



POWERLEAGUE NETBALL PLAYING RULES



These League Rules and Playing Rules shall be overridden by the 'Terms and Conditions of Business' which shall always prevail in the event of any dispute, ambiguity, or inconsistency.

1. START OF PLAY

1.1 The captains shall toss for choice of goal end or first Centre Pass and notify the Umpires and the Scorers of the result.

2. OFFICIALS

2.1 Powerplay endeavors to allocate two umpires per game, at least one of whom will always be a qualified official. Occasionally, games may be played with only one umpire.

3. TIMING

3.1 Games will either be played in 2 equal halves, or 4 equal quarters depending on league.

3.2 If teams are more than 3 minutes late to the court after the timer has started, their opponent may be rewarded with 1 goal per minute after this time, until both teams are on court and ready to play.

4. CENTRE PASS

4.1 All players except Centre's must be in their respective goal third for the Centre pass.

4.2 When the Centre who is taking the Centre pass steps in the Circle (on one or both feet) the whistle shall be immediately blown.

4.3 If players are offside when the whistle is blown, a free pass is given to the opposing team at the location of the breaking. If this is not a benefit to the team who are receiving the free pass, advantage shall be played.

5. OFFSIDE

5.1 A player, with or without the ball, shall be offside if that player enters any area other than the playing area for that designated position.

5.2 A player may reach over to retrieve a ball but must not step into an offside area for any reason (including retrieving a ball or seeing to an injured player before time is called). Penalty - Free Pass to the opposing team where the offside happened.

6. OUT OF COURT

6.1 A ball is Out of Court when it:

- a) touches the ground out of court.
- b) touches an object or person in contact with the ground outside the Court.
- c) is held by a player in contact with the ground, an object, or a person outside the Court.

6.2 A ball that hits a goal post and is rebounded into play is not Out of Court.

6.3 When a player has a Throw In from off court, their foot must not be touching the line. Penalty - Throw into the team opposing the one who last had contact with the ball, to be taken where the ball crossed the line.

7. OBSTRUCTION

7.1 An attempt to intercept or defend the ball may be made by a defending player if the distance on the ground is not less than 0.9m/3ft from the landing foot of the player with the ball.

7.2 Players may defend by jumping upwards or towards the player with the ball if they are not within 0.9m/3ft.

7.3 The defender is not obstructing if the arms are outstretched to:

- a) catch, deflect, or intercept a pass.
- b) obtain a rebound from a shot at goal. Penalty - Penalty Pass or Shot (where applicable) where the obstruction happened.

8. CONTACT

8.1 No player may contact an opponent, either accidentally or deliberately. Penalty – Penalty Pass or Shot (where applicable) where the obstruction happened.

9. PLAYING THE BALL

9.1 A player may catch the ball, or direct it to another player, having bounced the ball once.

9.2 A player may lean on the ball to prevent going offside or falling over.

9.3 A player may not throw the ball from any position other than standing.

9.4 A player may not strike the ball with a fist, kick the ball, or use the Goalpost as a mean of regaining balance or support. Penalty - Free Pass to the opposing team where the infringement occurred.

10. FOOTWORK

- 10.1 A player may not take a second step with their landing foot after receiving the ball. This includes dragging, sliding, and hopping.
- 10.2 If a player lands on both feet simultaneously, they may choose which foot to move. The foot remaining static will then be their 'landing foot'. Penalty - Free Pass to the opposing team where the infringement occurred.

11. PENALTIES

- 11.1 The player taking the penalty must take up the position clearly directed and indicated by the Umpire. The penalised player must not move or attempt to take part in play either physically or verbally until the ball has left the hands of the thrower.
- 11.2 It is the responsibility of the person who is taking the penalty to ensure that the penalised player is in place before they take the penalty. If the penalty is taken before it is set correctly, a free pass may be awarded to the other team at the Umpire's discretion.

12. TOSS-UPS

- 12.1 The two players must be stood 3ft/0.9m apart with their arms by the side before the Umpire can release the ball.
- 12.2 The ball may be caught or batted in any direction except directly at the opposing player.

13. INJURY

- 13.1 Players must call 'Time' for the Umpires to stop the game in the event of any injury.

