

# Match Rules 6 Aside

## Playing Indoor Netball

### RULE 1. THE TEAM

- 1.1 An Indoor Netball team can use a maximum of eight and a minimum of five players per match.
- 1.2 A team is comprised of;

Two Attack Players  
 Two Defence Players  
 Two Centre Players  
 Two Substitute Players (optional)

- 1.3 A team may substitute one or both players between each quarter.
- 1.4 A team may only substitute one player in the event of injury, illness or blood bin.
- 1.5 No team may take the court with fewer than five players.

### RULE 2. MIXED TEAMS

- 2.1 No more than five Male players may participate in any one game, with only three males permitted on the court at anyone time.
- 2.2 A team may not field two male players in the same playing position at any given time during a match.
- 2.3 There must be at least one male player on the court at all times.

### RULE 3. DURATION OF THE GAME

- 3.1 All games shall consist of four equal quarters, each with the following intervals;

Quarter-time interval	Straight over
Half-time interval	60 Seconds
Three-quarter time interval	Straight over

- 3.2 An interval may be extended by an Umpire to deal with an emergency.

### RULE 4. UMPIRES

- 4.1 Generally there shall be one Umpire who shall have sole control of the game, but two Umpires may be used if deemed necessary by Stadium Management.
- 4.2 The decision of the Umpire(s) is final and shall be given without appeal.
- 4.3 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.
- 4.4 The Umpire shall use their whistle to;
  - 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.
- 4.5 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. In this instance the Umpire may call 'Advantage' or use hand signals to indicate an infringement has been observed but is not being penalised.
  - 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 during an interval or at the conclusion of the game.
- e) Advise each team of the correct score at the end of each quarter and at the conclusion of the game.
- f) Record the names of each player from each team taking the court during the course of the game.
- g) Adjudicate the rules contained in this book both consistently and without bias.

### RULE 5. PLAYING AREAS

- 5.1 The playing area for the two Attack players is entirely within their team's attack half for that quarter and includes the goal circle.
- 5.2 The playing area for the two Defence players is entirely within their team's defence half for that quarter and includes the goal circle.
- 5.3 The playing area for the two Centre players is the entire court with the exception of both goal circles.

### RULE 6. POSITIONING PLAYERS FOR START OF PLAY

- 6.1 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.
- 6.2 Teams will change ends at the end of each quarter.
- 6.3 Both Centre players from each team must be positioned in their defence halves and all other players must be in their correct positions.

### RULE 7. START OF PLAY

- 7.1 A Centre player from each team will contest a toss ball at the centre line, centre court, to start the game and each quarter.
- 7.2 Play will be restarted after each goal has been scored by a throw in being taken from the throw-in circle by a Defence player.

### RULE 8. LATE ARRIVALS

- 8.1 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 or blood bin.
- 8.2 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 as detailed in Rule 8.1.
- 8.3 Any team not ready to go on court by the end of the first quarter after the official start time will record an automatic default.
- 8.4 Any team arriving late, that takes the court and are ready to play before the end of the first quarter, will be penalised two goals for every complete thirty seconds that lapsed prior to them being ready to play. However, such penalties will only be applied from the time that the non-offending team were positioned on the court and ready to play.
- 8.5 A team that does not have five players available at the scheduled start time of their game may use a player from another team in so far as that player is not from a team within the same grade. If the fill-in player used is from a higher grade, that player must leave the court as soon as the late player is present and ready to play.

### RULE 9. STOPPAGES

- 9.1 Play may be stopped for injury, illness or blood bin, in which case the umpire will stop the clock **after one minute** if by this time the injured or ill player(s) has not resumed playing or a substitution has not been made.
- 9.2 In all instances where play was stopped, except in the case of a professional foul, play will continue from where the ball was when play was stopped or a toss ball 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.

