

General Netball Playing Rules

<https://www.EnglandNetball.co.uk/get-involved/officiating/rules-and-updates/domestic-rules-guidance/>

- The controlling umpire will blow their whistle for the start of play when the attacking C is in possession of the ball and with at least one foot wholly within the centre circle. At the point of the whistle being blown all players must be in their respective thirds. The defending C must be in the centre third and all others in their respective attacking/defensive thirds. Any players not in the correct area will be deemed to be offside.
- The centre pass must be caught within the centre third. A player can jump from a goal third, catch the ball and land within the centre third.
- A ball is deemed to be out of court if it makes contact with the ground or any object/person in contact with the ground outside the court. Possession is then turned over to the other team for a throw in.
- A Throw in is set where the umpire indicates. A player's landing foot must be within 6 inches of the line, but not touching. The player must obey all other rules and release the ball before making contact with the court. All other players must be on court when the throw-in is taken.
- Only GA and GS can score a goal. They must have made no contact with the court outside the shooting circle whilst in possession of the ball, when intentionally making a shot at goal.
- If the ball passes through the ring after being deflected by a defender, then the goal will stand. If the ball passes through the ring thrown by any player other than the GA/GS, then the ball is still in play and no goal is scored.
- A player is deemed offside if any part of their body makes contact with the ground in an area that they are not allowed to enter.
- A player may not re-ground their landing foot whilst in possession of the ball. The landing foot is deemed to be the first foot to make contact with the ground. If a player already has one foot in contact with the ground when catching the ball this is their landing foot. If the player lands simultaneously with both feet, then whichever foot is not moved is their landing foot. A player may not drag or slide their landing foot, or hop on either foot.
- Once gaining possession of a ball a player must release the ball within 3 seconds.
- After releasing the ball, a player may not regain possession of the ball until it has been touched by another player, or rebounds off the goal post. A player may not deliberately kick the ball, fall on the ball to gain possession or strike the ball with a fist.
- The ball must be caught or touched by a player in each third of the court. The ball cannot skip a third (e.g. Thrown from defensive goal third to attacking goal third, missing the centre third).
- An opposing player may not attempt to defend a player in possession of the ball if they are within 4 feet of the landing foot of the player with the ball.

Sanctions:

Free pass – When a rule is broken that does not directly affect another player (e.g. Footwork). A free pass is set where the umpire indicates, and any player allowed in that area may take the pass. No players are out of play. If a free pass is set within a shooting circle to the attacking team a shot MAY NOT be taken.

Penalty pass – When a rule is broken that directly affects another player (e.g. Contact). A penalty pass is set where the umpire indicates, and any player allowed in that area may take

the pass. The infringing player must stand next to the player taking the penalty and remain out of play until the penalty has been taken. If the penalty is set within a shooting circle to the attacking team then a shot may be attempted.