



**WORLD  
NETBALL**



**RULES OF  
NETBALL**

2024 EDITION



OFFICIAL SUPPLIER

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## FOREWORD

Netball is a ball sport played by two teams of seven players, using a rectangular court marked with specified areas. The objective is to score as many goals as possible while preventing the opposing team from scoring. The team with the greater number of goals is the winner of the match.

Players are assigned positions denoting their roles within the team and the areas of the court in which they may move. Players pass and catch the ball and attempt to move it into their team's goal circle, where a goal may be scored by shooting the ball above and through a raised ring attached to a vertical post. The opposing team attempts to prevent the shot and gain possession of the ball by using defensive movements and strategies. Play restarts with a centre pass after each goal, with teams having alternate possession.

Netball was originally created for women and girls and had unique female-focused foundations that largely avoided physical contact. The sport has evolved to embrace inclusivity and is a sport that is open to all. The modern game is fast, dynamic, and aerial, drawing on the athleticism and skill of the players to produce an entertaining spectacle that is exciting to watch and enjoyable to play.

The Rules of Netball are underpinned by core values of equal opportunity and fair contest, stipulating that player safety must always be the paramount consideration, and that standards of good sporting behaviour and mutual respect must always be upheld.

The approval of any variations or trials to the Rules of Netball for international play must be sought in advance from World Netball, which also maintains sole responsibility for issuing any rule interpretations or application guidelines.

World Netball publishes the Rules of Netball in several different languages. If there is divergence in wording, the English text is authoritative.

## DEFINITIONS

### A

**Action:** in the context of an infringement, a throw-in or possession awarded to a team.

**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:** movement and/or actions of the team in possession of the ball, including passing or shooting the ball.

### B

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

**Bench zone:** area immediately outside the court surround where the official bench, team benches and umpires' bench are located (all on the same side of the court).

**Blood-stained:** when an amount of wet blood leaves a noticeable mark on a material.

**Break in play:** after a goal is scored, during a stoppage or interval or when a sanction or action is awarded.

### C

**Concussion:** as defined in the latest *Consensus Statement on Concussion in Sport*.

**Controlling umpire:** umpire in whose half or area of control 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:** movement and/or actions of the team not in possession of the ball, including attempting to gain possession of the ball or to prevent the attacking team from passing or shooting the ball.

**Deflect:** to touch a ball after it has been passed or shot and change its path.

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

## DEFINITIONS

### E

**Event organiser:** person/s with responsibility for the organisation of the match.

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

### F

**Failure to take the court:** a team has fewer than five players present at the start of a period of play, or after a stoppage where a team delays taking the court.

**Fake pass:** where a player in possession makes a passing action but does not release the ball.

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

**Foul play:** anything a player does that is contrary to the letter and spirit of the Rules of the Game or does not meet accepted standards of fair play, good sporting conduct and/or ethical and moral behaviour. It includes unfair play, unsporting behaviour and dangerous play.

**Free pass:** sanction for a minor infringement.

**Full-time:** end of the specified playing time for a match excluding any extra time.

### G

**Game:** the game of Netball.

**Game management action:** action taken by an umpire in addition to the sanction for an infringement. This must occur for any act of foul play.

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

**Good sporting behaviour:** a level of behaviour that meets generally accepted ethical standards in sport, including playing by the Rules of the Game, self-discipline, self-control and respecting opponents and officials.

### H

**Half-time:** interval between second and third quarters; in extra time the interval between the two halves.

## DEFINITIONS

### I

**Independent concussion observer:** a neutral medical professional arranged by the event organiser who is qualified in sports medicine and is both legally permitted and insured to administer concussion protocols consistent with the latest *Consensus Statement on Concussion in Sport*.

**Infringement:** action contrary to the Rules of the Game that may be penalised by an umpire.

**Infringer:** player who commits an infringement.

**Infringing team:** team who commits an infringement.

**Intercept:** to gain possession of the ball from the opposing team after it has been passed or shot.

**International play:** a match between two countries of any age group specifically including fixtures where World Netball ranking points are contested.

**Interval:** period of time between successive periods of play.

### L

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

**Landing foot (two-foot 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.

**Late player:** a player who is not ready to take the court at the start of a match or when the match is to be restarted after a stoppage or interval.

### M

**Major infringement:** any infringement where a penalty pass is awarded.

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

**Match officials:** two umpires and a reserve umpire.

**Minor infringement:** any infringement where a free pass is awarded.

**Mutual infringement:** any occurrence during a match when an umpire is unable to determine which team infringed or where the ball was when play was stopped, or where play is irregularly affected and fault cannot be attributed to either team.

## DEFINITIONS

### N

**Natural body stance:** where a player is stable and upright whether standing or moving, it may include slight arm movements for stability or momentum.

**Non-infringing team:** team who has not committed an infringement.

### O

**Official bench:** place where the two scorers and two timekeepers are located during a match.

**Opponent:** player from the opposing team.

### P

**Pass:** action of a player throwing, batting or bouncing the ball to a player, dropping the ball or putting the ball on the ground and removing their hands.

**Penalty pass:** sanction for a major infringement. A Goal Shooter or Goal Attack taking a penalty pass in the goal circle may either pass or shoot for goal.

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

**Pivot:** a movement where the player with the ball swivels either on the heel or on the ball of the landing foot while this maintains contact with the ground.

**Player safety:** the condition of being protected from foreseeable risk of injury or harm to health and wellbeing.

**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:** a player holds the ball with one or both hands or has one or both hands on the ball while it is on the ground.

**Primary care person:** team official who is qualified to diagnose and treat injury or illness and does not have any other roles (including as a player).

### R

**Reckless:** without thinking or caring about the consequence of an action.

**Reserve umpire:** match official seated at the umpires' bench who is ready to replace an umpire in the event of illness/injury during a match.

## DEFINITIONS

**Retaliation:** player's inappropriate response to the action/s of an opponent.

**Roll:** a ball moving in constant contact with the ground.

### S

**Sanction:** free pass or penalty pass awarded following an infringement by a 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 and whose detailed duties are outlined in the *World Netball Technical Officials Manual*.

**Set:** a sanction or action is 'set' once the player taking the sanction or action is positioned correctly with the ball; in the case of a penalty pass, the infringer must also be positioned correctly.

**Shot:** a Goal Shooter or Goal Attack throws, bats or deflects the ball towards the ring in an attempt to score a goal without the ball first touching the ground.

**Simultaneous:** occurs at exactly the same time.

**Sledging:** deliberately insulting or verbally intimidating an opposing player.

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

### T

**Tactical change:** when a team chooses to make a substitution and/or team change other than for injury/illness of a player or blood.

**Team:** up to twelve players (of whom a maximum of seven are on the court at any time) and team officials.

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

**Team change:** when an on-court player changes playing positions with another on-court player.

**Team doctor:** additional primary care person who is qualified in sports medicine acting expressly in a medical capacity and is both legally permitted and insured to administer concussion protocols consistent with the latest *Consensus Statement on Concussion in Sport*.

**Team officials:** up to five persons (or exactly six persons if a team doctor is used) at least one of whom is a primary care person.

## DEFINITIONS

**Technical officials:** two scorers and two timekeepers seated at the official bench and any other officials specified for an event whose detailed duties are outlined in the *World Netball Technical Officials Manual*.

**Terminology:** the specific phrase used by an umpire when penalising an infringement along with the infringer's playing position, if appropriate.

**Timekeepers:** technical officials responsible for maintaining an accurate record of playing time, advising the umpires when play should end, timing intervals, stoppages, suspension and ordered-off periods and whose detailed duties are outlined in the *World Netball Technical Officials Manual*.

