WORLD INDOOR NETBALL ASSOCIATION

INDOOR NETBALL RULE BOOK

— 6 A SIDE 2014 —

www.worldindoornetballassociation.com

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This rulebook contains all the rules for WINA Indoor Netball. All rules have been made with the knowledge and acceptance of the World Indoor Netball Association (the governing body) and must be played at all competitions and tournaments sanctioned by the World Indoor Netball Association.

As with all sports, it is the participants (players/umpires/officials) responsibility to learn the rules. Included in this book are notes to umpires. These are to state interpretations that will produce understanding and consistency for everyone. Rules are made not to hinder players, but to allow a fair and equal opportunity for either team to win a game regardless of their size, shape or gender.

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INDOOR NETBALL SIX a SIDE RULE BOOK

RULE.1 THE TEAM

1-1 A game of Indoor Netball is played between two teams with each team consisting of a maximum of twelve players in Ladies & Men's and thirteen in Mixed grades with a minimum of five players, one of whom shall be the team captain.

1-2 A team is comprised of; Two Attack Players/Two Defence Players/Two Link/Centre Players

1-3 Substitutions may be made at quarter, half or three-quarter time, and in the event of injury, illness or blood bin, only the injured, ill or blood-binned player(s) may be substituted.

RULE.2 MIXED TEAMS

2-1 No more than six/seven male players or six/seven female players may participate in any one game. With only 3 males & 3 females permitted at any one time.

2-2 Each of the three court positions must be filled by a male player and a female player. If due to injury/illness there is no male player available to fill the position the team will have to play with only five players. A female cannot take up the vacant position i.e. Four Females/ Two Males.

RULE.3 DURATION OF THE GAME

3-1 Round Robin games shall consist of four quarters of ten minutes each. Quarter-finals, semi-finals and grand-finals shall consist of four quarters of ten minutes each.
Quarter-time interval 1 minute
Half-time interval 2 minutes
Three-quarter time interval 1 minute

3-2 A quarter may be stopped by an umpire to deal with an emergency, injury/illness. During this stoppage Coaching is allowed from outside or inside the court.

RULE.4 PLAYING EQUIPMENT

4-1 The court is divided into two halves, an attack half and a defence half. The nets surrounding the court are all considered part of the playing area.

4-2 A standard netball is provided for your game and is leather or synthetic leather composition. The 'Mitre International Pro' Indoor Netball is deemed the all of choice for NZIS sanctioned events.

4-3 Players must wear non-marking soft soled court shoes.

4-4 Each team will be provided with a set of six bibs that indicate which position each player is holding on court.

4-5 Players are to ensure their fingernails are cut short and no jewellery is worn, except a flat wedding band that must be taped.

4-6 No peaked caps or hats are permitted on court.

4-7 All openly visible piercing that cannot be removed must be fully taped.

4-8 Necklaces that cannot be removed for cultural or religious reasons must be taped to the body under a playing shirt.

RULE.5 TEAM CAPTAINS

5-3 Only the team captain has the right to approach the umpire during an interval or at the conclusion of a game for clarification of any rule.

RULE.6 PLAYER QUALIFICATIONS

6-1 Players can only play for one team during the course of a tournament.

6-3 Players must play under the sex they were born unless they can provide written medical

6-4 Players competing in the 21 and Under grades must still be 21 at the end of the current year. This will also apply to all ages at Juniors.

6-5 All players competing in the Overs Aged Mixed grades must be of the age respectively, or older, as at the start of the tournament.

6-6 All players competing in any age restricted grade must be able to produce either an original birth certificate, driver license or passport if required by a tournament official.

RULE.7 UMPIRES

7-1 The Umpire(s) shall have sole control of the game.

7-2 The decision of the Umpire shall be final and shall be given without appeal.

7-3 The ball shall be played live if it comes into contact with an Umpire during play, but if such contact interferes with the course of the game, the Umpire may decide to have a toss ball between two opposing players in that area of play.

7-4 The Umpires whistle shall:

a) Start and re-start the game at the beginning of each quarter.
b) End each period of play.
c) Indicate when a goal has been scored by raising 2 arms for a 2 goals scored or 1 1 arm for 1 goal scored.
d) Indicate when an infringement of the rules has occurred.

