



Spring Netball Eastern Hills Rules of Competition

The EHNA Spring competition runs from the beginning of October for 8 weeks.

General

1. Full team fees to be paid with registration form.
2. Teams to provide their own bibs. Bibs can be hired for \$10 a night with a phone/car keys left as a bond. EFTPOS available.
3. In the event of a forfeit please email Springnetballehna@gmail.com at least 48 hours prior to your game so the other team can be contacted. A win will be awarded to the other team.
4. All rules set out in the **INF Rules of Netball 2023** apply, in conjunction with EHNA Regulations Governing Match Play which is available on the EHNA website.
5. Fingernails must be short; gloves may be worn over long nails but if an umpire deems it to be dangerous to the game they must be cut short and gloves removed.
6. No jewellery is to be worn. Taping over piercing allowed but if an umpire asks for it to be removed it must be adhered to.
7. Team members to be wearing the correct coloured top/uniform (Bibs are classed as uniform)
8. 8) Appropriate sport footwear to be worn.
9. Each game will be 4 x 10 minute quarters with breaks of 1min and 2 mins.
10. All games are centrally timed and will start and finish on the umpire's whistle.
11. Should an injury occur the umpire will call time for an injury, but the timer will not stop.
12. Team first named will score, team second names will provide the match ball.
13. Team finishing on top of the ladder will be declared the winner. Where two teams finish on the same points, it will be decided by percentage.
14. Bad language and disrespect for umpires and other players will not be tolerated and may result in teams/players banned from the competition.
15. Rolling subs is allowed – please note the person must come off court, give bib to player coming on and they cannot return on court until the bib set. Player is to return on court without going offside.

Junior Competition (Division Red and Yellow 2024)

1. Players are to be aged between 9 years and 15 years
2. Boys under the age of 13 may play in the junior competition with no restriction on numbers or on court positions.

Junior Mixed (Division Purple and Lime 2024)

3. MIXED teams can register with no restriction to the number of boys on the team.
4. The number of boys on the court is restricted to a maximum of three, one in each type of position – shooting (GS or GA) / centre court (WA, C or WD) / defence (GD or GK).
5. No more than three boys on the court at any time.
6. There is no 3rd quarter Fastnet played in Junior divisions.

Women's and Mixed Competition

1. Players are to be a minimum of 15 years (age exemptions can be requested)
2. Males playing in the mixed divisions are restricted to one male in each type of position – shooting (GS or GA) / centre court (WA,C or WD) / defence (GD or GK).
3. That is ONE male is EACH positional grouping.
4. A maximum of three men on the court at any time.

Power Shot

5. During 3rd quarter Fastnet "POWER QUARTER", goals scored from outside the goal circle are a "Power Shot" and worth 3 points.
6. Only the GS and GA are allowed to shoot.
7. Once the shooters are in possession of the ball, if their feet are inside the goal circle at any time it will not count as a "Power Shot" and only 1 point will be awarded.

Walking Competition

1. Walking netball rules are as per the NetballWA guidelines.
2. Times will be 4 x 10 minute quarters with breaks of 1min and 2 mins.
3. No power shot is to be taken in walking netball.