**Trajectory:** the path that the ball follows once it is passed, from the hands of the passer to those of the receiver.

### U

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

### W

**World Netball:** trading name of International Netball Federation Limited, recognised by the International Olympic Committee as the governing body of the game.

### Y

**Yield:** to give way to an opposing player who is in the air.

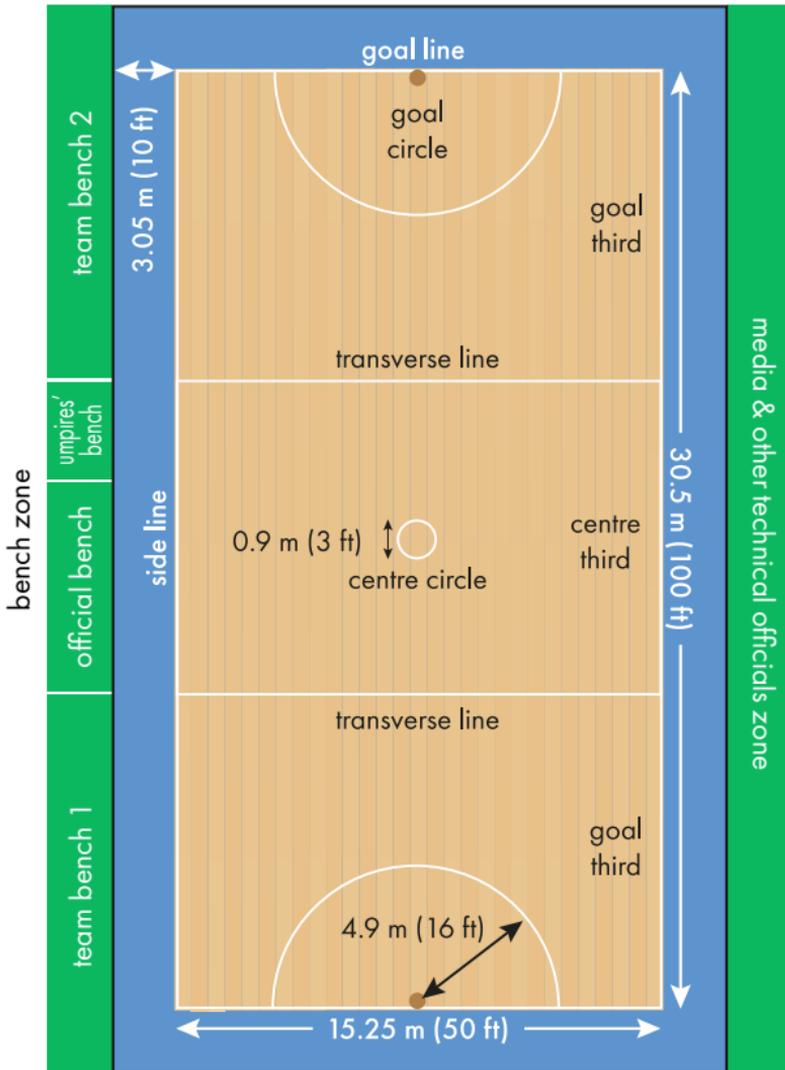
## Measurements

The following abbreviations are used:

<b>cm</b>	centimetres
<b>ft</b>	feet
<b>g</b>	grams
<b>in</b>	inches
<b>m</b>	metres
<b>mm</b>	millimetres
<b>oz</b>	ounces

