

**Front Cover**

**THE RULES  
OF THE  
GAME  
OF  
NETBALL**

The Official Rules of the  
All England Netball Association.

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Price 4d.  
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**Inside Front Cover**

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And from :-

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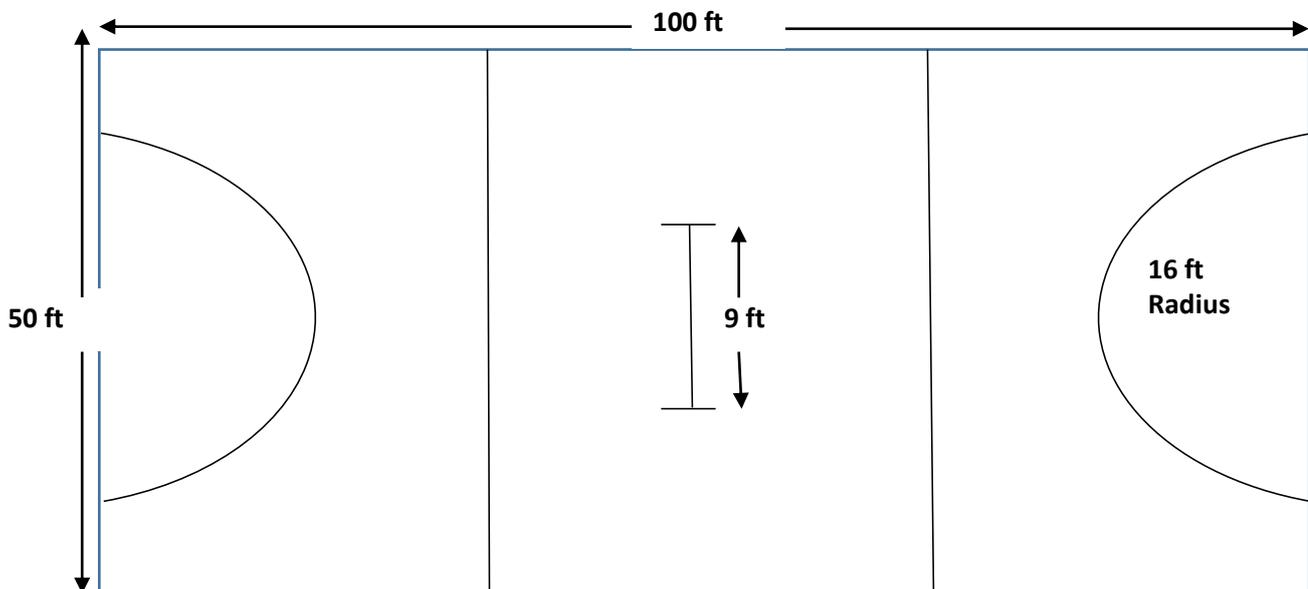
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**THE COURT**



All lines are part of the court, and shall be  
Not more than 2 inches wide.

## **THE RULES**

### **1. The Court.**

The court, of hard surface, shall be 100 feet long and 50 feet wide, marked clearly with lines. The longer sides shall be called side lines and the shorter sides goal lines. The court shall be divided into three equal parts by transverse lines. A line 9 feet long shall be drawn in the middle of the court parallel to the goal lines, with a 12 inch return crease projecting 6 inches at each end of the line and at right angles to it. A semi-circle with a radius of 16 feet shall be drawn round each goal post; the space enclosed by this and the portion of the goal line which bounds it, shall be called the shooting circle.

### **2. The Goals.**

The goals shall be placed one in the middle of each goal line, and each shall consist of a post, with a metal ring 15 inches in diameter, placed horizontally, 10 feet above the ground, projecting 6 inches from the supporting surface, and provided with a net open at both ends. The top of the post shall be on a level with the ring. (See page 20.)

### **3. The Ball.**

The ball shall be a size 5 leather Association football, i.e. between 27 and 28 inches in circumference and between 14 and 15 ounces in weight.

### **4. Shoes.**

Players shall wear rubber-soled shoes without heels. No metal spikes or projecting nails are permissible.

### **5. The Team.**

A netball team shall number seven players. The positions on the court are :  
Shooter, Attack, Attacking Centre, Centre, Defending Centre, Defence, Goal Keeper.

### **6. Duration of Play.**

The game shall be played for 15 minutes each way. The players change ends at half-time. In no case shall extra time be allowed, except to complete a free shot.

