

INTERNATIONAL NETBALL FEDERATION (INF)

A guide to the main changes in the Rules of Netball from 2016

The changes to the rules of Netball were agreed by members of the INF at the congress held in August this year. The new rules will be implemented from 1st September 2016 for all domestic competition in England with the exception of the NSL, where the new rules will be used from the start of the 2016 season. All International competition will be played to the new rules from 1st January 2016.

Sanction: The term sanction is now used instead of penalty

Stoppages for illness/injury or blood: All stoppages for illness/injury or blood are 30 seconds, the player concerned must leave the court. For more serious injuries, umpires may extend the time.

Centre Pass: For a centre pass, the Centre must stand **with at least one foot wholly** inside the centre circle (line is part of circle). The other foot may be in the air, wholly or partially in the centre circle or outside it. If both umpires indicate the centre pass direction incorrectly, the scorer notifies the umpires.

Penalty Pass: Once a player taking a penalty pass is in the correct position, the player may either choose to play the ball **immediately** or wait for the infringer to stand out of play.

Defending a Shot: A defender may not deflect a shot at goal on its downward path towards the ring

Playing the Ball: A player may not throw/bat the ball deliberately at another player

Short Pass: has been more clearly defined to include the transfer of the ball as it moves from the hands of the thrower to those of the receiver.

Intervals: The interval between first-second and third-fourth quarters is 4 minutes. Halftime is 12 (or 8) minutes.

Extra Time: Interval between fulltime and the start of extra time is 4 minutes. Halves in extra time may be up to 7 minutes. Half time is 1 minute.

Contact and Contest: The rule now clarifies differences between ‘contact’ and ‘contest’ as well as to delineate what is ‘interference’.

Game Management: The Discipline section has been redrafted to provide a clearer structure including:

Foul play - unfair play (including delaying play and intimidation), dangerous play and misconduct. **Advancing a penalty** – is now related to delaying play ONLY.

Actions that may be taken by umpires is more clearly defined and will usually apply in order below:

- **Caution** – *umpire advises player that a specified behaviour needs to change*
- **Official warning** – *umpire advises player that a further breach will result in suspension*
- **Suspension** – *player is suspended from play for 2 minutes*
- **Ordering off** – *player is sent from the court for the remainder of the match.*

Team Officials: Teams may have up to 5 team officials including a coach and at least one primary care person (who must be qualified, wear identification and must not have any other role). The captain is no longer listed as a ‘team official’. There must be a named on-court captain.

Throw In: The player taking a throw in must have at least one foot within 15 cm (6 in) of the line.

Court and Goalpost: New terms introduced including ‘field of play’, ‘playing enclosure’ and ‘bench zone’. The upright part of the goalpost is referred to as a pole (to distinguish it from ‘goalpost’).

The Ball: The ball is to be inflated to a pressure of 76-83 kPa (11-12 psi).

kPa = kilopascals and psi = pounds per square inch

Umpires: The umpires work cooperatively and may appeal to each other for decisions.

Scoring a Goal Signal: The umpire indicates a goal is scored by raising one arm vertically (no whistle).

Out of Court: No whistle is needed unless it is unclear the ball is out.

Umpire Hand Signals: New hand signals have been added - Throw in from goal line (attacking team), Goal scored, Goal not scored, Incorrect playing the ball, Intimidation, Official warning, Suspension, Ordering off

Some hand signals have been revised - Start of play, Hold time, Incorrect entry (i.e. ‘Breaking’) and Contact

New Rules Book: Rules book has been modernised and restructured and uses diagrams and colour. The layout and language usage is ‘user friendly’. A **Definitions** section at the front provides easy reference for terms used throughout.

Levels of Play: The Rules are written for international play (defined as ‘a match between two countries played for INF rankings points’). Variations in the Rules can occur for matches at other levels (but will not normally change the way the Game is played on the court). Some possible variations include Teams, Equipment, Time, Match and Technical Officials, Matches for Young Players.