

UNIVERSITY RECREATION WELLINGTON

NETBALL SOCIAL SPORTS LEAGUES

GENERAL INFORMATION

Teams

- 7 players per team are allowed on the court at any one time.
- Each team can have a maximum of 3 males on court at any one time, with the following position restrictions;
 - 1 male in GS or GA
 - 1 male in WD, C or WA and
 - 1 male in GK or GD
- Teams must have a minimum of 5 players to start or they will forfeit the game.
- Teams are allowed as many substitute players as they want, but substitutions need to be made during a stoppage in play.

Game Times

- Games consist of two 13-minute halves, with a 2-minute half time break.
- Due to the tight nature of bookings, games will start at the scheduled time whether teams are ready or not.
- If a team is more than 3 minutes late then they will receive 2 penalty goals against them.
- If a team is more than 5 minutes late then they will default the game.

Defaults

- It is expected that teams are able to play every week; defaults should be avoided where at all possible and no-shows will not be tolerated.
- In the case of a default, a 20-0 score will be awarded to the non-defaulting team.
- **Any team who does not turn up to their match without providing at least a day's notice, will receive one warning and repeat offenders will be removed from the league without a refund.**

Misconduct

- The emphasis of the leagues is on fun, enjoyment and a social atmosphere. They provide an opportunity to get active in a friendly environment. While healthy competition is encouraged, this should not be at the expense of these goals.
- Players and teams must compete and conduct themselves in a spirit of fair play and should accept officials' decisions without gesture or argument. Aggressive play, violent misconduct and foul language will not be tolerated, and any incidents of this nature will be dealt with seriously. Consequences can include the withdrawal of specific players or a whole team from games/the league, without a refund.
- Any players (or spectators) who are intoxicated will be asked to leave the facility.
- If you have any concerns relating to any behaviour or incidents that occur during the leagues, please complete a feedback form that will be given to the Sports Manager.

Eligibility

- Players must have played two games during pool play to be eligible to play during finals rounds. The exception to this is if both teams agree that a fill-in player can be used; in this case, the fill in player can play and the result of the game will stand.
- Participants can play for multiple teams throughout the different leagues but are only allowed to play in ONE team in any given league. Exceptions may be granted in special circumstances.

Finals Rounds

- In finals rounds (quarters/semis/finals – depending on the format of the league), a result is required in all games.
- If teams are tied at the end of a game in finals rounds, play will continue for an extra 2 minutes – the full 2 minutes is played out.
- If there is a result at the end of the 2-minute extra time, it will stand.
- If the game is still tied at the end of the 2 minutes, the team who placed higher on the table (calculated by points, then goal difference, then goals for) will be deemed the winner for the purposes of qualifying for the next round. If it's the final round and it's not the 1st and 2nd game, the game is officially recorded as a draw.
- For the 1st and 2nd placing final only (both divisions), play will continue following the 2-minute extra time until a team scores. That team is deemed the winner.

Warming Up

- Players are responsible for ensuring they are sufficiently warmed up and physically prepared to participate in sporting activity. It is recommended that a warm-up involves some light cardio and stretching to help prevent the chance of injury.

Clothing

- Bibs are provided.
- Suitable sports shoes and clothing must be worn (no bare feet).
- No sharp or dangling jewellery is to be worn and fingernails must be cut. Umpires have the right to remove players who do not adhere to these rules.

Injuries

In the case of an injury, umpires may be required to stop play. Injured players can be substituted, and basic First Aid support will be provided. Play will continue from where it was originally stopped. Given the tight nature of bookings, the timer will continue during the stoppage and extra time will not be added on.

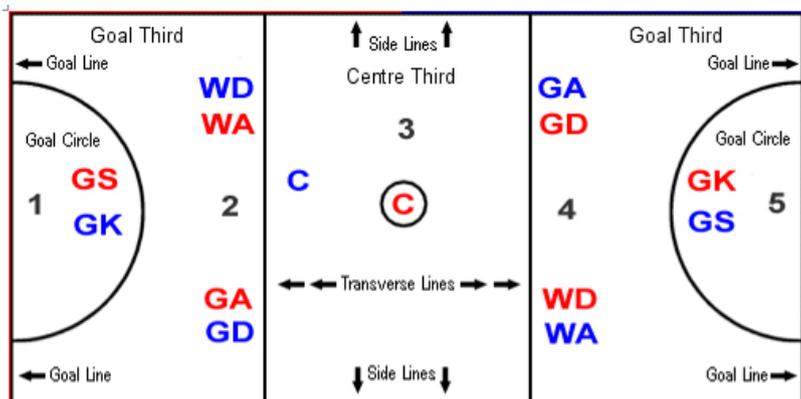
Netball rules are outlined on the next page.

