



Indoor Netball Rules (Basic)

POSITIONS

Each team has 6 players on court. These are 2 attacks, 2 centres and 2 defenses.

The attack and defense players are allowed anywhere in their halves (including the shooting circle). The centre players are allowed everywhere except the shooting circles.

In mixed games only 1 male can play in each position, with maximum of 3 males on court at any one time. Teams are allowed 4 substitute players per game.

GOALS

1 or 2 goals may be scored in Indoor Netball.

1 point if the ball is shot inside the shooting circle.

2 points for outside the shooting circle.

After a goal is scored one of the defence players immediately takes the ball to the top of the shooting circle, stands in the box, and restarts play with a pass. This pass must be touched before it crosses the half way line.

STEPPING

Once you have caught the ball the first foot to land is considered to be your grounded foot. This foot can be lifted, but not reground until you have released the ball.

OBSTRUCTION

If you wish to defend the opposition who is playing the ball you must stand 3 feet away from the player before lifting your hands.

DEFENDING

An opposition player is allowed to impede your progress off the ball **provided they keep their arms and legs inside the width of their body**. You must run around the player without touching them.

REPLAY BALL

Once you have controlled the ball, another player must touch it before you do so again.

NETS

The nets are considered to be part of the playing area, so only dangerous/reckless use of them is penalised.

PENALTIES/FREE PASSES

Penalties are given for breaking the rules of obstruction and contact.

If you are penalised you must stand next to the player taking the penalty until ball is released and play has re-started.

A shot can be taken from a penalty.

A free pass is taken for all other breaches of the rules, except obstruction and contact. The offending player does not need to stand down for a free pass, and a shot cannot be taken.

HOW THE GAME IS PLAYED

6 players on the court per team, with up to 4 substitutes.

Mixed games may only have a maximum of 3 males on the court at any given time, 1 in each playing area only.

2 Attacks

2 Defense

2 Centres

A or attack players may go anywhere in the attacking half.

D or defense players may go anywhere in the defense half.

C or Centres may go anywhere except the goal circles.

Centre & Attack players may shoot for goal.

1 point is scored for a goal shot inside the goal circle.

2 points are scored for a goal shot outside the goal circle.

There are no outs in the game. Players may pass the ball off the net to another player, but may not play it back to themselves.

The game is divided into 4 x 8 minute quarters. Players may change positions or substitute players at the end of any quarter.

Soft sole shoes must be worn. Rocket Indoor Sports supplies everything else: Ball, Umpire, Bibs, Scoring etc. All nails must be short or gloves worn and no sharp adornment is permitted.

COURT LAYOUT