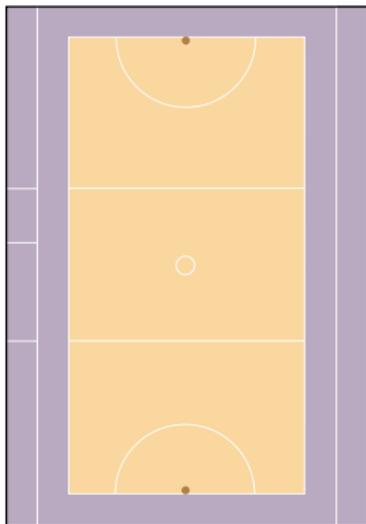
# RULE 1: TECHNICAL SPECIFICATIONS

## COURT AND RELATED AREAS

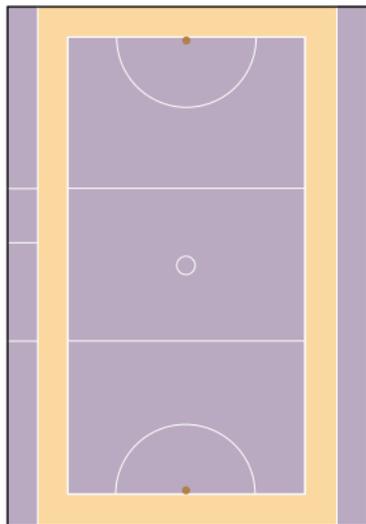


## **RULE 1: TECHNICAL SPECIFICATIONS**

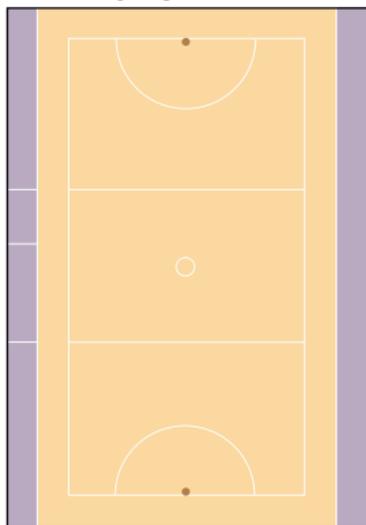
**Court**



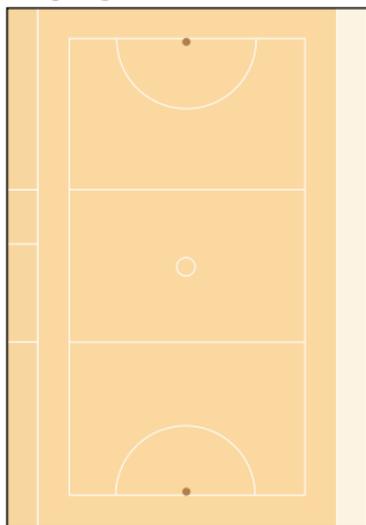
**Court surround**



**Field of play**



**Playing enclosure**



## RULE 1: TECHNICAL SPECIFICATIONS

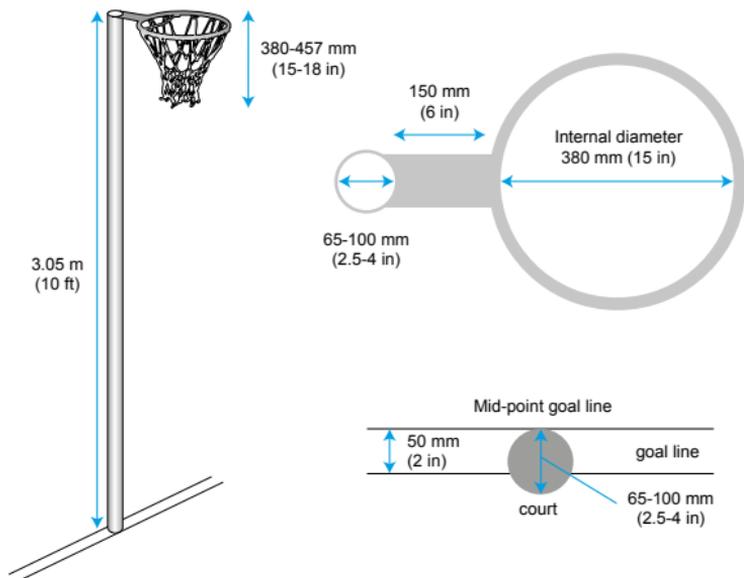
### COURT AND RELATED AREAS

1. The court is rectangular in shape and is level and firm. The surface should be wooden (and preferably sprung) but may consist of other material provided that it is safe to play on.
2. The two longer sides are called side lines and measure 30.5 m (100 ft).
3. The two shorter sides are called goal lines and measure 15.25 m (50 ft).
4. 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.
5. A circle 0.9 m (3 ft) in diameter is located in the centre of the court. This is called the centre circle.
6. 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.
7. All lines (preferably white) are 50 mm (2 in) wide and are part of the court area they outline. A line which bounds adjacent court areas is common to both areas.
8. The court surround is rectangular in its outer shape and it surrounds the court. The distance between the edge of the court surround and the goal lines and side lines is 3.05 m (10 ft).
9. The field of play is rectangular in shape and consists of the court and the court surround. During play only on-court players and umpires are permitted in the field of play.
10. A bench zone is located immediately adjacent to the field of play. The official bench, umpires' bench and team benches are all located on one side of the court in the bench zone.
11. The playing enclosure consists of the field of play and the bench zone. Entry to the playing enclosure during a match is limited to those persons accredited by the event organiser.
12. If desired, an equivalent zone on the opposite side of the court may also be included in the playing enclosure. This zone is to be used by media and other technical officials as needed.

## RULE 1: TECHNICAL SPECIFICATIONS

13. A goalpost is placed at the mid-point of each goal line so the back of the pole is at the outer edge of the goal line. It is 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.
14. A goalpost consists of the following:
  - a. A vertical metal pole 65-100 mm (2.5-4 in) in diameter and 3.05m (10 ft) high that is covered with padding of uniform thickness not more than 50 mm (2 in) thick and extending the full length of the pole.
  - b. A curved horizontal metal ring made of steel rod 15 mm (5/8 in) in diameter with an internal diameter of 380 mm (15 in).
  - c. A horizontal metal bar of length 150 mm (6 in), projecting from the front edge at the top of the pole, to which the ring is attached.
  - d. A net (preferably white) fitted to the ring, clearly visible and open at top and bottom. The minimum length of the net is 380 mm (15 in) and maximum is 457 mm (18 in).

### GOALPOSTS



## **RULE 1: TECHNICAL SPECIFICATIONS**

### **BALL**



15. All match balls must:
  - a. Be spherical in shape and be made of leather, rubber or suitable synthetic material.
  - b. Measure 690-710 mm (27-28 in) in circumference.
  - c. Weigh 400-450 g (14-16 oz).
  - d. Be inflated to a pressure as specified on the ball by its manufacturer.
16. Match balls may be rotated throughout the match as stipulated by the event organiser prior to the start of the match.

## RULE 2: TIME

### MATCH LENGTH

1. A match consists of four quarters, each of 15 minutes playing duration, with an interval of four minutes between the first-second and third-fourth quarters. The half-time interval is 12 minutes (except, with the agreement of the event organiser and both teams, half-time may be eight minutes).

1st quarter	interval	2nd quarter	half-time	3rd quarter	interval	4th quarter
15 minutes	4 minutes	15 minutes	12 (or 8) minutes	15 minutes	4 minutes	15 minutes

2. Teams change ends each quarter.
3. 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:
  - a. The umpire will blow the whistle to end the period of play and
  - b. 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 [Rule 9.7].
4. An interval may be extended by the umpires for an emergency [Rule 10.23].

## RULE 2: TIME

### EXTRA TIME

5. Before a match begins the event organiser may advise the teams and umpires that, in the event that scores are tied at full-time, extra time will be played to determine a winner. The length of each half will also be specified.
6. The following procedure will apply:
  - a. There is an interval of four minutes at the end of full-time.
  - b. Extra time consists of two halves of equal length, not exceeding seven minutes each, with a half-time interval of one minute. Teams change ends at half-time.

interval	1st half	half-time	2nd half
4 minutes	not exceeding 7 minutes	1 minute	not exceeding 7 minutes

7. The first centre pass in each half is taken by the team entitled to the next centre pass.
8. In the event of a tie remaining at the end of extra time, a visual signal is placed at the official bench to indicate that play will continue until one team leads by two goals.

## RULE 3: TEAM

### MEMBERS

1. 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.
2. 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:

- a. *If a team does not have five players available at any time, the umpires will award the match to the opposing team.*
- b. *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 [Rule 19.1] and [Rule 19.2].*

Terminology: *Incorrect team numbers.*

3. Each team is allocated a team bench where team officials and bench players are located during play. Bench players may leave the team bench during play for a valid reason (for example to warm up) and team officials may move onto the court surround to coach and/or provide hydration at a stoppage for injury/illness of a player or blood.

### FAILURE TO TAKE THE COURT

4. When the umpires indicate there are 10 seconds remaining before the start of any period of play, players must take the court.
5. A team must take the court if there are at least five players present, one of whom must play as Centre.

## RULE 3: TEAM

6. If a team does not have five players present at the start of a period of play, the umpires 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 [Rule 19.1] and [Rule 19.2] immediately following the whistle for the centre pass.*
- If the team is not able to take the court within 30 seconds: the umpires will award the match to the opposing team.*

Terminology: *Failure to take the court.*

7. If a team delays taking the court after a stoppage when requested by the umpires, the umpires penalise the team for delaying play [Rule 19.1] and [Rule 19.2] 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

8. Any late player may, after advising the umpire, take the court in the vacant position/s at the next break in play.

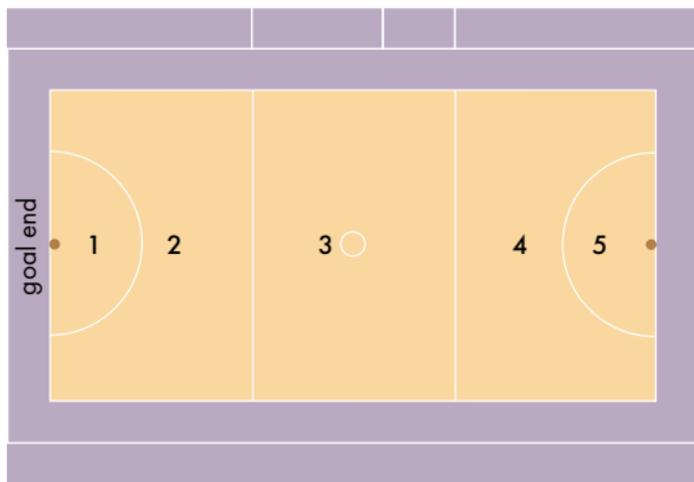
Action: *Any late player is sent from the court until the correct time for entry and possession is awarded to the opposing team where the ball was when play stopped.*

Terminology: *Incorrect entry.*

## PLAYERS

9. During a match players must wear:
- Registered 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.
10. 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).

## RULE 3: TEAM



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

## **RULE 3: TEAM**

11. All players have specified areas of the court where they are allowed to play (see diagram opposite).
12. Players may not wear anything that could endanger themselves or other players, specifically:
  - a. No body piercings including earrings may be worn.
  - b. No adornment that may endanger player safety may be worn.
  - c. No communication devices may be worn.
  - d. Any other adornment worn must be securely covered with tape and/or padding.
  - e. Medical devices may be worn provided they are securely covered with tape and/or padding.
  - f. Player monitoring devices may be worn provided they are secured within the playing uniform.
  - g. Fingernails must be short and smooth.
  - h. Hair must be suitably tied back (for example in a ponytail, plait or braided) and free from any adornment.
13. Role of captain:
  - a. 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 (unless specified otherwise by the event organiser).
  - b. 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.
  - c. The captains will notify the official bench and umpires of the result of the toss.
  - d. During an interval, clarification of any Rule may be sought from the umpires by the captain and/or any other player concerned. The umpires must provide such clarification in a way that is clearly understood.
  - e. In the event that the captain is not on the court, an on-court captain will be advised to the umpires.
  - f. The on-court captain must wear identification as specified by the event organiser (for example an arm band or patch on their playing uniform).

