



Malaysia Midwest Games

Sports Rules

Netball

1. Forfeiture

1.1. Players are expected to be present at the field 10 minutes before their match starts; failure to do so may result in a forfeit from the competition.

2. Category

2.1. There is one category for Netball

2.1.1. Women

3. Team Logistics

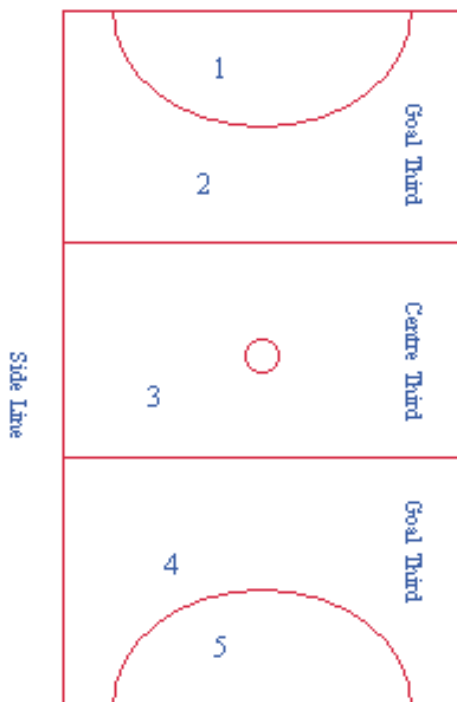
3.1. Netball will be played in Mitchell Field.

3.2. Goal posts will be provided.

4. The Field of Play

PLAYING POSITIONS

Each playing position has a specific area of the court in which to play:



Goal Shooter	GS	Areas 1, 2
Goal Attack	GA	Areas 1, 2, 3
Wing Attack	WA	Areas 2, 3
Centre	C	Areas 2, 3, 4
Wing Defence	WD	Areas 3, 4
Goal Defence	GD	Areas 3, 4, 5
Goal Keeper	GK	Areas 4, 5

(earrings, necklaces, bracelets etc.).

7.3. Casts are illegal.

4.1. **Offside:** Player moving out of own area with or without ball (on line counts as within either area).

4.2. **Over a third:** Ball may not be thrown over two transverse lines without being touched.

4.3. **Out of court:** Ball is out of court when it contacts anything outside the court area (not the goalpost). The ball is returned into play by a Throw-In taken from a point outside the line where the ball left the court.

5. The Ball

5.1. The ball shall be a Size 5 Netball.

6. The Number of Players

6.1. Each team will have 10 players maximum, with each match being played by 7 players on each team. A match may not start if either team consists of fewer than 5 players.

6.2. Substitutions can only be made during half time, except in cases of injuries.

6.3. Change of playing positions is not allowed during the match, it can only be made during half time.

7. The Players' Equipment

7.1. At all times during the match, players are required to wear

7.1.1. Suitable athletic attire and proper shoes

7.1.2. Bibs with the correct playing position

7.2. Players must not use equipment or wear anything that is dangerous to herself or any other player

7.4. Players must keep their fingernails short.

8. **The Duration of The Match**

8.1. The match shall last two equal periods of fifteen minutes.

8.2. Matches will be run under the direction of a central clock. However this is not compulsory.

8.3. There will be a half-time interval of 5 minutes.

8.4. If a penalty shot has to be taken, the duration of either half, including periods of extra time, is extended until the penalty shot is taken.

9. **The Start and Restart of Play**

9.1. Captains from both teams shall toss coins before the match. The team that wins the toss gets the first center pass; while the other team is allowed to choose which side they want to attack.

9.2. Each team takes center passes alternately after a goal has been scored.

9.3. **Center pass:** The Center with the ball starts with either one or both feet in the Center Circle (if on one foot then the other must not have contact with the ground outside the Center Circle) and must obey the footwork rule after the whistle has been blown.

9.3.1. The opposing Center stands anywhere within the center third and is free to move.

9.3.2. The center pass must be caught or touched by a player in or landing in or jumping from a stance in the Center Third.

9.3.3. The ball must be thrown within three seconds, if not, results in a turnover.

9.4. **Throw in:** When the ball goes out of bounds, any player within the third that the ball left the court shall make the throw in.

9.4.1. The player must stand with one foot close to the line.

9.4.2. The ball must be thrown within three seconds.

9.5. **Toss up:** Administered for all simultaneous infringements. The two players stand facing each other at their own shooting ends with hands by their sides and the referee flicks the ball upwards as the whistle is blown.

10. **Playing the Ball**

10.1. **Footwork:** Having caught the ball, a player may land or stand on

10.1.1. One foot: while the landing foot remains grounded, the second foot may be moved anywhere any number of times, pivoting on the landing foot if desired. Once the landing foot is lifted, it must not be re- grounded until the ball is released.

10.1.2. Two feet (simultaneously): once one foot is moved, the other is considered to be the landing foot, as above. Hopping or dragging the landing foot is not allowed.

10.2. A player who has caught the ball shall pass it or shoot it within three seconds.

- 10.3. Only GS or GA may score, they must be completely within the shooting circle when the ball is received in order to shoot for goal.
- 10.4. A player may bounce or bat the ball ONCE to gain control.
- 10.5. Once released, another player must next touch the ball.
- 10.6. There must be room for a third player in between the thrower and the catcher.
- 10.7. A player on the ground must stand up before playing ball.
- 11. A **FREE PASS** is awarded to the opposing team for the infringement of any of the preceding rules.
 - 11.1. Any player allowed in the area may take it as soon as they have taken up a stationary position.
 - 11.2. A player may NOT shoot from a free pass in the shooting circle.
- 12. **Fouls and Misconduct**
 - 12.1. Obstruction:
 - 12.1.1. **Of a player with the ball:** the nearer foot of the defender must be 3 feet from the landing foot of the player with the ball, or the spot where the first foot has landed if it has been lifted. The defender may jump to intercept the ball from this distance.
 - 12.1.2. **Of a player without the ball:** the defender may be close, but not touching the opponent. Arms must be in a natural position, not outstretched and no other part of the body may be used to hamper the opponent.
 - 12.2. Dangerous play is discouraged, e.g. moving into the landing space of a player already in the air or stepping late into the path of a moving player. This may be called as obstruction based on the referees' jurisdiction.
 - 12.2.1. Intimidation of any kind is classed as obstruction.
 - 12.3. **Contact:**
 - 12.3.1. No player may make physical contact with the opponent, either accidentally or deliberately, in such a way that interferes with the play of that opponent.
- 13. A **PENALTY PASS** (or **PENALTY PASS/SHOT** if in the shooting circle) is awarded for any of the above infringements taken from where the infringement occurred.
 - 13.1. The offending player must stand out of play beside the thrower until the pass or shot has been taken. Any opposing player allowed in that area may take the penalty.