IFT Indoor Netball Rules 2018

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

1. Teams must consist of 3 male and 3 female players on court at one time, with a male and female in each of the 3 positions (Attack, Centre, Defence)
2. Teams must have a minimum of 5 players (max 3 males at all times) on court to play, otherwise they will have to default
3. Substitutions can be made at halftime
4. Games are 2 x 10 minute halves with a 1 minute break at halftime
5. Teams may have an unlimited number of players
6. Points: Win = 4 points, Draw = 2 points, Loss = 0 points
   a. Skins points – an extra 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 decision 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. Players must wear their own black shorts (IFT shirts will be provided)