## RULE 3: TEAM

### TEAM OFFICIALS

14. A team may have up to five team officials. These will include a coach and at least one primary care person.
15. A team may have a sixth team official only if that role is a team doctor.
16. A primary care person:
  - a. Must wear identification as specified by the event organiser (for example an arm band).
  - b. May enter the court during a stoppage for injury/illness of a player or blood.
  - c. In extreme circumstances where player safety is endangered, may enter the court while play is in progress.
  - d. Must advise the umpires if a player is too ill/injured to be removed from the court within 30 seconds and/or if further assistance is required.
  - e. May advise the reserve umpire that they wish to stop play to facilitate the substitution of any on-court player due to a suspected concussion.
17. A team official from either team may request to observe the umpires' toss [Rule 4.5].

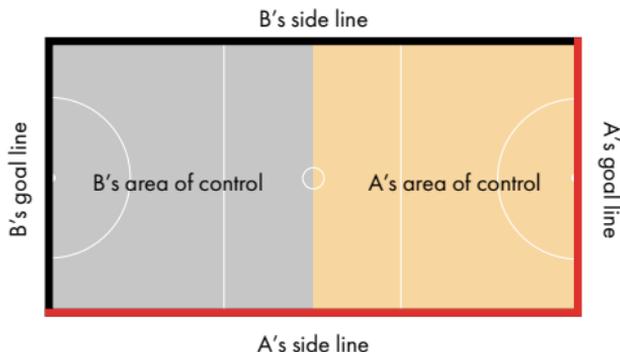
## RULE 4: MATCH OFFICIALS

### UMPIRES

1. The umpires control a match according to the Rules of the Game and decide any matter not covered by them. The umpires work co-operatively and may appeal to each other for decisions.
2. The umpires wear clothing that is distinct from the teams' playing uniforms and suitable sports footwear.
3. Before a match starts, both umpires must:
  - a. Check the field of play, goalposts and all match balls conform to [Rule 1].
  - b. Check the players off the court to ensure they meet the requirements of [Rule 3.9] and [Rule 3.12].
4. The umpires ensure that [Rule 4.3] is 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 [Rule 3.8].
5. After the captains have notified the umpires of the result of the toss for goal end or first centre pass, the umpires toss for goal end. The umpire winning the toss controls the side line nearer the official bench and the goal end to the right when facing the court and the other umpire controls the opposite side line and goal line. Each umpire controls the same half of the court throughout the match.
6. An umpire's whistle:
  - a. Notifies the players when there are 30 seconds and 10 seconds remaining before the start of a period of play.
  - b. Starts and ends each period of play.
  - c. Restarts play after a goal has been scored.
  - d. Indicates when an infringement is penalised.
  - e. Is only required to indicate when the ball or a player is out of court if it is not clear.
  - f. Signals when the timekeepers are to hold time and when to restart timing play.
  - g. Notifies the players when 10 seconds remain prior to the end of a stoppage.

## RULE 4: MATCH OFFICIALS

- When penalising an infringement, the umpires 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.
- Each umpire controls and gives decisions for one half of the court including the goal line except as provided for in [Rule 4.11], [Rule 4.13] and [Rule 8.6]. For this purpose, the length of the court is divided in half across the centre from side line to side line.



- The umpires move along the side line and behind the goal line to view play and make 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.
- If a sanction or action is awarded in the co-umpire's half, the co-umpire resumes control once the sanction or action has been set.

## RULE 4: MATCH OFFICIALS

13. Either 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.

### RESERVE UMPIRE

14. The reserve umpire:
  - a. Replaces an umpire who becomes ill/injured during a match. Before replacing an umpire, the reserve umpire must be aware of any game management action that has already been taken and the reasons for that action.
  - b. May assist the umpires with any procedures prior to the match or during intervals including observing the captains' toss and umpires' toss.
  - c. Is seated at the umpires' bench during a match and remains during an interval if both umpires choose to leave the playing enclosure.
  - d. Supervises a suspended player during the suspension period and advises the player when the suspension period has elapsed.
  - e. Supervises an ordered-off player during the ordered-off period and advises the player when the ordered-off period has elapsed.
  - f. Signals the centre pass direction, with a hand.
  - g. Checks any late player/s who have not previously been checked [Rule 3.8] prior to reporting for entry to the court.
  - h. Advises the umpires if the independent concussion observer or primary care person wishes to stop play to facilitate the substitution of any on-court player due to a suspected concussion.

## RULE 5: TECHNICAL AND EVENT OFFICIALS

### DETAILED DUTIES

1. Umpires must be aware of the specific duties and applicable detail of technical official responsibilities as outlined in the *World Netball Technical Officials Manual*. This includes the recording of any warning, suspension or ordering off.
2. Umpires should also be familiar with the relevant aspects of both the *World Netball Event* and *Commercial Operations Manual* and *World Netball Event Disciplinary Regulations*.

### SCORERS

3. The scorers are jointly responsible for keeping an accurate record of the score.
4. Before the start of play the scorers record the names of all players (including playing positions for the start of play) and team officials.
5. During the match the scorers:
  - a. Record any team changes and/or substitutions.
  - b. Record goals scored for each team as they occur as well as any unsuccessful shots.
  - c. Keep a record of the centre passes taken by each team.
  - d. Call the correct centre pass if appealed to by an umpire.
  - e. Signal the direction of any centre pass to be taken immediately after a stoppage.
  - f. Notify the umpires if a wrong centre pass is indicated.

### TIMEKEEPERS

6. The timekeepers are jointly responsible for ensuring that each period of play and each interval is of the correct length of time.
7. During the match the timekeepers:
  - a. Notify the umpires when there are 30 seconds and 10 seconds remaining before the start of a period of play.
  - b. Start timing when the match is started by the umpire's whistle.

## **RULE 5: TECHNICAL AND EVENT OFFICIALS**

- c. When the playing time specified for a quarter/half has elapsed, simultaneously notify both umpires by electronic and/or audible means; the controlling umpire then immediately ends play (the co-umpire ends play if the controlling umpire is unaware).
- d. Hold time when signalled to do so by the umpire and restart timing when the umpire signals for play to resume.
- e. Notify the umpires when 10 seconds remain prior to the end of a stoppage for injury/illness of a player, blood, or emergency.
- f. Time the suspension period of two minutes playing time for a suspended player and advise the reserve umpire when the time has elapsed.
- g. Time the ordered-off period of four minutes playing time for an ordered-off player and advise the reserve umpire when the time has elapsed.

### **EVENT ORGANISER**

8. Prior to a match, the event organiser:
  - a. Issues accreditation to those persons who may enter the playing enclosure during a match.
  - b. Prepares the playing enclosure, the goalposts and match balls to the specifications stated.
  - c. Arranges and designates an independent concussion observer.
  - d. Stipulates how the match balls may be rotated during the match.
  - e. Confirms the procedures to be followed if blood is on the court or ball.
  - f. Confirms the length of the half-time interval.
  - g. Determines if extra time is to be played if the scores are tied at full-time (and the length of each half).
  - h. Confirms the identification to be worn by the on-court captains and primary care person/s.
  - i. Advises the umpires of the means of notification by the scorers in the event both umpires indicate the centre pass incorrectly.

