



CHRISTIAN SCHOOLS EVENTS NETWORK

MIXED NETBALL RULES

GENERAL

- Fixtures can be found on the CSEN website (www.csen.org.au)
- Age Groups (Primary – Year 5 & 6, Junior – Year 7 & 8, Intermediate – Year 9 & 10, Senior – Year 11 & 12)
- Schools may use an emergency from a younger age group if required to avoid a forfeit, at a maximum of one male student and one female student per sport, per day.
- All teams are expected to carry a match ball, a first aid kit and an alternate strip to avoid colour clashes. (A set of bibs is acceptable).

PLAYER RESTRICTIONS

- Maximum of 12 players per match
- Only 1 boy is allowed in each of the following starting positions:
 - GK or GD
 - WD, C or WA
 - GS or GA
- Maximum of 3 boys on the court at one time.

TIMING OF GAMES

- Rally Day / Lightning Premiership – as per fixture
- Semester Sport – 4 x 10 minute quarters, with a 5 minute half time break and a 2 minute quarter time break.

UNIFORM

- Refer to the relevant [Semester Sport](#) policy or the [Rally Day](#) policy.
 - The correct sport uniform must be worn for all matches regardless of grade.
 - Leggings are not considered to be part of official school sports uniform.
 - Track pants should not be worn in any sports matches unless there is a medical reason for a student to do so.
 - Only the school logo and school name and playing numbers should appear on competition uniforms.
 - Any change to a school sports uniform should be presented to CSEN Executive Officer to prevent any unforeseen clashes in either colours or design.
 - All teams should carry a set of bibs (of a different colour to their uniform) in case of colour clash. Usually, it will be the second named team that will wear the bibs if required.
 - Students not in correct attire should not be permitted to participate.
- Players must wear school sports uniform, with uniform bibs clearly showing positions.
- No jewellery is permitted to be worn.

EQUIPMENT

- All playing and protective equipment.
- A regulation leather match ball (size 5).

UMPIRES

- Both teams to supply a referee and scorer.

LATENESS RULE

- Rally Day / Lightning Premiership – forfeit of match
- Semester Sport – one goal per five minutes late.

MERCY RULE

- Must be implemented according to the provisions in the relevant [Semester Sport](#) policy or [Rally Day](#) policy.
- The largest recorded win will be the losing teams score plus termination score.

Mercy Rule Score	Suggested Strategies	Termination Score
10 goals	Abolish held ball rule for losing team Rotate key players Possession at centre circle after a goal for losing team Minimum passes for winning team before they can score a goal	25 goals

RESULTS

- Semester Sport – sent through to csen@csen.au within 24 hours of completion of the match on the results sheet by the winning team
- Rally Day / Lightning Premiership – taken to the convener of the sport immediately on the completion of the match.

RULES

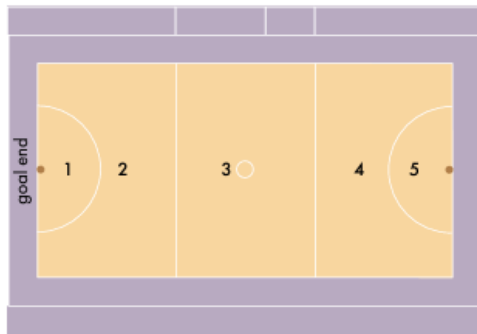
- Netball is played under the rules of Netball Australia unless otherwise stated.
- Rules for Mixed Netball:
 - Minimum of two and maximum of three males on court at any one time.
 - Maximum of one male per third is allowed (one only as either GS or GA – attacking third, one only as either WA, C or WD – centre third, one only as either GD or GK – defensive third)

PLAYERS

During a match players must wear a uniform with their allocated position.

Playing positions cannot be changed during a quarter, but may be changed at intervals (quarter time, half time, etc.)

Each playing position is restricted according to the map below:



Position	Playing areas				
Goal Shooter	1	2			
Goal Attack	1	2	3		
Wing Attack		2	3		
Centre		2	3	4	
Wing Defence			3	4	
Goal Defence			3	4	5
Goal Keeper				4	5

ADVANTAGE

A team should not be disadvantaged when an opponent infringes.

CENTRE PASS

Play is started at the beginning of each period of play and after each goal is scored by a centre pass. The centre pass is taken alternately by the Centre of each team.

