

NETBALL RULES

Updated July 2021

INTERPRETATION

The International Netball Federation rules shall apply unless otherwise provided for in these By-Laws.

TO PLAY

A team must have a minimum of 5 registered players entered on the scoresheet who are ready to take the court at the commencement of the game. A late player may only take the court in the period after a goal has been scored and prior to the next centre pass.

In Mixed netball games there is to be a minimum of one male player and a maximum of 3 male players at any one time. There must be no more than one male playing in each court third i.e. There must be a male playing either goal keeper or goal defence, a male playing either goal shooter or goal attack, and one playing either wing attack, wing defence or centre.

SUBSTITUTIONS

Substitutions may be made at the break between any quarter. Exception to this rule is in the case of an injured player to which a substitution can be made during the game.

UNIFORMS

All players in each team are required to present themselves in conforming uniforms for each match. Teams will be given three weeks to conform to the uniform requirements.

At which time if teams are not in conforming uniforms they will be penalised one goal per person out of uniform.

All players must have conforming tops/the same set of playing bibs worn.

GAME TIMES

All games will be played on a time limit (40 minute playing time) Four (4) x 10 minute quarters with two (2) minute half time break, and no break at the first and third quarter changeover.

Game times are as follows;

- AM Competitions

9.30, 10.15, 11.00

- PM Competitions

6.15, 7.00, 7.45, 8.30, 9.15, 10.00

JEWELLERY / FINGERNAILS

Long / sharp nails are required to be taped or cut. Suitable sports gloves may also be worn. No participants can wear jewellery, pins, or other dangerous items. Netball allows for taped flat wedding bands. Acrylic nails must be taped and gloves must be worn at all times whilst playing netball. Failure to do so will result in the player not being allowed to participate in the game.

FORFEITS

In the event of a forfeit the non-offending team shall receive a credit unless they take part in a scratch match or practice session. The game will be counted with the following score: -5 – 15, where the offending team receives a negative 5 point score, and the non-offending team receives 15.

PENALTIES

Late Penalties

If a team has less than the minimum required players to start the match, then for every 1 minute that play is late commencing, the opposing team will be awarded points/goals according to the each sport's specific bylaws, up until the ten minutes has expired. If a team does not have the minimum required players on court and ready to play within 10 minutes of the scheduled starting time they shall lose the match on a forfeit.

Uniform penalties

All players in each team are required to present themselves in conforming uniforms for each match. Uniforms are required to have the same colour and shade top and bottom. Bottoms may include shorts (mixed competition only) or skirts. Uniforms are to be noted on nomination forms prior to each season. Complete uniform consists of both top and bottom.

Penalties for incomplete uniform are as follows;

- 2 points awarded to the opposition per person out of uniform.

A full list of INF rules can be found [here](#).

For more information, please view the Loftus Recreation Centre Sports Information and Rules of Participation, available on our website at www.loftusrecreationcentre.com.au, or contact the Sports Manager on 92276526, or at loftussports@belgravialeisure.com.au