

# Inner West PSSA - Mixed Netball Rules



## Starting Time

12:30 pm: Senior A / Junior B

1:05 pm: Senior B / Junior A

## Equipment Needed

- 2 balls (size 5 ball)
- whistle
- wristband or hair elastic (for umpires to help identify which team has the next centre pass)
- 1 set of bibs per team (different colours)
- first aid kit / medication
- score sheet, clipboard and pencil
- Hi-vis vest

## Umpires

Teachers to umpire games. Each teacher to take responsibility for one-half of the court. Have a conversation with the opposing team's coach and clarify what rules you both agree on (be more lenient with juniors).

## Score Sheets and Scores

- Each team will need to record the score. Preferably by an adult but if not possible please ask an honest student to record the score. It is recommended both scorers from opposing teams sit next to each other and confirm points at half and full time. Any discrepancies need to be discussed between coaches and a final score confirmed before leaving the court.
- Scores must be texted to the netball convenor by 12.00 pm the following Monday. Missing scores will result in zero points. See email for convenor's mobile number.

## How many students on a team?

- Maximum of 10 students per team.
- 7 players on a court at once.
- 3 boys may play per team, (1 per third on court), i.e. GK, WA, GS or GD, C, GA.
- Minimum number of players per team is five. If a team has fewer than five, the team / school must forfeit the game (and play a 'friendly'). Opposing team will receive 3 points but no actual score.

## Rules

- **International Netball Rules** (Please find [link](#) to rules here)  
An app with the rules can also be downloaded if you need to refer to it quickly during a PSSA game.
- Players must sit on the sideline within sight of their teacher.
- Juniors allow a shuffle of feet - more modified for first half of competition.

# Snapshot of Rules

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## Starting the Game

- Game commences with a centre pass indicated by the umpire's whistle. After each goal is alternatively taken by the two Centres. The umpire indicates with their whistle when it is the end of the half.

## Scoring a Goal

- The goal is scored when the Goal Shooter (GS) or Goal Attack (GA) throw the ball into the goal ring. Both GS and GA need to be in the goal circle when shooting a goal.

## Team Changes and Substitutions

- A team may make any changes to the team's positions at half time as long as they are from the same team, i.e. Junior B cannot play for Junior A team and vice versa.
- If there is an injury and a student needs to stop playing, a student from the sidelines must fill in that position. There are to be no other changes made (for example, if GS is injured, a player from the sideline must take this position. No other player on court may change to GS).

## Contact

- A player cannot accidentally or deliberately come into contact with another player if the player has the ball.
- If a player is contacting another player who does not have the ball, give them a verbal warning, and give the other team's Shooter or Goal Attack the ball in the goal circle. If the behaviour continues the player will be sent off the court. They can be off for half a game or the full game. If the student has been sent off, the position will not be filled or substituted by another player.
- Players must not hold an opponent or hold their elbows out to stop another player from moving past them.

## Obstruction

- A player needs to be 3 feet (0.9m) from the player with the ball.
- If the player with the ball steps into the player defending. The player stands where they are and does not need to move back to give another 3 feet of distance. For example, GS feels like they are too far away from the goal ring and GD has given GS 3 feet but GS steps into the space between the two players. GD can continue to defend from where they are. They do not need to move back.

## Held Ball

- A player must pass the ball to another within 3 seconds, (extend to 4 seconds if skill level dictates).
- If the ball is held for too long, the other team gets a free pass from where the player was standing.

## Over a Third

- The ball needs to be thrown at least once or touched in each third before it can cross over the transverse lines.
- If the ball goes over the third, it is given to the other team where it went over the third.
- If a centre pass goes over a third, the ball is given to the other team and play is taken in the goal third where the infringement took place.

## Offside

- Players must stay within their designated playing areas.
- If the player is offside, a free pass is given to the other team.
- Players can reach over their designated area for the ball, as long as their feet are in their designated area.

## Out of the Court

- A free pass is awarded to the other team if the ball is thrown or rolled out of the court.

## Toss

- A toss is only needed when players of opposite teams break at the same time during the centre pass.
- It is advised to make a choice on which team has possession of the ball, if two players from opposing teams catch the ball at around the same time.

## Short Pass

- There must always be room for a third player to move in between the hands of the thrower and the receiver.