During a centre pass players must take the following positions:

Centre in possession of ball – at least one foot wholly within the centre circle

Opposing Centre – in the centre third

All players must be in their correct thirds when play is due to start

Apart from both Centres, all other player must not enter the centre third until the whistle has been blown to start play.

SCORING A GOAL

A goal is scored when the ball passes above and completely through the ring following a shot by Goal Shooter or Goal Attack from any point within the goal circle including the lines bounding the goal circle.

TAKING A SHOT

The player must:

Have no physical contact with the ground outside the goal circle.

Shoot within three seconds of catching the ball

Obey the footwork rule

PLAYING THE BALL

GAINING POSSESSION

To gain possession a player may:

Catch the ball

Roll the ball to oneself

Catch the ball if it rebounds from the goalpost.

Bat the ball once, then catch it

Bounce the ball once, then catch it

Touch the ball in an uncontrolled manner once or more than once, then catch it.

A player may not fall on the ball to gain possession or gain possession while lying, sitting or kneeling on the ground.

A player may not use the goalpost as a support, including to gain or retain possession of the ball.

WHILE IN POSSESSION

A player in possession of the ball must pass or shoot within three seconds

After having possession and releasing the ball, a player may not touch the ball before it touches another player or rebounds off goalpost.

SHORT PASS

When a player passes the ball there must be sufficient space on the court for an opposing player to be able to deflect or intercept the ball as it moves from the hands of the passer to those of the receiver.

OVER A THIRD

The ball must be caught or touched by a player in each third of the court.

The player who touches or catches the ball must:

- Be standing wholly in the third concerned when the ball is caught or touched or
- After catching or touching the ball in the air, land either with the first foot or both feet in the third concerned

FOOTWORK

ONE FOOT LANDING

- A player who either receives the ball with one foot on the ground or, who after catching the ball in the air lands on one foot, may:
- Step with the second foot in any direction, lift the landing foot and pass or shoot before the landing foot is regrounded.
 - While pivoting on the landing foot, step with the second foot in any direction one or more times.
 - Jump from the landing foot onto the second foot and jump again but must pass or shoot before regrounding
 - Step with the second foot and jump but must pass or shoot before regrounding.

TWO FOOT LANDING

- A player who receives the ball while both feet are on the ground or who catches the ball in the air and lands on both feet simultaneously, may:
- Step with one foot in any direction, lift the second foot and pass or shoot before the second foot is regrounded.
 - Step with one foot in any direction on or more times while pivoting on the second foot.
 - Jump from both feet onto one foot but must pass or shoot before regrounding second foot.
 - Step with one foot then jump but must pass or shoot before regrounding either foot.

OTHER FOOT MOVEMENTS

A player in possession of the ball may not:

- Drag or slide the landing foot
- Hop on either foot
- Jump from both feet and land on both feet while still in possession of the ball
- Fall to the ground and reground the landing foot.

OBSTRUCTION

An opposing player may attempt to deflect or intercept the ball or defend a player in possession of the ball, provided there is a distance of not less than 0.9m (3 ft) measured on the ground from the nearest part of the landing foot of the player with the ball to the nearest part of the opposing players nearer foot in contact with the ground.

CONTACT

INTERFERENCE

When attacking, defending or playing the ball, a player must not engage in physical contact with an opponent that unfairly interferes with the opponent's play, whether accidental or deliberate. This may include, but is not limited to:

- Pushing, tripping, grabbing, holding or leaning on an opponent
- Knocking or hitting an opponent, including when shooting for goal
- Hitting or placing hand/s on a ball held by an opponent
- While holding the ball, pushing it into an opponent

CAUSING CONTACT

Regardless of whether the ball is touched or caught, a player who has jumped into the air from an on-court position must be permitted to land:

- In the same place on court
- In any other place on court, provided that an attacking player may not intentionally move into a stationary opponent

Where two or more opposing players jump into the air together in an attempt to touch or catch the ball, the player who is successful in gaining possession has priority and must be permitted to land in accordance with the trajectory of the pass and any opponents must yield this landing place. A player must not take up a position so near to and or so quickly in the path of a moving opponent, that the opponent does not have sufficient time or distance, either to stop or change their direction.

INEVITABLE CONTACT

Players, whether moving or stationary, must not position so closely to an opponent that the opponent is unable to move at all without contacting.

THE ABOVE LIST PROVIDES A SUMMARY OF THE WORLD NETBALL RULES. FOR A FULL LIST REFER TO THE OFFICIAL WORLD NETBALL RULES BELOW.

