

Powerplay Indoor Netball Rules

RULE.1 THE TEAM

- 1.1) A game of Indoor Netball is played between two teams with each team consisting of a maximum of eight players and a minimum of five players, one of whom shall be the team captain.
- 1.2) A team is comprised of; Two Attack Players, Two Defence Players, Two Link/Centre Players, Two Substitute Players (optional)
- 1.3) A team may substitute one or both players.
- 1.4) Substitutions may be made at quarter, half or three-quarter time, and in the event of injury, illness or blood bin, only the injured, ill or blood binned player(s) may be substituted

RULE.2 MIXED TEAMS

- 2.1) No more than three male players may take the court at any one time.
- 2.2) 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 quarters of eight minutes duration, and shall include the following intervals;
 - Quarter-time interval 15 Seconds
 - Half-time interval 30 Seconds
 - Three-quarter time interval 15 Seconds
- 3.2) An interval may be extended by an Umpire to deal with an emergency.
- 3.3) Playing time lost through illness, injury or blood bin must be added to that half of the game.

RULE.4 PLAYING EQUIPMENT

- 4.1) The court is divided into two halves, an attack half and a defence half. The nets surrounding the court are all considered part of the playing area.
4. 2) A standard netball is provided for your game and is leather or synthetic leather composition.
4. 3) Players must wear non-marking soft soled court shoes. No jeans, jandals, slip on shoes or bare feet are permitted at any time.
4. 4) Each team will be provided with a set of six bibs that indicate which position each player is holding on court.
4. 5) Players are to ensure their fingernails are cut short and no jewellery is worn, except a flat wedding band that must be taped.
4. 6) No peaked caps, hats or hoddies being worn are permitted on court.
4. 7) All facial or body piercing that cannot be removed must be fully taped.
4. 8) Necklaces that cannot be removed for cultural or religious reasons must be taped to the body under a playing shirt.

RULE.5 TEAM CAPTAINS

- 5.1) The team captain must;
 - a) Register their player's names prior to the start of each match.
 - b) Collect any court fees due and pay the full match fee when registering their players.
- 5.2) The team captain has the right to approach the Umpire during an interval or at the conclusion of a game for the clarification of any rule.

RULE.6 UMPIRES

- 6.1) The Umpire(s) shall have sole control of the game.
- 6.2) The decision of the Umpire shall be final and shall be given without appeal.
- 6.3) 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.
- 6.4) 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.

- 6.5) 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. Having blown the whistle for an infringement, the Umpire must award the penalty.
- 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 only and only at quarter breaks 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) Adjudicate the rules contained in this book both consistently and without bias.

RULE.7 PLAYING AREAS

- 7.1) The playing area for the two Attack players is entirely within their team's attack half for that quarter and includes the goal circle.
- 7.2) The playing area for the two Defence players is entirely within their team's defence half for that quarter and includes the goal circle.
- 7.3) The playing area for the two Link/Centre players is the entire court with the exception of both goal circles.

RULE.8 POSITIONING PLAYERS FOR START OF PLAY

- 8.1) The team positioned on the court first and ready to play has the choice of goal ends, otherwise ends will be decided by the Umpire.
- 8.2) Teams will change ends at the end of each quarter.
- 8.3) The Link/Centre players from each team will alternate the pass off to start each quarter.
- 8.4) Both Link/Centre players from each team must be positioned in their defence halves when the pass off at the beginning of each quarter is taken. All other players must be in their correct positions.

RULE.9 START OF PLAY AFTER A GOAL HAS BEEN SCORED

- 9.1) A Defence player will restart the game from within the goal throw in circle after each goal is scored.
- 9.2) The throw in circle will be marked at the top of, but within the goal circle.

RULE.10 LATE ARRIVALS

- 10.1) 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.
- 10.2) 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.
- 10.3) Any team not ready to go on court by the end of the first quarter of play will record an automatic default.
- 10.4) Any team arriving late, that takes the court and is ready to play before the end of the first quarter of play will be penalised one penalty goal for every complete thirty seconds that the non-offending team was on the court and ready to play after the official game clock had been started.

RULE.11 STOPPAGES

- 11.1) Play may be stopped for injury, illness or blood bin, in which case the umpire will stop the clock for a maximum of two minutes to allow the injured or ill player(s) to resume play or be substituted.
- 11.2) 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 either;
- 11.3) Who was in possession of the ball or
- 11.4) The ball was on the ground when play was stopped.
- 11.5) 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 10.
- 11.6) 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.
- 11.7) 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. The substitute player must only take up the vacated position.
- 11.8) 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.12 BLOOD BIN

12.1) Any player that is blood binned by the Umpire must leave the game immediately and may be substituted in the vacant position.

