

MyGame

Domestic Rules Guidance August 2016

The Rules of the Game (2016 edition) are set by the International Netball Federation (INF) and should be referred to together with INF Match Protocols dated January 2016.

The England Netball (EN) Netball Superleague will be played to INF Rules with no exceptions.

EN has produced this Domestic Rules Guidance to provide acceptable adaptations of the INF Rules for domestic leagues / competitions, which takes account of our legal responsibilities, our duty of care and our objective to establish an inclusive, safe, fair and inspiring sporting environment that contributes to a high quality participant experience at all times.

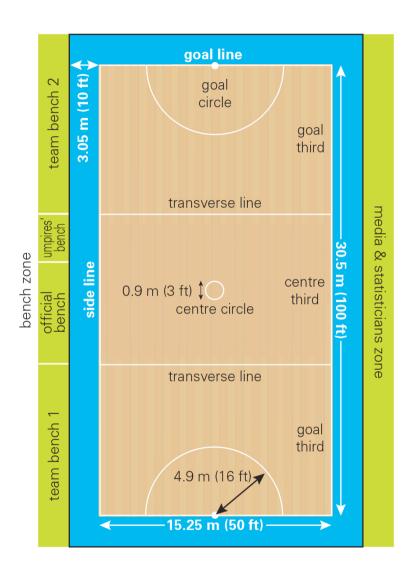
This guidance is provided for all involved in netball in England including players, coaches, match and technical officials. Everyone involved in a match has a collective responsibility to apply and adhere to the rules of the game. The guidance has considered a range of cultural needs and medical conditions.

The most current version of the Domestic Rules Guidance is published through the EN website (<u>www.englandnetball.co.uk</u>). In the event of queries or complaints about the interpretation of the rules, reference will be made to the INF Rules, INF Match Protocols and EN Domestic Rules Guidance.

Please direct any questions regarding the New INF Rules or England Netball Domestic Rules Guidance to rules@englandnetball.co.uk

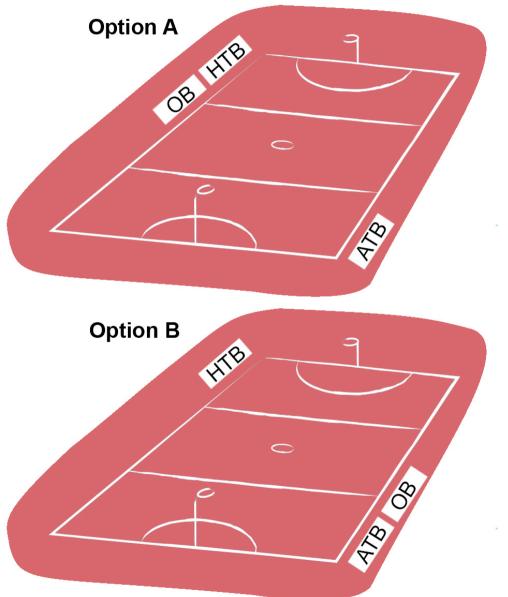
			Domestic Guidance					
Rule Number	INF Rules Reference as per 2016 INF Rule Book		Regional Competition	County Competition	Local Competition, Tournaments & Community Delivery			
3	Technical Specifications	_	_					
3.1.1	 INF RULE 3.1.1 COURT The court is rectangular in shape and is level and firm. The surface should be wooden (preferably sprung wooden) but may consist of other material provided that it is safe to play on. (i) The two longer sides are called side lines and measure 30.5 m (100 ft). (ii) The two shorter lines are called goal lines and measure 15.25 m (50 ft). (iii) Two lines parallel to the goal lines divide the court into three equal areas. These lines are called transverse lines. The middle area is called the centre third and the two end areas are the goal thirds. (iv) A circle 0.9 m (3 ft) in diameter is located in the centre of the court. This is called the centre circle. (v) A goal circle is located at each end of the court, This is a semi-circle of radius 4.9 m (16 ft) whose centre is the mid-point of the outside of the goal line. (vi) All lines (preferable white) are 50 mm (2 in) wide and are part of the court area they outline. 	As per INF Rule 3.1.1	Outdoor – O on. Refer to Netball Surfa https://www.t	EN Performan ices. englandnetball	1.1 nat is safe to play ce Requirements for .co.uk/app/uploads/ netball-surfaces.pdf			
3.1.2 & 3.1.3	 INF RULE 3.1.2 – COURT SURROUND The court surround is rectangular in its outer shape and it surrounds the court. The distance between the edge of the court surround and the goal lines and side lines is 3.05 m (10 ft). INF RULE 3.1.3 FIELD OF PLAY. The field of play is rectangular in shape and consists of the court and the court surround. During play only on-court players and umpires are permitted in the field of play. 	1.5 m to the court. Team safe and not next page for	side of the cou Bench and Off impeding the I	rt and 2 m to t icials Bench to Match Officials where the Tea	nimum run off to be he back of the be located where . (See diagrams on m Benches and			
3.1.4	 INF RULE 3.1.4 PLAYING ENCLOSURE (i) A bench zone is located immediately adjacent to the field of play. The official bench, umpires' bench and team benches are all located on one side of the court in the bench zone. (ii) The playing enclosure consists of the field of play and the bench zone. Entry to the playing enclosure during a match is limited to those persons with official event accreditation. (iii) If desired, an equivalent zone on the opposite side of the court may also be included in the playing enclosure. This zone is to be used by media and other technical officials as needed. 	 Preferably as per INF Rule 3.1.4 In venues where this cannot be complied with, the following examples are suitable alternatives. Option A - Place the Official Bench (OB) and the Home Team Bench (HTB) on the same side, with the Away Team Bench (ATB) diagonally opposite the Home Team Bench. Option B - Place the OB and the ATB on the same side, with the HTB diagonally opposite. 						

