

**CARLTON BATHS
COMMUNITY CENTRE**

**SOCIAL NETBALL RULES
& GUIDELINES**

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The following are the basic rulings that are implemented in our Social Netball Competition at Carlton Baths. The onus is on the Team Captain to ensure that all players know and understand these rulings and are followed in the spirit of the game.

COMPETITION FORMAT

- ◆ Each competition will be played in a round robin format, with finals games scheduled for the last week of the competition.
- ◆ Games will not be played on Public Holidays or over the Christmas/New Year period. This will be reflected on the competition fixtures.
- ◆ Carlton Baths Management shall arrange and control all competition games within the centre.
- ◆ Fixtures will be made available on the Carlton Baths website before the first week of games. Game times may be updated as the season progresses and Team Captains will be notified.
- ◆ Registrations will be accepted until the end of Round 5, unless all spots are filled beforehand, at which time registrations will close and fixtures will be finalised for the remainder of the season.
- ◆ A match ball and scoresheets will be provided.

MATCH DAY FORMAT

- ◆ Matches shall comprise of 4 x nine minute quarters. There is an immediate swap after the 1st and 3rd quarters, with a two minute break at half-time.
- ◆ Teams will be issued a warning if they are not in positions 30 seconds into a quarter (straight change overs). If the team has not taken the court after one minute, a one goal penalty will apply, and an additional goal penalty applied for each minute thereafter.
- ◆ Between each game there will be only a two minute break.
- ◆ In the event that there are irregular numbers of byes for each team, final ladder positions will be done on average of points per games played.
- ◆ On arrival, the Team Captain will pay the game fee in full and tick off all of the players playing on the scoresheet.
- ◆ Details including first name and surname must be on the scoresheet before play commences.
- ◆ At the conclusion of the match, Team Captains must sign the scoresheet before leaving. If the scoresheet has not been signed, teams will not be able to challenge scores or game play.

TEAM MAKE UP

Teams are to be made up of 7 players. This combination can be any of:

- ◆ 3 females, 3 males, and 1 person of any gender (including non-binary/gender diverse).
- ◆ 4 females, 2 males and 1 person of any gender (including non-binary/gender diverse).
- ◆ 5 females, 1 male and 1 person of any gender (including non-binary/gender diverse).

- ◆ Any person wishing to discuss gender diversity/their role in a team can contact the Programs Coordinator for a safe discussion.
- ◆ A minimum of 5 players in position from each team is required for the match to start.
- ◆ There shall be at least 1 male at all times on court, but no more than 4 male players on the court during play.
- ◆ It is not necessary to position a male player against another male.

Substitute Players

- ◆ If a team does not have enough players, they are permitted to call in substitute players from other teams or fill-in players that do not play at the centre. They can call upon as many substitute players as they wish, as long as the team on the night does not exceed 10 players.
- ◆ Substitute players must have their names entered on the scoresheet before being able to play.
- ◆ Substitute players from other registered teams in the competition will not be able to play for a team who may have made the finals (in finals games, players can only play for the team they are registered in).
- ◆ Substitute players still need to have the correct uniform to field the court.

SCORING

- ◆ Each team must supply a competent scorer (16 years and over) for their game. If a team is unable to provide a scorer, that team cannot dispute the score.
- ◆ It is acceptable for only one team to provide a scorer providing both teams are in agreeance.
- ◆ If neither team are able to provide a scorer, the scoresheet/tablet will be kept at one end of the court. The GK and GS from each team (i.e. one player from each team) will be responsible for updating the scores and the centre pass will not be allowed to be taken until the scoring process is complete. The scoreboard is to be updated during breaks in play, i.e. half-time or end of game.
- ◆ Points are awarded in the following manner:
 - Win: 3 points
 - Loss: 1 point
 - Draw: 2 points
 - Bye: 2 points
 - Forfeit For: 3 points
 - Forfeit Against: 0 points

UNIFORMS

- ◆ Teams can supply their own bibs or use the centre's for no charge.
- ◆ In the event of similar coloured bibs, our umpires may deem it necessary to supply a team with a set of centre bibs to make calling the game easier, at no cost to the teams.

- ◆ All players must have appropriate footwear (black soled shoes are not deemed appropriate). Playing in bare feet, business shoes and casual shoes is not permitted.
- ◆ Shorts, skirts and/or tights are not to have any pockets.
- ◆ Nails are to be cut short and smooth.
- ◆ Carlton Baths cannot supply strapping tape to cover nails or jewellery, if you require this you will need to supply your own.
- ◆ Jewellery must not be worn, with the exception of wedding bands, which must be taped.

