

MULTI-  
SPORTS  
RULE  
BOOK

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# POLO HOCKEY

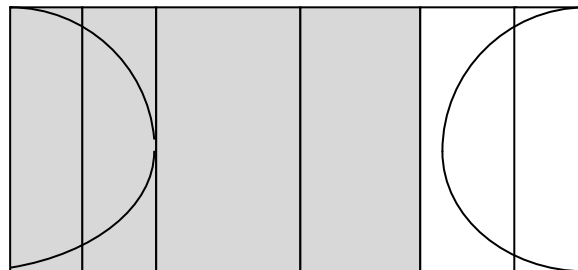
**PLAYING AREA:** Polo Hockey is played on the netball court (black out lines)

**EQUIPMENT:** Polo Hockey Sticks (Padded with foam) & Soft ball

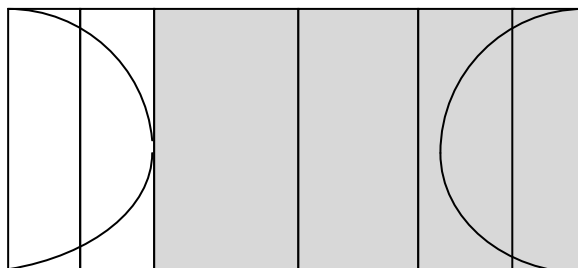
**PLAYERS:** 6 Players  
5 On field and 1 goalie  
2 girls on the field (excluding the Goalie)

## POSITIONS

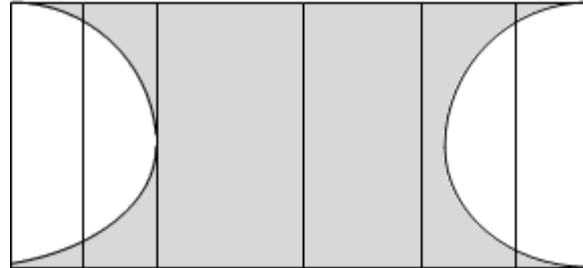
**No 1 Singlets** – The 2 offensive players wear No 1's. These players are on offence & are allowed in the following shaded areas. They can only score from within the Netball 1/3 (Black line) - BUT must not enter the Netball semi circle (Black line). The 1's are the only players allowed to score.



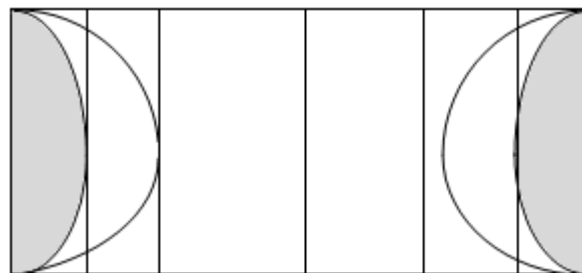
**No 2 Singlets** – The 2 defensive players wear No 2's. These players are only allowed in the following shaded areas (Though must stay outside the Netball Black semi circle). They are defensive players & must try to stop the opposing players from scoring



**Number 3 Singlet** – 1 player wears this singlet. They are the centre Player. They are allowed in the following shaded areas. They are not allowed in either of the semi circles. They begin the match on the centre line.



**Goalie** – 1 player plays in this position. They do not have to use their stick, they may use any part of their body to stop the ball entering the goal. The goalie may only pick the ball up in areas shown below (the black semi circle). Upon stopping the ball, and throwing it back into play, the ball must touch a player in the half court.



**OTHER RULES YOU NEED TO KNOW:**

- Players must keep the sticks below shoulder height or a penalty shall be awarded.
- Players may only use their sticks to hit the ball, no feet or hands
- If the ball goes out, a player takes the ball outside the lines, places it on the ground & hits it in. Defending players must be 1 meter back from the line.

