

Bay Indoor Centre Netball Basic rules

Foot work / stepping: A player can receive the ball on one foot or both feet. Whatever foot you landed first on becomes your grounded foot if you attempt to re-move or drag your grounded foot this is stepping. If you land on two feet you may choose which foot becomes your grounded foot.

Contact with/without the ball: A player without the ball may not come into personal contact with the opposition in a manner of interfering with the opponents play regardless of whether it is deliberate or accidental. While holding the ball a player may not push or touch an opposing player in a manner of interfering with opponents play.

Replayed ball: A player that has possession of the ball may not:

- drop and pick the ball up again
- tip the ball and re gather it

The ball can not hit and leave your hand and then re gather in an attempt to catch the ball it is a replay.

Obstruction: In an attempt to defend the ball you must be 0.9m from the grounded foot of the opposition. The distance is measured between the players first grounded foot and the oppositions nearest foot. You may not defend the eyes/face.

Landing Space: Players in possession of the ball must be given 0.9m landing space. Players without the ball cannot move into a players landing space to cause contact.

Net Violations: At any time whilst in possession or gaining possession of the ball your foot cannot be on the net or touch the net. If your body is on the net whilst in possession you have to come off the net before passing the ball.

Passing off the ball: To restart after a goal has been scored you must pass off at the top of the circle in the square. One foot must always be in the box when passing the ball off.

Over a half violation: When passing off the ball at the top of the goal circle the ball must be touched by any player in the first half before going over the mid court line.

Offside: If a player with or without the ball steps outside of their designated areas they are deemed offside. If a foot is on the line it is also deemed offside. You can use the ball to stop yourself from going offside however cannot use the net to stop you from going offside.

Back net violation: The ball cannot touch the back net if the ball has been thrown from one half into the other without being touched by another player first.