

PES Mixed Netball Rules

Teams/Players

- Must be 16 years or older to play in the senior competition.
- The maximum number of players on court at any given time is seven.
- Teams must have a minimum of five players on court to avoid incurring a forfeit (3 of whom must be female).
- There must be no more than three males on the court at any one time, with a minimum of one male.
- Only one male may play in the following positions at any one time:
 - 1x Male in GS or GA
 - 1x Male in WA or C or WD
 - 1x Male in GD or GK
- A team short of players may borrow players from another team but no more than two from the same team.
- Teams cannot borrow players in any finals.
- A player must play at least 5 times to be eligible to play for their nominated team in the finals.
- All players must sign the scoresheet before the game commences.
- All players play at their own risk.

Late Players

Players who arrive late may not enter the court until:

- Notified the umpire.
- A goal is scored and the game is about to resume
- OR an interval between quarters
- OR during a stoppage due to injury

Team Registration and Team Fees:

All teams wishing to participate in the competition must complete a Team Nomination form and submit it to the centre before the specified date. This form must include all players' names along with relevant contact information.

Each week, the team is required to pay a \$84.00 match fee. This payment must be made prior to the commencement of the game, and a receipt shown to the court umpires before the game commences.

Failure to show a valid receipt to the umpires will result in a forfeit.

Forfeits:

To protect the integrity of the competition, the following information applies:

- Every team is required to field a team of five players at a minimum before the game can start.

- Failure to field a team within ten minutes of game time starting will result in a forfeit being awarded to the opposing team.
- Withdrawal from the competition will incur a \$168.00 withdrawal fee.

Competition Points:

The ladder for the competition will be worked out as follows:

- If teams have the same points, the position on the ladder is decided by percentage.
- A win by forfeit is recorded as a win with a 10-0 score line
- Bye: counted as a game played (0-0) and team awarded 3 points
- Your team forfeits with less than 48 hours' notice or we cannot find another team to play: Loss recorded and a 10-0 score line
- Should both teams forfeit the score line will be 0-0.

Game Length:

Games will comprise of 4 x 9 minute quarters with a 1 minute quarter time break and 2 minute preparation time for the start of each game.

At the commencement of each quarter, teams will alternate between the directions of attack.

Misconduct:

During each game, a player will receive one warning from the umpire in regards to any misconduct.

The second warning given by the umpire is regarded as a send off. The player in question must remain off the court for the time specified by the umpire. Any player suspended from the entire game may then be suspended for a further one week. In extreme circumstances, the umpire may send a player off without warning. If this occurs the above rules still apply.

In the event of a send off, the player sent off and the team captain must not address the umpire until a break in quarters, in order to keep the free flow of the game. If a player refuses to leave the court, the game will be ended, and a forfeit win awarded to the opposing team.

Misconduct of spectators will also be taken as misconduct from the team. If any spectator is believed to be disrupting the game then the umpire will bring it to the attention of the captain to address the issue and management is to be notified.

Incomplete Games:

If a game is unable to be completed due to unforeseeable circumstances the following will apply:

- If the game is ended after half time the result on the score sheet will be the final result.

- If the game ends before half time a draw will be awarded.

Uniform and Dress Regulations:

All players within a team must have the same colour shirts. Bibs will also be worn over the top of shirts. The PES will supply bibs if needed, with the identifying position initialed. Each player must wear a bib to identify their position. Bibs are to be collected from PES reception upon payment of the game fee and handed back to the reception desk at the conclusion of each game.

Teams are permitted to supply and wear their own bibs if they are approved by The PES Officials.

No exposed jewellery is permitted to be worn by players while on the court. This includes, but is not limited to, bracelets, necklaces and earrings. All jewellery that is unable to be removed must be satisfactorily covered with tape and approved by the umpire.

All fingernails must be cut short, or taped, and checked by the umpire before the game commences.

The umpire has the right to ask a player to re-cut or tape nails if necessary, and upon refusal, the umpire has the right to exclude a player from the game. Time will not be held for players who are unprepared and unorganized. Please ensure jewellery and nails are taken out or off and taped prior to your match.

Game Control:

The game is controlled by at least 1 umpire who will penalise infringements of the rules. The umpire shall call "advantage" to indicate that an infringement has been noted whenever possible to ensure that play is continuous and to avoid unduly penalizing the non-offending team. If the whistle is blown for any infringement the penalty must be taken. Play to the whistle.

One team only ruling:

A player is unable to play week in week out for two teams.

