

**INTERNATIONAL NETBALL FEDERATION  
OFFICIAL RULES OF NETBALL 2007 (As amended in 2010 and 2011)**

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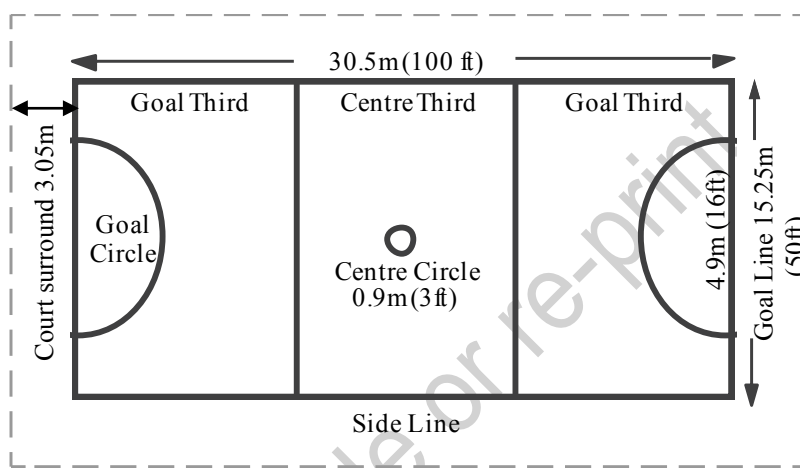
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## SECTION I — ORGANISATION OF THE GAME

### RULE 1: EQUIPMENT

#### 1.1 Court

- 1.1.1 The Court shall have a firm surface and shall be 30.5 m (100 feet) long and 15.25 m (50 feet) wide. The longer sides shall be called Side Lines and the shorter sides Goal Lines.
- 1.1.2 The Court shall be divided into three equal parts - a Centre Third and two Goal Thirds - by two transverse lines drawn parallel to the Goal Lines.
- 1.1.3 A semi-circle with a radius of 4.9 m (16 feet) and with its centre at the mid-point of the Goal Line shall be drawn in each Goal Third. This shall be called the Goal Circle.



- 1.1.4 A circle, 0.9 m (3 feet) in diameter shall mark the centre of the Court. This shall be called the Centre Circle.
- 1.1.5 All lines are part of the Court and shall be 50 mm (2 inches) wide, preferably white and clearly visible.
- 1.1.6 For matches held indoors, the Court shall be preferably a sprung wooden floor.

#### 1.2 Goalposts

- 1.2.1 A Goalpost which shall be vertical and 3.05 m (10 feet) high shall be placed at the mid-point of each Goal Line. A metal ring with an internal diameter of 380 mm (15 inches) shall project horizontally 150 mm (6 inches) from the top of the post, the attachment to allow 150 mm (6 inches) between the post and the near side of the ring. The ring shall be of steel rod 15 mm (5/8 inches) in diameter, fitted with a net, which shall be preferably white, clearly visible and open at both ends. **Both ring and net are part of the Goalpost.**

Padding used on the Goalpost shall be preferably white and not be more than 50 mm (2 inches) thick and shall start at the base of the Goalpost and extend the full length of the post.

- 1.2.2 The Goalpost which shall be 65 mm – 100 mm (2.5 inches - 4 inches) in diameter should preferably be inserted into the ground or sleeved beneath the floor. The Goalpost shall be placed so that the back of the Goalpost is at the outside of the Goal Line.



### 1.3 Ball

The ball shall be a Netball, and shall measure between 690 mm – 710 mm (27 inches – 28 inches) in circumference and weigh between 400 grams – 450 grams (14 ounces – 16 ounces). The ball may be of leather, rubber or similar material.

### 1.4 Players

- 1.4.1 Suitable sports footwear may be worn. They shall be of lightweight material. Spiked soles are not allowed.
- 1.4.2 Registered playing uniforms, which shall include playing position initials, shall be worn at all times. Playing position initials shall be worn above the waist both front and back and shall be 150 mm (6 inches) high.
- 1.4.3 No item of jewellery, except a wedding ring and/or medical alert bracelet, shall be worn. If either or both are worn, each shall be taped.
- 1.4.4 No adornment that may endanger player safety shall be worn.
- 1.4.5 Fingernails shall be short and smooth.

## RULE 2: DURATION OF GAME

- 2.1 The game shall consist of four quarters of fifteen (15) minutes each, with an interval of three (3) minutes between the first-second and third-fourth quarters. Teams shall change ends each quarter.

The half time interval shall be either:

- (i) five (5) minutes; or
- (ii) ten (10) minutes.

This is to be decided by the Competition/Event Organiser, prior to the start of that competition/event.

- 2.2 Where any one team plays two or more matches in one day or where time is limited, the duration of the games shall be as agreed by the teams' Officials. In the event that agreement is not reached then the games shall consist of two halves of twenty (20) minutes each with five (5) minutes interval at half-time. Teams shall change ends at half time.
- 2.3 An interval may be extended by the Umpires to deal with any emergency (refer Rule 3.4.1).
- 2.4 Time held for a stoppage must be played in that quarter or half of the game (refer Rule 7). When a Penalty Pass / Shot is awarded and not taken before the whistle is blown to end a quarter or half, the player shall be allowed to take the penalty [refer Rule 15.1 (v)].
- 2.5 Procedure for extra time where a winner is required:
  - (i) There shall be a two (2) minute interval at the end of full time;
  - (ii) Extra time shall consist of two (2) halves of seven (7) minutes each, with an interval of one (1) minute at half-time. Teams shall change ends at half-time. The Centre Pass is taken by the team entitled to the next Centre Pass;
  - (iii) During both of these intervals, substitutions and/or team changes may be made [refer Rule 6.1.1 (i)];
  - (iv) During extra time, normal injury or illness procedures shall apply (refer Rule 7.1). However, during the **entire** extra time:

- (a) the first stoppage for each team shall be up to two (2) minutes;
- (b) each subsequent stoppage for each team shall not exceed thirty (30) seconds.
- (v) In the event of a tie remaining at the end of extra time, a visual signal shall be used to indicate that play shall continue until one team has a two (2) goal advantage.

### **RULE 3: OFFICIALS**

**The Match Officials** are: Umpires, Scorers and Timekeepers.

The two (2) Scorers and the two (2) Timekeepers shall constitute the Official Bench (refer Rule 3.2 and 3.3).

