

Mixed Netball

Categories

Mixed O16's	Participants must be born on or after 30 th June 1997
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Summary Rules

Please familiarise yourself with the full rules for Mixed Netball below, here's a summary of the key points.

- A team consists of 10 players, of which 7 can play at any time.
- Each team should have a minimum of 2 and maximum of 3 male players on court at all times. The positions of males are limited to one at either GS/GA, one male at either GK/GD, and one male at either WA/WD/C.
- Team changes can take place at half time.
- Teams must arrive 3 minutes prior to the start of their game and report to the pitch co-ordinator.
- Any team that fails to arrive will lose their game at a score of 0 - 10.
- All jewellery must be removed before the tournament begins, nails must be cut short and will be checked by the umpire.
- A player can receive the ball:
 - With both feet grounded or jump to catch the ball and land on two feet simultaneously. You may then take a step in any direction with one foot (but not both) and pivot on the spot with the other foot. Once one foot is moved, the other is considered to be the landing foot.
 - With one foot grounded or jump to catch the ball and land on one foot. The landing foot cannot be moved, other than to pivot on the spot, whilst the other foot can be moved in any direction. Once the landing foot is lifted, it must not be re-grounded until the ball is released.

Hopping or dragging the landing foot is not allowed.
- Everyone must observe the 1m (3 feet) Distance rule.
- Netball is a non-contact sport. No player shall knock or push an opponent or interfere with his/her play, either accidentally or deliberately.
- A player may not:
 - Deliberately kick the ball
 - Bounce the ball more than once
 - Hand or roll the ball to another player
 - Place his/her hands on a ball held by an opponent
 - Throw the ball while sitting or lying on the ground
 - Throw the ball over a complete third without it being touched or caught by another player in that third
 - Use the goalposts as a support in receiving a ball going out of court or to gain balance
 - Regain possession of the ball, having dropped or thrown it, before another player has touched it
- A goal can only be scored by the Goal Attack or Goal Shooter
- If a player is seriously hurt, the umpire will stop play

Rules & Regulations

Teams

- The squad should consist of a minimum of 7 and a maximum of 10 players, with not more than 7 on court at any one time. A minimum of 5 players is required to begin a match.
- Each team should have a minimum of 2 and maximum of 3 male players on court at all times. The positions of males are limited to one at either GS/GA, one male at either GK/GD, and one male at either WA/WD/C.
- A team must arrive three minutes prior to the start of their game and report to the pitch coordinator. Failure to do so will result in automatically forfeiting the match. It is the captains' responsibility to report to the pitch coordinator, and only he/she must report to the pitch coordinator, but the entire team should be present.
- Team captains toss a coin to determine who takes the first Centre Pass. Subsequent centre passes must be taken alternately.
- Late arrivals will only be allowed to enter the field of play with the umpires consent.
- If a match is abandoned, the match due next in order of play will start immediately and it is the team captain's responsibility for keeping track of any alterations to the original schedules.
- There will be a briefing given to all participants by the umpires before the tournament begins.

Matches and points

- A match will consist of two equal halves. The length of the match will depend on the number of team entries. Teams will be required to change ends after the first half of the match.
- During the group stage, points will be awarded to teams as follows:
 - 3 points - win
 - 1 point - draw
 - 0 point – loss
- For teams that fail to arrive for their game a loss of 0 – 10 will be applied.
- In the event that two or more teams in a group are in a tie on points the tie breaker format below shall be followed:
 - Goal difference
 - Goals for
 - Head to head
 - Play off match
- Where a tie occurs in the knock out stage there will be a coin toss for centre pass. The team who wins the coin toss takes centre pass, the opposing team decides which direction to shoot in.
- The teams play for two minutes (sudden death). If the score is still level at the end of this period they will change ends and play for a further five minutes until a winner is determined.

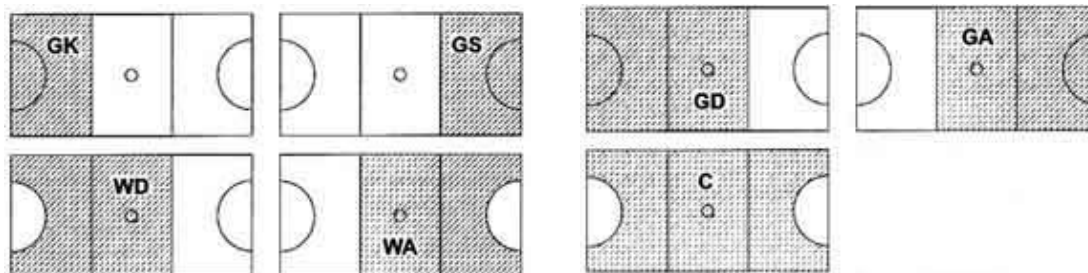
The game

- Play is started by a pass from the Centre, who stands with both feet in the centre circle. The ball must be released before the player lands outside of centre circle.
- At the start of play the GS, GA, GD, GK, WA and WD may be anywhere in the goal third which is part of their playing area. The opposing Centre shall be in the centre third and free to move.
- When the umpire blows the whistle, the Centre must pass the ball within 3 seconds and obey the Footwork rule. The ball must be caught or touched in the centre third.
- A player may not:
 - Deliberately kick the ball
 - Bounce the ball more than once
 - Hand or roll the ball to another player
 - Place his/her hands on a ball held by an opponent
 - Throw the ball while sitting or lying on the ground