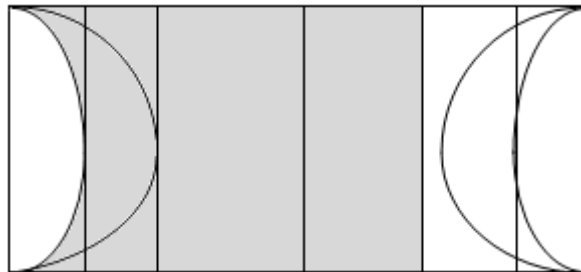
# HANDBALL

*(please note – rules may be modified at a later date to suit the competition)*

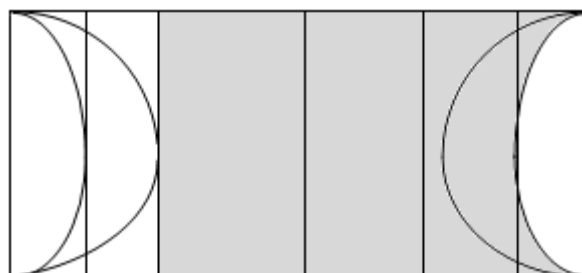
- PLAYING AREA:** Handball is played on the netball court  
(black out lines)
- EQUIPMENT:** 1 soft ball
- PLAYERS:** 6 Players  
5 On field and 1 goalie  
2 girls on the field (excluding the Goalie)

## POSITIONS

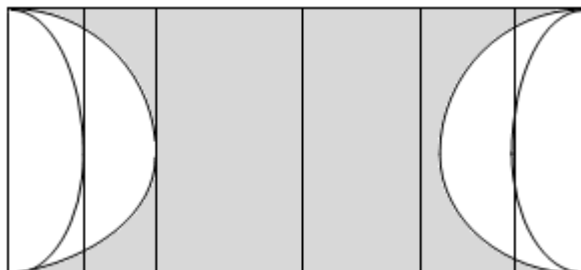
**No 1 Singlets** – The 2 offensive players wear No 1's. These players are on offence & are allowed in the following shaded areas. They must score underarm from within the basketball 3 point line (white), BUT outside the Netball Semi Circle (Black) or over arm from halfway to 3 point line. The 1's are the only players allowed to score.



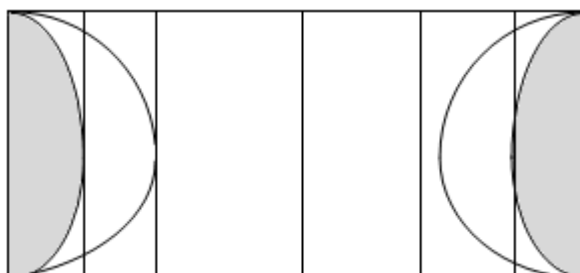
**No 2 Singlets** – The 2 defensive players wear No 2's. These players are only allowed in the following shaded areas. They are defensive players & must try to stop the opposing players from scoring



**Number 3 Singlet** – 1 player wears this singlet. They are the centre Player. They are allowed in the following shaded areas. They are not allowed in either of the semi circles. They begin the match on the centre line.



**Goalie** – 1 player plays in this position. They may use any part of their body to stop the ball entering the goal. The goalie may only pick the ball up in areas shaded below (the black semi circle). Upon stopping the ball, and throwing it back into play, the ball must touch a player in the centre third.



**OTHER RULES YOU NEED TO KNOW:**

- Play the ball, not the opponent. No body contact is allowed, otherwise a penalty is awarded.
- The Ball **MUST** get passed through each centre third.
- Players can not run with the ball, but they make take 2 steps.
- When a penalty is awarded, defensive player must stand beside the offensive player. (as per in netball)
- If the ball goes out, a player takes the ball outside the lines, & throws it in. Defending players must be 1 meter back from the sideline.
- The ball may be knocked out of the players hands, but if any contact is made on the player, a foul will be called & the defender must stand beside.
- A time limit of 5 seconds applies to pass the ball
- (No flick passes & **MUST** you face the goal to score).