Please note these are subject to change.

NETBALL RULES

Games are played under normal outdoor netball rules (these are outlined below).

The court area is marked with yellow tape for the outside lines and black tape for the inside lines.



Netball court showing starting positions for a centre pass

Playing positions & court areas

Position Responsibilities		Court area allowed (perspective of red team)
GS	To score goals and to work in and around the circle with the GA .	1 & 2
GA	To feed and work with GS and to score goals.	1, 2 & 3
WA	To feed the circle players giving them shooting opportunities.	2 & 3
C	To take the centre pass and to link the defence and the attack.	2, 3 & 4
WD	To look for interceptions and to prevent the WA from feeding the circle.	3 & 4
GD	To win the ball and reduce the effectiveness of the GA.	3, 4 & 5
GK	To work with the GD and to prevent the GS from scoring goals.	4 & 5

Playing the game

Centre passes are taken alternately by the centre of each team - after each goal is scored and at the start of each half. Each team endeavours to pass the ball down to their goal circle and score goals. The team with the most goals at the end of the playing time wins the game.

Centre pass

Before the whistle, all players must start in the goal thirds except the two centres. The centre with the ball must be fully within the centre circle and must obey the footwork rule after the whistle has been blown. The opposing centre stands anywhere within the centre third and is free to move. After the whistle, the centre pass must be caught or touched by a player standing in or landing wholly within the centre third.

Scoring a goal

Only GS or GA can score – they must be completely within the goal circle when the ball is received in order to shoot for goal. A goal is scored when the ball passes through the hoop.

Minor infringements - free pass

Breaking the following rules will result in a free pass being awarded to the opposing team. When a free pass is awarded to a team it may be taken by any player from that team allowed in that area, as soon as they are in position. A player may not shoot from a free pass in the goal circle.

Offside

Player moving out of their own area, with or without ball (on a line counts as within either area).

Breaking at the centre pass

A player moving into the centre third before the whistle is blown for the centre pass.

Playing the ball

A player who has caught the ball must play it or shoot for goal within three seconds. A player may bounce or bat the ball once to gain control. Once released, the ball must next be touched by another player.

A player on the ground must stand up before playing ball.

Over a third

The ball may not be thrown over a complete third without being touched or caught by a player.

Footwork

Having caught the ball, a player may land or stand on:

One foot – while the landing foot remains grounded, the second foot may be moved any number of times, pivoting on the landing foot. Once the landing foot is lifted, it must not be re-grounded until the ball is released.

Two feet (simultaneously) – once one foot is moved, the other is considered to be the landing foot, as above. Hopping or dragging the landing foot is not allowed.

Major infringements - penalty pass

Breaking the following rules will result in a penalty pass or pass/shot being awarded to the opposing team.

A penalty pass (or penalty pass/ penalty shot if in the goal circle) is awarded where the infringement occurred. The offending player must stand out of play beside the thrower until the pass or shot has been taken. Any opposing player allowed in that area may take the penalty.

Obstruction

Player with ball: the nearer foot of the defender must be no closer than 0.9m (3ft) feet from the landing foot of the player with the ball, or the spot where the first foot had landed if one has been lifted. The defender may jump to intercept or defend the ball from this 0.9m (3ft) feet distance

Player without ball: the defender may be close, but not touching, providing that no effort is made to intercept or defend the ball and there is no interference with the opponents throwing or shooting action. Arms must be in a natural position, not outstretched, and no other part of the body or legs may be used to hamper an opponent.

A standing player is not required to move to allow an opponent a free run, but dangerous play must be discouraged, e.g. Moving into the landing space of a player already in the air or stepping late into the path of a moving player.

Contact

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

Out of court - throw in

A throw in is awarded to the opposing team of the player who last had contact with the ball or who received the ball whilst in contact with anything outside the court. The ball is out of court when it contacts anything outside the court area (except the goalpost). The ball is returned into play by a throw-in taken from a point outside the court where the ball crossed the line. The player stands with foot close to the line, and the ball must be thrown onto the court within three seconds.

Toss up

This is administered for all simultaneous infringements. The two players stand facing each other at their own shooting ends with hands by their sides and the umpire flicks the ball upwards not more than 600mm (2ft) in the air as the whistle is blown.

Substitutions

Teams are allowed as many substitutes as they want with no limit as to how many changes they make. Substitutions must be made during a stoppage in play.