must be **14 years old or older**.

Netball playing rules:

Stepping – A player may not:

- Drag or slide the landing foot.
- Lift the grounded foot off the ground and put it back on the ground before releasing the ball;
- Hop on either foot.
- Jump from both feet and land on both feet unless the ball has been released before landing.
- Results in a free pass to the non–offending team, where the infringement occurred.

3 Second rule – A player can not hold the ball for more than 3 seconds, or 'held ball' will be called and possession turned over.

Replay ball – is when a player who has caught or held the ball may not:

- Throw the ball and play it before it has been touched by another player.
- Toss the ball into the air and replay it.
- Drop or bounce the ball after having possession and replay it (one controlled touch is permitted before gaining possession).
- Replay the ball after an unsuccessful shot at goal unless it has touched some part of the goalpost; (ring and or net).
- Free pass to the non–offending team, where the infringement occurred.

Advantage – The umpire uses their discretion to decide when to stop the game for a penalty or when to play advantage. This is when the umpire believes the team with the ball has the current advantage and to disrupt their play with a penalty for an infringement of the other team will cause them a disadvantage.

- E.g. An opposing player goes offside but the game is not affected – umpire calls "advantage offside"
- Once advantage has been called by the umpire they can not revoke the advantage call – even if the attacking team loses the ball.
- Similarly, if a penalty has been called by the umpire it must be taken even if it means the attacking team has to retreat progress – advantage can not be played after the whistle has been blown.

Offside – A player with or without the ball shall be offside if the player enters any area other than the playing area for that designated position.

- A player may reach over and take the ball from an offside area or may lean on the ball in an offside area, as long as they do not make any contact in the offside area with any part of their body.
- A player is offside if not behind the transverse line before the centre whistle.

- Free pass to the non–offending team, where the infringement occurred.

Out of court – The Ball is out of court when:

- When it touches the ground outside the court.
- It touches an object or person in contact with the ground outside the court.
- It is held by a player in contact with the ground, an object or a person outside the court.
- Throw–in where the ball crossed the line.
- A player having no contact with the ball may stand or move out of court but, before playing the ball the player must be on court.
- A player who has left the court to retrieve a ball or to take a throw in must be permitted direct re entry to the court. However, if a player wishes to leave the court for a better position on court, the opposition can stop that player from entering.

Throw In – The player throwing the ball in shall:

- Ensure that all other players are on the court before taking the throw in;
- Stand outside the court and place one or both feet immediately behind the point where the ball crossed the line;
- Not enter the court until the ball has been thrown;
- Not step behind any offside area whilst still in possession of the ball;
- Throw the ball into the nearest third of the court from behind a goal line (or it will be 'over a third');
- Have both feet behind the line. If a toe is on the line when the throw in is taken the umpire will call an 'incorrect throw in' and the free throw in will be given to the other team.
- Obey stepping, replay ball and 3 second rules.

Centre Pass

- The centre must stand fully in the centre circle on one leg or both and must follow the Three Second rule and Footwork rule;
- The centre must get into the circle immediately after a goal is score or will be called for 'delaying play' and the ball will be turned over. A centre may not wait for teammates to get behind the transverse line; it is the responsibility of all players to be onside quickly before the centre steps in.
- The pass must be received or touched within the centre third.
- All other players must start in their correct goal third.
- A free pass is awarded to the opposition where the infringement occurred.

Breaking

- A player may not enter the Centre Third before the whistle to indicate a Centre Pass has been blown. If a player is not in the Goal Third when the whistle is blown for a Centre Pass they are OFFSIDE.
- A Free Pass is awarded to the opposition where the infringer was standing where the infringement occurred.

A Player May Not:

- Strike the ball with a fist
- Fall on the ball to gain possession
- Throw the ball while lying, sitting or kneeling on the ground. Possession can be gained while on the ground, but a player must stand up to pass the ball while still obeying the footwork and 3 second rules.
- Deliberately kick the ball.
- Use the Goalpost:
 - As a means of regaining balance; or
 - As a support in recovering the ball going out of court; or in any other way

for any other purpose, which does not include the ball rebounding from the goalpost.

- Roll the ball to another player
- Replay the ball.
- Free Pass is awarded to the opposition where the infringement occurred.

Short pass

- On the court: at the moment the ball is passed there must be room for a third player to move between the hands of the thrower and those of the receiver.
- At the Throw in: at the moment the ball is passed there must be room on the Court for a third player to move between the hands of the thrower and those of the receiver.
- Free Pass is awarded to the opposition where the infringement occurred.

Over a third – The ball may not be thrown over a complete Third without being touched or caught by a player who, at the time of touching or catching the ball is standing wholly within that Third, or who lands with the first foot, or both feet, wholly within that Third.

- A player who lands with the first foot wholly within the correct Third is judged to have received the ball in that Third. The subsequent throw shall be considered to have been made from the Third in which the player first landed.
- A player who lands on both feet simultaneously with one foot wholly within the correct Third and the other in the incorrect Third, shall be penalised during a centre pass only. Free Pass to the opposing team taken just beyond the second line that the ball has crossed, except where the ball thrown from the Centre Third passes out of court over the Goal Line, when a Throw In shall be taken immediately behind the point where the ball crossed the line.

Scoring a goal – A Goal is scored when the ball is thrown or batted over and completely through the ring by Goal Shooter or Attacker from any point within the Goal Circle including the lines bounding the Goal Circle.

- If another player throws the ball through the ring **no goal is scored** and play continues.
- If a defending player deflects a shot for goal and the ball then passes over and completely through the ring **a goal is scored**.

Obstruction – An attempt to intercept or defend the ball may be made by a defending player if the distance on the ground is not less than 0.9m (3 feet) from a player in possession of the ball.

From the correct distance, a defending player may attempt to intercept or defend The Ball:

- By jumping upwards or towards the player with the ball, but if landing is within 0.9m (three feet) of that player and interferes with the throwing or shooting action, obstruction occurs;
- The defender must not lessen the distance of 0.9m (3 feet) while defending or a penalty is called.
- A player may be within 0.9m of an opponent in possession of the ball providing no effort is made to intercept or defend The Ball and there is no interference with that opponents throwing or shooting action.

Obstruction of a player not in possession of the ball

- A player is obstructing if within a distance of 0.9m measured on the ground from an opponent without the ball, if they are interfering with their play. E.g. arms can not be out blocking a player if within 0.9m.