# OZTAG RULES

**PLAYING AREA:** Oz Tag is played on the basketball court (white out lines)

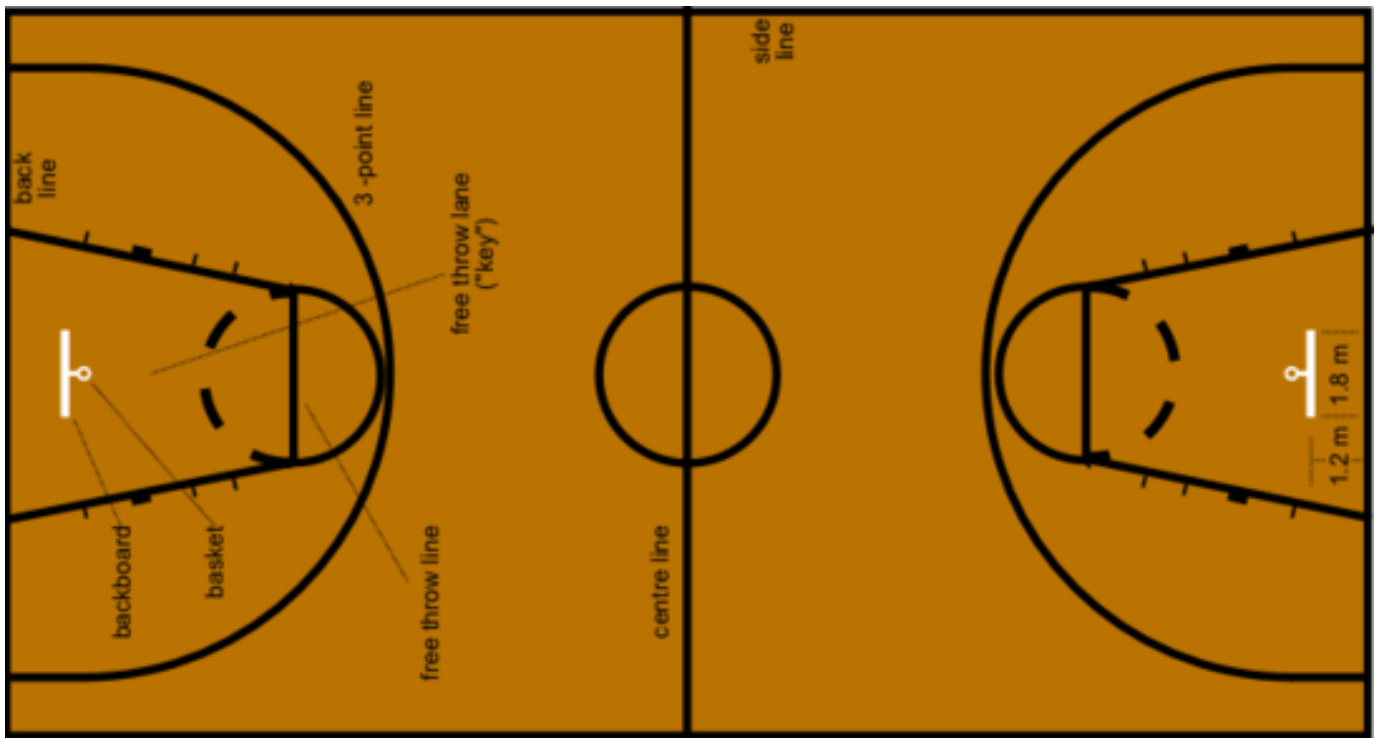
**EQUIPMENT:** Tags & Indoor football

**PLAYERS:** 5 Players  
2 girls on the field

- Defender must remove one tag to stop attackers progress. He/She then holds up the tag and drops it to the ground marking where the play the ball should occur. No throwing of the tags.
- A knock on **advantage rule applies** - same as league.
- The game is non-contact – the attacker cannot deliberately bump into defender. A defender cannot change direction and move into attacker's path. **Whoever initiates contact will be penalised. The onus is on the attacking player to avoid defender.**
- The ball carrier is not allowed to protect or hide her/his tag or fend off defenders.
- A try is awarded to the attacking team when the player has both feet in the end zone (similar to American Football).
- The ball may not be kicked !!!
- A player may not run, pass, receive or make a tag unless both tags are on the belt. Should a attacking player be tag after he/she has passed the ball, the referee will call 'advantage'
- Dummy half can run with the ball & be tagged but can not score
- Player tagged **MUST** roll the ball under legs to dummy half

# BASKETBALL

- PLAYING AREA:** Basketball court (white lines)
- EQUIPMENT:** Basketball
- PLAYERS:** 5 On Court (Minimum 2 females)



## **RULES:**

Male players are not permitted to jump and block a female players shot. A male defender may stand with both arms straight up in the air to defend a female players shot. An illegal block will result in an automatic basket scored for the opposing team.

Each team is allowed to only have five players on the court at one time. If you run or walk with the ball that is called travelling. If you travel the other team gets the ball. If the person who has the ball steps or dribbles the ball out of bounds the ball goes to the other team. If the ball is thrown over the basket it is treated like a ball out of bounds. The team that threw the ball loses position of it.

## **Fouls**

A foul is any time you make contact with another player. If you push somebody then that is a foul. A foul can be called if you: push, kick, reaching in, bad language, and un sportsmanlike conduct

If the person with the ball is up in the air and you foul them, they get to go to the free throw line and shoot two baskets. However if the shot was being taken from three-point range, the player will take three shots. If a player has accumulated five fouls that person is ejected from the game. That means they will not be able to play in that game again.