14. NUMBER OF PLAYERS

- 14.1 Teams are allowed seven (7) players on the court at any one time and up to ten (10) in a squad in any one night.
- 14.2 Where a team is short of players on the night, they are permitted to borrow up to three (3) guest players at the umpire's discretion.
- 14.3 A team fielding 4 or less players five minutes after the official start will automatically forfeit.
- 14.4 If a team fields 5 or 6 players, one player must assume the Centre position.
- 14.5 For Mixed divisions there must be a maximum of three (3) and a minimum of two (2) males on the court at any one time.
- 14.6 Male players must be in three different positions on the court (Defending, Centre Positions and Attacking Positions) (1 player - Goalkeeper or Goal Defence (Defending Positions); 1 player for, Wing Attack, Wing Defence or Centre (Centre Positions); 1 player as Goal Attack or Goal Shooter (Attacking Positions). As an example, a team cannot have a male Goalkeeper (GK) and another male playing Goal Defence (GD).

15. CAPTAINS & PLAYERS

- 15.1 Players from a higher league should not fill in for a lower division league team.
- 15.3 All regular team players must be registered to their team; players can be registered through the Powerplay website.
- 15.4 The Captain is the primary contact for the team and all players involved. By allowing a player to take part in a team's match the Captain is confirming that the player is aware and will abide by the rules of play.
- 15.5 In the event that the Captain for a team needs to change, the existing Captain must inform Powerplay and share the details of the new Captain with the league manager to enable a handover of all information.

16. SCORING

- 16.1 Points shall be awarded as follows:
 - Win: 5 points
 - Draw: 3 points
 - Lose: 1 point if lose by less than half the opposition's score otherwise 0 points.

17. CONTEST

- 17.1 If the umpire feels that each player has committed to the same ball and reached it at the same time, the whistle will not be blown, and play will continue.
- 17.2 Only if both players do not let go of the ball will the whistle be blown, and the umpire will do a toss-up.

18. KIT

- 18.1 No item of jewellery, except a wedding ring and/or medical alert bracelet, shall be worn. If worn they must be taped. No adornment that may endanger player safety shall be worn.
- 18.2 Players must wear suitable clothes and training shoes. Shoe laces must be securely tied before a game. Time allowances will not be given at any point for someone to tie their shoe laces.

- 18.3 No form of glove may be worn when playing netball. If for medical reasons gloves are required then, on production of an appropriate medical certificate the umpire may allow gloves to be worn.
- 18.4 Head scarves are permitted. The material used for the head covering should be soft, without embellishments which might constitute a danger and with potential flowing/flapping edges held securely around the neck or tucked into shirt collar. It should be as neat and secure as possible.
- 18.5 No caps are to be worn while playing a game.
- 18.6 Sunglasses are not permitted under any circumstances.
- 18.7 Nails must be short and blunted, umpires have the right to check before games.

19. CONDUCT

- 19.1 There is to be no smoking either on or in close proximity to the courts. Players in violation of this rule will not be permitted to play.
- 19.2 If any player (in the opinion of the umpire) has consumed alcohol, then that player will not be permitted to play in any matches that night.
- 19.3 Umpires must be respected, listened and adhered to at all times. If teams or players have an issue with an Umpire please discuss it with them at half time or afterwards.
- 19.4 Discrimination of any kind towards officials or other players will not be tolerated and will result in further action being taken by Powerplay, up to and including expulsion of offending players and the teams from the league.

20. DISCIPLINARY

- 20.1 The suspension (sin bin) process is:
 - a) Signal to pause the game;
 - b) Advise the player of the reasons for suspension and the time for this to apply;
 - c) Confirm the length of the suspension to other officials;
 - d) Resume the game
- 20.2 The ordering off procedure is:
 - a) Signal to pause the game;
 - b) Advise the player of the reasons for the ordering off;
 - c) Resume the game
- 20.3 All umpires' decisions are final. Intimidation of match officials will not be tolerated and will result in further action being taken by the Powerplay, up to and including expulsion of offending players and teams from the league.
- 20.4 Powerplay reserves the right to ban or expel any player or team from the league or take any other disciplinary action as it deems appropriate.
- 20.5 Any team knowingly fielding a suspended player will forfeit that game 20-0 and will be liable for the oppositions match fee.