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# **Indoor Netball**

# **OFFICIAL RULE BOOK**



**Adopted**  
**March 2006**

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This rulebook contains all the rules for New Zealand Indoor Netball. All rules have been made with the knowledge and acceptance of the New Zealand Indoor Sports Incorporated (our governing body) and must be played at all competitions and tournaments sanctioned by New Zealand Indoor Sports Incorporated.

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 RULES

## **RULE 1 THE TEAM**

- 1-1 A game of Indoor Netball is played between two teams consisting of a maximum of ten players and a minimum of five players, one of whom shall be team captain.
- 1-2 A team is comprised of: Two Attack Players Two Defence Players Two Link/Centre Players Two Substitute Players (Optional)
- 1-3 A team may substitute one or both players.
- 1-4 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 five Male players or five Female players may participate in any one game.
- 2-2 Each of the three court positions must be filled by a Male player and a Female player.

## **RULE 3 DURATION OF THE GAME**

- 3-1 Round-robin games shall consist of four quarters of eight, nine or 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 An interval may be extended by an umpire to deal with an emergency.
- 3-3 Playing time lost through illness, injury or blood bin must be added to that half of the game.

## **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 'mikasa' Indoor Netball is deemed the ball of choice for NZIS sanctioned events
- 4-3 Players must wear non-marking soft soled court shoes.
- 4-4 Each team must provide their own 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 facial or body 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**

5-1 The team captain must register their teams names 10 minutes prior to the start of any game.

5-2 Collect court fees and pay full game fee when registering their team if applicable.

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 represent one Centre or club during the course of a tournament.

6-2 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 proof that a physical change in sex has been performed.

6-4 Players competing in the Under 19 Mixed and Under 21 Mixed grades must be under the age of 19 or 21 as at mid-night on 31st December of any qualifying year. (The qualifying year is the 31st December immediately preceding the National Tournament in March of each year).

6-5 All players competing in the Over 30 Mixed and Over 35 Mixed grades must be 30 or 35 years of 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.

6-7 Players can only play for that centre / club that they last played for unless the following are met:  
a) they have a written transfer releasing them from their previous club/centre and  
b) that any transfer must be obtained by 31-December of the year preceding the National tournament

6-8 A player is expected to play for a club / centre within the own region in which they primarily reside/work, however this is not compulsory. Any transfer inter-region must meet the conditions of rule 6-7.

#### **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. 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.
- d) Indicate when an infringement of the rules has been made.

7-5 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. The umpire may call 'Advantage' or use hand signals to indicate an infringement has been observed but not penalised. Having blown the whistle for an infringement, the umpire must award the penalty.
- b) Not criticise or coach any team while a game is in progress.
- c) State the infringement and penalty and may use hand signals to clarify decisions.
- d) Answer questions regarding clarification of rules from team captains only and only at quarter breaks or at the conclusion of the game.
- e) Advise each team of the correct score at each quarter break.
- f) Adjudicate the rules contained in this book both consistently and without bias.

#### **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 representatives of each of the teams on court and shall sit together throughout the duration of the game.

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

8-4 The Scorer(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, the scorecard shall be the official result of the game.

8-5 In the event of no scorer(s), the Umpire shall keep the official record of the goals scored.

8-6 The official time for the duration of the game will be kept by the Scorer(s)/ Timekeeper(s) including injury/illness/blood bin time.

#### **RULE 9 PLAYING AREAS**

9-1 The playing area for the Two Attack players is entirely within the attack half for that quarter and includes the goal circle.

9-2 The playing area for the Two Defence players is entirely within the 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 OF PLAYERS FOR START OF PLAY**

10-1 The team positioned on the court first and ready to play has the choice of goal end. Otherwise ends will be decided by the umpire.

10-2 Teams will change ends at the end of each quarter.

10-3 A Link/Centre player from each team will contest a toss ball at the centre line, centre court, to start the game at each quarter.

10-4 Both Link/Centre players from each team must be positioned in their defence halves when the toss-up 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 re-start the game from within the goal circle after each goal is scored.

11-2 A 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 the goal circle.

## **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. In this case they must play in the position left vacant in the team.
- b) Immediately following an interval.
- c) After a stoppage for injury or 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 10 minutes after official Start time will record an automatic default.

12-4 A team arriving late but within the first 10 minutes: 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 or illness in which case the umpire will stop the clock for a 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 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 a player left the court through injury or illness and a substitution was made, the injured or ill



player may not take any further part in the game.

13-4 If a game is stopped for injury or illness whether a substitute is made or not, no positional changes can take place by either team. The substitute player must only take up the vacated position.

13-5 If the stoppage is due to obstruction, contact or any penalty offence, the offending player 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 the player is blood binned, the umpire will stop the clock, ensure any equipment that is blood marked is replaced IMMEDIATELY, re-start the clock and let play continue.

The blood-binned player may return to the game in their original position:

- a) When the umpire is satisfied the player is safe and fit to re-enter the game and
- b) After a goal is scored

#### **RULE 15 OFFSIDE**

15-1 A player either with or without the ball shall be deemed offside if they step outside of their designated playing areas 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 re-gain 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 or touch 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) Tip or touch the ball in any uncontrolled manner once or more than once and then: - Catch the ball or - Direct the ball to another player regardless of whether the ball has either bounced ahead of the player or touched any of the nets surrounding the court.
- f) Roll the ball to oneself to gain possession but only if in doing so the players hand does not leave the ball.
- g) Fall while holding the ball but must regain footing and throw the ball within 3 seconds of receiving it and observe the footwork rule.
- h) Lean on the ball to prevent going offside.



- i) Lean on the ball to regain balance against the floor or any perimeter net to stop going offside.
- j) Throw the ball to the net for another player to gain possession.

16-2 A player may not:

- a) Contact the ball with their legs or feet at any time in a controlled 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) Throw the ball while sitting, kneeling or lying on the ground.
- f) Receive their own throw off the net before it has been touched by another player.
- g) Guard a loose ball to prevent other players from gaining possession of the ball.

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 throw or bounce the ball with either one or both hands in any direction.

16-4 Replayed ball.

A player who has either caught or held the ball may not:

- a) Roll the ball to another player.
- b) Throw the ball and touch it before it has been touched by another player.
- c) Toss the ball into the air and then replay it.
- d) Drop or bounce the ball and then replay it.

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. The above applies also when a Throw in is being taken from within the goal circle.

16-6 Back net violation.

When a player passes a ball from their defence half to a player in their attacking half, the ball must be touched or caught by any player prior to the ball hitting the back net behind the goal hoop.

## **RULE 17 FOOTWORK**

17-1 A player may receive the ball with one foot grounded, or jump to catch 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 or 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 may receive the ball while both feet are grounded, or jump to catch the ball and land on both feet simultaneously and then either:

- a) Step with either foot in any direction, lift the other foot and throw or shoot the ball before this foot is re-grounded.
- b) Step with either foot in any direction any number of times while pivoting on the other. The pivoting foot may be lifted but the player must throw or shoot the ball before re-grounding it.
- c) Jump from both feet onto either foot, but must throw or shoot ball before re-grounding the other foot.
- d) Step with either foot and jump but must throw or shoot the ball before re-grounding either foot.

17-3 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.

17-4 The penalty for infringing the footwork rule is a free pass to the opposing team where the infringement occurred.

17-5 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 attacks feet are positioned on the line marking the goal circle at the time of shooting the ball, one goal will be scored. To gain a two point shot, the player must take possession of and shoot the ball from outside the circle. If any part of the circle is used to gain possession of the ball and shoot, by any part of the players body, only one shot will be scored. This includes the lines marking the circle.

18-4 If a defending player defects a shot for goal and the ball 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 3 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 post 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 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 on its upward flight, and in doing so touches the goal ring or goal net, a penalty goal or goals will be awarded to the opposing team in accordance with where the shot was taken from. A defensive player may not attempt to deflect a ball away from the goal ring whilst it is on its downward flight and is above the goal-ring.

18-10 If a ball hits the goal post then hits the back or top net and then passes 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 post or goal ring and passes completely through the goal ring, no goal is scored and play continues.

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 players 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 0.9m from the player in possession of the ball. When the ball is received this distance is measured as follows:

- a) If the players landing, grounded or pivoting foot remains on the ground, the distance is measured from that foot to the nearest foot of the defending player.
- b) If the players landing, grounded or pivoting foot is lifted, the distance is measured from the spot on the ground from which the foot was lifted 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 which ever is the nearest foot of that player to the nearest foot of the defending player.
- d) If the player is standing or lands on both feet simultaneously and either foot is lifted, the other foot is considered the grounded foot from which the distance is measured.

19-2 From a correct distance, a defending player may not attempt to intercept or defend a ball by jumping or stepping towards the player with the ball if they land or step within the 0.9m distance of that player.

19-3 A player may attempt to intercept or defend the ball when the player with the ball steps forward to lessen the 0.9m distance between them.

19-4 A player may be within 0.9m of an opponent in possession of the ball providing no effort is made to defend and there is no interference with the opponents throwing or shooting action.

19-5 A player will be penalised for obstructing an opposing player that is not in possession of the ball if they are within the 0.9m distance of that player and they employ any movements which take their arms 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.

