

## **Rules and Regulations**

### **PLAYERS**

Teams may register up to 6 players. A maximum of 4 players are allowed on the court at any one time.

In Mixed teams there may only be 2 males on the court at any one time. **With 2 males on court, there may only be 1 male in the shooting circle at one time.**

There is no restriction on the number of females providing that there are no more than 4 players on court in total.

Players may move in any area of the court providing that no more than two players from each team are in the goal zone at one time.

Netball Singapore reserves the right to cancel the category that has less than 6 teams.

### **SUBSTITUTION**

One substitution is allowed for each team immediately after a goal is scored (rolling substitute). They shall enter the court from a marked area beside the Scorer.

The game will not stop for substitutions to take place.

There is no limit to the number of substitutions per team in a game.

### **DURATION**

Each game shall be for a duration of 6 minutes, with no break. Teams have to be punctual for their games.

The clock will not be stopped for injuries. If an injury is called the player must leave the court immediately.

**It will be deemed a walkover if your team is late for more than a minute.** Teams are encouraged to report at their respective courts 3 to 5 minutes before their games.

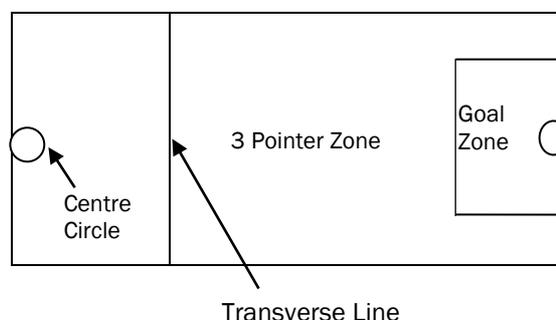
### **STARTING PLAY/RESTARTING PLAY**

A Toss Up will be held between two opposing players at Centre circle to start the game. Play continues from the toss up i.e. the umpire does not blow the whistle to start.

For the rest of the game, the team which does not score will take the next Centre Pass.

### **SCORING**

All players can shoot goals. Goals can be shot from in the "goal zone" for 1 point. Goals shot from the "3-pointer zone" (area between the closest transverse line and the outside of the goal zone) will be worth 3 points.



The Umpire will indicate a 1 point goal with one hand raised; a 3-point goal with 2 hands raised.

The following scoring system shall apply: Win 2 points, Draw 1 points, Lose 0 point and Walkover -2 points.

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### **CONTACT**

Standard netball contact rules apply.

### **DROPPED BALL/DIVING**

A player may dive on the sand to catch a ball (from either own or opposing team) and then either play the ball from the ground or stand up and play the ball. Stepping will not be called in this instance.

Players catching the ball face down on the ground will be allowed to roll onto their backs to pass the ball. The 3-second rule applies to both the above.

### **STEPPING**

Standard netball rules apply with exception of Dropped Ball/Diving as above.

### **TURNOVERS**

When possession of the ball is turned over the team in possession shall play the ball back over the transverse line. A team member must catch or land with the ball with both feet on the ground past the transverse line before continuing to play the ball back towards the goal. There will be no stop in play; the team having completed the crossing of the transverse line may immediately continue playing the ball.

If a defending player tips or deflects the ball it is not a turnover unless the other team gets possession.

### **OUT OF COURT**

Standard out of court rules apply. The ball must be thrown in from behind the line where it went out of court including behind the transverse line at far end of court.

### **CONTINGENCY FOR A SHORTENED EVENT**

In the event that the organisers, at their sole discretion, determine that the event may not be completed in time, the games will be stopped and the final results will be determined by a penalty shootout amongst those teams still in the running for the finals. 4 shooters from each team will have 1 throw each from a hoop to be placed on the court. In the event of a draw after the 4 throws, the highest drawn teams will continue throwing in a sudden death format (1 further throw for each team using the same 4 shooters in rotation) until the winners are determined.

### **ALL OTHER RULES**

All other "normal" netball rules will apply.

**THE UMPIRES DECISIONS ARE FINAL. NO PROTESTS WILL BE ACCEPTED.**

### **A REMINDER OF THE COMPETITION RULES**

- 1) All players are required to wear the tops provided by the organisers. Failure to adhere to this rule could result in the disqualification of the team.
- 2) Players have to be above 18 years of age in the year they are participating. For the Women Under 23 category, students from JC, ITE or Tertiary are allowed to take part.
- 3) Mixed teams will consist of a maximum of 3 men, with only 2 men on court at one time. **With 2 males on court, there may only be 1 male in the shooting circle at one time.**
- 4) **Please note that players are not allowed to wear jewellery and watches on court. Their fingernails should also be trimmed.**

**ALL PLAYERS AND OFFICIALS IRREVOCABLY CONFIRM THAT NETBALL SINGAPORE, THE ORGANISING COMMITTEE AND/OR THE SPONSORS, WILL NOT BE RESPONSIBLE, NOR IN ANY WAY LIABLE FOR ANY PERSONAL INJURY, DEATH AND/OR ACCIDENTS TO ANY PLAYER, NOR FOR LOSS OF PROPERTY WHATSOEVER, ARISING BEFORE, DURING OR AFTER THE EVENT.**