FORFEITS

- ◆ In the event of a team wanting to forfeit, notice must be given to the centre at least 24 hours in advance of the scheduled match. If the appropriate notice is given, the forfeiting team will be required to pay the regular match fee only. This fee must be paid prior to the next match the team plays, and the opposing team will be awarded three premiership points.
- ◆ Forfeits within the 24 hour time frame will incur two regular match fees. This fee is payable prior to the next match the team plays.
- ◆ Teams must have a minimum of five players in position to commence the match. If five players are not in position, the opposing team will be awarded one goal for each minute the team is out of position. After 10 minutes, the team not in position will forfeit the game and fees will apply.
- ◆ If neither team has five or more players in position after 10 minutes, both teams will then forfeit the match and fees will apply. Nil points will be awarded to both teams.
- ◆ If a team should forfeit more than three times in a season, they will be contacted by the Programs Coordinator.
- ◆ In the event of a forfeit, the centre is only responsible for contacting the Team Captain, NOT the entire team. In the event the centre is unable to contact the Team Captain, the centre will make an effort to contact another player, but will not take any responsibility or guarantee contact will be made.

PROTESTS

A team wishing to protest must:

- ◆ Not sign off on the score at conclusion of the game, and notify the Duty Manager.
- ◆ Protests must be emailed to the Programs Coordinator within 48 hours of the match being played.
- ◆ The Programs Coordinator will advise the teams of the result of the appeal and the decision will be final.

FINALS FORMAT

- ◆ Finals will occur after the conclusion of the season.
- ◆ Only fully financial teams are eligible to play in the finals matches.
- ◆ Players must have played a minimum of 40% of all regular season matches played, in order to participate for their team in finals matches.

- ◆ In the event of teams being level on points, their position on the ladder will be determined by the percentage of goals scored for and against.
- ◆ In the event of a draw in any finals match, after a two minute break, teams shall play for a further five minutes at each end.
- ◆ If teams are still drawn after this, a two minute break will occur, and teams will then play until either team is two goals ahead.
- ◆ No changes can be made to positions during extra time.

INJURIES

It is highly recommended that all participants have personal health insurance to cover any accident or injury incurred during participation in activities at Carlton Baths.

- ◆ To the extent permitted by law, Carlton Baths shall not be liable or responsible to you for any direct, indirect or consequential injury, loss or damage whatsoever and however arising. Acknowledging this risk you agree to use the centre and participate in the competition at your own risk. Terms & Conditions for Stadium Sports are available on the Carlton Baths website, and provided to Team Captains during the online registration process at the start of each season.
- ◆ During stoppage of injury or illness, both teams may make substitutions and/or changes if desired.
- ◆ **BLOOD RULE** - The bleeding player must leave the court immediately and receive first aid attention. When bleeding has stopped and is appropriately covered, the player may return to court with permission from the umpire. Another player can replace the bleeding player until they are able to return to the court.
- ◆ It is the responsibility of the Team Captain together with the Duty Manager to administer first aid when required, not the umpires. All injuries must be reported to reception staff.

INAPPROPRIATE CONDUCT

- ◆ An umpire's decision is final. Any player wishing to dispute an umpire's call can discuss it at half time or after the game. If a player continues to backchat or argue with an umpire, a "call forward" will be made to the advantage of the opposition. If a player continues to argue, play will stop until the player has left the court. The umpire will allocate the amount of time off the court e.g. 2 goals.
- ◆ What constitutes 'inappropriate conduct':
 - Directly arguing with the umpire
 - Talking behind the play
 - Unduly rough play
 - Anything deemed inappropriate in context by the umpire.
- ◆ A player may not disrupt play by intimidation of any form. This includes guests of your team watching the game. Intimidation will be called if a player or guest calls out, yells, sneezes, coughs, deliberately disrupts the opposition while shooting for goals. A penalty goal will be awarded to the opposition's team if this happens.
- ◆ Any player who has been asked to leave the court will be reported to Management, who will then contact the respective Team Captain the next day or during the week to discuss the situation.
- ◆ Any players 'reported' more than three times will be permanently excluded for the remainder of the season.

STADIUM

- ◆ Carlton Baths court is an indoor, enclosed court.
- ◆ The basketball rings at each end will be raised.
- ◆ No food/drink is to be brought into the stadium apart from player water bottles.

RULE DEFINITIONS

◆ **Starting the Game**

The game commences with the first centre pass taken at the umpire's whistle. After each goal is scored, a new centre pass is taken alternatively by the two centre players, irrespective of who scores the goal. The umpire's whistle/scoreboard indicates the beginning and end of each quarter.

◆ **Scoring a Goal**

A goal is scored when a Goal Shooter or Goal Attack within the goal circle throws the ball completely through the goal ring. The umpire's whistle signals the goal is scored.

◆ **Contact**

A player cannot accidentally or deliberately come into contact with another player in a way, which impedes their play. For example, pushing, charging, tripping, throwing the body against an opponent or using the ball to push or contact an opponent. Players must not hold an opponent, nor keep their elbows against another player.

◆ **Contesting**

When two players go for the ball at the same time. It is up to the umpire's discretion if it is a contact or not.

◆ **Obstruction**

A player with arms extended cannot defend a player with the ball, closer than 0.9m (3 feet). This distance is measured from the first landed foot of the attacking player to the nearer foot of the defending player. A player may stand closer to an opponent without the ball provided their arms are not extended, but a player may not use intimidating actions against an opponent with or without the ball. If the attacking player lessens the distance in their throwing or shooting action, then the defending player is not considered to be obstructing because it was the attacking player and not the defending player who shortened the distance.

◆ **Held Ball**

A player must pass the ball or shoot for goal **within** three seconds of receiving the ball.

◆ **Over a Third**

The ball cannot be thrown over a complete third without being touched by a player in that third. The pass is taken from the third where the player gained possession. It does not matter if they step into an adjacent third to throw. A free pass is taken where the ball crossed the second transverse line.

◆ **Offside**

Players must stay within their designated playing areas. If a player goes offside, a free pass is awarded to the opposing team in the offside area. A player may reach over and take the ball from an offside area provided that no part of their body touches the ground in that area. When two opposing players go offside but neither touches the ball, they are not penalised.

◆ **Out of Court**

If a player has no contact with the ball they may stand or move out of the court, but must make contact with the playing area and have no other contact with anything outside the court before attempting to touch the ball again.

◆ **Reversal of the Ball**

When a player has left the court to get the ball and has not come onto the court for the throw in, or a player has been put out of play and is not standing beside their opponent before they release the ball.

◆ **Footwork**

a. One-Foot Landing

- ◆ When a player lands on one foot they may step with the other foot, lift the landing foot, but must throw the ball before re-grounding the lifted foot. They may use the landing foot as a pivoting foot, stepping in any direction with the other foot as many times as they wish. Once the pivoting foot is lifted they must pass or shoot before re-grounding this foot. A player may jump from the landing foot onto the other foot and jump again, providing they throw the ball before re-grounding either foot. NB. A player cannot drag or slide the landing foot, or hop on either foot.

◆ **b. Two-Foot Landing**

If a player catches the ball and lands on both feet simultaneously, they may step in any direction with one foot, lift the other foot but must throw or shoot before re-grounding this foot. They may pivot on one foot, stepping in any direction with the other foot as often as they wish. Once the pivot foot is lifted they must throw the ball before re-grounding this foot. They may jump from both feet onto either foot, or step and jump but must throw or shoot before re-grounding either foot.

◆ **Playing the Ball (or Replay)**

A player who has possession of the ball may not bounce the ball and re-gain possession of the ball (replay it). If a player does not catch the ball cleanly, it may be allowed to bounce once to gain possession, or batted/bounced to another team mate. After throwing the ball, a player cannot play it again until it is touched by another player, or rebounds off the goal post. A player cannot:

- punch, roll, kick or fall on the ball;
- gain or pass the ball in any way while lying, sitting or kneeling on the ground;
- use the goal post as a way to regain balance or as a support while stopping the ball from going out of court.

◆ **Passes**

◆ **Short Pass**

There must always be room for a third player to move in between the hands of the thrower and those of the receiver when passing. Passes that do not have this room are called short passes.

◆ **Penalties**

There are four types of penalties in netball: 1. Free pass 2. Penalty pass 3. Penalty pass or shot 4. Throw in

a. Free Pass

A free pass is awarded for infringements on the court involving one player. The pass is taken where the infringement occurred by any player who is allowed in the area. The offending player does not have to stand beside the thrower taking the pass. If a free pass is awarded in the goal circle, the shooter may only pass the ball - not shoot for goal.

b. Penalty Pass/Penalty Pass or Shot

A penalty pass is awarded for contact, intimidation and obstruction infringements. The pass is taken where the infringer was standing, except if it places the non-defending team at a disadvantage. Any player who is allowed in the area can take the pass. The penalised player must stand "out of play". That is, beside and away from the player taking the pass and makes no attempt to take part in play. This includes directing play, until the ball has left the throwers hands. If a penalty is given to a Goal Attack or Goal Shooter in the goal circle they are awarded a "penalty pass or shot".

c. Throw-In

When the ball goes out of court, it is thrown-in by an opponent of the team in the court that was last to touch it. The player taking the throw-in should place one or both feet behind the point where the ball crossed the line and make sure all other players are on the court before throwing the ball.

MANAGEMENT NOTES

- ◆ This game is aimed to create a fun, friendly team sport with a competitive edge. Rules were designed to keep the game fair and in control and must be adhered to very closely.
- ◆ Spectators wishing to support their team must act in a quiet and civil manner at all times. Spectators must not interfere or be distracting towards umpires and/or players, otherwise they will be asked to vacate the building.
- ◆ There will be no excuse for any violent behaviour or swearing. This will NOT be tolerated. If a player wishes to spoil it for the rest of their team and are found guilty of misconduct, the penalties may be harsher than expected.
- ◆ Player/s will be sent off and suspended as required. The team/s will lose on forfeit and subsequently be disqualified if deemed appropriate. There is no exception to this rule. We suggest if a player/s cannot abide by the Social Netball Rules & Guidelines, they should not play at all.
- ◆ Our competitions have a strong focus on social inclusion and we expect everyone to play the game in a sporting-like manner, creating an enjoyable environment for all.