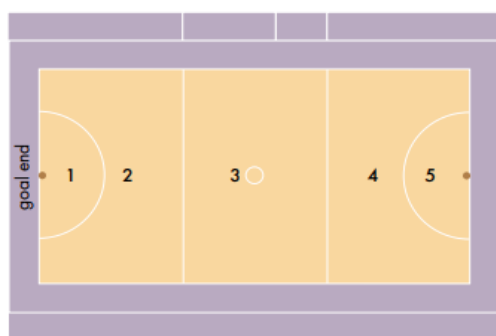


Important/Notable Competition Rules

Below is a more detailed list of some of the important rules for mixed netball and this competition.

- Players must not be wearing any piece of clothing that could endanger the safety of other players or themselves, for example:
 - o Body piercings or earrings.
 - o No communication devices.
 - o Fingernails must be short and smooth.
 - o Hair must be tied back.
- A player must pass or shoot within 3 seconds.
- A player may not kick the ball or strike the ball with a fist.
- A player in possession may not drag or slide their landing foot.
- A player is not out of court if any part of their body is on the goal or side line, but not over it.
- A player must not engage in physical contact that unfairly interferes with an opponent's play at the ball which results in:
 - o Loss of the ball by opponent in possession.
 - o Interference with the passing or shooting action of an opponent in possession.
 - o A change in body position of opponent and prevents their ability to move freely.
- A player that is defending must be 3 feet away from their opponent, which is measured from the landing foot of the player in possession to the nearest foot of the defender.
- A throw-in from outside of the court must be taken with one foot within 15cm of the line.
- The defending player may not cause the goal post to move to interfere with a shot or deflect a ball on its downward flight towards the ring.
- A player may not fall on the ball to gain possession and may not gain possession while lying or sitting on the ground.
- Centre pass must be taken within 3 seconds and touched within the centre third.
- Centre must have one foot inside the centre circle when making the centre pass, which is taken alternatively by each team.
- A goal must be scored from anywhere within the goal circle, including the lines.
- See the images below for a better understanding of player positions



Position	Playing areas				
Goal Shooter	1	2			
Goal Attack	1	2	3		
Wing Attack		2	3		
Centre		2	3	4	
Wing Defence			3	4	
Goal Defence			3	4	5
Goal Keeper				4	5

A total and comprehensive set of rules can be found in the World Netball Rules Book 2024, of which the rules of this competition are based. The umpires work cooperatively to control the game in accordance with these rules and those listed by the DRC and will have the final decision on any matter not covered by them.