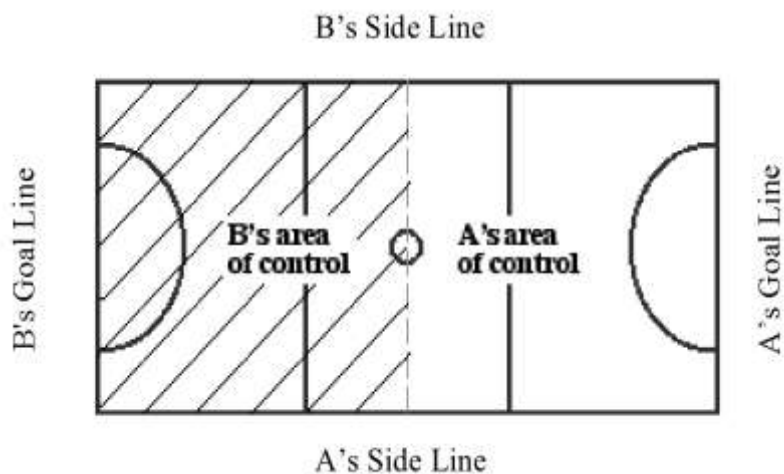
**The Team Officials** are: Coach, Manager, Captain and up to three (3) other personnel, at least one (1) of whom must be a Primary Care Person who is qualified to diagnose **and** treat injury and/or illness (for example Doctor or Physiotherapist).

The Team Officials and up to five (5) players, not on Court, shall constitute the Team Bench.

#### **3.1 Umpires**

- 3.1.1 There shall be two Umpires and preferably a Reserve Umpire who shall be seated beside the Official Bench. The two Umpires shall have control of the game and give decisions. They shall umpire according to the Rules and decide on any matter not covered by the Rules (refer Rule 19). The decisions of the Umpires shall be final and shall be given without appeal.
- 3.1.2 Before the start of play: -
  - (i) Umpires shall check that the Court, its surrounds, Goalposts and the ball conform to the Rules (refer Rule 1.1, 1.2 and 1.3);
  - (ii) Off the Court, the Umpires shall inspect players for:
    - (a) uniforms (refer Rule 1.4.1 and 1.4.2);
    - (b) jewellery (refer Rule 1.4.3);
    - (c) adornments (refer Rule 1.4.4);
    - (d) the correct length of fingernails (refer Rule 1.4.5)
- 3.1.3 An Umpire's whistle shall: -
  - (i) start and stop the game;
  - (ii) signal the end of each quarter or half of the game;
  - (iii) restart the game after an interval, which shall be controlled by the Umpire into whose half the play is to be directed;
  - (iv) signal when an infringement is penalised;
  - (v) signal when a goal is scored;
  - (vi) signal the Timekeepers to hold time for stoppages.
- 3.1.4 After the Captains have notified the Umpires of the result of the toss for goal end or first Centre Pass, the Umpires shall toss for goal end. The Umpire winning the toss shall control that half of the Court designated the northern half.
- 3.1.5 Umpires shall wear clothes that are preferably white or cream in colour. Suitable sports footwear shall be worn.
- 3.1.6 Each Umpire: -

- (i) shall control and give decisions only in one half of the Court except as provided for in (iv) and (vi) below. For this purpose the length of the Court is divided in half across the centre from Side Line to Side Line;



Umpires may appeal to each other for decisions and both must be ready for such an appeal at all times.

- (ii) shall umpire in the same half of the Court throughout the game
- (iii) shall restart the game after all goals scored in the half being controlled. **Immediately** a goal is scored, **both** Umpires **must** indicate the direction of the Centre Pass and if they disagree the Umpires shall appeal to the Scorer.

The Umpire who is controlling the Centre Pass is responsible for penalising infringements by the Centre taking the Centre Pass while the player is within the Centre Circle;

- (iv) shall give decisions for the Throw In for one Goal Line and for the whole of one Side Line. The Umpire responsible for the Throw In is responsible for making decisions related to infringements by the player throwing in and that player's defending opponent/s. If the penalty is awarded in the other Umpires area, the Umpire responsible for that half of the Court, resumes control immediately the penalty has been set;
- (v) should keep outside the Court except when it is necessary to take a Toss Up;  
If the ball strikes the Umpire during play, or if an Umpire interferes with the movements of the players, play does not cease unless one team has been unduly penalised, in which case a Free Pass shall be awarded to that team;
- (vi) shall conduct the Toss Up in the Goal Circle in their area of control. When a Toss Up has been awarded outside the Goal Circle, the nearer Umpire will conduct the Toss Up and shall control all relevant points listed in Section IV-18.5: Toss Up;
- (vii) shall move along the Side Line and behind the Goal Line to view play and make decisions;
- (viii) shall refrain from blowing the whistle to penalise an infringement when by so doing the non-offending team would be placed at a disadvantage. An Umpire shall **call** "advantage" to indicate an infringement has been observed and not penalised. Having blown the whistle for an infringement, the Umpire must award a penalty unless a goal is scored which is to the advantage of the non-offending team;

- (ix) shall not criticise or coach any team while a match is in progress;
- (x) shall check that during a stoppage for injury or illness, other players remain on the Court;
- (xi) shall state the infringement and penalty and use hand signals to clarify decisions. (Guidelines for appropriate signals for some of the Rules are listed in the Appendix);
- (xii) shall stop the game at any time to deal with an emergency (refer Rule 7.3);
- (xiii) shall, at the next interval, notify the other Umpire of any disciplinary action taken (refer Rule 20).

### 3.2 Scorers

- 3.2.1 There shall be two Scorers for each game working together. Scorer 1 shall be the official Scorer for the game.
- 3.2.2 The Scorers shall:
- (i) before the start of play, record the names of up to twelve (12) players, one of whom shall be the Captain (refer Rule 4.4);
  - (ii) record goals scored for each team as they occur;
  - (iii) record any suspensions and/or ordering off which may occur.
- 3.2.3 The Scorers shall call the Centre Pass if appealed to by an Umpire [refer Rule 3.1.6(iii)].

### 3.3 Timekeepers

- 3.3.1 There shall be two Timekeepers who shall:-
- (i) (a) commence timing when the game is started by the Umpire's whistle;
  - (b) where possible, by electronic means, signal the end of each quarter or half to the Umpire, **whose whistle shall end each quarter or half.** [refer Rule 3.1.3 (ii)];
  - (c) notify the Umpires when there are thirty (30) seconds and ten (10) seconds remaining prior to the start of the game, the end of an interval or a stoppage. During any subsequent stoppage for Injury or Illness as per Rule 7.1 (vi), the Timekeepers are only required to notify the Umpires when ten (10) seconds remain prior to the end of this stoppage.
  - (ii) hold time when instructed by the Umpire who shall blow the whistle to stop play. To restart play the Umpire shall signal to the Timekeepers and blow the whistle for play to be resumed;
  - (iii) ensure that, when instructed by the Umpire, time held for a stoppage is played in the quarter or half in which this occurs (refer Rule 2.4).