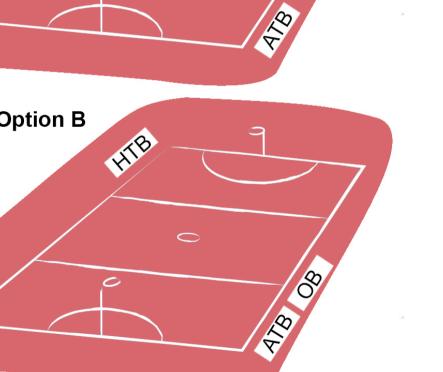




INF RULE 3.1 COURT AND RELATED AREAS

Image courtesy of INF Rule Book 2016







Rule			Domestic Guidance				
Number	INF Rules Reference as per 2016 INF Rule Book	National Competition	Regional Competition	County Competition	Local Competition, Tournaments & Community Delivery		
3.2	 INF RULE 3.2 GOALPOSTS A goalpost is placed at the mid-point of each goal line. It consists of the following: (i) A vertical metal pole 65-100 mm (2.5-4 in) in diameter and 3.05 m (10 ft) high. The pole is: (a) Inserted in the ground or sleeved beneath the floor so when it is knocked there is a minimal amount of movement and it remains stable (b) Placed so the back of the pole is at the outside edge of the goal line (c) Covered with padding of uniform thickness not more than 50 mm (2 in) thick and extending the full length of the pole (ii) A horizontal metal ring of steel rod 15 mm (5/8 in) in diameter with an internal diameter of 380 mm (15 in) (iii) A horizontal metal bar of length 150 mm (6 in), projecting from the front edge at the top of the pole, to which the ring is attached (iv) A net (preferably white) fitted to the ring, clearly visible and open at top and bottom. 	post and a Ris For High 5 - V altered to the of a fixed leng 2.74 m (9 ft). Goalpost Pac	where safe a sk Assessment Where adjustal required length th the ring is to dding - Prefera gulation posts st extend as hi	sunken or floo t has been und ble poles are u n of 2.74 m (9 b be lowered to ably as per INF are used then gh as possible	r fixed, free standing lertaken. Ised, the pole length is ft). Where the pole is the required height Rule 3.2 (i) (c) - the padding (if		
3.3	 INF RULE 3.3 BALL (i) The match ball which is spherical in shape: (a) Measures 690-710 mm (27-28 in) in circumference and weighs 400-450 g (14-16 oz) (b) Is made of leather, rubber or suitable synthetic material (c) Is inflated to a pressure of 76-83 kPa (11-12 psi). (ii) The same match ball is used throughout a match. A spare ball must be at the official bench and the umpire may order its use in the event of damage to the match ball or blood on the ball. (iii) The umpires check all match balls before play starts. 	Where no off guidance app The home tea the away tean Where match have not bee The first name team. The tea throughout the the toss for the	i size 5 ball, whi bize 4 ball, whi bize 4 ball, whi bies: m is responsib n shall supply to shall supply to shall supply to a shall supply to be are played n provided by be team on the ms will toss to be match (the to be centre Pass team will call to	hich is suitably ich is suitably i all is provided ble for providing the reserve main at a central with the event or see which ball ses for the mate). The home te	nflated. I the following g the match ball and atch ball. venue and the balls ganiser: eemed to be the home		



