



ACTION INDOOR SPORTS MARIBYRNONG

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Indoor Netball Information

The Sport

Action Indoor Netball is a safe, fast, fun filled game for people of all ages. The rules are easy to pick up, and there are competitions for both mixed and ladies, making it suitable for beginners right through to more advanced teams.

The Team

Both mixed and ladies competitions are 7 a side. In the mixed version of the game, there are no more than 3 males on the court at any given time, and each male member must be in a different third to one another.

The Uniforms

Each side is to have the same coloured shirts to represent the team. Teams must wear matching coloured bottoms and girls can wear either shorts or skirts. Bibs and equipment are provided by the stadium.

The umpire

Trained Umpires are provided for each court. Each umpire will control the game, and operate the scoreboard throughout the game. All players are expected to respect the umpires and their decisions at all times. The timing is not run by the Umpire, but is controlled by the central timing unit.

Game times

The game consists of two 16 minute halves. All teams are expected to have paid fees and ready to play five minutes prior to game commencement. 48 hours notice must be given to forfeit a match or a late notice fee of \$40 is payable.



Behaviour

Each team member must keep language at a low level and games are to be played in a sportsmanlike manner so everyone enjoys the game.

Finals

At the end of each competition season the top four on the ladder in each grade will play in the finals. Players had to have played at least five games to qualify to play in the finals.

Competition points

The ladder positioning of the teams in the competition are determined by the points that have been accumulated after each game. The results of the games will determine the points given. Points given are as follows:

4 points for a win

2 points for a draw

1 bonus point for every 5 points scored

For example:

36 – 25, 11 points for the first team, and 5 points for the team that lost.

Basic rules

The ball stays in play even off the nets, but no player at any time can touch the nets.

The netting cannot be used as a backboard for when shooting for goal.

No jump shots are allowed.

All other netball rules apply. Including the positioning in the thirds, obstruction, contact and stepping.

Substitution

Players can be substituted during half time.