- 9.3 If a player left the court due to injury or illness and no substitution was made, the injured or ill player may return to the game in accordance with Rule 8.
- 9.4 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.
- 9.5 If a game is stopped for injury, illness or blood bin, regardless of whether a substitution is made, no positional changes can be made by either team, and if a substitution was made, the substitute player must take up the vacated position.
- 9.6 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 10. BLOOD BIN

- 10.1 Any player that is blood binned by the Umpire must leave the game immediately and may be substituted in the vacant position.
- 10.2 At the time that a player is blood binned, the umpire will;
  - a) Stop the Clock for a maximum of **two minutes**.
  - b) Ensure any equipment blood marked is replaced **IMMEDIATELY**.
  - c) Start the clock either after two minutes have lapsed or the blood binned player has been substituted or returned to the court, whichever occurs first.
- 10.3 All players returning to the court after being sent to the blood bin may do so in accordance with Rule 8., but only after the Umpire is satisfied that they are safe and fit to re-enter the game.
- 10.4 If a player that was blood binned returns to the game during the same quarter in which they were sent to the blood bin, they must take up the same position held by them prior to being sent from the court, and if they were substituted, the replacement player must leave the court immediately.

### RULE 11. OFFSIDE

- 11.1 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 5.
- 11.2 On the line is ruled offside.
- 11.3 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 in the offside area.
- 11.4 If two players are ruled offside at the same moment the following rulings apply;
  - 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 ball 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 ball is taken between those two players at the centre line.
- 11.5 A free pass is awarded to the opposing team if a player is penalised for breaking the rules of offside.

### RULE 12. PLAYING THE BALL

- 12.1 **Replay Rule**  
**The Replay Rule consists of two parts. When your team has possession of the ball and when your team is on defence.**
  - a) Whilst your team is in possession of the ball, any kind of tip, juggle, deflection, or redirection will be deemed to be a replay.
  - b) If your team is on defence and you are looking for intercepts then there is more lenience with tips and deflections being able to be regathered. You may not bat the ball to the net or ground in a controlled manner but if in attempting an intercept you tip the ball in an uncontrollable manner then you are entitled to regain possession of the ball.
- 12.2 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 goal

- c) Bat or bounce the ball to another player without first having possession of it.
- d) Roll the ball to oneself to gain possession but only if in doing so their hand does not leave the ball.
- e) Fall while holding the ball but must regain footing and throw the ball within three seconds of having received it and observe the footwork rule.
- f) Lean on the ball while it is touching either the floor or net in order to prevent going offside.
- g) Lean on the ball while it is touching either the floor or net in order to regain balance.
- h) Attempt to block or reject a shot at goal once the ball has left the throwers hands, but only in the instance where the ball has not commenced its downward flight.

12.3 A player may not;

- a) Contact the ball with their legs or feet at any time in a controlled manner.
- 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 the ball has been touched by another player.
- g) Hold the nets in either half to gain balance.

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

12.5 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 another player has touched it.
- c) Toss the ball in the air and then replay it.
- d) Drop or bounce the ball and then replay it.
- e) Replay the ball after an unsuccessful shot at goal unless the ball has touched either the goal arm, goal ring or another player.

12.6 In all instances where the ball is passed, at the time of the ball being passed, there must be room for a third player to move between the **hands** of the thrower and the **hands** of the receiver.

12.7 When a player passes the ball from within their defence half to a player in their attacking half, the ball must be touched or caught by a member of either team prior to hitting the back net behind the goal ring.

12.8 A free pass is awarded to the opposing team when a player is penalised for breaking the rules of playing the ball.

### RULE 13. FOOTWORK

13.1 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 the ball before re-grounding it.
- c) Jump from the landing foot 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.

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

13.3 A player in possession of the ball may not ;

- a) Drag or slide their landing or grounded foot.
- b) Hop on either foot.
- c) Jump from both feet and land on both feet unless the ball has been released before landing.

13.4 A free pass is awarded to the opposing team if a player is penalised for breaking the rules of footwork.

### RULE 14. SCORING A GOAL

14.1 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.

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

14.3 If either of an Attacks feet are positioned within the goal circle or on the line marking the goal circle at the time of shooting the ball, one goal is scored.