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4	Match Duration						
4.1	 INF RULE 4.1 MATCH LENGTH (i) A match consists of four quarters, each of 15 minutes playing duration, with an interval of 4 minutes between the first-second and third-fourth quarters. The half time interval is 12 minutes (except, with the agreement of the event organiser and both teams, half-time may be 8 minutes). (ii) Teams change ends each quarter. (iii) A period of play must not exceed the specified playing time, except that if a team is awarded a penalty pass in its attacking goal circle before the timekeeper signals the end of play, the penalty pass must be taken before play is ended. (iv) An interval may be extended by the umpires for an emergency 	Exceptionally as per Rule 15.3 (i) Quarters may be of a shorter length r (ii) Intervals may be of a shorter length (i) Quarters may be of a shorter length (ii) Quarters may be of a shorter length (iii) Intervals may be of a shorter length		Exceptionally as po (i) Time may b quarters an to a maxim (ii) Quarters m	quarters and these may vary in length up to a maximum of 20 minutes(ii) Quarters may be of a shorter length		
4.2	 INF RULE 4.2 EXTRA TIME Before a match begins the event organiser may advise teams and umpires that, in the event that scores are tied at full-time, extra time will be played to determine a winner. The length of each half will also be specified. The following procedure will apply: (i) There is an interval of 4 minutes at the end of full time (ii) Extra time consists of two halves of equal length, not exceeding 7 minutes each, with a half-time interval of 1 minute. Teams change ends at half-time 	Preferably as per INF Rule 4.2. Exceptionally as per Rule 15.3 (iv) Extra time requirements may be varied.			s may be varied.		

Rule	INF Rules Reference as per	Domestic Guidance					
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5	Match Personnel						
5.1.1	 INF RULE 5.1.1 PLAYERS (i) During a match players must wear: (a) Registered playing uniform and suitable footwear (spiked soles are not allowed) (b) Playing position initials 150 mm (6 in) high which must be clearly visible and worn above the waist, front and back. (iii) The playing positions and initials are: Goal Shooter (GS), Goal Attack (GA), Wing Attack (WA), Centre (C), Wing Defence (WD), Goal Defence (GD) and Goal Keeper (GK). (iv) All players have specified areas of the court where they are allowed to play (see page 21 of INF Rules book). (v) Players may not wear anything that could endanger themselves or other players, specifically: (a) No adornment or jewellery may be worn other than a wedding 	As per INF Rule 5.1.1	religious practices, culture weather conditions with Players Uniform - As per Exceptionally non-register from wearing tracksuits and act responsibly and sensite EN Domestic Rules Guida rules in the local leagues. Gloves: No form of glove its responsibility for duty of and junior competition. In may be worn. If for medical medical certificate/letter, at player should ensure that ensure that they have app or micro fibre (e.g. Neopre- seams) and have no abra- plastic fasteners. Umpiress not present an obvious hat Rule 5.1.1 (v) (c) Fingerna Head Coverings: A player used for the head covering any other player on the co- neck or tucked into the sh Headbands that meet the caps do not meet the require Eyewear: If a player/coacc insured from an EN point	ural differences, health ar due regard to the safety INF Rule 5.1.1.(i) red playing uniform may be did clothing that reflect the unively in checking that the plance. Umpires should there should normally be worn with f care to all players playing extreme weather or climatic al reasons gloves are require a local league, County, Reg the gloves do not endange oropriate personal liability in each materials including but a rereminded that they still zard to other players. Ump alls must be short and smoot er may wear a hat / head co g is soft and without embell purt, and with potential flow int collar. It should be as ne requirements as above sho interments and are not allow h/official has to wear glass of view, but the glasses are	e worn. There is no intention to debar players uniform and colours of a club. Umpires should players' uniform reflects both the INF Rules and offere use common sense when applying the when playing Netball. However EN recognises g Netball, particularly outside and within school c conditions, or with a medical condition, gloves ired, then on production of an appropriate gion or EN should allow gloves to be worn. The er other players' safety and the player must insurance. Gloves should be plain, soft leather ed without seams (or with internally sewn t not limited to zippers, Velcro, metallic or Il need to be satisfied that any gloves worn do oires must also check fingernails conform to oth overing. They should ensure that the material lishments, which might constitute a danger to ing/flapping edges held securely around the eat and secure as possible. ould be allowed. Peaks, baseball or tennis type		