### **7. Captains.**

The Captains shall :-

- (i) Toss for choice of goal or first Centre Pass;
- (ii) Agree upon length of half-time interval;
- (iii) Notify the Umpires if they wish to change the position of players;
- (iv) With the consent of the opposing Captain, arrange for a substitute to take the place of a player should one be hurt.

### **8. Position of Players at Start of Play**

Centres shall stand 9 feet apart, with their left sides towards the goal which they are attacking, each with one or both feet touching, and at right-angles to the return crease. All other players shall stand side by side (not touching) in their own courts (See diagram next page.)

### 9. Start of Play.

Play shall be started by a Centre Pass, which shall be taken alternately throughout by the Centres, i.e. after each goal or half-time. Other players, opposing the team in possession of the ball, have the choice of position and direction. All players shall be free to move immediately the whistle sounds, except the Centre holding the ball, who must keep her contact with the return crease until the ball has left her hands and must pass within 3 seconds of the whistle being blown.

PENALTY : Centre Pass is given to the opposing side, and the game is restarted by a whistle.

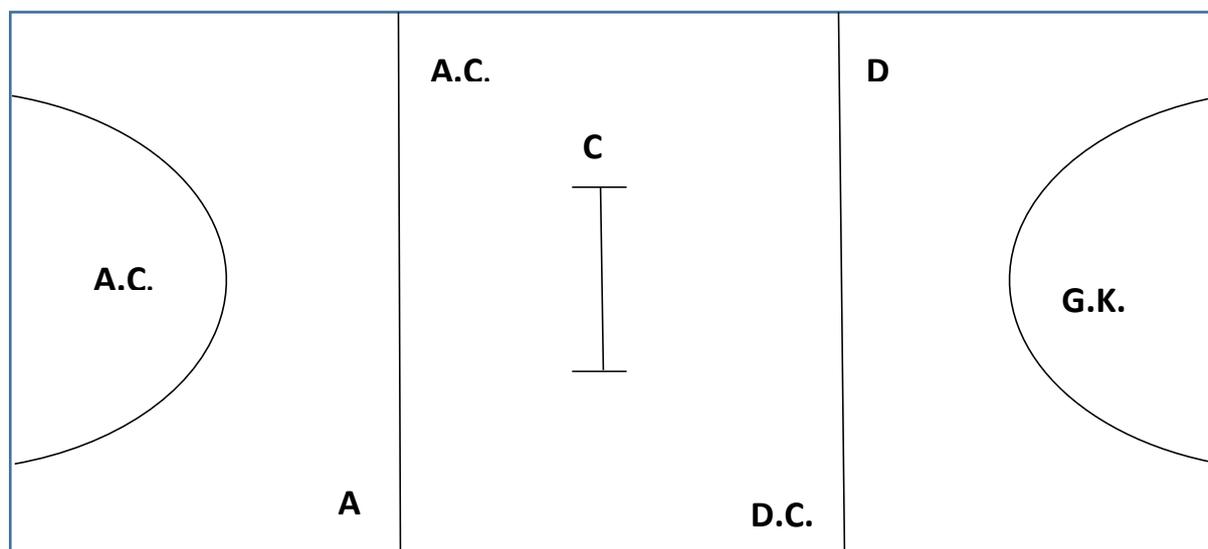


Diagram showing approximately positions of a team on the court at the start of play and after each goal.

### 10. Method of Playing the Ball.

The ball may be caught or held in any manner, thrown (but not given), or batted in any direction by one or both hands, bounced once by a player in order to gain possession. To be in possession of the ball, a player must have control of it, whether holding with one or both hands.

A player in possession shall not :-

- (i) Bounce and catch in again;
- (ii) Drop it and catch it again;
- (iii) Throw or toss it into the air and catch it again, either during play or when shooting, but Shooter, or Attack may catch the ball after her own unsuccessful shot;
- (iv) Deliberately roll it;
- (v) Deliberately place and leave it on the ground;
- (vi) Put it on the ground, remove both hands from it and pick it up again;
- (vii) Receive it again after she has thrown it to hit the goal post.

A player shall not kick the ball, nor strike it with the closed fist.

Shooter or Attack may not receive the ball direct from the Centre Pass and land with any part of her touching the ground inside the shooting circle.