14.4 If either of an Attack player's feet are within the goal circle or on the line marking the goal circle, and they jump while shooting the ball, one goal is scored.

14.5 If either of an Attack player's feet are within the goal circle or on the line marking the goal circle, and they step outside the circle in such a manner so that at the time of shooting the ball no foot was grounded within the goal circle or on the line marking the goal circle, two goals are scored.

14.6 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.

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

14.8 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.

14.9 In taking a shot for goal, a player must;

- a) Shoot within three seconds of receiving the ball.
- b) Obey the rules of footwork.

14.10 If while attempting to deflect a shot at goal away from the goal ring, a Defence player touches either the goal arm, goal ring, or goal net, a penalty goal will be awarded according to where the shot at goal was taken from.

14.11 If a Defence player either deflects or catches a ball that has been shot at goal after the ball has commenced it's downward flight, a goal will be awarded according to where the original shot at goal was taken, but only in so far as the Umpire rules that the ball would have hit either the goal arm or goal ring and resulted in a goal being scored.

14.12 If a ball hits the goal arm or goal ring and 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.

14.13 If the ball hits any net without first hitting the goal arm or goal ring and then passes completely through the goal ring, no goal is scored and play continues.

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

14.15 A goal will only be awarded if the shot was made from within the attacking half of the team attempting the shot.

### RULE 15. OBSTRUCTION

15.1 An attempt to intercept or defend the ball may be made by a player if the distance on the ground 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 foot remains on the ground, the distance is measured from that foot to the nearest foot of the defending player.
- b) If a players landing or ground 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 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.

15.2 From a correct distance, a defending player may not attempt to intercept or defend the ball by jumping or stepping towards the player with the ball if they land or step within 0.9 metres of that player, prior to them releasing the ball.

15.3 Any player that is defending a player with the ball from the correct distance, may maintain that position and attempt to intercept or defend the ball until such time as the player has released the ball, regardless of whether the player with the ball steps forward to lessen the distance between them.

15.4 A player may be within 0.9 metres 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.

15.5 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 which take 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.

15.6 A player must ensure that they are the correct distance from their opponent prior to employing any hand or arm movements in an attempt to defend their opponent.

15.7 A player may attempt to block or reject a shot at goal at any time once the ball has left the throwers hands, in so far as any contact with the ball is made only whilst the ball is on it's upward flight.

15.8 Two players from the same team may not take up positions so close to an opposition player that this player would be unable to move sideways without contacting either of these players.

15.9 A player may defend an opponent with the ball from the correct distance, but in doing so must not obstruct an opponent's face or eyes at any time.

15.10 A player in possession of the ball may not employ any action with the ball so as to interfere with an opponents play .

15.11 A penalty pass or shot is awarded to the opposing team if a player is penalised for breaking the rules of obstruction.

### RULE 16. PERSONAL CONTACT

16.1 No player shall come into contact with another player regardless of whether it was a deliberate or accidental action.

16.2 In an effort to get free from an opposing player a player must not push, trip or knock an opponent in any manner.

16.3 When attempting to gain possession of the ball a player must not push or bump an opponent.

16.4 When attempting to defend, a player must not hold, push or touch an opposing player in any manner.

16.5 A player must not take up a position so near an opponent that contact is inevitable.

16.6 A player must not move so quickly into the path of a moving player so that contact is unavoidable.

- 16.7 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 that opponents play.
- 16.8 A penalty pass or shot is awarded to the opposing team if a player is penalised for breaking the rules of personal contact.
- 16.9 Indoor Netball is a non-contact sport. Over aggressive play and intentional personal contacts will not be tolerated. Repeated or serious breaches of these rules may result in players being sent from the court, and in extreme cases, banned from competing at any Action Indoor Sports Stadium.