ring which must be covered with tape (b) A medical alert bracelet may be worn provided it is covered with tape (c) Fingernails must be short and smooth (d) Hair must be suitably tied back. (vi) Role of Captain: (a) Before the match starts, the two captains toss for choice of goal end or first centre pass and notify the scorers and the umpires of the result (b) The captain has the right to approach the umpires during an interval for clarification of any rule. Any player/s for whom the clarification is relevant may accompany the captain (c) The umpires may request the captain to speak to any on-court player/s whose behaviour is causing concern (d) In the event that the captain is not on the court, an on-court captain will be advised	 medical reasons when participating in recognised and authorised EN activities. If sunglasses are required for genuine medical reasons, then an appropriate medical certificate must be supplied to EN (or the appropriate League, County or Region). Jewellery / adornments and medic alerts: It is the individual's responsibility to ensure that they comply with the INF Rule 5.1.1 (iv). Dermal piercings (that are located below the skin and cannot be easily removed) and flat religious bracelets (which are not to be removed for religious and / or cultural reasons) are to be suitably covered with padding / tape as necessary to prevent injury to others. Hair: Hair should be suitably tied back whilst participating in Netball and any hair accessary that is used should not pose any risk to any individual. Medical aids: Players wearing medical aids to protect injury or post surgery and who are prepared to take the risk of playing, may take the court provided the medical aid is covered adequately thus preventing no obvious hazard to other players. Such players are advised to ensure that they have appropriate personal liability insurance coverage. Any medical aid must be approved by a qualified medial practitioner especially when returning to Netball from injury and have an appropriate medical certificate/letter. The medical aid must be 'flexible' form and not inhibit movement for the individual. The wearing of ankle braces do not apply to these medical aid guidelines therefore can be worn.
to the umpires.	member on the downloadable documents in MyNet.
	Please note this guidance supersedes previous guidance that players, coaches, officials should only participate up until their 12 th week of pregnancy.

INF RULE 5.1.2 TEAM	As per INF	Preferably as per INF Rule 5.1.2
(i) A team may have up to	Rule 5.1.2	Exceptionally a primary care person's role can be combined with another team official or player ro
five team officials. These		subject to competition regulations.
will include a coach and		
at least one primary care		Management of an Injury without a primary carer.
person.		Before a match starts, a team must identify who is responsible for managing injuries to players in
(ii) A primary care person:		their team, if no suitably qualified Primary carer is present with their team.
(a) Must be qualified to		
diagnose and treat		
injury or illness (for		
example, doctor or		
physiotherapist) (b) Must wear		
identification as		
specified by the event		
organiser (for example		
an arm band)		
(c) Must not have any		
other roles (including		
as a player)		
(d) Is permitted on the		
court during a		
stoppage for		
injury/illness of a player or blood issues		
(e) Must advise the		
umpires if a player is		
too ill/injured to be		
removed from the		
court within 30		
seconds and/or if		
further assistance is		
required.		



5.2	INF RULE 5.2 MATCH OFFICIALS The match officials are two umpires and a reserve umpire. (i) The match officials: (a) Wear clothing that is distinct from the teams' playing uniforms and suitable sports footwear (b) Are responsible for ensuring the field of play (including the goalposts) and the ball conform to Rule 3 before play starts and throughout a match (c) Before play starts, check the players off the court to ensure they meet the requirements of Rule	However a re No changes should apply (a) The (b) A me If no replacer	next best qualified umpire to ember of the team who holds	fficiating the match unless 1 or take over an umpiring qualification to tak	both become injured, then the following te over referred to the individual/competition
5.3	requirements of Rule 5.1.1 (i) and (iv). INF RULE 5.3 TECHNICAL OFFICIALS The technical officials are two scorers, two timekeepers and any other officials specified for the event. Only the scorers and timekeepers are seated at the official bench.	As per INF Rule 5.3 Umpires will not keep score, or time the match	Preferably as per INF Rule 5.3 Umpires will not keep score, or time the match	Preferably as per INF Rule 5.3 Exceptionally minimum requirement of 2 scorers and 1 timekeeper Umpires will not keep score, or time the match	Preferably the minimum number of Technical Officials is one scorer and one timekeeper. At venues where there is central timing there should preferably be a minimum of two scorers Ideally umpires should not keep score, or time the match