### 3.4 Team Officials

- 3.4.1 During an interval, a Team Official may appeal to the Umpires for extra time to deal with any extraordinary circumstance, which may be deemed an emergency (refer Rule 7.3). If the appeal is granted, the Umpires shall advise each team's Officials and the Timekeepers of the length of any extra time granted.
- 3.4.2 Team Officials and bench players may coach while play is in progress provided that they remain seated or stand at their Team Bench. Coaching is also allowed during intervals (refer Rules 2.1 and 2.2) and during Stoppages (refer Rule 7). Team Officials and bench players may not indulge in inappropriate comments or behaviour (refer Rules 20 (iv) and 20.1.2).

#### **PENALTY for Rule 3.4.2**

*Free Pass to the opposing team where the ball was when play was stopped. The Umpire may, in addition to any penalty awarded, warn a player and/or Team Official whose comments and/or behaviour are considered inappropriate in any way (refer Rules 20 (iv) and 20.1.2).*

### **3.5 Captains**

- 3.5.1 The Captains shall toss for choice of goal end or first Centre Pass and notify the Umpires and the Scorers of the result.
- 3.5.2 The Captains have the right to approach an Umpire during an interval or after the game for clarification of any rule.

## **RULE 4: THE TEAM**

- 4.1 The game is for single sex competition.
- 4.2 There shall be seven (7) playing positions, which shall be: -
- |              |      |              |      |
|--------------|------|--------------|------|
| Goal Shooter | (GS) | Wing Defence | (WD) |
| Goal Attack  | (GA) | Goal Defence | (GD) |
| Wing Attack  | (WA) | Goal Keeper  | (GK) |
| Centre       | (C)  |              |      |
- 4.3 A team **must** take the Court if there are at least five (5) players present, one of whom must play Centre (refer Rule 21).
- 4.4 Before the start of the game, the names of up to twelve (12) players, one of whom shall be the Captain, must be provided to the Scorers (refer Rule 3.2.2). There shall be no limit to the number of substitutions, which can be made in a game (refer Rules 6.1.1 and 6.1.2).

## **RULE 5: LATE ARRIVALS**

- 5.1 No player arriving after play has started may replace a player who has filled the position of the late arrival, however the late arrival may be used as a substitute in accordance with Rule 6: Substitution and Team Changes.
- 5.2 If a player has not filled the position of the late arrival, the late arrival may not enter the game while play is in progress but, after notifying the Umpire may take the Court:-
- immediately after a goal has been scored. In this case, the player must play in the playing position left vacant;
  - at a stoppage for injury or illness (refer Rules 7.1 and 7.2);
  - immediately following an interval.

### **PENALTY for Rule 5.2**

*Free Pass to the opposing team where the ball was when play was stopped. The player concerned shall leave the Court until the next goal is scored or until after the next interval.*

- 5.3 Late arrivals shall be checked by an Umpire as per Rule 3.1.2 (ii) before they may enter the Court (refer Rules 5.1 and 5.2).

## **RULE 6: SUBSTITUTION AND TEAM CHANGES**

- 6.1 **Substitution** is when a player leaves the Court and is replaced by another player.  
**Team Changes** are when players on Court change playing positions.
- 6.1.1 Both teams have the right to make substitutions and/or team changes either:



- (i) at an interval; or
- (ii) when play is stopped for injury or illness. **However, in this case the injured or ill player for whom play was stopped must be involved in that team's substitutions and/or team changes** [refer Rule 7.1(iv)];

6.1.2 There is no limit to the number of substitutions which can be made by a team provided that players used do not exceed the twelve (12) named for the match (refer Rule 4.4).

**PENALTY for Rule 6.1.2**

*Free Pass to the opposing team where the ball was when play was stopped. The player concerned shall leave the Court. **This position shall be left vacant**, unless it is the Centre, when one player shall move to Centre to allow play to continue.*

**RULE 7: STOPPAGES**

**Coaching is permitted during any Stoppage by any Team Official who may approach the players at the Side Line. Bench players may approach the Side Line if coaching occurs. Any Team Official may approach the players at the Side Line for the purpose of providing rehydration. (Refer Rule 3, 7, 7.1, 7.2, 7.3).**

7.1 Injury or Illness

- (i) Play may be stopped for injury or illness:
  - (a) after a call for time by an on Court player; or
  - (b) **in extreme circumstances**, by an Umpire, if the Umpire considers that a player who is injured / ill is unable to call time and is in need of treatment.

The decision to stop play and when to stop play shall be at the discretion of the Umpire.

- (ii) To stop play the Umpire shall blow the whistle and signal to the Timekeepers to hold time;
- (iii) Only Primary Care Person/s are permitted on the Court to treat an injured or ill player and/or assess the player's medical condition. No other Team Official is permitted on Court;
- (iv) During a stoppage for injury or illness:
  - (a) both teams may make substitutions and/or team changes if desired. However, in this case the injured or ill player for whom play was stopped must be involved in that team's substitutions and/or team changes (refer Rule 6.1.1);
  - (b) The playing position of the injured or ill player may be left vacant. If this player is the Centre, one player must be moved to Centre to allow the game to continue.
- (v) The first stoppage for each team in each quarter or half (refer Rule 2.1 and 2.2) shall be up to two (2) minutes from when time is held to decide whether an injured or ill player is fit to continue. During this stoppage, other players from either team who are injured or ill may receive treatment from their Primary Care Person/s. The

length of the stoppage is determined by the treatment required by the player for whom play was stopped;

- (vi) For each subsequent stoppage for each team, the injured or ill player must leave the Court and has thirty (30) seconds to do so. The injury or illness must be treated Courtside and not on the Court;
- (vii) After a stoppage for injury or illness, when no substitution is made for a player unable to resume play, the injured or ill player or a substitute may not enter the game while play is in progress but, after notifying the Umpire, may take the Court:
  - (a) immediately after a goal has been scored. In this case the player or the substitute must play in the playing position left vacant;
  - (b) at a stoppage for injury or illness (refer Rule 7.1 and 7.2);
  - (c) immediately following an interval.

**PENALTY for Rule 7.1(vii)**

*Free Pass to the opposing team where the ball was when play was stopped. The player concerned shall leave the Court until the next goal is scored or until the next interval.*

- (viii) To restart play the Umpire shall signal the Timekeepers and blow the whistle for play to be resumed;
- (ix) The game is continued from the spot where the ball was when play was stopped other than when:
  - (a) the ball is out of Court, in which case a Throw In is taken;
  - (b) the Umpire is unable to say who was in possession of the ball, or the ball was on the ground when play was stopped, in which case a Toss Up is taken between any two opposing players allowed in that area, where the ball was when play was stopped;
  - (c) the stoppage is due to Obstruction or Contact, in which case a Penalty Pass / Shot is awarded where the infringer was standing, except where this places the non-offending team at a disadvantage, when the penalty shall be taken where the obstructed or contacted player was standing.