7-5 The Umpire shall;

a) Not criticise or coach any team while a game is in progress.
b) State the infringement and penalty and may use hand signals to clarify decisions.
c) Answer questions regarding clarification of rules from team Captains ONLY and ONLY at quarter breaks or at the conclusion of the game.
d) Advise each team of the correct score at the end of each quarter break.
e) Adjudicate the rules contained in this book both consistently and without bias.

7-6 Advantage of play - the Umpire shall

a) Refrain from penalising an infringement of the rules when by doing so the non-offending team would be placed, at a disadvantage.
b) Shall indicate clearly with hand signals that an infringement has be observed.
c) If the pass or shot has been successful, call "advantage" to indicate an infringement has occurred and not been penalised.
d) If the pass or shot has not been successful, the umpire shall call the infringement from where it occurred.
Clarification – If a player attempts to defend and are obstructing or cause contact, the umpire would not call advantage until the ball has been delivered or a successful shot has been scored. If the pass or shot at goal was not successful the umpire would reset the penalty pass or shot and the infringer would stand out of play beside and away and take no further part in the game until the ball had be shot or delivered successfully.

RULE.8 SCORER/TIMEKEEPER

8-1 The Scorer(s)/Timekeeper(s) shall work in conjunction with the umpire

8-2 The Scorer(s)/Timekeeper(s) shall be non-playing representative of each of the teams on court and shall sit together throughout the duration of the game, or be represented by umpires.

8-3 The umpire(s) will signal a score to the scorers(s) by way of one or two raised arms determining a 1 point or 2 point shot. The scorers(s) will acknowledge in the same manner.

8-4 The Scorers(s)/Timekeeper(s) are responsible for recording each goal as it is scored onto the scoreboard and scorecard. This constitutes the official score of the game. At all times the score on the scorecard shall be the correct one – where there is conflict between scorecard and scoreboard as to the correct score, they must advise the umpire and the game must be stooped until it is resolved. Should scoring issues not be resolved during the game the scorecard shall be the official result of the game.

8-5 The official time for the duration of the game will be kept by the Scorer(s)/Timekeeper(s) including injury/illness/blood bin.

8-6 The timekeeper will stop the clock and start the injury clock so that no time is lost for injury/illness/blood bin time outs and the full ten minute quarters are played.

RULE.9 PLAYING AREAS

9-1 The playing area for the two Attack players is entirely within their team's attack half for that quarter and includes the goal circle.

9-2 The playing area for the two Defence players is entirely within their team's defence half for that quarter and includes the goal circle.

9-3 The playing area for the two Link/Centre players is the entire court with the exception of both goal circles.

RULE.10 POSITIONING PLAYERS FOR START OF PLAY

10-1 Teams will change ends at the end of each quarter.

10-2 A Link/Centre player from each team will contest a toss ball at the centre line, centre court, to start the game and each quarter. If the player has made an attempt to grab the ball from a toss-up, and is unsuccessful in doing so, they may not attempt to retake the ball and the replay rule would apply.

10-4 Both Link/Centre players from each team must be positioned in their defence halves when the toss ball is taken. All other players must be in their correct positions.

RULE.11 START OF PLAY AFTER A GOAL

11-1 A Defence player will restart the game from within the goal throw in circle after each goal is scored.

11-2 The throw-in circle will be marked at the top of, but within the goal circle. The throw-in circle shall be a minimum of 500mm in diameter with the top of the throw in circle also being the top of then goal circle.

11-3 If no throw in circle is available, the throw in must be taken directly behind the line at the top of the goal circle.

11-4 The Defence player must keep part of the grounded foot on the ground, within the marked area, until the ball is released. If the grounded foot is raised before the ball has left the defence player's hands, a Foot Fault would be called and a free pass to the opposing team would be taken.

11-5 From the throw in after a goal is scored, a player may use the net to pass to another player but the ball must be received in the defensive half of the court.

RULE.12 LATE ARRIVALS

12-1 Late arriving players may not enter the court while the game is in progress, but after notifying the Umpire may take the court;

a) After a goal has been scored and in this case they must take up the position left vacant in the team.

b) Immediately following an interval.

c) After a stoppage for injury, illness.

12-2) If a late arriving player takes the court without notifying the Umpire a free pass will be awarded to the opposing team where the infringer was standing and the player shall leave the court until permitted to return.

12-3 Any team not ready to go on court by the end of the first quarter of play will record an automatic loss.

