

**Morris lemma Indoor Sports Centre
Super 7's Netball Competition**

Season Dates and Times

- Wednesday nights from 17th May – 16th August 2023
- 12-week competition
- Game times: 6-10pm

Duration of Games

- 10-minute quarters.
- 2-minutes between quarters.

*Time may be reduced if teams are late, which includes late signing in on the team sheet. 3-0 head start will be awarded to the opposing team every 5 minutes a team is late.

Team Captains

- A team captain must be nominated on the team registration form.
- In the event of a forfeit or any correspondence, the team captain will be contacted by the Centre. It will be the responsibility of the team captain to pass all correspondence onto their team players.
- The team captain alone is responsible for organising game fees from their teammates and paying the team registration fee in full by week 1 of the competition.

Signing on

- Players are all required to sign on each game and will be recorded for attendance for finals eligibility
- All players must be registered in fixi to sign against name on team list
- Players that fail to sign on will not be recorded for attendance

Website

MIISC uses FIXI Sports Management systems, download the APP Sport Fix to see your results and standards available at the App Store and Android.



Forfeits

- There will be no refunds for game fees paid when your team misses a game due to a forfeit.
- The time slot of your game time will be available for your team to use the court to train in lieu of refunding game fees.
- Forfeits require at least 24 hours' notice. Email to bookings.miisc@cbc.city.nsw.gov.au
- If 3 or more games are forfeited throughout the season, that team will not be allowed to register for the next season's competition unless a vacancy still exists after all other expressions of interest are placed.

Borrowing Players

Each team needs a minimum of 5 players from their own team to take the court. Less than 5 players from your team will be considered a forfeit. Only registered players will be able to fill in for other teams. There will be no borrowing of players for finals games. All players must be registered through intelli by round 2. No new players will be eligible after this date.

Rules and regulations

- 1. GAME DURATION:** 10-minute quarters with a 2-minutes between each quarter. No clock stoppages will be made except under exceptional circumstances.
- 2. TEAM:** There will be seven playing positions in each team, same as in outdoor Netball: Goal Shooter (GS), Goal Attack (GA), Wing Attack (WA), Centre (C), Goal Defence (GD), Wing Defence (WD) and Goal Keeper (GK).
 - This competition requires your team to have a minimum of five (5) players to start the game, one of whom must play centre
- 3. SUBSTITUTIONS:** Substitutions can be made at quarter time breaks.
- 4. STARTING PLAY:** Play is started with a pass from the centre circle – this is called the centre pass. There is a centre pass at the beginning of each quarter and half, and after each goal is scored. The person making the centre pass must stand in the centre circle. The opposing centre can stand anywhere in the centre third, but all other players must stay in the goal thirds (behind the middle third lines) until the Umpire blows the whistle to start play. Before the start of the game the Captains shall toss for choice of goal end and Power Play quarter. All other Centre Passes shall be taken by the team that did not score the last goal.
 - **The team winning the coin toss shall:**
 - Choose goal end for the start of play and take the first centre pass
- 5. SCORING A GOAL:** A goal is scored when the ball is shot and completely passes through the ring by GS or GA from any point within the Goal Third including the Goal Circle. Each successful goal will score a number of goal points as specified below:
 - **1 goal point:** the shot is deemed to have been made from the Inner Circle.
 - **3 goal points:** the shot (known as a Super Shot) is deemed to have been made from outside the Goal Circle. GA, GS, WA and C positions may take a 'super shot'.
- 6. SANCTIONS:** There are two types of penalties in netball: 1. free pass 2. penalty pass.
 - **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.
 - **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 make no attempt to take part in play. This includes directing play, until the ball has left the throwers hands. However, the player taking the penalty has the option to either pass the ball immediately, or to wait for the infringer to stand out of play. If a penalty is given to a Goal Attack or Goal Shooter in the goal circle they are awarded a “penalty pass or shot”.
- 7. OFFSIDE:** Each player is allowed in only a certain area of the court. If a player steps into an area or any part of their body touches the ground in an area their playing position is not allowed to go, will be ruled offside.

- **GS, GK** – Can play in their third, and their goal circle
 - **WD, WA** – Can play in their attacking or defending third, the centre but not in the goal circle
 - **GD, GA** – Can play in their attacking or defending third, the centre third, and in their goal circle
 - **C** – Can play the entire court, but not go into either goal circles
- 8. STEPPING:** Once a player has landed with the ball, the first landed foot is called the grounded foot and must either stay on the ground or in the air until the ball is passed on. Re-grounding that same foot a second time while still in possession of the ball is a step which will result in a free pass to the opposition. Similarly, a hop, slide or drag of the grounded foot is not permitted.
- 9. PLAYING THE BALL:** Once the ball has been caught; the player must pass it or shoot for goal within three seconds.
- 10. 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.
- 11. 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.
- 12. PLAYING THE BALL: (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 or 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 to regain balance or as a support while stopping the ball from going out of court.
- 13. 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.
- 14. THROW IN:** Occurs when the ball goes out of court. In the circumstance when the umpire does not see who touched the ball last, players should make an honest call themselves. The throw in is then taken by a player from the opposing team close to where the ball went out of court. Standing close to the line from the outside of court, the player has three seconds to get the ball back in play.
- 15. FOOTWORK:**

- **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. A player cannot drag or slide the landing foot or hop on either foot.
- **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.

16. WINNING TEAM: The winner is the team with the greater number of goals at the end of the game. A draw will be awarded if both teams have an equal amount of goals. The winning team receives 3 points, 1 point each for drawn game and no points for a loss.

17. SPORTSMANSHIP: If you are seen to be rude in any way or not playing within the respect, you will be asked by the umpire or staff to sub out of the game or be asked to leave the centre. If after returning to the game your attitude does not improve you will be asked to leave the venue, and an assessment will be made if you can play again. Play fair. Be nice!

I, _____ on behalf of my team, acknowledge and agree that I have read and understood the Morris Emma Indoor Sports Centre, Netball Competition rules and regulations. On behalf of my team we agree to follow all rules and regulations in the attached document set out by the centre.

X

Captains Name:

Teams Name: