

Hwa Chong Institution (College)
Festival of Sports (FOS) Inter-Faculty Competition 2011
Inter-Faculty 4 v 4 Street Netball Rules & Regulations

1. There will be a **league** format for the first round among the teams. The top 2 teams of each group will compete in the semifinals and finals.
2. There should **strictly be only One** school college rep from netball for each team on court. *College sports rep are those whose names are registered for inter- schools competitions.*
3. Each team should **consist of 8 players** (girls team and boys team). The teams not playing will be the time keeper and scorer.
4. Duration for each game is 2 halves of 7 minutes.
5. Team Captains are responsible to get their teams on court on time. This will ensure that games will start promptly without delay. Any team that arrives 5 minutes late will be considered as a walk over. Game can begin when there are at least 3 persons from each team on court.
6. Only the Team Captains are allowed to consult the Referee during the game.
7. The Referee's decision is final in all matters related to playing the game and all players are asked to respect this.
8. Substitution can be done at any time during the game. A penalty throw in will be awarded to the opposing team should a Player enter court without approval.
9. Time continues to run unless directed by Referee. Only referee can call for injury time. The Referee will use his/her sole discretion as to whether extra time is to be played.
10. No Time-Out for Team discussion will be allowed.
11. Players are required to wear proper sports attire plus faculty t-shirts. Players who are not in proper attire will not be allowed to play. Watches, necklace and ear rings must be removed prior to the game. All players must have their nails cut short; else they will be barred from game.

THE GAME PLAY

- 1 Game Start
It's a half court game; captains are to toss coin to decide who will start the center pass in the center circle. Only 1 player from each team is allowed in the center third at the beginning of the game. The center pass is alternate between the teams. Once game start, center pass must be received in the center third.
- 2 Goal
 - i) ONE point is scored when the ball enters the goal basket.
 - ii) Only 2 players from each team can enter the semi-circle.
 - iii) Players can attempt to shoot from the goal semi-circle.
- 3 Attacking
 - i) Attacking players must remain in the court at all times to score.
 - ii) If the Ball is played out of the Court in any other part of the sidelines, the opposing team will do a throw in from the sideline where the ball went out. Feet must toe the line for throw in.

- 4 Defending
Only 2 attackers and 2 defenders are allowed to be in the goal circle at any one time. There will be a turnover if more than 2 players, who are attacking, are found in the goal circle.
- 5 Defensive Foul includes:
i) When Defender hit the hand/s of the Attacker
ii) When Defender take away the Ball while the Attacker is still holding the ball
iii) When Defenders make body contact on the Attacker
iv) Undue rough play toward another Player – pushing, kicking
v) A Penalty pass is awarded when a foul is committed. They will take the penalty pass at the point where the infringement has taken place.
- 6 Footwork foul
i) Players cannot run or walk with the Ball.
ii) If players are running to catch the Ball, they can only take 2 steps after catching hold of the ball.
iii) Players cannot re-ground their landing foot and they can pivot with their landing foot.
- 7 Held ball - Players cannot hold possession of the Ball for more than 3 seconds.
- 8 Traveling Foul
i) Players in possession of the Ball cannot jump and then land with the ball still in the hand.
ii) Once a Player jumps (both feet leave the ground), the ball must be released from the hands.
iii) A Player who jumps in mid-air to catch the ball and land can jump again to pass the ball.
- 9 An Obstruction Foul
i) Players without the Ball cannot hinder the movement of Players with the ball.
ii) Body contact is not allowed.
iii) Defenders must stand at least 3 feet from Opposing Players who are holding the ball.
iv) Players can intercept the ball before it reaches another Player's hands or if the Player loses the ball or does not hold it properly.
- 10 Charging Foul
Players with the Ball cannot perform a body charge on another Player
- 11 A Bouncing / Rolling Foul
i) While moving, players cannot dribble the ball.
ii) Players can bounce or roll the ball to pass to another Player.
iii) Players cannot deliberately drop or bounce the Ball to get a better grip on the Ball or to get into a better position or to shoot.
iv) Players can bounce the ball once to gain control of it.
- 12 A Kicking Foul
Players cannot deliberately use their legs to play the ball (e.g. kicking, stopping or catching with legs). However, if the Ball does touch/hit a player's legs accidentally, the onus is on the Referee to continue play.
- 13 One third foul - All passes cannot cross 2 transverse lines else the ball has to start at the place where the infringement takes place.
- 14 The team opposing team needs to clear the ball out of the goal third transverse line, once the attack is being interrupted.