## Free Pass

- A free pass is given to the opposing team if a single player is involved.
- If a free pass is awarded in the goal circle, GS or GA cannot shoot. Either player can only pass to another player, in or out of the goal circle.

## Stepping

- If a player takes two or more steps before passing, a free pass is awarded to the opposing team.

## Penalty Pass / Shot

- A penalty pass is awarded for contact, intimidation, and obstruction.
- The player has three seconds to take the free penalty pass / shot.
- The penalised player must stand 'out of play' next to the player with the ball until the ball is passed.

## Playing the Ball (Replay)

- The player with the ball cannot bounce the ball and catch it.
- After throwing the ball, a player cannot play the ball again if it is not touched by another player.
- GS or GA cannot catch the ball if they shoot and it fails to touch the goal ring. (Repossession)
- Players cannot:
  - ✗ punch, roll, kick or fall on the ball.
  - ✗ Gain or pass the ball in any way while lying, sitting or kneeling on the ground.
  - ✗ Use the goal post as a way to regain balance or as a support while stopping the ball from the court.

## Language

- It is recommended umpires become familiar with and use 'netball language'.
- Umpires should explain their decisions to players to build skills and understanding.
- Netball coaches are encouraged to help other coaches build confidence in umpiring PSSA netball.

## Safety

- Jewellery: Students must remove jewellery and other ornaments likely to cause injury. Students must keep fingernails short and smooth. No hard peak caps are permitted. Students may wear soft peak caps only.
- Hydration: Players should ensure that they have an adequate level of hydration before, during and after the game or training session.
- Stretching: Warm-up and cool-down are vital elements in preventing injury and should be included before and after all training and competition sessions. Stretching activities performed in the warm-up should move the muscles through the full range of movement to be performed during the session. The warm-up should be continuous and lead into the training session.
- Sun Protection: Students participating at outdoor venues are to be instructed to use adequate sun protection, i.e. an SPF50+, broad spectrum, water resistant sunscreen reapplied regularly and a hat where appropriate.

## Blood Policy

- The player bleeding must call time or if unable to, another player to call time if a player is bleeding or there is blood on the court.
- Should an injury occur involving bleeding, these procedures should be followed:  
Before any player may come back on court;
  - All clothing, equipment and surfaces contaminated by blood must be viewed as potentially infectious and treated accordingly.
  - Participants who are bleeding must have the wound dressed and securely covered.
  - Any blood covered body area (and surface area where appropriate), must be cleaned thoroughly and any blood covered clothing and equipment cleaned or removed prior to the participant recommencing the activity.
- Where possible, ice should be available for the treatment of injuries.

## Concussion Policy

For information on the Inner West PSSA Concussion Policy (Please find [link](#) here).

## Concussion Clearance

The Australian Medical Association recommends students being symptom free of concussion for 14 days before returning to sport.

- *If your child/ward sustains a concussion, or experiences any concussion symptoms, in the 14 days period prior to the event commencing, you must report this to team officials, and a medical clearance is required in order for your child/ward to participate in the event.*

## Injury

- In the event of injury, no personal injury insurance cover is provided by the NSW Department of Education for students in relation to school sporting activities, physical education lessons or any other school activity. The Department's public liability cover is fault-based and limited to breaches by the Department of its duty of care to students that may result in claims for compensation.
- Parents/Carers are advised to assess the level and extent of their child/ward's involvement in the sport program offered by the school, school sport zone, region and state school sport Associations when deciding whether additional insurance cover is required prior to their child/ward's involvement in the program. Personal accident insurance cover is available through normal retail outlets.
- Parents/Carers who have private ambulance cover need to check whether that cover extends to interstate travel and make additional arrangements, as considered appropriate.
- The NSW Supplementary Sporting Injury Benefits Scheme, funded by the NSW Government, provides limited cover for serious injury resulting in the permanent loss of a prescribed faculty or the loss of use of certain prescribed parts of the body. The Supplementary Scheme does not cover medical costs or dental costs. Further information can be obtained from <https://www.icare.nsw.gov.au/injured-or-ill-people/sporting-injuries/payments/#gref>. Further information regarding student accident insurance and private health cover is provided at: <https://app.education.nsw.gov.au/sport/file/1449>.