## **RULE 5: TECHNICAL AND EVENT OFFICIALS**

9. During a match, the event organiser:
  - a. Decides on the length of a stoppage for any emergency in conjunction with the umpires and whether or not the players may leave the court.
  - b. Removes any team official and/or bench player from the playing enclosure following a request by the umpire.
  - c. Invokes any event delay, postponement or cancellation policy, if required.
  - d. Instructs the umpires to abandon a match if the safety of players and/or officials is considered to be at risk.

## RULE 6: SANCTIONS AND ACTIONS

### TYPES

- During a match the umpires 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, except as provided for in [Rule 6.17]. 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.*

*Terminology: Not set.*

## RULE 6: SANCTIONS AND ACTIONS

### CONDITIONS FOR FREE PASS

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

*Sanction: Free pass and no goal is scored.*

*Terminology: Shooting from free pass.*

### CONDITIONS FOR PENALTY PASS

4. 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 [Rule 18.17].*

*Terminology: Participating.*

5. 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.*

*Terminology: As outlined in [Rule 16] and [Rule 17].*

6. 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 [Rule 9.7].
7. 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).

## RULE 6: SANCTIONS AND ACTIONS

- b. 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 [Rule 18.17].*

*Terminology: Participating.*

8. 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.
9. 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

10. 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.*

*Terminology: Preventing re-entry.*

11. 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 landing foot).
  - b. May not step behind any offside area while holding the ball.

*Action: Throw-in to the opposing team where the infringement occurred.*

*Terminology: Incorrect throw-in.*

12. The player taking the throw-in must pass 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.*

*Terminology: Over a third.*

13. 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.*

*Terminology: Incorrect throw-in.*

## RULE 6: SANCTIONS AND ACTIONS

14. The ball from a throw-in must enter the court.  
*Action: Throw-in to the opposing team from the same position.*  
*Terminology: Incorrect throw-in.*

### POSSESSION

15. During a match the umpires 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.
16. 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.
17. 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 [Rule 17.1].

### CONDITIONS FOR ALL SANCTIONS AND ACTIONS

18. Any player taking a sanction or action must also observe the rules for playing the ball [Rule 11] and passing distances [Rule 12] 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.*  
*Terminology: As outlined in [Rule 11] and [Rule 12].*
19. Any player taking a sanction or action must obey the footwork rule [Rule 13] 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.*  
*Terminology: Footwork.*

## RULE 6: SANCTIONS AND ACTIONS

### INFRINGEMENTS DURING A BREAK IN PLAY

20. 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.*

## RULE 7: ADVANTAGE

### PRINCIPLES

1. 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.
2. Advantage will be applied where the non-infringing team has a clear and real opportunity to play the ball:
  - a. To a territorial advantage (towards the non-infringing team's goal end).
  - b. To a tactical advantage (the non-infringing team is free to play the ball as they wish).
  - c. To a combination of territorial and tactical advantage.
3. The umpire will indicate that an advantage is being applied by:
  - a. Calling "advantage" and stating the infringement and playing position of the infringer/s and
  - b. Using the umpire hand signal for advantage.

### NOT TO BE APPLIED

4. Advantage must not be applied:
  - a. To any incident of unfair play, unsporting behaviour or dangerous play.
  - b. To any other incident that would result in the immediate suspension or ordering off of the infringer.
  - c. 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.
  - d. To any other incident where it is suspected that a player is seriously injured.

### IF GOAL SCORED

5. 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.

## RULE 8: CENTRE PASS

### PRINCIPLES

1. 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.
2. Both umpires should check the correct centre pass with the scorers at the start and end of each period of play. Either umpire may hold time during play to check the correct centre pass with the scorers.
3. The first centre pass in each period of play is started by the umpire controlling the goal end of the team taking the centre pass. The umpire crossing the court takes the ball to the centre of the court before moving to the side line.
4. During a period of play, the centre pass is started by the umpire controlling the goal end where the last goal was scored.
5. Immediately a goal is signalled, both umpires 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:
  - a. If they disagree or are in any way unsure, the umpires must seek clarification from the scorers.
  - b. If both umpires indicate the centre pass direction incorrectly, the scorers notify the umpires by electronic and/or audible means prior to the centre pass being taken.
  - c. On appeal from an on-court player prior to the centre pass being taken, the umpires will check with the scorers and confirm the correct team to take the next centre pass.
6. For any infringement at a centre pass, the whistle is blown for the centre pass and then the whistle is blown again to penalise the infringement. The umpire controlling the centre pass is responsible for penalising any infringements by the Centre taking the centre pass and any opponent defending the pass.

## RULE 8: CENTRE PASS

7. At a centre pass, before the whistle is blown to end a period of play, the centre pass will be ruled not to have been taken if:
  - a. The ball is still in the Centre's hands and no player from that team has been penalised.
  - b. The ball is knocked out of the Centre's hands by an opponent.
  - c. Any infringement by the opposing team has been penalised and the sanction has not been taken.

### POSITION OF PLAYERS

8. The Centre in possession of the ball stands with at least one foot wholly within the centre circle.  
*Sanction: Free pass in centre circle.*  
*Terminology: Incorrect position.*
9. 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.*  
*Terminology: Incorrect position.*
10. 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.*  
*Terminology: Incorrect position.*
11. 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.*  
*Terminology: Breaking.*

### CONTROLLING THE CENTRE PASS

12. 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:
  - a. Only one foot was wholly inside the centre circle, this foot will be considered the landing foot.

## RULE 8: CENTRE PASS

- b. 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.*

*Terminology: Footwork.*

13. The Centre must release the ball within three seconds.

*Sanction: Free pass.*

*Terminology: Held ball.*

14. 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 in goal third by the transverse line where the player was in contact with the ground in the goal third.*

*Terminology: Untouched.*

15. The ball from a centre pass may not go untouched over the side line bounding the centre third.

*Action: Throw-in.*

*Terminology: Out of court.*

16. 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 air then land either wholly or partly outside the court, or  
c. Touch or catch the ball in the goal third if it has not been touched as in [Rule 8.14].

*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.*

*Terminology: Untouched.*

17. The umpire may apply advantage [Rule 7] 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).

## RULE 9: SCORING A GOAL

### REQUIREMENTS

1. 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.
2. 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 under [Rule 9.7]:
  - a. 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 or under [Rule 9.7].
  - b. At all other times, play restarts with a penalty pass.
3. 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.
4. If the ball passes completely through the ring on any other occasion no goal is scored, and play continues.
5. The umpires signal a goal has been scored by raising one arm vertically.

### TAKING A SHOT

6. In taking a shot at goal the player must:
  - a. 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.*

*Terminology: Incorrect shot.*

- b. Shoot within three seconds of catching the ball.

*Sanction: Free pass.*

*Terminology: Held ball.*

- c. Obey the footwork rule [Rule 13].

*Sanction: Free pass.*

*Terminology: Footwork.*

## RULE 9: SCORING A GOAL

7. A defending player may not:
  - a. Cause the goalpost to move to interfere with a shot at goal.
  - 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.*

*Terminology: Interference with shot.*

## RULE 10: STOPPAGES

### SUBSTITUTIONS AND TEAM CHANGES

- Both teams have the right to make substitutions and/or team changes:
  - During an interval.
  - When play is stopped for injury/illness of a player or blood.
- Both teams may make tactical changes 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 is able to 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 [Rule 19.1] and [Rule 19.2]. For a tactical change, this will be immediately following the whistle for the next centre pass.
- The number of substitutions and/or team changes is unlimited during a match provided the players used are those named for the match. However, if the number of requests for tactical changes becomes frivolous the umpires may refuse the request and/or penalise the infringing team for delaying play [Rule 19.1] and [Rule 19.2].

