



INDOOR NETBALL RULES

How the Game is Played

5 Players on the court per team, with up to 2 substitutes. Substitutes may take the court at half time unless injury.

Mixed games may only have a maximum of 2 males on the court at any given time. These two males are not permitted to be in the same circle at the same time. E.g. Goal Shooter & Goal Attack or Goal Keeper & Goal Defense.

Goal Shooter can ONLY go in the attacking half.

Goal Attack can go everywhere except the defending circle.

Centre can go anywhere except either circle.

Goal Defense can go anywhere except the attacking circle.

Goal Keeper can only go in defending half.

The only out in the game is end nets – behind the goals. Players may pass the ball off the net to another player, but may not play it back to themselves.

The game is divided into 2 x 13 minute halves. Players may change positions or substitute players at the end of any half.

Soft sole shoes must be worn. Kincumber Indoor Sports supplies everything else. Ball, Umpire, Bibs, Scoring etc. All nails must be short or gloves worn and no sharp adornment is permitted.

GOALS

1 goal may be scored in Indoor Netball, 1 point if the ball is shot inside the shooting circle.

After a goal is scored the ball is taken to the centre for alternate team centre pass. Centre pass must be touched in the attacking half before reaching the goal circle.

STEPPING

Once you have caught the ball the first foot to land is considered to be your grounded foot. This foot can be lifted, but not reground until you have released the ball.

OBSTRUCTION

If you wish to defend the opposition who is playing the ball you must stand 3 feet away from the player before lifting your hands.

DEFENDING

An opposition player is allowed to impede your progress off the ball provided they keep their arms and legs inside the width of their body. You must run around the player without touching them.

REPLAY BALL

Once you have controlled the ball, another player must touch it before you do so again.

NETS

The nets are considered to be part of the playing area, so only dangerous/reckless use of them is penalized. NOTE:- Back nets are classed as out & restart is on call of "Play" by umpire(s).

PENALTIES/FREE PASSES

Penalties are given for breaking the rules of obstruction & contact. If you are penalized you must stand next to the player taking the penalty until ball is released and play has re-started. A shot can be taken from a penalty.

A free pass is taken for all other breaches of the rules, except obstruction & contact. The offending player does not need to stand down for a free pass, and a shot can be taken.