#### **RULE 17. CONTACT WITH OR ON THE BALL**

- 17.1 While holding the ball, a player shall not touch or push an opposing player intentionally with the ball in such a manner as to interfere with the opponents play.
- 17.2 A player must not either accidentally or deliberately place a hand or hands on the ball when held by another player.
- 17.3 A player must not remove the ball from an opposing player when that player is holding the ball.
- 17.4 If a simultaneous contact on the ball occurs, a toss ball will be held between those players where the contact occurred.
- 17.5 A penalty pass or shot is awarded to the opposing team if a player is penalised for breaking the rules of contact with or on the ball.

#### **RULE 18. THROW-IN**

- 18.1 A throw-in from within the re-start circle shall be taken by a defence player to re-start play after every goal has been scored.
- 18.2 The re-start circle is marked at the top of and within the goal circle at either end of the court.
- 18.3 The player taking the throw-in must:
- Be able to freely retrieve the ball from the shot at goal and be undefended while moving to the re-start circle.
  - Keep one foot grounded within the re-start circle or on the lines marking the re-start circle.
  - Throw the ball within three seconds of taking up their grounded position within the re-start circle or on the lines marking the re-start circle.
  - Keep their grounded foot grounded until they have released the ball.
  - Apply the footwork, replay and held ball rules from the moment of taking up their grounded position within the re-start circle or on the lines marking the re-start circle.
- 18.4 At the time the throw-in is taken, all opposing players must be 0.9 metres from the re-start circle or lines marking the re-start circle.
- 18.5 From the throw-in the ball must be either touched or caught by any player before crossing the centre line.
- 18.6 A free pass is awarded to the opposing team if a player is penalised for breaking the rules of the throw-in.

#### **RULE 19. NET USE**

- 19.1 The net is an extension of the playing floor, with the lines of the court extending up the nets.
- 19.2 The nets may be used by a player to:
- Regain balance.
  - Avoid contact with another player.
  - Gain possession of the ball.
  - Pass the ball to another player.
- 19.3 Players are not permitted to:
- Climb the nets.
  - Jump into the net in any way that may damage the net.
  - Hold the net to gain or maintain balance while defending an opponent.
  - Throw or pass the ball whilst any part of their body is leaning on the net.
- 19.4 A player's foot must not be in contact with the net at any time whilst they are in possession of the ball.

- 19.5 A free pass is awarded to the opposing team if a player is penalised for breaking the rules of net use.

#### **RULE 20. PENALTIES**

- 20.1 There are three types of penalties that can be awarded when any of the rules of Indoor Netball are broken:
- Free Pass.
  - Penalty Pass or Shot.
  - Toss Ball
- 20.2 In each case 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.
- 20.3 With the exception of a toss ball, 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.
- 20.4 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.
- 20.5 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.
- 20.6 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 21. FREE PASS**

- 21.1 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 and simultaneous offences by two opposing players.
- 21.2 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.
- 21.3 A free pass must be taken from where the infringement occurred.
- 21.4 A direct shot at goal may not be attempted from a free pass.

#### **RULE 22. PENALTY PASS OR SHOT**

- 22.1 A penalty pass or shot is awarded for the breaking of the rules of Obstruction, Personal Contact, or Contact With or On the Ball.
- 22.2 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 is applied.
- 22.3 The penalty must be taken where the infringement occurred except where this places the non-offending team at a disadvantage. In this instance, the penalty will then be taken where the non-offending player was standing.
- 22.4 Any player from the non-offending team may take the penalty if allowed in the area where the penalty was awarded.
- 22.5 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.
- 22.6 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.
- 22.7 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.
- 22.8 When a penalty is awarded in the non-offending teams attack half, an Attacking or Centre player may either pass the ball or shoot for goal.

#### **RULE 23. TOSS BALL**

- 23.1 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 Centre players.