### PROCEDURES

- The umpires 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 umpires may hold time for an emergency or in other extreme circumstances.

## RULE 10: STOPPAGES

7. During a stoppage:
  - a. For injury/illness of a player or blood: all players not affected or being substituted remain on the court. Both umpires remain on their respective side lines.
  - b. In an emergency or in other extreme circumstances: the event organiser decides whether the players and/or umpires leave the court or not.
  - c. Team officials are not permitted on the court other than as specified in [Rule 10].

*Sanction: Free pass on court where the ball was when play was stopped.*

*Terminology: Incorrect stoppage procedures.*

8. 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 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.
  - d. 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

9. The umpires hold 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.
10. A primary care person or independent concussion observer may advise the reserve umpire to ask the umpires to hold time to facilitate the substitution of any on-court player due to a suspected concussion.
11. 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. Either umpire will then immediately hold time. If this safety precaution is misused by a primary care person, they may be disciplined as outlined in [Rule 18.44].

## **RULE 10: STOPPAGES**

12. The umpires hold time if they notice any player who has an open wound or who is actively bleeding (including blood-stained clothing).
13. In all circumstances above, 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.
14. 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.
15. If the primary care person/s or independent concussion observer 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 and notify the official bench accordingly.
16. The umpires may authorise other persons (including team officials) to assist the player to leave the court if needed.
17. 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 umpires 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 umpires and this may occur away from the playing enclosure.
18. 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.
19. 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.
20. 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.

## **RULE 10: STOPPAGES**

21. 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 [Rule 3.8].
22. 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**

23. The umpires 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, the weather or technical equipment or in other extreme circumstances.
24. The umpires in conjunction with the event organiser decide the length of such a stoppage and ensure play restarts as soon as possible.
25. The umpires 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.
26. If required, the event organiser may invoke any delay, postponement or cancellation policy. In extreme circumstances they may also instruct the umpires to abandon a match if the safety of players and/or officials is considered to be at risk.

## RULE 11: PLAYING THE BALL

### GAINING POSSESSION

1. To gain possession of the ball 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.
  - d. Bat the ball once, then catch it.
  - e. Bounce the ball once, then catch it.
  - f. Touch the ball in an uncontrolled manner once or more than once, then catch it.
2. A player may not fall on the ball to gain possession or gain possession of the ball while lying, sitting or kneeling on the ground.

*Sanction: Free pass.*

*Terminology: Playing ball on ground.*
3. A player may not use the goalpost as a support, including to gain or retain possession of the ball.

*Sanction: Free pass.*

*Terminology: Using the goalpost.*

### WHILE IN POSSESSION

4. A player in possession of the ball must pass or shoot for goal within three seconds.

*Sanction: Free pass.*

*Terminology: Held ball.*
5. Any player in possession of the ball may pass it with one or both hands. A Goal Shooter or Goal Attack in possession of the ball in the goal circle may pass the ball or shoot for goal.
6. After having possession and releasing the ball, a player may not touch the ball again before it touches another player or it rebounds from the goalpost.

*Sanction: Free pass.*

*Terminology: Repossession.*

## RULE 11: PLAYING THE BALL

### WITHOUT HAVING POSSESSION

7. Without having possession of the ball, a player may:
  - a. Bat or bounce the ball to another player.
  - b. Bat the ball once, and then either bat or bounce the ball to another player.
  - c. Bounce the ball once, and then either bat or bounce the ball to another player.
  - d. Touch the ball in an uncontrolled manner once or more than once, and then either bat or bounce the ball to another player.

*Sanction: Free pass.*

*Terminology: Replayed ball.*

### PROHIBITED ACTIONS

8. A player may not:
  - a. Kick the ball.
  - b. Strike the ball with a fist.
  - c. Roll the ball to another player.
  - d. Pass the ball or shoot for goal while lying, sitting or kneeling on the ground.

*Sanction: Free pass.*

*Terminology: Incorrect playing of the ball.*

## RULE 12: PASSING DISTANCES

### SHORT PASS

1. When a player passes the ball there must be sufficient space on the court for an opposing player to be able to deflect or intercept the ball as it moves from the hands of the passer to those of the receiver.  
*Sanction: Free pass where the ball is caught or touched by the receiving player of the same team.*  
*Terminology: Short pass.*
2. If two players from the same team gain possession of the ball in quick succession, the player who gained possession of the ball first must remain in possession and the hands of the player who gained possession of the ball second must be removed. If the player who gained possession of the ball second finishes in possession of the ball, the pass will be deemed to be a short pass.  
*Sanction: Free pass where the player who gained possession second has sole possession of the ball.*  
*Terminology: Short pass.*

### OVER A THIRD

3. The ball must be caught or touched by a player in each third of the court.
4. 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.*  
*Action: If the ball goes out of court over the goal line a throw-in is awarded.*  
*Terminology: Over a third.*
5. After catching the ball correctly a player may step into an adjacent third. Any subsequent pass is deemed to have been made from the third where the player first landed.

## RULE 12: PASSING DISTANCES

6. 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.*

*Terminology: Over a third.*

## RULE 13: FOOTWORK

### ONE-FOOT LANDING

1. 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:
  - a. Step with the second foot in any direction, lift the landing foot and pass or shoot before the landing foot is regrounded.
  - b. 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.
  - c. Jump from the landing foot onto the second foot and jump again but must pass or shoot before regrounding either foot.
  - d. Step with the second foot and jump but must pass or shoot before regrounding either foot.

Sanction: *Free pass.*

Terminology: *Footwork.*

### TWO-FOOT LANDING

2. 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:
  - a. Step with one foot in any direction, lift the second foot and pass or shoot before the second foot is regrounded.
  - b. 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.
  - c. Jump from both feet onto one foot but must pass or shoot before regrounding the second foot.
  - d. Step with one foot then jump but must pass or shoot before regrounding either foot.

Sanction: *Free pass.*

Terminology: *Footwork.*

## RULE 13: FOOTWORK

### OTHER FOOT MOVEMENTS

3. A player in possession of the ball may not:
  - a. Drag or slide the landing foot.
  - b. Hop on either foot.
  - c. Jump from both feet and land on both feet while still in possession of the ball.
  - d. Fall to the ground and reground the landing foot.

*Sanction: Free pass.*

*Terminology: Footwork.*

## RULE 14: OFFSIDE

### REQUIREMENTS

1. 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 [Rule 6.20]. 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.*  
*Terminology: Offside.*
2. 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.*  
*Terminology: Offside.*
3. 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.

## RULE 15: OUT OF COURT

### BALL OUT OF COURT

1. 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.
  - c. 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.*

*Terminology: Out of court.*
2. 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.*

*Terminology: Out of court.*
3. The ball is put out of court by a player who:
  - a. Catches the ball in the air and lands 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 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.*

*Terminology: Out of court.*
4. A ball is not out of court when:
  - a. It hits any part of the goalpost and rebounds into the court.
  - b. It lands on but not over any part of the goal line or side line.

## RULE 15: OUT OF COURT

### PLAYER OUTSIDE THE COURT

5. 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.
6. A player may jump from a position inside the court and pass or shoot the ball before landing outside the court.
7. 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.*  
*Terminology: Leaving the court.*
8. 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.*  
*Terminology: Out of court.*
9. A player who leaves the field of play without the permission of the umpire will be treated as a late player [Rule 3.8].

