

RULES & REGULATIONS



THE PEOPLE:

- 4 Players on court per team.
- Teams will be allowed a squad of 6 and one managing coach.
- Two Goalers and two Middies players per team.
- Goaler players are allowed in the in the centre third, goal third and shooting circle.
- Goalers players will become circle defenders when the opposing team has possession of the ball but will be attacking shooters when their own team has possession.
- Middie players are allowed in the centre third and goal third but not in the shooting circle.
- There will be one umpire per game.
- The Umpire begins in the centre circle and walks with the game. They can actively be both on and off the court.
- Umpires must be prepared to support and guide players through the game. They must not be bias towards one team but should help the game flow. This will be done through guidance on positioning and rules. For example – “players make sure you spread out”, “make sure your toes are behind the line for a throw in”, “Middie your too close to your player, spread out and mark someone else”, “and... 1... 2... 3... and thow”.

THE GAME:

- Either Middie player are able to start the game.
- The game begins with the attacking team who win the coin toss.
- All attacking players must start to the right of the centre circle behind the halfway line. One of the attacking Middie players begins with the ball behind the halfway line.
- The defending teams centre court players begin in the centre third, but this team’s Goaler players begin in the goal third.
- If a goal is scored one point is awarded to that team and the opposing team take the next centre pass and the game begins again.
- The centre third acts as a recharge zone. If an interception or turn over happens in the goal third, the team who gained possession of the ball must play the ball to the recharge zone before then attacking to goal.
 - This is to include sideline throw ins. If the ball goes out of court and it changes possession. The team that gained possession of the ball must play the throw into the recharge zone before attacking to goal.
- If an interception or turn over happens in the centre third, the team who gain possession can automatically attack to goal – this is because the turnover happened in the recharge zone.
- Normal netball rules apply, for example, contact, offside.
- Obstruction – All defending players must be 1.5m from the ball. Obstruction will only be called by the umpire if a player that is within 1.5m of the ball interferes with play.
- Marking – players are not allowed to mark the player with the ball, this includes not being able to mark the shot. However, players are allowed to stand under the post for the rebound.
- Held ball – players will be allowed to have possession of the ball for 4 seconds. If a player has possession of the ball for longer than 4 seconds a free pass will be awarded to the opposite team.
- Footwork – Players must make a conscious effort to perform correct footwork. If a player makes a conscious effort to stop with the ball but cannot control their landing foot, footwork will only be called by the umpire if the player gains ground while doing so.
- Replayed ball – there will be no replayed ball called by the umpire, unless a player is clearly dribbling the ball down court.

ACTIVE NETBALL MINI LEAGUE RULES & REGULATIONS

THE COURT:

- Posts will be lowered to 2.44m (8ft)
- Half a netball court will be used as the playing area.