PENALTY : a free pass to the opposite side.

### **11. Scoring a Goal.**

A goal (other than one resulting from a free shot) is scored when the ball is thrown or batted over the ring into the net by Shooter or Attack from any point within the shooting circle.

Jumping, as a part of the shooting action, is permitted.

If the ball passes through the goal ring after the whistle has been blown for time, no goal shall be scored.

A player may not score a goal :-

- (i) Direct from a pass received with any part of her touching the ground outside the circle line;
- (ii) Direct from a bounce by the Umpire within the shooting circle;
- (iii) From the second of two consecutive shots, unless the ball has been touched by another player.

PENALTY : If *netted*, a free pass to the opposite side from the spot where the shot was made.

### **12. Three Seconds Limit.**

A player shall not hold the ball for more than 3 seconds :-

- (i) While it is in play;
- (ii) When taking a shot or a free shot at goal;
- (iii) When taking a free pass;
- (iv) After she has taken her stand for the throw in;
- (v) After the whistle for the centre pass.

PENALTY : For (i), (ii) or (iii), a free pass to the opposite side.

For (iv), the throw in to the opposite side.

For (v) the centre pass to the opposite side.

### **13. Feet of a Player in Possession of the Ball.**

A player is not allowed to walk, run or hop with the ball. After receiving the ball, a player may :-

- (i) Land on two feet simultaneously and move one foot in any direction any number of times, but must keep the other foot stationary;
- (ii) Land on one foot and put down the second in any direction, and move it any number of times, but must keep the first foot stationary.

Turning by pivoting is allowed.

PENALTY : A free pass to the opposite side.

### **14. Rough Play and Obstruction.**

A player shall not impede another player by :-

- (i) Her own effect to get free;
- (ii) Attempting to mark that player by putting her arms across her, elbowing, charging, pushing, holding in any way;
- (iii) Removing the ball in any way from her;

A player may not obstruct an opponent in possession of the ball by standing, with or without arms upraised, or jumping, with or without arms upraised so close to her that she is prevented from passing the ball freely.

A ball may be intercepted after it has left the player's hands, except in the case of a shot for goal.

PENALTY : A free shot to the opposite side.

### **15. The Free Shot**

The free shot shall be taken by Shooter or Attack from any point outside the shooting circle. The player who takes it must stand with both feet outside the circle; no part of either foot may be on or over the line. She must aim directly at the goal and not throw to any other player, nor may she score from the second consecutive shots unless the ball has been touched by another player.

Until the ball has left the hands of the player taking the free shot, no other player shall stand within 9 feet or her, or inside the shooting circle.

A Shooter or Attack, who is fowled within the shooting circle, shall have the option of taking the free shot from the point where she was fowled.

PENALTY : For breach :-

- (a) By the defending side the free shot shall be taken again;
- (b) By the attacking side, a free pass to the opposite side.

#### **16. Offside.**

The players in the defending court (i.e. the Goal Keeper and Defence) shall be offside if they enter the attacking court, but they may play in their own court, (including circle) and the centre court.

Similarly, the players in the attacking court (i.e. Shooter and Attack) shall be offside if they enter the defending court, but they may play in their own court (including circle) and in the centre court.

Players in the centre court (i.e. Centre, Attacking Centre and Defending Centre) shall be offside if they enter either circle.

All lines are common to adjacent areas.

If any part of a player touches the ground over the line bounding the offside territory, she shall be deemed to have entered that court or circle, whether she holds the ball or not. If, in the Umpire's opinion, two players of opposite sides are offside simultaneously the game shall not be stopped.

PENALTY : a free pass to the opposite side.

#### **17. Two on the Ball.**

When two players of opposite sides hold the ball with both hands at the same time, the Umpire must bounce the ball near the spot where it was held. (For position of players and penalty, see Rule 18.)

When the ball passes over the side or goal lines after being touched simultaneously by two players of opposite sides, the Umpire must bounce the ball just within the court, opposite the point where is crossed the line.

#### **18. The Bounce.**

The two players between whom the ball is to be bounced shall stand 9 feet apart, facing each other, backs to the side lines, and left sides towards the goals which they are attacking. The Umpire shall stand squarely facing the goal line not more than 9 feet from the two players, and shall bounce the ball so that it rebounds equidistant from them. They must stand erect, feet together and arms by their sides until the ball touches the ground.