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6	Match Procedures					
6.1.1	 INF RULE 6.1.1 PROCEDURES FOR CENTRE PASS Play is started with a centre pass at the beginning of each quarter/half and after each goal is scored. (i) The umpires notify the teams when there are 30 seconds and 10 seconds before the start of each quarter/half. (ii) The first centre pass in each quarter/half is started by the umpire controlling the goal end of the team taking the centre pass. (iii) During a quarter/half the centre pass is started by the umpire controlling the goal end where the last goal was scored. (iv) Immediately a goal is signalled both umpires indicate the direction of the next centre pass: (a) If they disagree the umpires seek clarification from the scorer (b) In the event that both umpires. (v) The umpire controlling the centre pass is responsible for penalising any infringements by the centre taking the centre pass of the centre pass and any opponent defending the pass (if a sanction is awarded in the coumpire's half, the co-umpire assumes control once it is set) 	Preferably as per INF F Scorers must notify the scored and before the o both umpires are indica for the centre pass. Um by: (a) Electronic signa (b) Horn (c) Bell	umpires after a goal is centre pass is taken if iting the wrong direction pires can be notified	Scorers must no enters the goal centre pass has stop the match, take if necessar the centre pass play will resume Umpires can be (a) Electron (b) Horn (c) Bell.	nic signal htre pass is taken and a goal is correction can be made to the	



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8	Starting Play						
8.1.1	 INF RULE 8.1.1 FAILURE TO TAKE THE COURT (i) If a team does not have five players present at the start of a quarter / half, the umpires will wait up to 30 seconds for additional player/s to arrive: (a) If the team takes the court within 30 seconds: the offending team will be penalised immediately following the whistle for the centre pass. Sanction: Penalty pass taken in centre third by the transverse line at the goal end of the non-infringing team – the whistle is blown to start play then the infringement is penalised. The Centre stands out of play for the penalty pass. (b) If the team is not able to take the court within 30 seconds: the umpires will award the match to the opposing team. (ii) If a team delays taking the court after a stoppage when requested by the umpires, the umpires penalise the team for delaying as soon as play resumes. If play was due to restart with a centre pass, the sanction is awarded immediately following the whistle for the centre pass. Sanction: Penalty pass that may be advanced unless it disadvantages the non-infringing team – the whistle is blown to start play then the infringement is penalised. 	At the start of the match the following will apply: (a) If a team is late, they have 30 minutes from the published start time to have a minimum of 5 players on court. (b) No team may play a match with less than 5 players; any team with less than 5 players will automatically concede the game. Restarting after an interval or stoppage as per INF rule 8.1.1	Alternatively take to the co be varied (as	ourt at the star per the event ter an interval	ents for teams to t of the match can		



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9	During the Match						
9.3.1	 INF RULE 9.3.1 INJURY/ILLNESS OR BLOOD (i) The umpires hold time for blood when noticed or for injury/illness when requested by an on-court player (in extreme circumstances the umpires may hold time without a request being made). (ii) The player concerned must leave the court within 30 seconds and receive any treatment off the court. The timekeepers advise the umpires when 10 seconds remain. (iii) Only primary care person/s are permitted on the court to assess the player's medical condition and to assist the player from the court. (iv) In the event that the primary care person/s advise the umpires that the player concerned cannot be removed safely within 30 seconds, the umpires will extend the time for the player to leave court. (v) The umpires may authorise other persons (including team officials) to assist the player to leave the court if needed. (vi) Any blood on the ball or the court must be cleaned before play restarts and any blood-stained clothing replaced. (vii) During the stoppage both teams may make substitutions and/or team changes, provided these are completed within the time allowed for the stoppage by the umpires. (viii) If no substitution is made for the injured / ill player, or for a player who is bleeding, play may resume with the position left vacant. If the players is the centre and no substitute is made, one player must move to play as centre to allow the match to continue. (ix) If the position is left vacant the player concerned or a substitute may subsequently, after advising the umpire, take the court immediately after one of the following: (a) A goal has been scored (in this case the player or the substitute must play in the position left vacant). Sanction: Free pass where ball was when play stopped - the player is sent from the court until the correct time of entry. (b) A stoppage for Injury/Illness or Blood. (c) An interval. 	As per INF Rule 9.3.1	In the absen named to the the person r team must ta player/s. If a moved, play must be use	e umpires befo esponsible for ake responsibil n injured playe er/s safety is p	d primary carer, the person re the start of the match as dealing with injuries for the ity for dealing with injured rr is not able to be safely aramount and common sense g is stopped during this		