19-6 A player may attempt to block or reject a shot at goal at any time once the ball has left the throwers hands only if it is on its upward flight.

19-7 A player may defend the ball from the correct distance but must not obstruct an opponents face or eyes at anytime.

19-8 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**

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 In an effort to get free a player shall not:

- a) Push an opponent in any way.
- b) Trip or knock an opponent in any way.

20-3 In an effort to contact 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 an opponent. This includes feeling to keep near an opponent.



c) Charge an opponent. That 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 A player shall not contact any other player on any other occasion or in any other way in such a manner as to interfere with the opponents play.

20-7 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 the opponents play.

20-8 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. Where (a) or (b) occurs simultaneously, a Toss-up will be taken between those two players.

#### **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 throw-in circle or on the rear lines marking the throw-in circle.
- b) Keep their grounded foot from protruding into the court from the throw-in circle.
- c) Throw the ball within 3 seconds from taking their 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 At the time the throw-in is taken, all opposing players must be 0.9m from the lines marking the throw-in circle. (If no throw-in circle is marked, all opponents must be 0.9m from the defence players grounded foot. The line marking the top of the goal circle will be considered the top of the throw-in circle).

21-4 From the throw-in the ball must be touched or caught by any player before crossing the centre line.

#### **RULE 22 NET ABUSE**

22-1 A player may not abuse any of the court equipment, this includes the nets. A player may not jump into the net in anyway that may cause damage to the net or create a danger to players playing on the next court.

22-2 A player may not climb any nets to try and avoid a contact or to stop themselves from going offside.

22-3 A player may not hold any net to maintain balance while defending an opponent.

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, they are not in possession of the ball and they are not deliberately jumping into the net.

22-5 A player may lean on the ball on the net in their correct playing area to stop going offside or to



gain or re-gain balance.

### **RULE 23 PENALTIES**

23-1 There are three types of penalties that can be awarded when any of the rules of Indoor Netball are broken:

- a) Free Pass.
- b) Penalty pass or shot.
- c) Toss-up

23-2 The 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 3 seconds after taking position at the correct place and being in possession of the ball.

23-5 When taking either 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 free pass will be awarded to the opposing team if a player is penalised for any infringement when in the process of taking either 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, Contact: Personal and With the Ball, Net Abuse, 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, Contact: Personal and With 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 infringer 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-UP**

26-1 A toss-up 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-up 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 contact with the ball.
- c) When two opposing players make simultaneous contact with each other or the ball 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-up 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 0.9m between the nearest foot of each player. Neither player shall 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 opponents shoulders when they are in their normal standing position. The umpire shall hold the ball in the palm 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 The players must attempt to catch the ball in a toss-up. Batting of the ball is not permitted and will be penalised by a free pass to the opposition.

26-7 If a toss-up 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 All players not directly involved in the toss-up may stand or move anywhere in their playing areas as long as they do not interfere with the toss-up.

26-8 A player winning the toss-up may then either pass the ball or shoot for goal.



## **RULE 27 PROFESSIONAL FOUL**

27-1 A professional foul is any offence that the umpire believes is intentionally committed to effect the outcome of the game. Deliberate time wasting, deliberate breaking of 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 may award the non-offending team a shooting opportunity anywhere they select to shoot from, NOT to be defended.

27-3 When awarding a professional foul, the umpire will stop the clock until play resumes from where it was stopped. The clock will restart when the ball is first released from where the game was stopped.

## **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 right to award a five metre forward gain in court position, and/or a penalty pass or shot to any non-offending team when a player or players 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**

Foul and abusive language or behaviour will not be tolerated under any circumstances at any time. Such behaviour will be penalised by the umpire 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 POINTS SCORING SYSTEM**

All tournaments and events under the jurisdiction of the New Zealand Indoor Sports Incorporated will utilise the following points scoring system: -

Win 4 Points

Draw 2 Points

Loss 0 Points

Quad Win 1 Point

Quad Draw .5 Point

Default Win 8 Points

Default Loss -8 Points



### **RULE 31 LADDER POSITION**

When determining the order of teams at the end of all Round-Robin games, the positions will firstly be determined by points, secondly by games won, thirdly by Quad points won, 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 QUARTER FINALS, SEMI FINALS AND FINALS**

32-1 When a quarter final, semi final or final is drawn, there shall be an extra time period of five minutes continuous play. Substitutions can be made prior to the commencement of extra time. 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 a 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 two teams then shoot one for one against each other outside the circle and the first to score will be determined the winner. In the instance where either a penalty shoot out or sudden death shoot out are required, both teams will shoot for goal at the same end of the 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 4.4metres 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.