12-4) The non-offending team must be on court ready to play, the umpire will start the clock and the team on court will earn 1 penalty goal every completed 30 seconds until the opposition are ready to play.

RULE.13 STOPPAGES

13-1 Play may be stopped for injury, illness or blood bin, in which case the umpire will stop the clock for period of time (maximum 2 minutes) for the injured or ill player(s) to resume play or to be substituted. Play will continue from where the ball was when play was topped or a toss-up will be taken if the umpire is unable to determine.

An injured player may leave the court and be replaced by another player. The injured player must remain off court until the commencement of the next quarter whereby the interchange rule can be applied. Changes are offered to the opposing team when the injured player is replaced during the quarter in which the injury/illness/blood bin occurred.

If a substitution has NOT been made for a player who leaves the court due to injury/illness, that player may return to the vacant position at any time later in the match, abiding by the following rules:

(i) Play must be stopped for injury or illness OR following the scoring of a goal or at any interval.

(ii) The player notifies the umpire of their intention to resume playing.

Included in these interchange players shall be any player who is utilised as a substitute in the event of an injury/illness/blood bin.

A maximum of 2 minutes can be taken in order to determine whether a player is fit to continue and to deal with the injury/illness/blood bin. Any subsequent injury time within that quarter will be 30 seconds. Discretion will be applied regarding injury/illness/blood bin by the umpire/s.

Play will continue from where the ball was when play was stopped or a toss-up will be taken if the umpire is unable to determine.

a) Who was in possession of the ball or

b) The ball was on the ground when play was stopped.

13-2 If a player left the court through injury or illness and no substitution was made, the injured or ill player may return to the game in accordance with rule 12.

13-3 If the stoppage is due to obstruction, contact or any penalty offence, the offending player, (or substituted player, due to injury) will be penalised and play will continue from where the offence occurred.

RULE.14 BLOOD BIN

14-1 Any player that is blood binned by the Umpire must leave the game immediately and may be substituted in the vacant position. At the time that a player is blood binned, the umpire will stop the clock, ensure any equipment blood marked is replaced IMMEDIATELY, restart the clock and let play continue. The blood-binned player may return to the game in their original position if the player has not been substituted. If the player is substituted they must return in the next quarter break – refer to Rule 13-1.

RULE.15 OFFSIDE

15-1 Any player with or without the ball shall be deemed offside if they step outside of their designated playing area as detailed in Rule 9.

15-2 On the line is ruled offside.

15-3 A player may reach over and take the ball from an offside area or may lean on the ball provided no body contact is made with the ground or the net.

15-4 A player without the ball may not use the net in an offside area to gain or regain balance. A free pass will be awarded to the opposing team if a player is penalised for breaking the rules of offside.

15-5 If two players are ruled offside at the same moment;

a) If neither player makes any contact with the ball they are not penalised and play continues.
b) If one or both players are in possession of the ball and are playing in the same half, a toss-up is taken between those two players in their own half.
c) If one or both players are in possession of or touch the ball and are playing in opposing halves, a toss-up is taken between those two players at the centre line.

RULE.16 PLAYING THE BALL

16-1 A player may;
a) Catch the ball with one or both hands.
b) Gain or regain control of the ball if it rebounds from the goalpost or goal hoop.
c) Bat the ball to another player without first having possession of it.
d) Bounce the ball once to another player.
e) Roll the ball to oneself to gain possession but only if in doing so the players hand does not leave the ball.
f) Fall while holding the ball but must regain footing and throw the ball within 3 seconds of receiving it and observe the footwork rule.
g) Lean on the ball to prevent going offside.
h) Lean on the ball to gain or regain balance against the floor or any perimeter net to stop going offside.
i) Throw the ball to the net for another player to gain possession.
j) Balance on the net and if in possession must not have any part of the body on the net while passing or shooting the ball. A free pass will be awarded if this is not the case.

16-2 A player may not:
a) Contact the ball with their legs or feet at any time in a deliberate action.
b) Strike the ball with a fist.
c) Deliberately fall on the ball to gain possession.
d) Attempt to gain possession of the ball while sitting, kneeling or lying on the ground.
e) Immediately after having possession of the ball, guard a loose ball to prevent other players from gaining possession of the ball. If a player guards a loose ball they have lost control of, the umpire will penalise the player guarding the ball and an obstruction call would be made against the player/s guarding the loose ball. If a player touches the loose ball originally in their possession, a replay call would be made.
f) Have hands or feet on the net while in possession of the ball.
g) Roll the ball to another player.