**7.2 Blood Policy**

- (i) An Umpire is required to hold time when a player who is bleeding is noticed or an on Court player has indicated the presence of blood;
- (ii) To stop play the Umpire shall blow the whistle and signal the Timekeepers to hold time;
- (iii) A stoppage for blood is not regarded as a stoppage for injury or illness and is not recorded against a team;
- (iv) The stoppage shall be up to two (2) minutes from when the time is held to decide whether a bleeding player is fit to continue. This decision shall be left to the Primary Care Person/s. No other Team Official is permitted on Court;

In addition:

- (a) the wound shall be adequately covered;
  - (b) blood stained clothing shall be removed or cleaned;
  - (c) the ball and the Court shall be cleaned if necessary.
- (v) During a stoppage for blood the bleeding player may be substituted or the position left vacant. No other substitutions or team changes are permitted by either team;
- (vi) To restart play the Umpire shall signal to the Timekeepers and blow the whistle for play to be resumed.

### 7.3 Emergencies

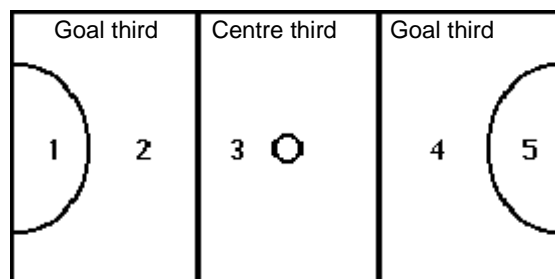
- (i) An Umpire may stop play for any extraordinary circumstance that may be deemed an emergency. This may include but is not limited to:
  - (a) the equipment;
  - (b) the Court;
  - (c) the weather;
  - (d) injury / illness of an Umpire.
- (ii) To stop play the Umpire shall blow the whistle and signal the Timekeepers to hold time;
- (iii) The Umpire shall decide the length of time for the stoppage and shall ensure that play is restarted as soon as possible (refer Rule 7.1(ix));
- (iv) No substitutions or team changes are permitted during this stoppage. No Team Official is permitted on Court;
- (v) To restart play the Umpire shall signal to the Timekeepers and blow the whistle for play to be resumed.

## SECTION II — AREAS OF PLAY

### RULE 8: PLAYING AREAS

8.1 The playing area for each player is listed below:

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



8.2 Lines bounding each area are part of that area.

### RULE 9: OFFSIDE

#### 9.1 One Player Offside

- 9.1.1 A player with or without the ball shall be offside if the player enters any area other than the playing area for that designated position.
- 9.1.2 A player may reach over and take the ball from an offside area or may lean on the ball in an offside area [refer Rule 13.1(ix)] provided no physical contact is made with the ground in the offside area.

**PENALTY for Rule 9.1.1 to 9.1.2**

*A Free Pass to the opposing team where the infringement occurred.*

**9.2 Simultaneous Offside**

When any two opposing players **simultaneously** enter an offside area: -

- (i) if neither makes any contact with the ball, they are not penalised and play continues;
- (ii) if one of them is in possession of the ball or touching the ball, a Toss Up is taken between those two players in their own area of play, except as provided for under Rule 9.2 (iv);
- (iii) if both of them are in possession of the ball or touching the ball, a Toss Up is taken between those two players in their own area of play, except as provided for under Rule 9.2 (iv);
- (iv) if one player, who is allowed only in the Goal Third, goes offside into the Centre Third, and an opposing player **simultaneously** goes offside into the Goal Third, one or both in contact with the ball, a Toss Up is taken in the Centre Third between any two opposing players allowed in that area.

**RULE 10: OUT OF COURT**

10.1 The ball is out of Court when: -

- (i) it touches the ground outside the Court;
- (ii) it touches an object or person in contact with the ground outside the Court;
- (iii) it is held by a player in contact with the ground, an object or a person outside the Court.

**PENALTY for Rule 10.1**

*A Throw in to the team opposing the one who last had contact with the ball, to be taken where the ball crossed the line.*

- 10.2 A ball, which hits any part of the Goalpost and rebounds into play, is not out of Court.
- 10.3 A player is out of Court, if at the time of touching or receiving the ball any part of that player is touching the ground, an object or person outside the Court [refer Rule 18.4.1(ii)].
- 10.4 A player having no contact with the ball may stand or move out of Court but, before playing the ball, the player must re-enter the Court and no longer have contact with the ground out of Court.

**PENALTY for Rule 10.3 to 10.4**

*A Throw In to the opposing team, at the point where the player was out of Court.*

- 10.5 If the ball is caught **simultaneously** by two opposing players, one of whom lands out of Court, a Toss Up is taken on Court between the two players concerned, where the incident occurred [refer Rule 18.5.1(i)].
- 10.6 A player who has left the Court to retrieve a ball or to take a Throw In must be permitted direct re-entry to the Court.

### **PENALTY for Rule 10.6**

*Penalty Pass / Shot to the opposing team where the infringer was standing.*

- 10.7 A player who goes out of Court for **no valid reason** (ie not to take a Throw In or collect a ball or secure a better playing position) **may not** enter the game while play is in progress but, after notifying the Umpire, may take the Court:-
- (i) immediately after a goal has been scored;
  - (ii) at a stoppage for injury or illness (refer Rules 7.1 and 7.2);
  - (iii) immediately following an interval.

### **PENALTY for Rule 10.7**

*Free Pass to the opposing team where the ball was when play was stopped. The player concerned shall leave the Court until the next goal is scored or until the next interval.*

## **SECTION III — CONDUCT OF THE GAME**

### **RULE 11: POSITIONING OF PLAYERS FOR START OF PLAY**

In the following ways, **the players are responsible** at the start and restart of play:

- 11.1 The Centre in possession of the ball shall stand wholly within the Centre Circle, on either one or both feet (refer Rule 8.2).
- 11.2 The opposing Centre shall be in the Centre Third, and free to move.
- 11.3 All other players shall be in the Goal Third which is part of their playing area and free to move, but none of these players is allowed in the Centre Third until the whistle has been blown to start or restart play.

