

Vice Chancellor's Cup - Netball Rules

The team

- Teams will be made up of 5-10 players.
- Only 5 players can compete in any one match.
- Changes can only be made at the end of each game or in the result of an injury.

The court/game

- Matches will be 5 minutes long.
- The games will be played on a full size netball court. However High 5 netball rules will be played.

Scoring and centre passes

- Each goal that is scored represents one point.
 - The team with the most goals once time expires are the winning team.
 - Goals can only be scored inside the attacking semi-circle, shots taken outside the circle result in a free pass to the opposition.
 - When a goal is scored a centre pass must be taken.
 - Teams will take turns taking the centre pass.
- Umpires will instruct teams as to who's centre pass is next each time.

Positions on the court

- The court is divided into thirds and players are allowed in the following areas:
- GS & GA: Their own shooting third, shooting circle and centre third but not the defensive third.
- C: All thirds but not in the shooting circles.
- GD & GK: Their opponents shooting third, shooting circle and centre third but not attacking third.

Important rules:

Footwork

- A player cannot run with or move whilst the ball is in their possession. When receiving the ball which ever foot a player lands on first is their landing foot. The landing foot cannot be moved until the ball has been passed.

- The second foot can move in any direction any number of times.
- If a player lands on both feet, they can choose which foot they wish to be their landing foot.

Passing the ball

- Any player with the ball in their possession must pass or shoot it within 4 seconds.
- Any player with the ball cannot bounce it, or regain possession of the ball, having dropped or thrown it, before it has been touched by another player.
- A player cannot pass the ball over a third. The ball therefore needs to be received in each third.

Contact and obstruction

- Netball is a non-contact sport. A player cannot physically contact another player at any point. If contact occurs the team contacted will receive a penalty pass (or shot if in the shooting circle).
- When a player has the ball the opposition must be at least 3 feet (1 metre) away.
- If a player is less than 3 feet away when their opposition has the ball, this will result in a penalty pass or shot.

Penalty pass and free pass

- A free pass is awarded to a team for any infringement of the rules i.e. footwork except obstruction and contact. A player may not shoot directly from a free pass.
- A penalty pass or shot is awarded to a team against any player causing obstruction or contact. A player may shoot if the penalty is awarded inside the circle. The offending player must stand still beside the player taking the pass or shot. The player who contacted is then out of play until the pass or shot is taken and must stand by their side.
- The free pass, or a penalty pass or shot, is taken from the point where the infringement occurred and may be taken by any member of the team allowed in that part of the court.