Blood Rule:

The umpire is required to stop play if a player is seen to be bleeding, or there is blood on the court or ball. For the Health and Safety of all participants, all open wounds must be adequately covered to the umpires' satisfaction before the player can resume playing. Teams are allowed to substitute for a bleeding player; however time will not be stopped.

Pregnancy:

We encourage all players who are, or may be pregnant, to consider the welfare of themselves, their unborn child, their fellow players, and the game and centre officials, when making the decision to play. We urge all players to obtain

appropriate medical and legal advice before participating in any activities. Players play at their own risk and cannot expect other players to know of such a situation.

Starting the Game:

The game commences, and is restarted after each goal is scored and at the beginning of each quarter by a centre pass taken alternatively by the two centres, irrespective of who scores the goal. The first centre pass usually goes to the team whose captain "won the toss" i.e. won a whistle in hand game with the opposing captain. The toss must take place before the match commences.

At the commencement of each quarter, and after each goal is scored, players must return to their starting positions. Starting positions are in whichever third is part of their area. Players are also free to move within this area, but must not enter the centre third until the whistle is blown. If a player enters the centre third before the whistle is blown, an off-side penalty will be awarded to the opposite team.

This is known as 'breaking.'

Playing the Ball:

A player is considered to have possession of the ball when they have control of it with one or two hands. Once a player has possession of the ball, they must play the ball by bouncing or throwing it to another player, or attempting a shot at goal, within three seconds. Failure to release the ball within three seconds will result in a 'held ball.'

Players cannot punch or kick the ball, nor play the ball while kneeling or sitting down. Once the ball has been played, it cannot be 'replayed' by the same player until the ball comes into contact with another player or the goal ring.

When playing the ball, there must be enough room for a third player to move between the hands of the thrower and those of the receiver. If there is not enough space for a third person, this is regarded as a 'short pass.'

Offside:

A player is considered to be offside if any part of their body touches a playing area other than their designated area. On the line is in. You may lean on the ball in an offside area to regain balance as long as no part of your body touches the court.

Over a Third:

The ball cannot be thrown over a complete third without being touched by a player who is standing or lands within that third. A player is considered to have thrown from the third they landed in when they gained possession of the ball, even if they step into another third as they throw.

Out of Court:

A ball is out of court if it touches the ground, any player, any other person or any object that is in contact with the ground outside the court. A throw-in is taken by a member of the opposing team to who was in possession of the ball when it went out of court.

Stepping (Footwork):

A. One foot landing

When a player lands on one foot they may step with the other foot and lift the landing foot, but must throw before grounding it. They must 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 shoot or pass 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.

B. Two foot landing

If a player catches the ball and lands on both feet simultaneously, they may step in any direction with one foot and 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.

Obstruction:

A player who is actively defending a pass being thrown or received must be at least 3 feet from their opponent. A player may be less than 3 feet if no attempt is being made to actively defend a pass or shot. A player may also attempt to intercept a pass, feign pass or shot from within 3 feet, but must not actively defend the player. The distance is measured from the grounded foot of the passer to the nearest foot of the defender. If the passer has both feet simultaneously grounded, then the distance is measured from the nearest foot of the passer and defender. If defense takes a position 3 feet from the grounded foot of the passer, and the passer then steps in, shortening that distance, the defender is not obligated to move, and the passer must accept the disadvantage they have created. However if the passer steps forward before the defense is actively defending (eg. with arms up) then the defense is still required to give the passer a distance of 3 feet before actively defending.

A player must not use intimidating movements or language from any distance, to a player with or without the ball.

Penalties

When a penalty is awarded, the offending player must stand beside the player who is awarded the penalty, and not obstruct the player in any way (including verbal

communication), until the ball has left his/her hands. The pass must be taken from the point where the offence occurred. The player who is awarded the penalty must wait for the offending player to stand out-of-play before play can continue.

Penalties are awarded for:

- Obstruction - Occurs when a defending player has not reached the required three feet when defending.
- Contact - Occurs when a player makes unduly physical contact with an opposing player.
- Ball contact - Occurs when a player contacts the ball whilst it is in the hands of the opposition.
- Abusive language or actions directed towards the player or the umpire.
- Intimidation - Deliberately blocking the face of a GS/GA who is shooting for a goal or making distracting/intimidating hand movements.

Where applicable, a goal may be shot from a penalty but not from a free pass. A free pass must be passed to another player.

Free Pass

When a free pass is awarded, the offending player is not required to stand out of play. The pass must be taken from the point where the offence occurred.