12.2) At the time that a player is blood binned, the umpire will;

- a) Stop the Clock.
- b) Ensure any equipment blood marked is replaced immediately.
- c) Restart the clock and let play continue.

12.3) All players returning to the court after being sent to the blood bin may do so in accordance with Rule 10, but only after the Umpire is satisfied that they are safe and fit to re-enter the game.

12.4) 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.13 OFFSIDE

13.1) Any player with or without the ball shall be deemed offside if they step outside of their designated playing area as detailed in Rule 7.

13.2) On the line is ruled offside.

13.3) 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 or the net in the offside area.

13.4) A player without the ball may not use the net in an offside area to gain or regain balance.

13.5) If two players are ruled offside at the same moment;

- 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.

13.6) A free pass is awarded to the opposing team if a player is penalised for breaking the rules of offside.

RULE.14 PLAYING THE BALL

14.1) 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 arm or goal ring, but not the goal net.
- c) Bat the ball to another player without first having possession of it.
- d) Bounce the ball once to another player.
- e) Roll the ball to oneself to gain possession but only if in doing so the player's hand does not leave the ball.
- f) 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.
- g) Lean on the ball to prevent going offside.
- h) Lean on the ball to gain or regain balance against the floor or any perimeter net to stop going offside.
- i) Throw the ball to the net for another player to gain possession.

14.2) A player may not;

- a) Tip or touch the ball in any manner once or more than once and then either catch the ball or direct the ball to another player regardless of whether the ball has either bounced ahead of the player or touched any of the nets surrounding the court.
- b) Contact the ball with their legs or feet at any time in a controlled manner.
- c) Strike the ball with a fist.
- d) Deliberately fall on the ball to gain possession.
- e) Attempt to gain possession of the ball while sitting, kneeling or lying on the ground.
- f) Throw the ball while sitting, kneeling or lying on the ground.
- g) Receive their own throw off the net before it has been touched by another player.
- h) Guard a loose ball to prevent other players from gaining possession of the ball.

14.3) Held Ball - A player who has either caught or held the ball must play it or shoot for goal within three seconds of having received it and in doing so the player may either throw or bounce the ball with either one or both hands in any direction.

14. 4) Replayed Ball - 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 it has been touched by another player.
- 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.
- f) Tip or touch the ball in any manner once or more than once and then either catch the ball or direct the ball to another player.

14.5) Short Pass - 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.

14.6) Back Net Violation - 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 the ball hitting the back net behind the goal ring.

14.7) A free pass is awarded to the opposing team if a player is penalised for breaking the rules of playing the ball.

RULE.15 FOOTWORK

15.1) 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.

15.2) 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.

15.3) 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.
- 4) A player may jump whilst shooting in so far as the rules of footwork and contact are observed.
- 5) A free pass is awarded to the opposing team if a player is penalised for breaking the rules of footwork.

RULE.16 SCORING A GOAL

16.1) 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.

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

16.3) Each team chooses one Powerplay quarter per game where they are awarded double points for each goal scored. Teams must notify the umpire before the start of play which quarter they elect for their Powerplay quarter.

16.4) If either of an Attack's feet are positioned on the line marking the goal circle at the time of shooting the ball, one goal is scored.

16.5) If an either of an Attack player's feet are grounded either within the goal circle or on the line marking the goal circle, and they step in such a manner so as to ground themselves completely outside the goal circle at the time of shooting the ball, two goals will be scored.

16.6) 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.

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

16.8) 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.

16.9) In taking a shot for goal, a player must;

- a) Shoot within three seconds of receiving the ball.
- b) Obey the rules of footwork.
- c) Not touch the goal ring.

16.10) If a defending player causes the goal arm or goal ring to move so as to interfere with the shot at goal, a penalty shot will be awarded from where the infringer was standing unless this disadvantages the non-offending team. If the attempted shot was from outside the goal circle, the penalty may be taken from outside the circle.

16.11) If a Defence player attempts to deflect a ball away from the goal ring regardless of whether it is in its upward or downward flight, and in doing so touches the goal arm, goal ring or goal net, a penalty goal will be awarded to the non-offending team in accordance with where the shot at goal was taken.

16.12) 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.

16.13) If the ball hits the back 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.

16.14) 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.

RULE.17 OBSTRUCTION

17.1) 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 player's 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 player's 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.

17.2) 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.

17.3) 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.

17.4) 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.

17.5) 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.

17.6) A player may attempt to block or reject a shot at goal at any time once the ball has left the thrower's hands, is on an upward or downward flight.

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

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

RULE.18 CONTACT

Personal Contact

18.1) No player shall come into personal contact with an opponent in such a manner as to interfere with the opponent's play regardless of whether it was a deliberate or accidental action.

18.2) In an effort to get free from an opposing player a player shall not;

a) Push an opponent in any way.

b) Trip or knock an opponent in any way.

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

18.4) When attempting to defend, a player must not;

a) Keep an elbow against an opponent.

- b) Hold and opponent and this includes feeling to keep near an opponent.
 - c) Bump an opponent while jumping.
- 8.5) Whether attempting to get free, or to defend, a player is responsible for any personal contact if;
- a) They take up a position so near an opponent that contact is inevitable or
 - b) If the move so quickly into the path of a moving player that contact is unavoidable.
- 18.6) 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.
- 18.7) 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.
- 18.8) A player must not either accidentally or deliberately;
- a) Place a hand or hands on the ball when held by another player.
 - b) Remove the ball from an opposing player when that player is holding the ball.
- 18.9) Where either 18.8.a or 18.8.b occur simultaneously, a toss ball will be taken between those two players.
- 18.10) A penalty pass or shot will be awarded to the non-offending team when a player is penalised for breaking any of the rules of contact.

RULE.19 THROW-IN

- 19.1) A throw-in from within the restart circle shall be taken by a defence player to restart play after every goal has been scored.
- 19.2) The player taking the throw-in must;
- a) Keep one foot grounded within the restart circle or on the rear lines marking the restart circle.
 - b) Keep their grounded foot from protruding into the court from the restart circle.
 - c) Throw the ball within three seconds of taking up their grounded position within the restart circle or on the rear lines marking the restart circle.
 - d) Keep their grounded foot grounded until they have released the ball.
 - e) Apply the footwork, replay and held ball rules from the moment of taking up their grounded position either within the restart circle or on the rear lines marking the restart circle.
- 19.3) At the time the throw-in is taken, all opposing players must be 0.9 metres from the lines marking the restart circle.
- 19.4) From the throw-in the ball must be either touched or caught by any player before crossing the centre line.
- 19.5) A free pass is awarded to the opposing team if a player is penalised for breaking the rules of the throw-in.

RULE.20. NET USE

- 20.1) When in possession of the ball a player's feet shall not touch the net.
- 20.2) The net may be used to regain balance only.
- 20.3) A player with the ball must not pass it whilst leaning on the net and must re-establish balance off of the net before making the pass.
- 20.4) A free pass is awarded to the opposing team if a player is penalised for breaking the rules of net use.

RULE.21 NET ABUSE

- 21.1) A player may not abuse any of the court equipment and this includes the court nets.
- 21.2) A player may not jump into the net in anyway that may cause damage to the net or create a danger to players playing on the next court.
- 21.3) A player may not climb any nets to try and avoid a contact or to stop themselves from going offside.
- 21.4) A player may not hold any net to maintain balance while defending an opponent.
- 21.5) A player may use the net in their correct playing area to stop from going offside as long as both feet don't leave the floor, they are not in possession of the ball and they are not deliberately jumping into the net.
- 21.6) A player may lean on the ball on the net in their correct playing area to stop going offside or to gain or regain balance.

RULE.22 PENALTIES

- 22.1) There are three types of penalties that can be awarded when any of the rules of Indoor Netball are broken;
- a) Free Pass
 - b) Penalty Pass or Shot
 - c) Toss Ball
- 22.2) 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.

22.3) 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.

22.4) 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.

22.5) When taking 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.

22.6) A free pass will be awarded to the opposing team if a player is penalised for any infringement when in the process of taking a free pass, penalty pass or penalty shot.

RULE.23 FREE PASS

23.1) 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, Net Abuse, or simultaneous offences by two opposing players.

23.2) 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.

23.3) A direct shot at goal may not be attempted from a free pass.

RULE.24 PENALTY PASS OR SHOT

24.1) A penalty pass or shot is awarded for the breaking of the rules of Obstruction, Personal Contact, or Contact With or On the Ball and Net Abuse.

24.2) 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.

24.3) 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.

24.4) Any player from the non-offending team may take the penalty if allowed in the area where the penalty was awarded.

24.5) 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.

24.6) 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.

24.7) 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.

24.8) When a penalty is awarded in the non-offending teams attack half, an Attack or Link/Centre player may either pass the ball or shoot for goal.

RULE.25 TOSS BALL

25.1) A toss-ball is used in the following situations;

a) When two opposing players simultaneously gain possession of the ball with one or both hands.

b) When two opposing players are simultaneously offside and one or both players was either in possession of or touching the ball.

c) When two opposing players make simultaneous contact that interferes with play.

d) 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.

