



Match rules

1 Duration of the game

Matches should be 4 x 6 minutes, with two minutes at each interval. Teams should change ends at each interval.

2 Start of play

Team captains toss a coin to determine who takes the first Centre Pass. Subsequent centre passes must be taken alternately.

Play is started by a pass from the C, who stands with both feet in the centre circle.

At the start of play, the GS, GA, GD and GK may be anywhere in the goal third, which is part of the playing area. The opposing C shall be in the centre third and free to move.

When the umpire blows the whistle, the Centre must pass the ball within 4 seconds and obey the Footwork Rule.

The ball must be caught or touched in the centre third.

Everyone must observe the 1m Distance Rule.

3 Rotation

Managers to rotate their players every quarter. Players to adopt a position each quarter they haven't played in previously during the match.

4 Footwork

- 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 while 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.

- Penalty: Free Pass.

5 Playing the ball

A player must:

- Pass or shoot within 4 seconds
- Obey the Footwork Rule

A player must not:

- Deliberately kick the ball.
- Bounce the ball more than once
- Hand or roll the ball to another player
- Place their hands on a ball held by an opponent
- Throw the ball while sitting/lying on the ground
- Use the goalpost as a support in receiving a ball going out of court to gain balance
- Throw the ball over a complete third without it being touched or caught by another player in that third.
- Regain possession of the ball, having dropped or thrown it, before it has been touched by another player.

6 Defending, obstruction and contact

Players must be at least 1m away from the person with the ball.

Defending the ball in a player's hand by outstretching the arms is not permitted.

One jump to intercept a throw or shot is permitted, provided the player is at least 1m away. Arms may only be raised as part of the vertical jump in an attempt to intercept the ball.

Jumping up and down in front of a player is not permitted.

Netball is a non-contact game!