- Throw the ball over a complete third without it being touched or caught by another player in that third
- Use the goalposts as a support in receiving a ball going out of court or to gain balance
- Regain possession of the ball, having dropped or thrown it, before another player has touched it

Penalty for infringement: FREE PASS

- A ball is out of court when it, or a player touching it, touches the ground or an object outside the court. On the tline is deemed to be outside the court. If the ball goes out of court, a throw-in is awarded to the opposing team. If the ball hits the post and bounces back into court, it is still in play.
- The throw-in is taken at the point where the ball crossed the line. Any player allowed in that part of the court may take the throw-in and must stand outside the court with both feet behind the line.
- When the player taking the throw-in has checked that all other players are on court, she must release the ball within 3 seconds. The player taking the throw-in does not need to wait for a whistle or the umpire to call 'PLAY'.
- A free pass is awarded for any infringement of the rules except obstruction and contact. A player may not shoot directly from a free pass.
- A penalty pass or shot is awarded to a team against any player causing obstruction or contact. A player may shoot if the penalty is awarded inside the circle. The offending player must stand still beside the player taking the pass.
- A free pass, or a penalty pass or shot, is taken from the point where the infringement occurred and may be taken by any member of the team allowed in that part of the court.
- A player with or without the ball is offside if she enters an area of the court in which she is not allowed (see diagram below). Penalty for infringement: FREE PASS
- A player may reach over and take the ball from an offside area or may lean on the ball in an offside area provided that no contact is made with the ground on the offside area.
- The umpire takes a Toss-up when 2 opposing players simultaneously:
 - gain possession of the ball
 - knock the ball out of court
 - are offside with the ball
 - contact each other
 - when the umpire is unsure about which player is responsible for an infringement or who had possession of the ball when the game was stopped for injury
- The two players stand facing each other and the goal into which their team is shooting. They stand with their arms at their sides and their feet in any position, with 1m between one player's front foot and that of their opponent. The umpire tosses the ball not more than 60cm (2 ft) into the air from a point midway between the players and just below shoulder level of the shorter player's normal standing position. The whistle is blown as the umpire releases the ball. The ball is now in play.



Distance and footwork rules

- Everyone must observe the 1m (3 feet) Distance rule.
- A player may receive the ball with one foot grounded or may jump to catch and land on one foot. While that landing foot remains on the ground the other foot may be moved in any direction and any number of times, pivoting on the landing foot if desired. Hopping is not allowed.
- A player may receive the ball whilst both feet are grounded, or may jump to catch and land on both feet simultaneously. The player may then choose to move either foot and the remaining foot shall then be considered to be the landing foot. Proceed as above. Penalty for infringement: FREE PASS

Scoring goals

- A goal is scored when the ball passes completely through the ring from top to bottom.
- A goal may only be scored by the Goal Shooter or the Goal Attack, playing the ball from any part of the shooting circle

Substitutions

- Any number of substitutions shall be permitted and may only be substituted at half time when the game has stopped. The referee must be notified of any substitutions. In the event of injury or illness substitutions may be made when the ball is out of court or play has been stopped.

Non-contact rules / general discipline

- Netball is a non-contact game. No player shall knock or push an opponent or interfere with his/her play, either accidentally or deliberately. Penalty for infringement: PENALTY PASS OR SHOT
- Physical contact during a match constitutes a foul. Any player who has committed four fouls will be sent to the sin-bin for 2 minutes.
- In extreme circumstances and only in the event a player is seriously injured/ill, the Umpire may stop play. The decision to stop play and when to stop play shall be at the discretion of the Umpire. To stop play, the Umpire will blow the whistle and signal to the Timekeeper to hold time. To re-start play, the Umpire will signal to the Timekeeper and blow the whistle.
- In the event of dangerous play, severe fouling or other misconduct, the referee may, in addition to awarding the penalty, warn a player, send them to the sin-bin for a standard time of 2 minutes or for a specific time pertaining to the discretion of the referee; or send the player off. Players sin-binned will be recalled to the field of play only with the consent of the referee.
- Swearing will result in the player being sin-binned. Persistent swearing will result in a player being sent off. Any swearing at the umpire will lead to an immediate sending off.
- Any player sent to the sin-bin twice in a match or three times in a tournament will be deemed to have been sent off.
- Any player sent off in a match will miss the next two consecutive games played by her team, in the competition. It is the captain's responsibility to ensure that she does not field a player that is ineligible to play. Failure to do so will result in the team's expulsion from the tournament.
- The umpire's decisions throughout the game are final.

Jewellery, hair, nails and footwear

- All jewellery must be removed before the start of the game and long hair should be tied back. The umpires will check jewellery before the tournament begins.
- Fingernails must also be kept short. Umpires will check the length of nails before the start of the tournament for Netball. Participants whose nails can be seen past their finger tips when umpires examine their hands will have to cut their nails before playing.
- Long hair must be tied back.
- The correct footwear and attire should be worn on the court. Only non-marking trainers are permitted.