### DEFENDING FROM OUT OF COURT

10. 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.*  
*Terminology: Defending from out of court.*

## RULE 16: OBSTRUCTION

Sanction for obstruction 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 obstructed player was standing.

Terminology: *Obstruction*.

### PLAYER IN POSSESSION OF THE BALL

1. 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.
2. 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.
3. If the player with the ball has a one-foot landing, this distance is measured on the ground as follows:
  - a. 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.
  - b. 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.
4. If the player with the ball has a two-foot landing, this distance is measured on the ground as follows:
  - a. 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.
  - b. 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.

## **RULE 16: OBSTRUCTION**

5. If the player with the ball pivots on the landing foot, the nearest part of the landing foot may change and the opposing player must adjust so that the nearest part of their nearer foot is not less than 0.9 m (3 ft) from the nearest part of where the landing foot is now grounded.
6. 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 0.9 m (3 ft) provided this does not interfere with the passing or shooting action.
  - b. If the player with the ball reduces the distance between them.
7. A defending player may be within 0.9 m (3 ft) of an opponent with the ball provided there is no interference with the passing or shooting action of this player. The defending player may not make any effort to deflect or intercept the ball or defend the player with the ball including by lifting another player from their team for this purpose.

### **PLAYER NOT IN POSSESSION OF THE BALL**

8. 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:
  - 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.
9. 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.

## RULE 17: 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

1. 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:
  - a. Pushing, tripping, grabbing, holding or leaning on an opponent.
  - b. Knocking or hitting an opponent, including when shooting for goal.
  - c. Hitting or placing hand/s on a ball held by an opponent.
  - d. While holding the ball, pushing it into an opponent.

*Terminology: Contact.*

2. To be penalised as contact, the physical contact must result in:
  - a. Loss of the ball by an opponent in possession.
  - b. Interference with the passing or shooting action of an opponent in possession.
  - c. 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.

*Terminology: Contact.*

3. Incidental physical contact between opposing players in attacking, defending or playing the ball which does not cause interference as described in [Rule 17.2] will be deemed fair contest, and should not be penalised.

## RULE 17: CONTACT

### CAUSING CONTACT – PLAYER IN THE AIR

4. 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:
  - a. In the same place on court.
  - b. 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.

*Terminology: Causing Contact.*

5. 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.

*Terminology: Causing Contact.*

6. An opponent must not:
  - a. Move into the landing place of a player after that player has jumped in the air as described in [Rule 17.4] and [Rule 17.5].
  - b. 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 as described in [Rule 17.5].

*Terminology: Causing Contact.*

### CAUSING CONTACT – MOVING PLAYER

7. 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.

*Terminology: Causing Contact.*

## RULE 17: CONTACT

### INEVITABLE CONTACT

8. 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.  
*Terminology: Inevitable Contact.*

### CONTACT ENDANGERING PLAYER SAFETY

9. 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 under [Rule 19.11] 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.

## RULE 18: GAME MANAGEMENT

### PRINCIPLES

1. The umpires apply 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, umpires will act respectfully in accordance with standards of good sporting behaviour and must not criticise or coach any player or team.
2. Players on the court are responsible for complying with the Rules of the Game and are expected to respond to rulings by the umpires and adjust their play accordingly. Similar requirements apply to team officials and bench players.
3. 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.
4. A player who infringes any part of the foul play rule [Rule 19] must be specifically disciplined with the prescribed game management action.
5. 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

6. To manage a match the umpires will, in addition to the sanction for any infringement, use any of the following actions:
  - a. Proactive advice: a player is provided with specific feedback to change their behaviour.
  - b. 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.
  - c. 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.
  - d. Suspend a player: a player who is suspended takes no part in play for two minutes playing time.

## **RULE 18: GAME MANAGEMENT**

- e. 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.
7. During a match both the co-umpire and reserve umpire must be alert to any game management action taken by the controlling umpire and the reasons for it, specifically in the case of a warning, suspension or ordering off as identified by the relevant umpire hand signal. The controlling umpire may also verbally confirm any game management action taken and the reasons for it at the next interval.
8. Normally an umpire will work through these game management actions in the order indicated unless an offence is serious enough to require a higher level of game management to be applied immediately.
9. 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.
10. To give a warning, suspension or ordering off, the umpire will:
  - a. Hold time and signal to the official bench, using the relevant umpire hand signal.
  - b. Use the specific term "warning", "suspension" or "ordering off".
  - c. Advise the player of the behaviour for which the game management action is being applied.
11. A decision to give a warning, to suspend a player or order a player off will be considered to have been made jointly by both umpires and is binding on the co-umpire.
12. The co-umpire may hold time if an act of foul play is observed that is not seen by the controlling umpire and a sanction has not already been awarded for an infringement. Such cases should be limited to serious incidents which require a warning, suspension or ordering off:
  - a. The co-umpire will immediately blow the whistle to hold time.
  - b. The co-umpire will provide the controlling umpire with specific details of the foul play observed along with a recommendation of the game management action that should be applied.
  - c. The controlling umpire will make the final decision about any game management action to be applied and will restart play.

## RULE 18: GAME MANAGEMENT

### PROACTIVE ADVICE

13. 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.
14. The language used should be succinct and provide the player with the necessary information to adjust their behaviour.
15. 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.
16. 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 [Rule 19.1] and [Rule 19.4].

### ADVANCE AND/OR ESCALATE A SANCTION

17. An umpire may:
  - a. 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.
  - b. Escalate a free pass to a penalty pass, as a stand-alone action or in combination with the sanction being advanced.
18. 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.
19. 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.
20. 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.

## **RULE 18: GAME MANAGEMENT**

21. If an individual player has multiple advanced and/or escalated sanctions, the umpire must issue a warning.
22. 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**

23. 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.
24. Where appropriate a warning may be given for instances of unfair play, even if no earlier game management actions have been taken.
25. A warning must be given for all instances of unsporting behaviour.
26. Only one warning can be given to a player in a match.

### **SUSPENSION**

27. The umpire will suspend a player following a warning if the player continues to engage in unfair play and/or unsporting behaviour.
28. Where appropriate the umpire may suspend a player for unfair play or unsporting behaviour even if no warning has been given.
29. 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.
30. Only one suspension can be given to a player in a match.
31. A player who is suspended must immediately leave the court and while off the court the suspended player is seated at the umpires' bench under the supervision of the reserve umpire.
32. 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.
33. The suspension period of two minutes playing time begins when play restarts.

## **RULE 18: GAME MANAGEMENT**

34. 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.
35. A suspended player may join the team during any interval that occurs during the suspension but must return to the umpires' bench when play restarts for the remainder of the suspension period.

### **ORDERING OFF**

36. The umpire will order a player off the court following a suspension if the player continues to infringe any of the foul play rules.
37. 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.
38. 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 umpires' bench and is seated under the supervision of the reserve umpire.
39. 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.
40. The ordered-off period of four minutes playing time begins when play restarts.
41. 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.
42. An ordered-off player may join the team during any interval that occurs during the ordered-off period but must return to the umpires' bench when play restarts for the remainder of the ordered-off period.

## RULE 18: GAME MANAGEMENT

### DISCIPLINE OF TEAM OFFICIALS AND BENCH PLAYERS

43. 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.*

*Terminology: Bench movement.*

44. 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 umpires 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.*

*Terminology: Bench behaviour.*

45. Either 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. A decision to give a warning will be considered to have been made jointly by both umpires and is binding on the co-umpire.
46. 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).
47. 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.

