



IFC Indoor Netball Rules

Action Indoor's rules of indoor netball apply in addition to and/or including the following:

1. Teams must consist of three male and three female players on court at one time, with a male and female in each of the three positions (Attack, Centre, and Defence).
2. Teams must have a minimum of five players (maximum three males at all times) on court to play, otherwise they will have to default.
3. Substitutions can be made at quarter time, half or three-quarter time and in the event of injury, illness or blood bin, only the injured, ill or blood binned player(s) may be substituted.
4. Games are 4 x 5 minutes quarters with a one-minute break at halftime.
5. Teams can register up to 12 players maximum (6 males, 6 females)
6. Skins points – an extra competition point known as the 'skins point' is awarded to the team that scores the most goals in each period.
7. After the end of pool play if there are even points positions will be decided by points differentiation – total points scored minus total points scored against.
8. All participants must conduct themselves in the true spirit of the game as per University of Auckland Participation contract and Indoor Netball rules and regulations on Code of Conduct and Fair Play.
9. Clock will start on time as long as umpires are ready.
10. Appropriate footwear must be worn at all times – no bare feet.
11. All players must wear black shorts. IFC multisport shirts will be provided and must be returned.
12. In the case of a default, the non-offending team will receive eight competition points (four for winning plus four skins points).
13. Late arriving players may not enter the court while the game is in progress, but after notifying the Umpire may take the court.
14. Players are to ensure their fingernails are cut short and no jewellery is worn.

Standard IFC rules are as follows:

- Competition points: Win = 4 points, Draw = 2 points, Loss = 0 points, Win a Quarter = 1 point (skin point)
- Final placings from 1st to 8th must be determined.



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- No watches, earrings, rings or other jewellery are allowed to be worn during play.
- No person may take part in any match if they reveal any evidence of bleeding. If any person within the field of play shows any evidence of bleeding or exposure of an open wound that is likely to bleed or otherwise discharge body fluid, they must leave the field of play without delay.



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