

# Palmerston Indoor Sports Centre

## Supa Six Indoor Netball Rule Variations

Team consists of six players  
Court is divided into halves instead of thirds

POSITIONS		COURT COVERAGE
2 attackers	-	half court
2 defenders	-	half court
2 centres	-	full court except goal circles

The game and each quarter is started with a toss up between two centre court players in the centre circle.

After a goal is scored, the ball is passed out from the top of the goal circle by a defender to a player in their own half.

Defender must wait for the umpires whistle before passing.

The ball is deemed to be untouched when

- after the goal pass out the ball hits the side or back net before being touched by any player
- the ball passes from one half to the opposite back net before being touched by any player

### SCORING

Attackers - 2 points from outside the goal circle  
1 point from inside the circle

Centres - 2 points from outside the goal circle

If a 2 point shot is attempted and missed and the attacking team regains the ball, the next attempt at goal must be inside the goal circle. If this 1 point shot misses and is again rebounded by the attacking team, another 2 point shot may be attempted.

If in the umpires opinion, the shooter is deliberately missing the 1 point shot in order to regain possession to have another 2 point attempt, the ball will be turned over to the opposition for a free pass.

All other contact, obstruction, footwork and net infringement rules remain the same.

Mixed teams must have a minimum of 1 male and a maximum of 3 males on the court.

Only one male can play in each position    ie attackers - 1 male & 1 female  
defenders - 1 male & 1 female  
centres - 1 male & 1 female