16-3 Held Ball

A player who has either caught or held the ball must play it or shoot for goal within three seconds of having received it. The player may pass or shoot the ball with either one or both hands in any direction.

16-4 Replayed Ball

If a player has touched the ball with one or both hands they may not touch the ball again with their hand/s until it has been touched by another player from either team. This also includes a deflection from a defender/attackers hand/s to the net and then regaining the ball.

16-5 Short Pass

On the court at the moment the ball is passed, there must be room for a third player to move between the HANDS of the thrower and the HANDS of the receiver, including a pass from one players hands to the net and to the other players hands.

16-6 Back Net Violation

When a player passes the ball from their one half to a player in their other half, the ball must be touched or caught by any player prior to the ball hitting the back net behind the goal hoop. If the ball hits the Goal Ring play continues. It will not be called over the half.

RULE.17 FOOTWORK

17-1 A player may receive the ball with one foot grounded, or jump to catch the ball and land on one foot and then either;

a) Step with the other foot in any direction, lift the landing foot and throw or shoot the ball before this foot is re-grounded.

b) Step with the other foot in any direction any number of times, pivoting on the landing foot. The pivoting foot may be lifted but the player must throw of shoot the ball before re-grounding it.

c) Jump from the landing onto the other foot and jump again, but must throw or shoot the ball before re-grounding either foot.

d) Step with the other foot and jump but must throw or shoot the ball before re-grounding either foot.

17-2 A player in possession of the ball may not:

a) Drag or slide the landing foot.

b) Hop on either foot.

c) Jump from both feet and land on both feet unless the ball has been released before landing.

17-3 The penalty for infringing the footwork rule is a free pass to the opposing team where the infringement occurred.

17-4 A player may jump shoot as long as the footwork and contact rule is observed.

RULE.18 SCORING A GOAL

18-1 When the ball is thrown over and completely through the goal ring by an Attack player from within the goal circle, one goal is scored.

18-2 When the ball is thrown over and completely through the goal ring by either an Attack or Link/Centre player from outside the goal circle two goals are scored.

18-3 If either of an Attack's feet, are positioned on the line marking the goal circle at the time of shooting the ball, one goal is scored. To gain a two point shot, the player must shoot the ball from outside the circle

18-4 If a defending player deflects a shot for goal and the ball then passes over and completely through the goal ring, a goal is scored according to where the shot at goal was taken.

18-5 An Attack or Link/Centre player may shoot for goal if the ball has been won in a toss-up within their attacking half.

18-6 If the whistle is blown ending any period of play after a penalty pass or shot has been awarded in the attacking half, the penalty shot is to be completed.

18-7 In taking a shot for goal, a player must;

a) Shoot within three seconds of receiving the ball.

b) Obey the rules of footwork.

c) Attack players must not touch the goal ring in the action of shooting.

18-8 If a defending player causes the goal arm or goal ring to move so as to interfere with the shot at goal, a penalty shot will be awarded from where the infringer was standing unless this disadvantages the non-offending team. If the attempted shot was from outside the goal circle, the penalty may be taken from outside the circle.

18-9) If a Defence player attempts to deflect a ball away from the goal ring, and in doing so touches the goal ring or goal net, a penalty goal will be awarded to the opposing team in accordance with where the shot was taken.

A defensive player may not attempt to deflect a ball away from the goal ring whilst it is in a downward flight, or interfere with the goal ring or net attached. The penalty goal(s) will be awarded if the umpire deems the shot could have been successful, from where the shot was taken and the attacking team will be awarded an automatic goal.

18-10 If a ball hits the goal post then hits the back or top net before passing completely through the goal ring, a goal is scored according to where the shot was taken from.

18-11 If the ball hits the back net without first hitting the goal arm or goal ring and then passes completely through the goal ring, no goal is scored and a free pass to the non-offending team will be awarded, under the goal ring.

18-12 If a successful shot at goal is attempted just prior to the end of a period of play, the goal will be counted if the ball had left the player's hands prior to the final whistle being blown.