25.2) The toss-ball must be taken on court between the two opposing players concerned as near as possible to where the infringement occurred.

25.3) The two players contesting the toss-ball must;

a) Stand facing each other and their own goal ends.

b) Hold their arms and hands straight down alongside their body but their feet may be positioned in any manner.

c) 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.

25.4) In performing the toss ball the Umpire shall;

a) 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.

b) Hold the ball in the palm of their hand and remain momentarily stationary prior to tossing the ball.

c) Blow their whistle at the time of releasing the ball upwards.

25.5) The ball must be caught by either player and batting of the ball is not permitted.

- 25.6) 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.
- 25.7) 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.
- 25.8) A player winning the toss-ball may then either pass the ball or shoot for goal.
- 25.9) 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.26 PROFESSIONAL FOULS

- 26.1) A professional foul is any offence that the Umpire believes has been intentionally committed to affect the outcome of a game. Deliberate time wasting and deliberate breaking of the rules with the intention of placing the non-offending team at a disadvantage can result in a professional foul.
- 26.2) When a professional foul is penalised, the Umpire will stop the clock and award the non-offending team the opportunity to take an undefended shot at goal from any position on the court they choose.
- 26.3) After the shot has been taken, and regardless of whether or not it is not successful, the clock and play will be restarted by a pass to be

RULE.27 DISCIPLINE

- 27.1) 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.
- 27.2) 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.
- 27.3) In addition to the Professional Foul rule, 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 any player(s) deliberately persist in non-sportsmanship behaviour.
- 27.4) 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 and is determined by the degree of offence being penalised.
- 27.5) 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.28 ETIQUETTE

- 1) Inappropriate 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 a competition or tournament and possibly banned from competing in future events. 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.29 SCORING SYSTEM

- 29.1) The intention of this scoring system is to provide further strategy and interest to all matches regardless of the total team scores, and the following match points will be awarded under this system;
- Win 4 Points
 - Draw 2 Points
 - Within two Goals 1 Point
 - Loss 0 Points
 - Default Win 4 Points
 - Default Loss -4 Points

RULE.30 LADDER POSITION

- 30.1) When determining the order or teams at the end of all Round-Robin games, the positions will firstly be determined by points, secondly by goal average (goals for divided by goals against), thirdly by goal difference (goals for less goals against).

RULE.31 DRAWN ELIMINATION MATCHES

- 31.1) When any elimination match is drawn, there shall be an extra time period of five minutes continuous play.
- 31.2) Substitutions can be made prior to the commencement of extra time.
- 31.3) If the scores are still tied at the end of extra time, a penalty shoot out will take place.

- 31.4) 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.
- 31.5) 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.
- 31.6) For a sudden death shoot out, each team once again uses the same six players that were on court during the extra time period.
- 31.7) 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.
- 31.8) The number one shooters from each team each get one shot at goal from whatever angle they choose outside the goal circle.
- 31.9) If both team's players shots are successful, there is no result and the next two players shoot.
- 31.10) If both team's players shots are unsuccessful, there is no result and the next two players shoot.
- 31.11) 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.
- 31.12) This pattern then continues until a winner is determined.
- 31.13) 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.
- 31.14) 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.

RULE.32 PLAYER ELIGIBILITY AND FINALS QUALIFICATION

- 32.1) Players that play in ANC Powerplay Indoor Netball League are to be 13 years and older, unless an exemption has been obtained from Auckland Netball. An exemption will only be given in exceptional circumstances. Applications must be made to the ANC office in writing.
- 32.2) To become qualified to play any finals with a team, a player must have played at least 3 games of minor round games.
- 32.3) A player must not be registered or qualify for more than one team in the same grade in the same competition.
- 32.4) A team may not use more than one fill-in player from a higher grade in any one match.
- 32.5) A fill-in player may not play down more than one grade they are registered in. For example a Mixed 1 Player filling in for a Mixed 3 or Ladies 1 filling in for a Ladies 3 team or lower.
- 32.6) In general, the use of fill-in players will be at the discretion of both captains and the Game Liaison or Convenor who may not allow certain players to take the court.

RULE.33 MATCH FEES

- 33.1) No game will commence until full match fees have been paid by both teams.
- 33.2) Full match fees must be paid even if a team is short of players.

RULE.34 RULE VARIATIONS

- 34.1) Indoor Netball Centres may at their discretion modify the playing rules for their own competitions, these rules will be known as Power Play Rule Variations and should be used in conjunction with this rulebook.