

Western Suburbs PSSA - Mixed Netball Rules

Starting Time

12:30 pm:

Junior A, Senior B

1:05 pm:

Junior B, Senior A

Equipment Needed

- 2 Balls (size 5 ball for Seniors, size 4 ball for Juniors)
- Whistle
- Wristband or hair elastic (for umpires to help identify which team has the next centre pass)
- 1 set of bibs per team
- First aid kit per teacher

Umpires

Teachers to umpire games. Have a conversation with the opposing team's coach and clarify what rules you both agree on (more lenient with juniors).

Score Sheets and Scores

- [Score sheets](#)
- 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.
- Scores need to be messaged or emailed by 4:00 pm Friday afternoons.
- Scores can be found [here](#) and on the WSPSSA website.

How many students on a team

- Maximum of 10 students per team.
- 7 players on a court at once.
- 3 boys per team (1 per third on court) E.g. GK, WA, GS or GD, C, GA.

Rules - updated

- 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.
- Forfeit - 3-0 loss
- Players must sit on the sideline within sight of their teacher.
- Juniors allow a shuffle of feet - more modified for the first half of competition.
- Boys can shoot.
- Forfeit if the school cannot attend on the day.
- Schools should not forfeit if they are late to a game. PSSA is all about students having a go and learning a new skill. Teams should shorten the time of their halves to allow teams to play.

Snapshot of Rules

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 or Goal Attack throw the ball into the goal ring. Both Goal Shooter and Goal Attack 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. E.g. Junior A cannot play for Junior B team.
- If there is an injury and a student needs to stop playing, a student from the sidelines must fill in that position. There should be no other changes made.

Contact

- A player can not 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.
- The updated contact rule clarifies the difference between the two types of contact penalty – interference and causing (both as a moving player and player in the air) – to ensure greater understanding and application in the moment.
- The update also makes clear the necessity of "right of way" and landing space. When two players jump in the air to contest, the player who gains possession has "right of way" and must be given space to land, relative to where the ball was travelling. A player who does not yield the space will be penalised, and no other player may move into the landing space.

Foul Play

- Foul play and resulting penalties have been split into three categories which attract increasingly serious game management action.
- The three new categories are unfair play, unsporting behaviour and dangerous play. Each category results in a varied form of a penalty pass, as well as the ability to advance, warn, suspend or order off depending on the seriousness of the action.
- This puts increased responsibility on players to use good judgment in making decisions on court and understanding that they will be held accountable for actions that might result in the injury of an opponent.

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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. E.g. Goal Shooter feels like they are too far away from the goal ring and the Goal Defense has given the Goal shooter 3 feet but the Goal Shooter steps into the space between the two players. The Goal Defence 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.
- If the ball is held for too long the other team gets a free pass from where the player was standing.

Advantage - updated

- The wording around the advantage rule has been adapted, and includes greater principles for application to allow umpires to ably apply and execute successfully.
- This will help ensure a team will not be disadvantaged when an opponent infringes, and allow the match to continue smoothly, without interruptions.

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.

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 Up Removal - updated

- A toss up was previously used if an infringement occurred simultaneously. However, due to improved umpire education and training, the use of toss ups has become much less frequent and umpires are instead, correctly, penalising the infringement that occurred first.
- If a simultaneous infringement occurs the umpire awards possession to the team that last had possession of the ball, where the ball was when play stopped.
- Any player from that team may take the ball for the restart of play. It does not have to be the player who had the ball last. If it is in the team's goal circle, the goal shooter or goal attack may shoot for goal.

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- This is different from a situation where possession is called as a clarification (when two players gain possession of the ball in quick succession).

Short Pass - updated

- It is a fundamental principle of netball that every pass should be capable of being legally contested.
- The updated rule states that 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.
- The difference between the old rule “intercept by a hand” and the updated rule “deflect or intercept” is that the umpire must consider whether the defending player can make a genuine attempt.

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 the goal shooter or goal attack can not shoot. The player can only pass to another player.

Penalty Pass/ Shot

- A penalty pass is awarded for contact, intimidation and obstruction.
- The penalised player must stand out of play next to the player with the ball until the ball is passed.

Playing the Ball (Replay) - updated

Replayed ball is another rule that has been “refreshed”, to greater clarify both how one may gain possession of the ball, and what one can do while in possession.

To gain possession, a player may:

- Catch the ball with one or both hands.
- 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

Without possession, a play may:

- Bat or bounce the ball to another player.
- Bat the ball once, and then either bat or bounce the ball to another player.
- Bounce the ball once, and then either bat or bounce the ball to another player.
- Touch the ball in an uncontrolled manner once or more than once, and then either bat or bounce the ball to another player.

Throw in

With the new update, players no longer have to wait for all players to be on court before taking the throw-in.

Safety

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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.

Players should ensure that they have an adequate level of hydration before, during and after the game or training session.

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. It should be fun and include games/activities relevant to the session to be performed.

Students participating at outdoor venues are to be instructed to use adequate sun protection, e.g. an SPF50+, broad spectrum, water resistant sunscreen reapplied regularly and a hat where appropriate.

Should an injury occur involving bleeding these procedures should be followed

- 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 W.S.P.S.S.A 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

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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>.