Free passes are awarded for:

- Stepping - Occurs when a player with possession of the ball takes more than one step with the foot he/she landed with.
- Offside - Occurs when a player has entered an area of the court that is out of bounds to that position:
 - o GS - Goal circle and attacking third
 - o GA - Goal circle, attacking third and centre third
 - o WA - Centre third and attacking third (excluding goal circle)
 - o C - Whole court excluding goal circles
 - o WD - Centre third and defending third (excluding goal circle)
 - o GD - Goal circle, defending third and centre third
 - o GK - Goal circle and defending third
- Out of Court - Occurs when any part of a player's' body goes out of court whilst in possession of the ball OR occurs when the ball goes out of court and hence the last player to touch the ball gives away the free pass.
- Free pass must be taken with the foot 'toeing', but not covering, the outside line.
- Ball Infringement - Occurs when the ball contacts the lower leg (from the knee down).
- Over a third - Occurs when a ball is passed the length of a third without making contact with a player in that third.

- Centre Break - Occurs when GD, GA, WD or WA of either team step over the centre third line and into the centre third before the umpire has blown the whistle for a centre pass.
- Replay - Occurs when the ball is deliberately bounced (does not include a bounce pass to another player), caught twice without contact from another player or caught after an inaccurate shot for goal was taken and the ball did not touch the ring.
- Short Pass - Occurs when a pass to another player is not long enough to allow another player to pass through the flight of the ball.
- Held ball - Occurs when the ball is held for longer than three seconds.

Penalties and Free Passes:

- If umpires decisions are not adhered to, infringing players may be asked to adjust or be warned and penalties and free passes may be given (at the umpires discretion).

Contact:

A player may not come in contact with an opponent in a manner that interferes with their play, whether it is accidentally or deliberately. In attacking, a player may not push, trip, knock or throw their body against an opponent. In defence, a player may not feel or hold an opponent, feel for their uniform, or keep any part of their body up against the opponent. While holding a ball, a player may not use the ball to push against any part of an opponent.

No player is allowed to force their way past another player that causes either player to come in contact with each other.

Toss-Up:

In the case of two players infringing at the same time, a toss up is taken between those two players or, in the case of two players simultaneously going offside, the toss up is taken between any two players allowed in that area of the court.

For a toss up, the two players stand facing each other and their respective goals with their arms by their sides. The umpire shall bring the ball in just below shoulder height of the shortest player, and toss the ball a small distance into the air, blowing the whistle. On the whistle, players may make an attempt to gain possession of the ball or bat it in any direction except directly into an opponent. If one player moves before the whistle is blown, the ball is awarded to the other player.

Scoring a Goal:

A goal is scored when a goal shooter or goal attack with no contact with the ground outside the circle throws the ball through the goal ring. The umpire's whistle signals that a goal is scored. Each goal is worth one point.

Substitutions:

There is no limit to the number of substitutions, which can be made by a team. Substitutions may take place in between quarters, at half time or in place of injury. All substitutions must be reported to the umpire before play recommences. Substitutions cannot be made while the ball is in play.

Finals:

All players participating in a finals match must have played at least 5 season fixtured games for their respective team to be eligible. A weekly record of players is kept and a list provided for finalists, of players eligible and ineligible leading up to the finals series. Teams cannot under any circumstance borrow players from other teams for any finals matches.

Scoring/ Timer

- This duty will fall to the umpire. The umpire is responsible for the timing on this scoreboard.

Suspensions and Ejections

- Incidents of a dangerous or unsportsmanlike nature that are reported by the umpire or an opposing team will be taken seriously.
- All information regarding the incident will be taken into account and a decision on an appropriate resulting action will be made by the Centre Manager in consultation with senior members of staff.
- Actions may include being removed from the game or venue when the incident occurs, an official warning or a suspension of at least 1 game.

Umpires

Umpires' decisions are FINAL. An umpire may penalise an offending player or team with whatever is considered appropriate under the rules of the game. E.g. For dangerous play or misconduct the umpire may warn the offending player or send them off the court for a specified time.

1. Advance the penalty / Official warning
2. (3) Centres
3. Till the end of the half / quarter
4. The game

The umpire also has the right to warn against harassment from the sidelines, whether

that is from players and/or spectators. The offending team may be penalised and/or players or spectators can be asked to leave the centre. The umpire is not obliged to

explain his/her decision.

Player Complaints:

In the circumstances by which a player wishes to make a complaint against an umpire, team or individual this is strictly to be done by way of completing a feedback form which can be accessed from the PES reception desk and then returned to the reception desk. This form will be read and if deemed necessary by management, action will be carried out. In no instance is a player to approach an opposing player in regards to an issue outside of the direct playing perimeter.