The ball shall not be in play until it has been touched (not necessarily caught) by one of the two players between whom it is bounced. Umpires may vary the strength of the bounce.

PENALTY : A free pass to the opposite side.

#### **19. The Throw In.**

When the ball passes over the side line or the goal line, it shall be considered out, unless it is caught or played back before it touches the ground by a player having no contact with the ground outside the court. A player of the opposite side to the one who last touched it must immediately throw it in from the point where it crossed the line (except as provided for in Rule 17.)

The ball may be thrown in any direction. The player who throws it must take up a stationary position behind the line before throwing, and must throw within 3 seconds of so doing. No other player may be within 9 feet or her until the ball has left her hands.

No players, other than those allowed in the circle, may throw in from that part of the goal line which bounds the shooting circle.

A player, standing outside the court, who catches a ball which is not yet grounded, is deemed to have put the ball out.

PENALTY : For breach :-

- (a) By the side throwing in, a throw in to the opposite side.
- (b) By the opposite side, the throw in is taken again.

## **20. Interfering with the Goal Post.**

No player shall interfere with the goal post.

PENALTY : a free pass to the opposite side.

If a defending player interferes with the post while a player is shooting, the shot is taken again.

## **21. The Free Pass.**

The free pass shall be taken from the spot where the breach of rule occurred.

The player taking it shall assume a stationary position, and no other player shall be within 9 feet until the ball has left the thrower's hands.

PENALTY : For breach by either side, a free pass.

## **22. Umpires**

There shall be two Umpires, each of whom shall control and give decisions in half the court; for this purpose the court is divided by the imaginary extension in either direction of the centre line. Each Umpire shall give decisions for the whole of one side line and shall restart the game after all goals scored in her half of the court.

The Umpires shall not cross over at half-time. They shall :-

- (i) Act as time keepers and keep a record of the game unless special time keepers and scorers are provided.
- (ii) Refrain from penalising either side in cases where they are satisfied that by so doing they would be giving an advantage to the offending team.
- (iii) In the case of continuous rough play have a discretionary power to warn the offending player or to suspend her from further participation in the game.

The decisions of the umpire shall be final and shall be given without appeal.

## **23. Accidents.**

If the game is stopped for an accident or any other cause, it shall be restarted by a bounce between the two Centres in the middle of the court, unless the accident is due to rough play, in which case the game is restarted by a free shot.

In either case, time lost must be noted and added to that half of the game.

## **PENALTIES.**

### **Free Pass.**

For breaches of :-

Rules 10 – Bouncing and catching again; throwing and catching again; deliberately rolling; deliberately placing or leaving on the ground; putting on ground; removing both hands and picking up again; receiving after hitting goal post; kicking; striking with closed fist; receiving directly from centre pass in the circle.

Rule 11 – Netting ball (i) from outside circle; (ii) direct from bounce by Umpire in the shooting circle; (iii) after second of two consecutive shots.

Rule 12 – Holding more than 3 seconds.

Rule 13 – Walking, hopping or running.

Rule 15 – Taking free shot at goal (attacking side)

Rule 16 – Offside (with or without the ball)

Rule 18 – The bounce

Rule 20 – Interfering with goal post

Rule 21 – The free pass.

**Free Shot.**

For breaches of :-

Rules 14 – (a) Impeding player by (i) trying to get free (ii) marking by arms across, (iii) elbowing, (iv) charging, (v) pushing, (vi) holding.

(b) Removing ball.

(c) Obstructing an opponent in possession from passing freely.

(d) Jumping to intercept shot.

**Free Shot taken again.**

For breaches of :-

Rules 15 – Defending side within 9 feet of player taking the shot, or inside circle.

**Centre Pass by Opposite Side.**

For breaches of :-

Rule 9 – Not keeping contact with return crease; holding ball more than 3 seconds.

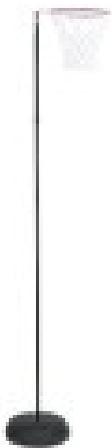
**Throw In taken by Opposite side.**

For breaches of :-

Rule 19 – Walking or running throw in; standing on or stepping over line; holding too long; other players being within 9 feet before ball leaves her hands; catching ball while standing outside the court.

**Throw In taken again.**

For breach of Rule 19 by opposite side.



**Regulation Portable Goal Post**

Metal base and metal or wooden post. Diameter of ring, 15 inches.