RULE.19 OBSTRUCTION

19-1 An attempt to intercept or defend the ball may be made by a player if the distance is not less than 0.9 metres from the player in possession of the ball. When the ball is received this distance is measured as follows;

a) If a players landing or grounded remains on the ground, the distance is measured from that foot to the nearest foot of the defending player.

b) If a players landing, grounded or pivoting foot is lifted, the distance is measured from that foot to the nearest foot of the defending player.

c) If the player is standing or lands on both feet simultaneously and remains grounded on both feet, the distance is measured from whichever is the nearest foot to the defending player.

d) If the player is standing or lands on both feet simultaneously and either foot is lifted, the remaining foot is considered the ground foot from which the distance is measured.

19-2 A player may not be (within 0.9m) of the player in possession of the ball.
Penalty: Pass or Shot where the infringement occurred.

19-3 A player will be penalised for obstructing an opposing player that is not in possession of the ball if they are within 0.9 metres of that player and they employ any movements taking their arms or legs away from their body. Within this distance a player is not obstructing if their arms are outstretched to;

a) Catch, deflect or intercept a pass or feint pass.

b) Obtain a rebound from an unsuccessful shot at goal.

c) Momentarily signal for a pass or to indicate their intended direction of movement.

19-4 A player may attempt to defend the ball from the correct distance but must not defend an opponent's face or eyes at any time.

19-5 A penalty pass or shot will be awarded to the opposing team when a player is penalised under any of the rules of obstruction.

RULE.20 CONTACT

Personal Contact

20-1 Personal Contact: No player shall come into personal contact with an opponent in such a manner as to interfere with the opponents play regardless of whether it was a deliberate or accidental action.

20-2 A player shall not:

a) Push an opponent in any way with or without the ball. A player may not use the ball to push either.

b) Trip or knock an opponent in any way.

20-3 In an effort to catch or direct the ball a player must not push or bump an opponent.

20-4 In an effort to defend an opponent, a player shall not:

a) Keep an elbow against an opponent.

b) Hold and opponent. This includes feeling to keep near an opponent.

c) Charge an opponent. This is, when jumping, bump an opponent.

20-5 Whether attempting to get free, or to defend, a player is responsible for any personal contact.

a) If taking up a position so near an opponent that contact is inevitable

b) If moving so quickly into the path of a moving player that contact is unavoidable.

20-6 Contact with the ball: while holding the ball, a player shall not touch or push an opposing player in such a manner as to interfere with that opponents play.

20-7 A player shall not either accidentally or deliberately:

a) Place a hand or hands on the ball when held by another player

b) Remove the ball from an opposing player when the ball is being held by that player.

RULE.21 THROW- IN

21-1 A throw-in from within the restart circle shall be taken by a defence player to restart play after every goal has been scored.

21-2 The player taking the throw-in must;

a) Keep one foot grounded within the restart circle or on the rear lines marking the throw-in circle.

b) Keep their grounded foot from protruding into the court from the restart circle.

c) Throw the ball within three seconds of taking up their grounded position within the throw-in circle or on the rear lines marking the throw-in circle.

d) Keep their grounded foot grounded until they have released the ball.

e) Apply the footwork, replay and held ball rules from the moment of taking the grounded position either within the throw-in circle or on the rear lines marking the throw-in circle.

21-3 From the throw-in the ball must be touched or caught by any player before crossing the centre line. If the player plays the ball in the air, they must land in their defensive half.

RULE.22 NET USE

22-1 A player may not abuse any of the court equipment, this includes the nets.

22-2 A player may not climb any nets.
Penalty Pass/Shot will be applied if a player climbs the net.
A player may use the net to their advantage. They may not have their feet touching or hands holding the net whilst in possession of the ball. The player must be completely off the net prior to the ball being released. A free pass will be awarded if the ball is released when the player is still in contact with the net.

22-3 A player may not hold any net while defending an opponent. This infringement will result in a Penalty being awarded to the non-offending team.

22-4 A player may use the net in their correct half to stop from going offside as long as both feet don't leave the floor.

RULE.23 PENALTIES

23-1 Penalties that can be awarded when any of the rules of Indoor Netball are broken;

b) Penalty Pass or Shot

23-2 A penalty must be taken from where the infringement occurred except where this places the non-offending team at a disadvantage. In this situation the penalty will be taken where the non-offending player was standing or at a place on the court indicated by the umpire.

23-3 With the exception of a toss-up, all penalties are awarded to the non-offending team. Any member of the non-offending team may take the penalty if allowed in the area where the penalty was awarded.

23-4 The player taking the penalty must throw the ball within three seconds after taking position at the correct place and being in possession of the ball.