### **PENALTY for Rule 11.1 and 11.2**

*The whistle is blown for the Centre Pass, then blown again for the infringement. A Free Pass to the opposing team to be taken where the infringement occurred.*

### **PENALTY for Rule 11.3**

1. *If one player enters the Centre Third before the whistle is blown, a Free Pass is awarded to the opposing team where the infringement occurred.*
2. *When any two opposing players **simultaneously** enter the Centre Third before the whistle has been blown: -*
  - (i) *if neither makes contact with the ball, they are not penalised and play continues;*
  - (ii) *if one player touches or catches the ball, a Toss Up is taken between the two players concerned where the player caught or touched the ball.*
  - (iii) *if one Umpire blows the whistle for the penalty and the other Umpire indicates that advantage has applied, the penalised decision shall stand [refer Rule 3.1.6(viii)].*

## **RULE 12: START OF PLAY**

### **12.1 Organisation for the Start of Play**

- 12.1.1 The Umpire shall blow the whistle to start and restart play.
- 12.1.2 The pass made by a Centre in response to the Umpire's whistle at the start and restart of play shall be designated a Centre Pass (refer Rule 13.3).
- 12.1.3 Play shall be started, and restarted after every goal scored, and after each interval, by a Centre Pass taken alternately throughout the game by the two Centres.

- 12.1.4 If at a Centre Pass, the ball is still in the Centre's hands when the Umpire's whistle is blown to signal the end of a quarter or half **and provided no infringement by that team** has been penalised, that team will take the Centre Pass after the interval.

## 12.2 Controlling the Centre Pass

- 12.2.1 When the whistle is blown the Centre in possession of the ball shall throw it within three (3) seconds (refer Rule 13.3) and shall obey the Footwork Rule (refer Rule 14).
- 12.2.2 The Centre Pass shall be caught or touched by any player: -
- (i) who is standing wholly within the Centre Third; or
  - (ii) who lands with the first foot, or both feet, wholly within the Centre Third.
- 12.2.3 A member of the team taking the Centre Pass may not catch the ball in the Goal Third without it having been touched as per Rule 12.2.2.

### **PENALTY for Rule 12.2.3**

*Free Pass to the opposing team, to be taken in the Goal Third where the ball crossed the transverse line.*

- 12.2.4 If a member of the opposing team touches or catches the Centre Pass in the Goal Third, or with feet astride the transverse line, play continues. This player's subsequent pass is considered to have been made from the Goal Third.
- 12.2.5 If the ball from the Centre Pass goes untouched over the Side Line bounding the Centre Third, a Throw In is awarded to the opposing team where the ball crossed the line.

## **RULE 13: PLAYING THE BALL**

- 13.1 A player **may**:-
- (i) catch the ball with one or both hands;
  - (ii) gain or regain control of the ball if it rebounds from the Goalpost (refer Rule 1.2.1);
  - (iii) bat or bounce the ball to another player without first having possession of it;
  - (iv) tip the ball in an uncontrolled manner once or more than once and then;
    - (a) catch the ball; or
    - (b) direct the ball to another player;
  - (v) having batted the ball once, either catch the ball or direct the ball to another player;
  - (vi) having bounced the ball once, either catch the ball or direct the ball to another player;
  - (vii) roll the ball to oneself to gain possession;
  - (viii) fall while holding the ball, but must regain footing and throw within three (3) seconds of receiving the ball;
  - (ix) lean on the ball to prevent going offside;
  - (x) lean on the ball on Court to gain balance;
  - (xi) jump from a position in contact with the Court and play the ball, provided that neither the player nor the ball make contact with the ground, or any object or person outside the Court while the ball is being played.
- 13.2 A player **may not**:-

- (i) strike the ball with a fist;
- (ii) fall on the ball to gain possession;
- (iii) attempt to gain possession of the ball while lying, sitting or kneeling on the ground;
- (iv) throw the ball while lying, sitting, or kneeling on the ground;
- (v) use the Goalpost:
  - (a) as a means of regaining balance; or
  - (b) as a support in recovering the ball going out of Court; or
  - (c) in any other way for any other purpose, which does not include the ball rebounding from the goalpost [refer Rule 13.1 (ii)].
- (vi) **deliberately** kick the ball.

**PENALTY for Rule 13.2**

*Free Pass to the opposing team where the infringement occurred.*

13.3 A player who has caught or held the ball shall play it or shoot for goal within three (3) seconds. To play the ball a player **may**:-

- (i) throw it in any manner and in any direction to another player;
- (ii) bounce it with one or both hands in any direction to another player.

13.4 A player who has caught or held the ball **may not**:-

- (i) roll the ball to another player;
- (ii) throw the ball and play it before it has been touched by another player;
- (iii) toss the ball into the air and replay it;
- (iv) drop the ball and replay it;
- (v) bounce the ball and replay it;
- (vi) replay the ball after an unsuccessful shot at goal unless it has touched some part of the Goalpost (refer Rule 1.2.1).

**PENALTY for Rule 13.4**

*Free Pass to the opposing team where the infringement occurred.*

13.5 If two (2) opposing players gain possession of the ball in quick succession, the Umpire shall call "Possession" and indicate the player who first caught the ball. Play shall continue with this player in possession of the ball.

**13.6 Passing Distances**

**13.6.1 Short Pass**

- (i) On the Court: at the moment the ball is passed there must be room for a third player to move between the hands of the thrower and those of the receiver.
- (ii) At the Throw In: at the moment the ball is passed there must be room on the Court for a third player to move between the hands of the thrower and those of the receiver.

**PENALTY for Rule 13.6.1**

*Free Pass to the opposing team where the ball was caught.*

**13.6.2 Over a Third**

- (i) The ball may not be thrown over a complete Third without being touched or caught by a player who, at the time of touching or catching the ball is standing

wholly within that Third, or who lands with the first foot, or both feet, wholly within that Third.

- (ii) A player who lands with the first foot wholly within the correct Third is judged to have received the ball in that Third. The subsequent throw shall be considered to have been made from the Third in which the player first landed.
- (iii) A player, who lands on both feet simultaneously with one foot wholly within the correct Third and the other in the incorrect Third, shall be penalised.

**PENALTY for Rule 13.6.2**

*Free Pass to the opposing team taken just beyond the second line that the ball has crossed, except where the ball thrown from the Centre Third passes out of Court over the Goal Line, when a Throw In shall be taken immediately behind the point where the ball crossed the line.*

**RULE 14: FOOTWORK**

- 14.1 A player **may** receive the ball with one foot grounded, or jump to catch and land on one foot, and then:-
- (i) step with the other foot in any direction, lift the landing foot and throw or shoot before this foot is regrounded;
  - (ii) step with the other foot in any direction any number of times, pivoting on the landing foot. The pivoting foot may be lifted but the player must throw or shoot before regrounding it;
  - (iii) jump from the landing foot onto the other foot and jump again but must throw the ball or shoot before regrounding either foot;
  - (iv) step with the other foot and jump but must throw the ball or shoot before regrounding either foot.
- 14.2 A player **may** receive the ball while both feet are grounded, or jump to catch and land on both feet **simultaneously** and then: -
- (i) step with either foot in any direction, lift the other foot and throw or shoot before this foot is regrounded;
  - (ii) step with either foot in any direction any number of times pivoting on the other. The pivoting foot may be lifted but the player must throw or shoot before regrounding it;
  - (iii) jump from both feet onto either foot, but must throw or shoot before regrounding the other foot;
  - (iv) step with either foot and jump but must throw the ball or shoot before regrounding either foot.
- 14.3 A player in possession of the ball **may not**: -
- (i) drag or slide the landing foot;
  - (ii) hop on either foot;
  - (iii) jump from both feet and land on both feet unless the ball has been released before landing.

