



PERTH NETBALL ASSOCIATION (INC)
Serving Perth Netballers since 1990

NSG THE PNA WAY

Competition Rules NSG 2/3 and NSG 4/5

Please note that the [2020 INF Rules of Netball](#) apply except for the following:

1. **All players, coaches, spectators** are to abide by the PNA Code of Behaviour.
2. No jewellery or non-medical adornments can be worn (taping is NOT allowed).
3. Medical bracelets must not be loose. They must be taped.
4. Nails must be kept short.
5. Ball is size 4 (smaller than a standard netball)
6. **All NSG matches start and finish on the siren** controlled by the PNA Match Office.
7. **Strict “one-on-one defence”** applies to the player with the ball. Players may defend a shot at goal.
8. **Footwork:** Shuffling on the spot to regain balance allowed without moving down the court.
9. **Obstruction:** A player must defend from a distance no less than 1.2m (4ft).
10. **Centre Pass:** The initial centre pass will be taken by the team that won the toss and all other centre passes shall be taken by the team that did not score the last goal.
11. **Players are not allowed to dive on the ball.** A free pass shall be awarded to the opposing team should this occur.
12. The game time should be evenly distributed amongst all players.
13. Players should experience all positions over the course of the season.
14. **Substitutions:** are allowed in NSG at any time: The procedure for making a substitution during play is:
 - a. Before entering the court, the substitute shall tag the player leaving the court.
 - b. Both the substitute and the player leaving the court shall not interfere with the play during the substitution process.
 - c. Both the substitute and the player leaving the court shall observe the offside rule when leaving or entering the court.
 - d. Players should be substituted into either only attack positions or only defence positions for the duration of the game.
15. A player can only play for 1x Club for the season – however on match day if one team is short players then the opposing team may provide players to ensure the game is played.
16. All players must register to play with your club; fill in players can purchase a Single Game Voucher (SGV) for \$16.00 which covers them for insurance for one game only.
17. Boys may play anywhere on the court – there are no restrictions on number of boys in a team.
18. **Sidelines:**
 - a. Spectators must remain stationary during play. They are not permitted to move up and down the sidelines.
 - b. The goal lines (or base line) must be kept free for umpire use at all times during the game.

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- c. Coaching is only allowed from outside the court however coaches may move up and down the court to assist with the passage of play.
- d. Provide enough room for umpires to move up and down the court.

19. Playing Up:

- a. Players can only play up into the next competition level. For example, a player in the NSG Year2/3 competition can play up into the NSG Year 4/5 competition only. A player in the NSG Year4/5 competition can play up into the Junior Year 5 competition only.
- b. Where playing up is allowed, it is the Clubs responsibility to ensure players playing up have the skills and are a suitable standard to cope with the higher level competition.

20. **Playing down:** Players may not play down into a lower year group after submission of teams without an approval to play down. i.e. Players in the NSG 4/5 Competition are not eligible to play DOWN into the NSG 2/3 Competition

21. If there are any issues on court – come to the Match Office DURING the game.

22. No refunds of affiliation fees can be given for a player once they have taken the court.

23. Net Set Go Year 2/3 Competition is designed for Year 2 and Year 3 school-aged players. Net Set Go Year 4/5 Competition is designed for Year 4 and Year 5 school-aged players. Players MUST play in the competition according to their school age.

24. Players in year 5 at school have the option to play in the Junior Year 5 Competition or in the NSG 4/5 Competition.

25. No ladders are kept for NSG 2/3 and NSG 4/5. Players receive a medal from NWA and a certificate from PNA.

26. The team listed first in the fixtures and on the scorecard is the scorer. The second mentioned team is to time the game. Scoring team to collect the scorecard. Timers and Scorers must stand together throughout the game.

27. Game Times: 4x10 minute quarters; 2 minute quarter breaks; 4 minute half-time. However see point 6 above. The Match Office siren overrides the timer.

28. For all other rules please see competition rules in PNA Competition handbook.