- 3.2 A toss-ball is also used in the following situations:

- When two opposing players simultaneously gain possession of the ball with one or both hands.
  - When two opposing players are simultaneously offside and one or both players was either in possession of or touching the ball.
  - When two opposing players make simultaneous contact that interferes with play.
  - 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.
- 23.3 The toss-ball must be taken on court between the two opposing players concerned as near as possible to where the infringement occurred.
- 23.4 The two players contesting the toss-ball must:
- Stand facing each other and away from their own goal ends.
  - Hold their arms and hands straight down alongside their body but their feet may be positioned in any manner.
  - Keep 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.
- 23.5 In performing the toss ball 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.
  - Hold the ball in the palm of their hand and remain momentarily stationary prior to tossing the ball.
  - Blow their whistle at the time of releasing the ball upwards.
- 23.6 The ball must be caught by either player and batting of the ball is not permitted.
- 23.7 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. If the attempt at the second lot of players is not successful, then the ball shall be deemed live and chaseable after the third attempted toss ball.
- 23.8 All players not directly involved in the toss-ball may stand or move anywhere in their playing areas as long as they do not interfere with the toss-ball.
- 23.9 A player winning the toss-ball may then either pass the ball or shoot for goal.
- 23.10 A toss ball will be taken at the centre line between two opposing players in opposing halves when:
- Simultaneous contact occurs.
  - Simultaneous offside occurs
  - Simultaneous possession of the ball occurs.
- 23.11 A free pass will be awarded to the opposing team if a player is penalised for any infringement made while in the process of performing a toss-ball.

#### **RULE 24. PROFESSIONAL FOUL**

- 24.1 A professional foul is any offence that the Umpire believes has been intentionally committed to affect the outcome of a game and any such offence can be penalised at any stage of a game.
- 24.2 A professional foul can be awarded by an umpire when a team:
- Intentionally wastes time to delay play.
  - Intentionally breaks any rules of the game in order to place the non-offending team at a disadvantage.
- 24.3 When a professional foul is penalised, the Umpire will:
- Stop the clock for a maximum of two minutes.
  - Award the non-offending team the opportunity to take an undefended shot at goal from any position on the court they choose.

- 24.4 After the shot has been taken, and regardless of whether it is or is not successful, the clock and play will be re-started once a pass has been taken by the non-offending team from the position where the professional foul was committed.

**RULE 25. DISCIPLINE**

- 25.1 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.
- 25.2 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.
- 25.3 In addition to the penalties outlined in Rule 20., the Umpire has the ability 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.
- 25.4 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 being at the Umpires discretion but relative to offence being penalised.
- 25.5 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 26. ETIQUETTE**

Foul and abusive language or behaviour will not be tolerated under any circumstances. Such behaviour is detrimental to any sport and will be penalised by the Umpire. Repeated offences could result in either a player or team being ejected from the game or competition in which the behaviour occurred, and banned from competing in future events held within Action Indoor Sports Stadiums.

To gain full enjoyment out of any sport, regardless of the reason for participation, each game must be played in good spirit and with a degree of self control.

**RULE 27. DRAWN ELIMINATION MATCHES**

When any elimination match is drawn, there shall be an extra time period of eight minutes continuous play held to determine the winner. This extra time is played without an interval, and the ends for each team will be the same that they occupied during the final quarter of normal time. Substitutions can be made prior to the start of the extra time period, and if the scores are still tied at the end of extra time, a penalty shoot out will take place.

For the purposes of a penalty shoot out, each team will use the same six players who are on the court at the end of the extra time period. Each player from each team will shoot in turn from whatever angle they choose outside the goal circle.

The team scoring the most goals after all players have shot will be the winner. If the scores are still tied at the end of the penalty shoot out, a sudden death shoot out will take place.

For a sudden death shoot out, each team once again uses the same six players that were on court during the extra time period. Each team then determines their own shooting order from one to six, and this order must remain unchanged for the duration of the sudden death shoot out.

The number one shooters from each team each get one shot at goal from whatever angle they choose outside the goal circle.

If both team's players shots are successful, there is no result and the next two players shoot.

If both team's players shots are unsuccessful, there is no result and the next two players shoot.

If one team's players shot is successful and one team's players shot is unsuccessful, the match is then awarded to the team whose player's shot was successful.

This pattern then continues until a winner is determined.

If all six players from each team have attempted their shot at goal and a winner has still not been found, the shooting order is repeated until such time as a winner is determined.

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.

