



THE RULES



MATCH RULES

NORMAL NETBALL RULES APPLY TO:

CONTACT	HELD BALL (3 SECONDS)	REPLAYED BALL	STEPPING
OBSTRUCTION	SHORT PASS	OUT OF COURT	

ON THE COURT

Teams can have a maximum of five on the court at any one time, with three substitute players.
Mixed teams can have a maximum of two males on the court at any one time.

THE DIVE INTO THE SAND

A player may dive on the sand to catch a ball on the full or claim possession of a ball on the sand (from either own or opposing team) and then either play the ball from the ground or stand up and play the ball.

Stepping will not be called in this instance.

Players catching the ball face down on the ground will be allowed to roll onto their backs to pass the ball.

The three second rule applies to both the above.

TURNOVERS

When possession of the ball is turned over the team in possession need to play the ball back over the transverse line.

A team member must catch or land with the ball with both feet on the ground past the transverse line before continuing to play the ball back towards the goal.

There will be no stop in play; the team having completed the crossing of the transverse line immediately continues playing the ball.

If a defending player tips or deflects the ball it is not a turnover unless the other team gets possession.

SCORING

- All players can shoot goals, but only two players from the one team can be in the goal ring at one time
- Goals can be shot from in the "goal zone" for 1 point. Goals shot from the "3 pointer zone" (area between the transverse line and the outside of the goal zone) will be worth 3 points.
- The umpire will indicate a 1 point goal with one hand raised; a 3 point goal with two hands raised.

MATCH PERSONNEL

ON THE COURT

All players within their team must be in team uniform
Players can wear netball dresses, shorts or sports leggings, socks, soft peak hats, sun visors,
and sunglasses
Players can't wear shoes or jewellery

EQUIPMENT & BIBS

We organise Score sheets and match balls.
Teams are NOT required to wear bibs.

SUBS AND TIMING:

- Each game will be two x five minute halves, with a two minute break at half time.
- If a player gets injured they must be substituted immediately. The clock won't stop
- If a player cannot be moved then,
- The game will not stop for substitutions to take place and you can have as many substitutions as you wish.

STARTING PLAY

First named team on score sheet starts.

After each goal is scored, a throw in will be taken from the goal line by a member of the opposing team. The ball must cross the transverse line before the team can take a shot for goal