23-5 When taking a free pass, penalty pass or penalty shot, the footwork rule applies as though the foot placed at the point indicated were equivalent to the landing foot in a one foot landing or when a ball is received with one foot grounded.

23-6 A penalty pass will be awarded to the opposing team if a player is penalised for any infringement when in the process of taking a free pass, penalty pass or penalty shot.

RULE.24 FREE PASS

24-1 A free pass is awarded for infringements of these rules with the exception of the rules of Obstruction, Personal Contact, Contact With or On the Ball, Net Abuse, or simultaneous offences by two opposing players.

24-2 A free pass is awarded to the non-offending team and any member of the team may take the free pass if allowed in the area in which the free pass was awarded.

24-3 A direct shot at goal may not be attempted from a free pass.

RULE.25 PENALTY PASS OR SHOT

25-1 A penalty pass or shot is awarded for the breaking of the rules of Obstruction, Personal Contact, or Contact With or On the Ball and Net Abuse.

25-2 A player penalised under these offences must stand beside and away from the player taking the penalty and must make no attempt to take part in the game until the ball has left the throwers hands. If the penalised player moves before the ball has left the throwers hands the penalty shall be re-taken unless the pass or shot is successful and the advantage rule shall apply.

25-3 The penalty must be taken where the infringement occurred except where this places the non-offending team at a disadvantage. The penalty will then be taken where the non-offending player was standing.

25-4 Any player from the non-offending team may take the penalty if allowed in the area where the penalty was awarded.

25-5 An attempt to defend a pass or shot may be made by any member of the opposing team with the exception of the penalised player.

25-6 If an opponent contacts or obstructs the thrower during the taking of a penalty pass or shot, a second penalty will be awarded where the second infringer was standing unless this would place the non-offending team at a disadvantage. In this instance, both the original and second offenders must stand beside and away from the player taking the penalty.

25-7 When two members of a team simultaneously obstruct or contact a member of the opposing team, each offending player must stand beside and away from the player taking the penalty.

25-8 When a penalty is awarded in the non-offending teams attack half, an Attack or Link/Centre player may either pass the ball or shoot for goal.

RULE.26 TOSS BALL

26-1 A toss-ball is used to start each period of play and is taken at the middle point of the centre line by two opposing Link/Centre players.

26-2 A toss-ball is also used in the following situations;

a) When two opposing players simultaneously gain possession of the ball with one or both hands.

b) When two opposing players are simultaneously offside and one or both players was either in possession of or touching the ball.

c) When two opposing players make simultaneous contact that interferes with play.

d) After a stoppage in play when the umpire is unable to determine who was in possession of the ball or the ball was on the ground when play was stopped.

26-3 The toss-ball must be taken on court between the two opposing players concerned as near as possible to where the infringement occurred.

26-4 The two players must stand facing each other and their own goal ends. The two players must hold their arms and hands straight down alongside their body but their feet may be positioned in any manner. There shall be a distance of not less than 0.9 metres between the nearest foot of each player and not move from that position until the whistle is blown. If a player moves too soon a free pass will be awarded to the opposing team.

26-5 The umpire shall toss the ball midway between the two players to a point no higher than the shortest opponent's shoulders when they are in their normal standing position. The

umpire shall hold the ball in the palm of their hand and remain momentarily stationary prior to tossing the ball. At the time of releasing the ball upwards the umpire shall blow their whistle.

26-6 If a toss-ball has to be repeated more than three times between the two same players, the two players will be replaced by another member from each team. The two players chosen will be at the discretion of the umpire.

26-7 A player winning the toss-ball may then either pass the ball or shoot for goal.

RULE.27 PROFESSIONAL FOULS

27-1 A professional foul is any offence that the Umpire believes has been intentionally committed to affect the outcome of a game. Deliberate time wasting and deliberate breaking of the rules with the intention of placing the non-offending team at a disadvantage can result in a professional foul.

27-2 In the case of professional fouls, the Umpire will stop the clock and award the non-offending team a shooting opportunity anywhere they select to shoot from, NOT to be defended, either in or out of the circle.

27-3 When awarding a professional foul, the umpire will stop the clock. The professional foul shot will be taken and then the original infringement awarded to be taken from where the infringement occurred. The clock will restart just prior to the original infringement being played.

27-4 A Professional foul CAN be applied throughout the whole game. This rule should be used if discipline is required at any time during the game.