**PENALTY for Rule 14**

*Free Pass to the opposing team where the infringement occurred.*

**RULE 15: SCORING A GOAL**



- 15.1 A goal is scored when the ball is thrown or batted over and completely through the ring by Goal Shooter or Goal Attack from any point within the Goal Circle including the lines bounding the Goal Circle.
- (i) If another player throws the ball through the ring no goal is scored and play continues.
  - (ii) If a defending player deflects a shot for goal and the ball then passes over and completely through the ring a goal is scored.
  - (iii) If the ball is won at a Toss Up in the Goal Circle, the Goal Shooter or Goal Attack may either shoot for goal or pass.
  - (iv) If the whistle for an interval or 'time' is blown before the ball has passed completely through the ring, no goal is scored.
  - (v) If the whistle for an interval or 'time' is blown after a Penalty Pass / Shot has been awarded in the Goal Circle, the Penalty Pass / Shot shall be taken (refer Rule 2.4).
- 15.2 In taking a shot for goal a player shall: -
- (i) have no contact with the ground outside the Goal Circle either during the catching of the ball or whilst holding it. It is not contact with the ground to lean on the ball, but if this happens behind the Goal Line the ball is considered to be out of Court (refer Rule 10);
  - (ii) shoot within three (3) seconds of catching or holding the ball (refer Rule 13.3);
  - (iii) obey the Footwork Rule (refer Rule 14).

**PENALTY for Rule 15.2**

*Free Pass to the opposing team in the Goal Circle where the infringement occurred.*

- 15.3 A defending player may not cause the Goalpost to move so as to interfere with the shot at goal.

**PENALTY for Rule 15.3**

*Penalty Pass / Shot to the opposing team to be taken: -*

- (i) *from where the infringer was standing unless this places the non-offending team at a disadvantage;*
- (ii) *if the infringer was out of Court, **on Court** near the point where the infringer was standing.*

**RULE 16: OBSTRUCTION**

- 16.1 An attempt to intercept or defend the ball **may** be made by a defending player if the distance on the ground is not less than 0.9 m (3 feet) from a player in possession of the ball.

When the ball is received, this distance is measured as follows: -

- (i) if the player's landing, grounded or pivoting foot remains on the ground, the distance is measured from that foot to the nearer foot of the defending player;
- (ii) if the player's landing, grounded or pivoting foot is lifted, the distance is measured from the spot on the ground from which the foot was lifted, to the nearer foot of the defending player;
- (iii) if the player is standing or lands on both feet **simultaneously** and remains grounded on both feet, the distance is measured from whichever is the nearer foot of that player to the nearer foot of the defending player;

- (iv) if the player is standing or lands on both feet **simultaneously** and either foot is lifted, the other foot is considered to be the grounded foot from which the 0.9 m (3 feet) distance is measured.
- 16.2 From the correct distance (refer Rule 16.1), a defending player **may** attempt to intercept or defend the ball:
- (i) by jumping upwards or towards the player with the ball, but if the landing is within 0.9 m (3 feet) of that player and interferes with the throwing or shooting action, obstruction occurs;
- (ii) if the player with the ball lessens the distance of 0.9 m (3 feet) between them.
- 16.3 A player **may** be within 0.9 m (3 feet) of an opponent in possession of the ball providing **no** effort is made to intercept or defend the ball **and** there is **no** interference with that opponent's throwing or shooting action.

#### **16.4 Obstruction of a Player not in Possession of the Ball.**

- 16.4.1 A player is obstructing, if within a distance of 0.9 m (3 feet) measured on the ground from an opponent without the ball, any movements are employed by that player, whether attacking or defending, which take the arms away from the body, other than those involved in natural body balance.

Within this distance a player is not obstructing if the arms are outstretched: -

- (i) to catch, deflect or intercept a pass or feint pass;
- (ii) to obtain a rebound from an unsuccessful shot at goal;
- (iii) **momentarily** to signal for a pass, or to indicate the intended direction of movement.

#### **16.5 Intimidation**

When a player with or without the ball intimidates an opponent the offender shall be penalised.

##### ***PENALTY for Rule 16.1 to 16.5***

*Penalty Pass / Shot where the infringer is standing unless this places the non-offending team at a disadvantage, when the penalty shall be taken where the obstructed player was standing.*

#### **16.6 Defending a Player who is out of Court:**

- 16.6.1 A player may defend an opponent who has chosen to go out of Court provided that the defending player does not leave the Court or own playing area in order to defend.

##### ***PENALTY for Rule 16.6.1***

*Penalty Pass / Shot **on Court** near the point where the infringer began the defending action.*

- 16.6.2 A player who goes out of Court to take a Throw In or collect a ball must be allowed back into the area of play at the point where the player left the Court or took the Throw In. Any opponent attempting to prevent the player from re-entering the Court is penalised.

##### ***PENALTY for Rule 16.6.2***

*Penalty Pass / Shot where the infringer was standing.*

#### **16.7 Defending a Player from Out of Court:**

- 16.7.1 A player who is standing out of Court **may not** attempt to defend a player who is on the Court.

##### ***PENALTY for Rule 16.7.1***

*Penalty Pass / Shot **on Court** near the point where the infringer was standing.*

## **RULE 17: CONTACT**

- 17.1. 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.
- 17.2 In an effort to attack or defend or to play the ball a player **shall not**:-
- (i) move into the path of an opponent who is committed to a particular landing space;
  - (ii) position so closely to an opponent that the player is unable to move without contacting;
  - (iii) push, trip, hold or lean on an opponent or use other forms of physical contact;
  - (iv) place a hand or hands on a ball held by an opponent;
  - (v) knock or remove the ball from the possession of an opponent;
  - (vi) while holding the ball push it into an opponent.