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13	Game Management						
13.1.2	 INF RULE 13.1.2 SUSPENSION The umpire will suspend a player following an official warning for foul play if the player continues to infringe the Rules. In the case of dangerous play or misconduct, a player may be suspended without an official warning if the umpire considers this action is justified. (i) The umpire advises the player of the suspension and signals to the official bench that the player has been suspended. (ii) A player who is suspended must immediately leave the court. (iii) While off the court the player is seated at the umpires' bench under the supervision of the reserve umpire. (iv) No substitute is permitted and the suspended player's position is left vacant unless this player is the Centre. In this case one player must move to play as Centre during the suspension. (v) The suspension period of 2 minutes begins when play recommences. Once the suspension period has been completed, the player is able to return to the court at the next break in play (after a goal is scored, during a stoppage or interval, when a sanction is award, a throw in or toss up taken). (vi) The suspended player returns to the original playing position and any player who moved to play as Centre during the suspension returns to the previous playing position. (vii) A suspended player may join the team during any interval that occurs during the suspension but must return to the umpires' bench when play resumes. 	As per INF Rule 13 In addition to INF R where a player rece suspensions within duration of the com or season, they sha automatically banne participating for the next scheduled fixtu suspension occurs game of the compe will be in place for the scheduled fixture of competition for the season. All associa to be completed by returned to league / organisers. Competition organis maintain a record o suspensions throug competition period o	ule 13.1.2 - eives 2 the stated petition period all be ed from entirety of the ure. Where this on the final tition, the ban he next f the same next period or ted paperwork the umpires and competition	bench, the si stand to the and not impe- lf there are n that is not tin suspension. In addition to permitted that consequence multiple susp where a play within the stat competition p be automatic participating scheduled fix occurs on the competition, the next sche competition f	y where there is no official uspended player/s must side and away from the court ede any match official. o timekeepers, the Umpire ning the match will time the NNF Rule 13.1.2 – It is at there can be a e for a player receiving bensions. EN recommend that er receives 2 suspensions ated duration of the beriod or season, they shall cally banned from for the entirety of the next cture. Where this suspension e final game of the the ban will be in place for eduled fixture of the same for the next period or season. d paperwork to be completed res and returned to league /		



13.1.3	 INF RULE 13.1.3 ORDERING OFF The umpire may order a player off the court for serious misconduct or continued foul play. While this will normally follow a suspension or official warning this is not a prerequisite if the umpire considers such action is justified. (i) The umpire advises the player of the ordering off and signals to the official bench that the player has been ordered off. (ii) The player reports to the appropriate team officials on the team bench and takes no further part in the match. (iii) No substitute is permitted and the player's position is left vacant for the remainder of the match. In the event that this player is the Centre, one player must move to play as Centre and the position of this player is left vacant for the remainder of the match 	As per INF Rule 13.1.3 In addition to INF Rule 13.1.3– where a player is ordered off in any competition fixture, they shall be automatically banned from participating for the entirety of the next scheduled fixture within the competition. Where this ordering off occurs on the final game of the competition, the ban will be in place for the next scheduled fixture of the same competition for the next period or season. All associated paperwork to be completed by Umpires and returned to league / competition organisers.	As per INF Rule 13.1.3. Where there is no official team bench the 'Ordered off player' must leave the field of play. In addition to INF Rules 13.1.3 – where a player is ordered off in any competition fixture, they shall be automatically banned from participating for the entirety of the next scheduled fixture within the competition. Where this ordering off occurs on the final game of the competition, the ban will be in place for the next scheduled fixture of the same competition for the next period or season. All associated paperwork to be completed by Umpires and returned to league / competition organisers.	
13.3	 INF RULE 13.3 DISCIPLINE OF TEAM OFFICIALS AND BENCH PLAYERS During play teams officials and bench players must remain at the team bench, except that bench players may leave for a valid reason (such as to warm up) (i) During a match team officials and bench players may not: (a) Criticise the umpires or their decisions (b) Use offensive, insulting or abusive language and / or gestures (c) Use excessive noise or interruption (d) Encourage foul play by on-court players (ii) Either umpire may hold time and notify the person/s concerned regarding such behaviour The following progression of actions will normally be used: (a) Caution (b) Official Warning (c) Order the Person's removal from the playing enclosure. (iii) An official warning may, if appropriate, be advised as applying to all team officials and bench players of the team concerned. 	As per INF Rule 13.3 In addition to INF Rule 13.3 – where a Team Official or Bench Player has		



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