

Teams

7 players are permitted on the court at any one time. This includes one goalkeeper and six field players

Substitutes

Substitutes can be made at any time during the game as long as the player being substituted has left the court.

Playing the Ball

Players are permitted:

- To throw, hit or punch the ball in any direction
- To hold the ball for a maximum of 3 seconds before bouncing or passing
- To move up to 3 steps while holding the ball
- To dribble the ball on the spot or whilst running, but once the ball is held with one or both hands it must be passed/shot after 3 steps or 3 seconds
- Play the ball in a lying, sitting or kneeling position

Players are not permitted:

- To touch the ball with the lower leg or foot
- To dive for a ball that is on or rolling on the ground (goal keeper excluded)
- To throw the ball over the side or own goal line deliberately

Defending

Players are permitted:

- To dispossess an opponent using a flat hand
- To block an opponent with the upper body regardless of the opponent having possession

Players are not permitted:

- To snatch the ball from an opponent
- To block an opponent with arms, hands or legs
- To hold, hit, push, run or jump at an opponent

Goal Area

The goal area may not be entered by any field players during normal play. A field player may jump from outside the goal area to shoot provided the shot is taken before landing in the goal area.

Goalkeeper

The goalkeeper may use any part of their body to stop the ball. They are allowed to leave the goal area (as long as they are not holding the ball) and play in their own half of the court like any other field player. The goalkeeper is not permitted to touch or cross the centre line.

Scoring

A goal is scored when the whole ball has passed the goal line between the two goal posts

Throw In

A throw is taken:

- When the whole ball has crossed the sideline
- By the team other than that which last touched the ball

Corner Throw

A corner throw is awarded when the ball crosses the goal line (outside the goal posts) after having come off a defender other than the goal keeper

Throw Out

A throw out is taken by the goalkeeper when the ball crosses the goal line (outside the goalposts) after having come off an attacker or the goalkeeper. It cannot lead directly to a goal.

Free Throw

A free throw is awarded if

- An opponent is fouled
- The ball is played incorrectly
- The goal area is touched or crossed
- Time is wasted deliberately
- A player behaves unsportingly

A free throw is taken from where the infringement occurred except when the infringement takes place between the 6m and 9m lines. In this case the free throw is taken behind the 9m line and a goal can be scored directly.

Stoppages

The ball is bounced following stoppages to restart the game. Players must be 3m away from the bounce

Penalty Throw

A penalty throw is awarded if

- A clear chance at goal was prevented by a breach of the rules anywhere on the court
- A serious, dangerous offence is committed against an opponent in the player's own half, even if there was no chance of a goal
- A player deliberately passes the ball back to the goalkeeper in the goal area
- A player deliberately enters the goal area to stop a ball

The penalty throw is taken from behind the 7m line. All other players must stand behind the 9m line and 3m clear of the thrower. The goalkeeper can move freely but it is not permitted closer than 3m to the thrower or past the 4m spot