RULE.28 DISCIPLINE

28-1 The breaking of rules or the employment of any actions not covered by the wording of these rules, in a manner contrary to the spirit of the game will not be tolerated.

28-2 If a player breaks any of these rules either between the scoring of a goal and the re-start of play or between the awarding and taking of a penalty, the Umpire shall penalise the infringement immediately unless by doing so this would place the non-offending team at a disadvantage.

28-3 As well as the Professional Foul rule, the Umpire has the ability to award a forward gain in court position, and/or a penalty pass or shot to any non-offending team when any player(s) deliberately persist in non-sportsmanship behaviour.

28-4 In addition to all other penalties laid out in these rules, the Umpire may also;

a) Order a player to leave the court but only when they are sure that any other penalty is insufficient and except in extreme cases, only after a warning has been given.

b) Stand a player off the court for a part of the game as specified by the Umpire at the time of sending off. The period of time is at the umpires discretion and is determined by the degree of offence being penalised.

28-5 When a player is ordered off the court for any length of time, that player cannot be replaced by a substitute player and playing positions cannot be changed until the end of that period of play.

RULE.29 ETIQUETTE

29-1 Foul and abusive language or behaviour will not be tolerated under any circumstances at any time. Such behaviour will be penalised by the Umpire/s in charge of your game and repeated offences could result in a player or team being ejected from a competition or tournament and being further banned from any future participation. To gain full enjoyment out of any sport, regardless of your reasons for participating, the game must be played in good spirit and with a degree of self-control.

RULE.30 SCORING SYSTEM

30-1 The intention of this scoring system is to provide further strategy and interest to all matches regardless of the total team scores, and the following match points will be awarded under this system;
Win 4 Points
Draw 2 Points
Loss 0 Points

2) In addition to the above match points, the team scoring the most goals in each quarter will be awarded an additional point and this is known as a skins point.

3) One skins point is offered for each quarter, making a total of four skins points per game.

4) In the situation where the goals scored by each team in any quarter are equal, the skins point to be awarded for that quarter will jackpot forward to the next quarter or backwards in the case of the last quarter.

RULE.31 LADDER POSITION

When determining the order or teams at the end of all Round-Robin games, the positions will firstly be determined by points, secondly by the number of games won, and lastly by goal average. A goal average is calculated by dividing the goals for a team, by the goals against a team for a percentage result.

RULE.32 DRAWN ELIMINATION MATCHES

32-1 When a quarter final, semi-final or final is drawn, extra time shall be played. Substitutions CAN be made prior to the commencement of extra time. After one minute break the teams shall change ends and the centre toss will be taken and play continues. Two five minute halves shall be played with no break at half time for teams to change ends. If the teams are still deadlocked at this stage, a penalty shoot-out will take place.

32-2 For the purposes of a penalty shoot-out, each team will use the six players who are on the court at the end of the extra time period, who will shoot in turn from outside the goal circle. Each player may shoot from whatever angle they choose. The team scoring the most goals after all players have shot will be the winner. If the scores are still drawn at this stage, a sudden death shoot-out will be staged.

32-3 For sudden death shoot-out, each team once again uses the same six players on court during the extra time period but can shoot in any order they decide. The umpire will use a coin toss to decide who takes the first shot. The two teams then shoot one for one against each other outside the circle and the first to score will be determined the winner (allowing both teams the equal amount of attempts at goal). In the instance where either a penalty shoo-out or sudden death shoot-out are required, both teams will shoot for goal at the same end of court.

RULE.33 COURT DIMENSIONS

33-1 The court must be no less than 27 metres and no more than 30 metres in length, no less than 10.0 metres and no more than 12 metres in width and the height being no less than 4 metres and no more than 4.5 metres.

33-2 The Centre line divides the court into Attack and Defence halves.

33-3 The goal circle must be no less than 3.6 metres and no more than 4.4 metres in radius or 7.2/8.8 metres in diameter.

33-4 The goal hoop must be positioned centrally in the goal circle with the back of the hoop no more than 800mm off the back net.

33-5 The goal hoop must be 3.05 metres high and 380mm in diameter.

RULE.34 UNIFORMS

34-1 Countries must submit their playing uniform design to the Secretary General, three months prior to any WINA event for approval. This document must also be submitted to each of the participating countries.

W I N A
WORLD INDOOR NETBALL ASSOCIATION

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