## RULE 19: FOUL PLAY

### UNFAIR PLAY

1. 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.*  
*Terminology: Specific description of unfair play (delaying play, intentional infringing, repeated infringing, disputed ruling or intimidation).*
2. Delaying play: A player or team must not intentionally waste time or delay play.
3. Intentional infringing: A player must not intentionally infringe any rule.
4. 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.
5. 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.
6. 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):
  - a. Covering an opponent's eyes.
  - b. Swiping the ball directly at an opponent's face.
  - c. Making unnecessary loud or sudden noises.
  - d. Stomping the ground.
  - e. A player waving their arms erratically.
  - f. Sledging an opponent.

## RULE 19: FOUL PLAY

### UNSPORTING BEHAVIOUR

7. 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.*  
*Terminology: Specific description of unsporting behaviour (retaliation, abusive behaviour, actions contrary to good sporting behaviour).*
8. Retaliation: A player must not retaliate even if an opponent infringes the Rules of the Game.
9. Abusive behaviour: A player must not use any offensive, insulting or abusive language and/or gestures towards anyone in the playing enclosure.
10. 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

11. 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.*  
*Terminology: Dangerous play.*

## **RULE 19: FOUL PLAY**

12. When umpires are considering whether a suspension or ordering off is more appropriate, they should consider the following factors (which are not exhaustive):
  - a. Was the action intentional, reckless or avoidable?
  - b. Did the action have a low or high impact on player safety?
  - c. Was the action at low or high speed, on the ground or in the air?
  - d. Was the action low or high force?
  - e. Did the action occur while stationary or moving?

## **RULE 20: SIMULTANEOUS AND MUTUAL INFRINGEMENTS**

### **PROCEDURE**

1. The umpire will award possession to the team who last had possession of the ball immediately prior to that infringement in the following instances:
  - a. Two opposing players gain possession of the ball simultaneously with one or both hands.
  - b. Two opposing players send the ball out of court simultaneously.
  - c. Two opposing players are offside simultaneously and one or both touch or catch the ball.
  - d. At a centre pass, two opposing players enter the centre third before the whistle and one or both touch or catch the ball.
  - e. Two opposing players contact each other simultaneously.
  - f. Any mutual infringement.
2. If two opposing players enter the centre third simultaneously before the whistle is blown for a centre pass:
  - a. If neither player touches the ball they are not penalised and play continues.
  - b. If one umpire blows the whistle for a sanction and the other umpire indicates an advantage has applied, the sanction will stand.
3. If two opposing players enter an offside area simultaneously, if neither player touches the ball they are not penalised and play continues.
4. If both umpires simultaneously blow their whistles to penalise opposing teams for infringements, the infringement with the more significant sanction or action will stand according to the following order:
  - a. Any act of foul play.
  - b. Major infringement.
  - c. Minor infringement or an infringement resulting in an action being awarded.

If the infringements have the same sanction or action, the decision made by the controlling umpire will stand.

## **RULE 21: VARIATIONS FOR OTHER LEVELS OF PLAY**

### **PRINCIPLES**

1. The Rules of the Game are written for international play. Variations in some rules may be made for matches that are not for international play for players of different levels or to meet other conditions.
2. For elite level competitions it is likely that few changes will be made, while for matches at lower levels changes may be more extensive.
3. 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. For example, a lower goalpost or a smaller ball may be used. A modified game with variations to the rules may also be developed to meet the needs of such players.
4. Decisions regarding variations will normally be made by the controlling authority for the competition. Any variations should maintain the integrity of the game on the court and should not change the way it is played. The following are some examples of variations that might be used.

### **RULE 1: TECHNICAL SPECIFICATIONS**

5. Courts may be outdoors where different surface materials may be used.
6. While international play uses 3-ply balls, a lower grade of ball (2-ply) may be used at lower levels. 2-ply balls will usually have a lower inflation level as will those used for matches played outdoors.

### **RULE 2: TIME**

7. Time may be played in halves rather than quarters and these may vary in length up to a maximum of 20 minutes.
8. Quarters may be of a shorter length.
9. Intervals may be of a shorter length.
10. Extra time requirements may be varied.

## **RULE 21: VARIATIONS FOR OTHER LEVELS OF PLAY**

### **RULE 3: TEAM**

11. Teams may be made up of players of the same gender or may be mixed.
12. Team officials may be fewer than specified and may therefore undertake several duties. However, primary care person/s must not be players and it is preferable that they do not hold any other role.

### **RULE 4: MATCH OFFICIALS**

13. A reserve umpire may not always be appointed.
14. Umpires may use more specific terms if required for clarification (for example the umpire may state “penalty pass or shot” rather than “penalty pass”).

### **RULE 5: TECHNICAL OFFICIALS**

15. The number of technical officials may be fewer (at least one scorer and one timekeeper should be appointed).

## UMPIRE HAND SIGNALS

### 1 Start/restart of play

Arm held high, angled  
towards goal end of  
team with centre pass



### 2 Hold time

Facing timekeeper,  
one hand vertical and  
other horizontal to  
form 'T'



## UMPIRE HAND SIGNALS

### 3 Direction of pass

*for centre pass, sanction  
or action*

Arm outstretched  
to side pointing to goal  
end of team with pass



### 4 Throw-in (goal line)

*for attacking team  
at its goal end*

Arm angled down,  
pointing to base of  
goalpost



### 5 Advantage

Arm sweeps across body  
towards goal end of team  
with advantage



## UMPIRE HAND SIGNALS

### 6 Possession

Hands, palms inward a short distance apart in a catching motion



### 7 Goal scored

Arm held vertically



### 8 Goal not scored

Arms move from side to side across each other above waist



## UMPIRE HAND SIGNALS

### 9 Centre positioned incorrectly

Hand traces horizontal circle



### 10 Incorrect position or incorrect use of court areas

*for offside, breaking, over a third, untouched centre pass, not set, preventing re-entry, defending from out of court, leaving the court, incorrect throw-in and incorrect shot*  
Hand traces medium upward arc in direction of incorrect position or area



### 11 Interference with shot or intimidation

Hand traces small arc in front of face



## UMPIRE HAND SIGNALS

### 12 Tactical change

Circular motion of both forearms around each other above waist



### 13 Held ball

Arm held vertically with three fingers displayed



### 14 Repossession

Hands, palms inward a short distance apart, twist from side to side in a parallel motion



## UMPIRE HAND SIGNALS

### 15 Incorrect playing of the ball

*also for playing ball on ground,  
using the goalpost, replayed ball*

One hand, palm down, move  
vertically up and down in  
a bouncing action



### 16 Short pass

Hands, palms inward a short  
distance apart, one hand  
moves towards the other  
held stationary



### 17 Footwork

Hands, palms down,  
move vertically up and down  
in opposite directions



## UMPIRE HAND SIGNALS

### **18 Obstruction** (player in possession of the ball)

Hands, palms inward,  
held short distance apart



### **19 Obstruction** (player not in possession of the ball)

Arms angled out from  
body below waist



### **20 Contact**

Hand, palm facing down,  
taps opposite forearm



## UMPIRE HAND SIGNALS

### 21 Warning

Arms crossed  
above head



### 22 Suspension

Arm held vertically  
with two fingers  
displayed



### 23 Ordering off

Hand sweeps from  
player towards their  
team bench



## NOTES





**WORLD  
NETBALL**

World Netball | Suite 6.02 | Floor 6 | MediaCityUK | Salford | M50 2AB | United Kingdom  
info@worldnetball.sport | +44 (0) 333 102 0200 | www.netball.sport

Design and print by Mercer Design & Print - info@mercero-print.co.uk Cover photography by Ashley Vlotman