### ***PENALTY for Rule 17.1 to 17.2***

*Penalty Pass / Shot where the infringer is standing unless this places the non-offending team at a disadvantage, when the penalty shall be taken where the contacted player was standing.*

- 17.3 If two opposing players contact **simultaneously**, a Toss Up shall be taken between the two players concerned (refer Rules 18.5.1 (v), 18.5.2 and 18.5.3).

## **SECTION IV— PENALTIES**

### **RULE 18: AWARDING PENALTIES**

During a game the Umpires may award the following penalties unless the Advantage Rule applies [refer Rule 3.1.6 (viii)]: -

- Free Pass
- Penalty Pass
- Penalty Pass / Shot
- Throw In
- Toss Up

**In addition, the Umpires may decide on any matter not covered by the Rules (refer Rule 3.1.1) or not in the spirit of the game (refer Rules 19 and 20).**

#### **18.1 Setting Penalties**

- 18.1.1 All penalties, with the exception of the Toss Up, are awarded to a team. The penalty may be taken by any member of the team allowed in the area.
- 18.1.2 In taking the penalty the player **must**:
- (i) take up the position clearly directed and indicated by the Umpire before playing the ball (refer Rules 3.1.6 (xi), 18.3.1 and 19.2); and
  - (ii) throw the ball within three (3) seconds (refer Rule 13.3); and
  - (iii) obey the Footwork Rule which applies as though the foot placed at the point indicated is equivalent to the landing foot in a one foot landing or to receiving the ball with one foot grounded.

#### **18.2 Free Pass**

- 18.2.1 A Free Pass for all minor infringements of the Rules is awarded to a team and may be taken by any player allowed in the area where the infringement occurred.
- 18.2.2 A Goal Shooter or Goal Attack taking a Free Pass in the Goal Circle **may not** shoot for goal.

**PENALTY for Rule 18.2.2**

*Free Pass to the opposing team in the Goal Circle where the infringement occurred.*

**18.3 Penalty Pass/Shot**

- 18.3.1 A Penalty Pass/Shot is awarded to a team for all major infringements of the Rules:
- (i) Obstruction (refer Rule 16);
  - (ii) Contact (refer Rule 17);
  - (iii) When a defending player causes the Goalpost to move so as to interfere with the shot at goal (refer Rule 15.3).

The penalty shall be taken by any player allowed in the area where the infringer was standing unless this places the non-offending team at a disadvantage. Both the player taking the penalty and the offending player/s must take up the positions clearly directed and indicated by the Umpire (refer Rules 3.1.6 (xi), 18.1.2, 18.3.2 and 19.2) before the player taking the penalty may play the ball (refer Rule 13.3).

- 18.3.2 The penalised player **must** stand beside and away from the player taking the penalty so as not to impede this player in any way. The penalised player may not move or attempt to take part in play either physically or verbally until the ball has left the hands of the thrower.

If the infringer moves or attempts to take part in play, either physically or verbally, before the ball has left the thrower's hands, the penalty shall be retaken by that thrower unless the Penalty Pass/Shot is successful or advantage applies.

- 18.3.3
- (i) An attempt to intercept the Penalty Pass/Shot may be made by any opposing player other than the offender.
  - (ii) If an opponent obstructs or contacts the thrower during the taking of the Penalty Pass/Shot, a Penalty Pass/Shot shall be awarded where the subsequent infringer was standing unless this places the non-offending team at a disadvantage.
  - (iii) Both the original and subsequent offenders **must** stand beside and away from the player taking the penalty. The penalised players may not move or attempt to take part in play either physically or verbally until the ball has left the hands of the thrower.

- 18.3.4 When two members of a team **simultaneously** obstruct or contact a member of the opposing team, each offender shall stand beside and away from the thrower taking the penalty. They must not move or attempt to take part in play either physically or verbally until the ball has left the hands of the thrower.

- 18.3.5 A Goal Shooter or Goal Attack taking a Penalty Pass/Shot in the Goal Circle, **may** either pass or shoot for goal.

**18.4 Throw In**

- 18.4.1 When the ball goes out of Court, it shall be put into play by a member of the team opposing either: -

- (i) the player on Court who last had contact with the ball; or
- (ii) the player who touched or received the ball while any part of that player was touching the ground, object or a person outside the Court.

- 18.4.2 The player throwing the ball in shall: -

- (i) ensure that all other players are on the Court before taking the Throw In;
- (ii) stand outside the Court and place one or both feet immediately behind the point where the ball crossed the line;
- (iii) throw within three (3) seconds of taking up this position;
- (iv) observe the rules governing footwork and methods of playing the ball;
- (v) not enter the Court (which includes lines bounding the Court) until the ball has been thrown;
- (vi) not step behind any offside area whilst still in possession of the ball;
- (vii) throw the ball into the nearest Third of the Court from behind a Goal Line, or the nearest or adjacent Third from behind a Side Line

***PENALTIES for infringements occurring at the Throw In***

1. *For (i) to (vi) a Throw In is awarded to the opposing team where the infringement occurred.*
2. *For (vii) a penalty is awarded as for the Rules governing a ball being thrown over a third without being touched (refer Rule 13.6.2).*
3. *When the ball from a Throw In goes out of Court without being touched a Throw In shall be taken by the opposing team immediately behind the point where the ball last went out.*
4. *If the ball is sent out of Court **simultaneously** by two players in opposing teams or the Umpire is unable to determine the last player to touch the ball, a Toss Up shall be taken on Court near the point where the ball crossed the line.*
5. *If the ball fails to enter the Court the penalty Throw In shall be taken by the opposing team from the original Throw In point.*

**18.5 Toss Up**

18.5.1 A Toss Up is taken when: -

- (i) opposing players gain **simultaneous** possession of the ball with either or both hands;
- (ii) opposing players **simultaneously** knock the ball out of Court;
- (iii) opposing players are involved and the Umpire is unable to determine the last player to touch the ball before it goes out of Court;
- (iv) opposing players are **simultaneously** offside, one in possession of or touching the ball [refer Rule 9.2 (ii)];
- (v) opposing players make **simultaneous** contact (refer Rule 17.3);
- (vi) after an accident, the Umpires are unable to say who had the ball, or the ball was on the ground when play was stopped [refer Rule 7.1 (ix) (b)].

18.5.2 The Toss Up is taken between the two opposing players concerned at the point where the incident occurred.

All other players may stand or move anywhere within their playing area provided they do not interfere with the Toss Up.

18.5.3 When the Toss Up cannot be taken where the incident occurred because of the boundaries involved, the following applies:-

- (i) where the incident involves two opposing players across a line dividing areas one of which is common to both players, the Toss Up is taken between those two players in the common area.

