



Strathclyde
Students'
Union



Intramural Netball Rules

Sports Union

University of Strathclyde Sports Union is responsible for administering the IMS tournament and as such, all decisions taken by the SU are to be abided by. The SU reserves the right to ban any participant from taking part in IMS activities for continued breach of code of conduct rules.

General Conduct

Players should all wear footwear appropriate for indoor hall. The IMS tournament is run in the spirit of good sportsmanship and this should be upheld in matches. Participants in IMS activities are representatives of Strathclyde University and as such, the conduct of players should be a credit to the University and not cause for complaint.

Team Withdrawals

Any teams wishing to withdraw from the competition must do so 48 hours in advance of the competition, to allow the SU to make amendments to the match schedule.

Competition Schedule

All teams will have a brief competition schedule outlined when initially entering teams (time of registration, match play, break, presentation).

Match schedules will be drawn following the deadline for team entries, and communicated to teams 1 week prior to the event.

Results

Results should be reported to SU staff or Intramural Sport Officer by team captain's as soon as possible after the game to allow results and group standings to be updated promptly.

Scoring System

3 points will be awarded for a win and one point for a draw. League positions are determined by the first of the following rules:

- Points per game
- Goal difference per game.
- Goals scored per game.

Umpires & Player Participation

Each Team must supply a minimum one umpire for each match. These umpires can be playing provided they are not actively involved in the game whilst officiating. Umpires do not require a qualification, only an understanding of the rules of the game to officiate.

- No Professional, Semi-Professional players are allowed to take part.
- Maximum of 2 BUCS players on the court at any one time.
- 12 players maximum per squad, 7 players playing at one time.

The Game Rules

Court Areas

- Offside: Player moving out of own area, with or without ball (on a line counts as within either area)
- Over a Third: Ball may not be thrown over two transverse lines without being touched.
- Out of Court: Ball is out of court when it contacts anything outside the court area (not the goalpost). The ball is returned into play by a Throw-In taken from a point outside the line where the ball left the court. The player stands with foot close to the line, and the ball must be thrown onto the court within three seconds.

Substitutions

- Substitutions can be made at 2 points:
 1. After a goal has been scored
 2. At half time

Starting or Restarting the game

- The Players are responsible at the start and restart of play.
- Centre passes are taken alternately by the Centre, after a goal has been scored. All players must start in the goal thirds except the two Centres. The Centre with the ball starts with either one or both feet in the Centre Circle (if on one foot then the other must not have contact with the ground outside the Centre Circle) and must obey the footwork rule after the whistle has been blown. The opposing Centre stands anywhere within the Centre Third and is free to move. The Centre pass must be caught or touched by a player in or landing in or jumping from a stance in the Centre third.

Playing the Ball

- A player who has caught the ball shall play it or shoot for goal within three seconds.
- A player may bounce or bat the ball once to gain control.
- Once released, the ball must next be touched by another player.
- There must be room for a third player between hands of thrower and catcher.
- A player on the ground must stand up before playing the ball.

Footwork - having caught the ball, a player may land or stand on:

- One foot – while the landing foot remains grounded, the second foot may be moved anywhere any number of times, pivoting on the landing foot if desired. Once the landing foot is lifted, it must not be re-grounded until the ball is released.
- Two feet (simultaneously) – once one foot is moved, the other is considered to be the landing foot, as above. Hopping or dragging the landing foot is not allowed.

Scoring a Goal:

- Only GS or GA can score – they must be completely within the circle when the ball is received in order to shoot for goal.

Possession:

- If the whistle is blown for a simultaneous infringement or possession, the ball will simply be awarded to the team in possession when play was stopped, and a free pass is taken where the ball was when play was stopped.

A **FREE PASS** is awarded for infringement of any of the preceding rules. It may be taken by any player allowed in that area, as soon as they have taken up a stationary position. (A player may not shoot from a free pass in the shooting circle).

Obstruction:

- Player with ball: The defenders nearest foot must be 0.9m (3ft) feet from the landing foot of the player with the ball, or the spot where the first foot had landed if one has been lifted. The defender may jump to intercept or defend the ball from this 0.9m (3ft) feet distance.
- Player without ball: the defender may be close, but not touching, providing that no effort is made to intercept or defend the ball and there is no interference with the opponents throwing or shooting action. Arms must be in a natural position, not outstretched, and no other part of the body or legs may be used to hamper an opponent.
- Intimidation: of any kind, is classed as obstruction
- A standing player is not compelled to move to allow an opponent a free run, but dangerous play must be discouraged, e.g. moving into the landing space of a player already in the air or stepping late into the path of a moving player.

Contact:

- No player may contact an opponent, either accidentally, or deliberately, in such a way that interferes with the play of that opponent or causes contact to occur.
- A Penalty Pass (or Penalty Shot if in the shooting circle) is awarded for the above infringements taken from where the infringement occurred. The offending player must stand out of play beside the thrower until the pass or shot has been taken. Any opposing player allowed in that area may take the penalty.