

## Players Information

- Indoor Link Netball is played on a full sized open netball court (no nets) in halves not thirds
- The three links will be provided with the same coloured bibs for that team and can go anywhere on the court except for the shooting circle
- Links can only shoot for goal outside the shooting circle if they wish
- The defence can only play on half of the court (including the shooting circle) that they are defending in and the offence can only play on half of the court (including the shooting circle) that they are shooting in
- **Games:** 4 x 10 minute quarters, change ends at each quarter, games will start promptly at given times – clock running
- **Team points:** 3 for a win 2 for a draw 0 for a loss , 1 bonus point for a loss of three goals or less
- **Format Is:** Limited to 12 Women's teams and 12 Mixed teams and will be decided once entries are in
- **Umpires:** One umpire will be allocated for each game except finals, 2 umpires. (if possible there will be two umpires for all the games, depends on availability)
- **Dress Code:** Three playing bibs for each link player will be supplied for each team for each game. Soft soled shoes only to be worn. No bare feet. Same coloured tops would be helpful
- **Draw:** Competition draw will be published on the website and a copy will be available at check-in should it be required

### NOTE:

Teams consist of 7 players on court at one time e.g.:

- 3 links - any gender mix (two males maximum)
- 2 defence - 1 male/1 female
- 2 offence - 1 male/1 female

## Simple Rules

1. A toss at half court circle to start each quarter between opposing links i.e. male/male – female/female.
2. After a scored goal, the ball must be played from inside the top of the shooting circle. Do not wait for "play" from umpire
3. Play will only resume when the ball is controlled outside of the playing circle. The ball must be controlled in your defensive half before passing into your offensive half
4. One point for every successful goal taken inside the circle. Successful shots taken anywhere else on the playing court results in two points per shot
5. Out of bounds throw in – where the ball left the court is where it is to be thrown in when ready and can be thrown in to any area of the court. Do not wait for "play" from umpire
6. Umpire's word is final
7. Maximum of 11 players per team.
8. Substitutes can only take the court at the beginning of quarters 2, 3 and 4
9. A minimum of one male defence and offence and one female defence and offence and 1 link will start the game (5 team members)
10. Players may only play for the team they have registered with
11. For safety reasons please, only wedding bands allowed - no other jewellery permitted
12. Any point of contention is at the discretion of the coordinator