- (ii) where the incident involves two opposing players from adjoining playing areas across a transverse line and no area is common to both, the Toss Up is taken in the Centre Third between any two opposing players allowed in that area;
- (iii) when two opposing players **simultaneously** knock the ball out of Court over a line bounding an area which is not common to both, the Toss Up is taken between any two opposing players allowed in that area, on Court near the point where the ball crossed the line.

18.5.4 The two players shall stand facing each other and their own goal ends with arms straight and hands to sides, but feet in any position. There shall be a distance of 0.9 m (3 feet) between the nearer foot of each player concerned. They shall not move from that position until the whistle is blown.

**PENALTY for Rule 18.5.4**

*Free Pass to the opposing team where the infringement occurred.*

18.5.5 The Umpire shall release the ball midway between the two players from just below the shoulder level of the shorter player's normal standing position. Momentarily, the Umpire shall be stationary and shall hold the ball in the palm of one hand and shall flick it vertically not more than 600 mm (2 feet) in the air as the whistle is blown.

18.5.6 The ball may be caught, or may be batted in any direction except directly at the opposing player.

**PENALTY for Rule 18.5.6**

*Penalty Pass/Shot to the opposing team where the infringer was standing.*

18.5.7 If the ball is won at a Toss Up in the Goal Circle, the Goal Shooter or Goal Attack **may** either shoot for goal or pass.

## **SECTION V — DISCIPLINE**

### **RULE 19: RESPONSIBILITIES OF PLAYERS AND TEAM OFFICIALS**

Breaking the Rules and/or employment of any action not covered by the wording of the Rules, in a manner contrary to the spirit of the game, is not permitted (refer Rules 3.1.1 and 3.4.2). This may include persistent infringing of one rule or of several rules in combination.

19.1 Breaking the Rules:-

- (a) between the scoring of a goal and the restart of play;
- (b) between the ball going out of Court and the Throw-In;
- (c) between the awarding and taking of any penalty on Court;
- (d) during a Stoppage.

**PENALTY for Rule 19.1**

*Immediately play restarts, the Umpire shall penalise the infringement by awarding a Free Pass, a Penalty Pass, a Penalty Pass/Shot or Throw In, as appropriate to the situation, provided the non-offending team is not placed at a disadvantage. In (b) and (c) above the Umpire may penalise the infringement immediately it occurs.*

### **19.2 Deliberate Delaying of Play**

**PENALTY for Rule 19.2**

*Free Pass where the infringer was standing unless the non-offending team is placed at a disadvantage. Where the delay involves the incorrect setting or taking of a penalty, despite*

clear direction and indication by the Umpire [refer Rule 3.1.6 (xi)], the infringer shall be penalised as a disputing player (refer Rule 19.3).

### 19.3 Dispute with an Umpire

#### **PENALTY for Rule 19.3**

The Umpire may penalise a disputing player with whatever action is considered appropriate under the Rules of the game, this may include advancing the penalty.

### **RULE 20: WARNING, SUSPENSION AND ORDERING OFF**

For rough or dangerous play, persistent and/or deliberate breaking of the Rules, misconduct or any other conduct which is considered inappropriate, the Umpire may, in addition to any penalty awarded:-

- (i) warn a player and/or team official; or
- (ii) suspend a player (stand off the Court) for a specified time; or
- (iii) order a player to leave the Court and take no further part in the game; or
- (iv) in extreme circumstances, stop the game and require the exclusion from the area of any Team Official whose inappropriate comments and/or behaviour continues after a warning.

#### **20.1 Warning**

- 20.1.1 If a player continues to infringe after earlier penalties, or the Umpire considers the normal penalty (including advancing of the penalty) is insufficient, the Umpire may issue a warning to the player concerned.
- 20.1.2 A warning may be given to a player and/or Team Official whose comments and/or behaviour are considered inappropriate in any way (refer Rule 3.4.2).
- 20.1.3 In the event that any further breach occurs in the Court area controlled by the Umpire who did not issue the warning, this Umpire may take any action considered appropriate, including suspension of the player concerned. In such a case, the warning given may be considered to have been made jointly by the two (2) Umpires. It shall not, however, be binding on the second Umpire.

#### **20.2 Suspension**

- 20.2.1 A player may be suspended from a game for a specified period. Except in extreme circumstances, this will not be done unless an appropriate warning has been given.

The Umpire shall: -

- (i) signal to the Timekeepers to hold time;
  - (ii) advise the player of the reasons for the suspension and the time for this to apply (examples would be: until the next goal is scored; until the next interval; for five (5) minutes). The length of time should be appropriate to the level of seriousness of the behaviour concerned;
  - (iii) advise the Timekeepers of the length of the suspension.
  - (iv) signal to the Timekeepers and blow the whistle for the game to be resumed.
- 20.2.2 The suspended player shall remain beside the score bench or in such other place as designated before the game.
  - 20.2.3 When a player is suspended, no substitution may be made for that player or that playing position. **The position shall remain vacant during the suspension** unless the suspended player is a Centre.

In this case, the team may move one player so that play may continue and this player **must** remain as Centre until the end of the suspension.

20.2.4 At the end of the suspension period, the player **must** return to the position from which they were suspended and any player moved to Centre **must** return to the position they were playing at the time of the suspension.

20.2.5 After notifying the Umpire, the suspended player may enter the Court:

- (i) immediately after a goal has been scored; or
- (ii) immediately following an interval.

### **20.3 Ordering Off**

20.3.1 In the case of more serious misconduct or of misconduct following a suspension, the Umpire may order a player to leave the Court and take no further part in the game.

20.3.2 The Umpire shall:-

- (i) signal to the Timekeepers to hold time;
- (ii) advise the player of the reasons for the ordering off;
- (iii) signal to the Timekeepers and blow the whistle for the game to be resumed.

20.3.3 The player ordered off shall report to the appropriate Team Bench.

20.3.4 **No substitution may be made for a player ordered off. The playing position of that player shall be left vacant**, except that if this player is the Centre, one player must be moved to Centre to allow the game to continue.

## **RULE 21: FAILURE TO TAKE THE COURT**

21.1 A team (refer Rule 4.3) **must** take the Court when requested to do so by the Umpires.

The Umpire shall notify the teams when there are thirty (30) seconds and ten (10) seconds remaining prior to:

- (a) the start of the game; and
- (b) the end of an interval.

21.2 At the ten (10) seconds notification the teams shall move to their playing positions for the start or restart of play;

21.3 The teams must be on Court and be in position ready for the start or restart of play.

### **PENALTY for Rule 21.3**

- (i) *If a team fails to take the Court by the start or restart of play, **the Umpire shall penalise for deliberate delaying of play (refer Rule 19.2).***
- (ii) *if a team fails to take the Court within one (1) minute of the designated time for the start or restart of play (refer Rule 2), **the Umpires shall award the game to the non-offending team.***