## **Scoring Basketball**

In a basketball game when you make a basket it can be worth two points or three depending on where you shoot the ball from. There is an arch on both sides of the basketball court. If you shoot the ball and make it from inside the arch you get two points. If you make a basket from outside the arch you get three points instead of two. The game will have a designated Male & Female key of which only a player of that gender will be permitted into the basketball key. This will remain all game giving each gender a chance of both defence an offence.

# NETBALL

**PLAYING AREA:** Netball court (white & black lines)

**EQUIPMENT:** Netball

**PLAYERS:** 7 On Court (Minimum 3 females- 1 in each shooting circle & 1 in the middle court)

## **RULES:**

- The game starts and finishes on the umpires whistle.
- Each game consists of 2 X 20 minute quarters. Teams change ends after halftime break.
- Centre Passes are taken alternatively by the Centre after a goal is scored.
- Umpires control the game through umpiring to their right with the court divided across the centre circle. Each umpire controls their half of the court and also controls the whole of the sideline on their side of the court.
- The ball is awarded to opposition for throw-in when ball has left the court. Throw-ins take place where the ball left the court with one foot close to the line.
- A goal is one point.

## **CENTRE PASS:**

The centre passes are taken alternatively by the Centre for each team after a goal has been scored.

All players must start in their designated goal

The *Centre* has to be wholly inside the Centre Circle for the Centre Pass to proceed.

The *Centre* must obey the footwork rule after the whistle has been blown.

The opposing *Centre* can stand anywhere within the Centre Third of the court, providing she is .9M from the other Centre and is free to move.

**FREE PASS:**

A *free pass* is awarded for infringements related to court play, eg: stepping, replayed ball, over-a-third, held ball, short pass, breaking, offside

A *free pass* is taken by the opposition on the spot where the infringement took place.

A shooter cannot shoot for goal from a *free pass*.

**STEPPING:** A player must NOT reground the first foot to land on the court before releasing the ball. A player also may not drag or slide the landed foot but it is OK for a player to lift her grounded foot provided she releases the ball BEFORE regrounding that foot.

**REPLAYED BALL:** When the ball is considered to be in control of the player but is then bounced or fumbled to gain better control or when shooter shoots for goal and ball goes straight up in the air and comes down without any contact with the goal or another player.

**OVER-A-THIRD:** When ball is thrown through a complete third of the court without being touched by any player.

**HELD BALL:** Ball held by player for more than three seconds.

**SHORT PASS:** Where there is no room for a third player to move between the hands of the thrower and the closest foot of the receiver at the time the ball is passed.

**BREAKING:** If a player enters the Centre third before the whistle is blown for the centre pass. The pass is to be taken by the opposing team where the infringement occurred.

**OFFSIDE:** When any part of a players body touches the ground in an area of the court where that player cannot go.

**PENALTY PASS:** A penalty pass is awarded for infringements relating to Obstruction and Contact.

The player who caused the infringement must stand beside the player who has been awarded the penalty pass.

A shooter CAN shoot for goal from a penalty pass if in the goal circle.

**OBSTRUCTION:** Defender must be .9M (3ft) from player with ball - this is measured from the grounded foot of the player with the ball to the nearest foot of the defender.

**CONTACT:** No contact either accidentally or deliberately is allowed to interfere with an opponents play.

**CONTACT WITH THE BALL:** A player cannot touch the ball when it is being held by another player.

# Ultimate Disc Rules

- Indoor Ultimate is played on a netball court. The end zone is the netball semi circle.
- Games go for 40 minutes (20 minute halves) with a change of end after each score.
- Each point begins with both teams lining up on the rear of their respective end zones. The defending team throws the disc to the offence.
- Each team has 5 persons on the court at any given time (Minimum 4.) Substitutions can be made after a score.
- Each team must field at least two female players at all times. If a team is not able to do so, the match will be deemed a forfeit against them.
- A point is scored when the offensive team completes a pass in the defensive team's end zone (netball semi circle). Both feet must be in the end zone. Should you not have both feet within this area the umpire will call play on! Play is initiated after each score by the scoring team.
- The disc may be advanced in any direction by completing a pass to a team mate. Players may not run with the disc. The person with the disc (thrower) has 5 seconds to throw the disc. The defender guarding the thrower (marker) counts out the stall count and must stay 2 metres from the offensive player.
- When a pass is not completed (e.g. out of bounds, drop, block, interception), the defensive team immediately takes possession of the disc and becomes the offense.
- No physical contact is allowed between players. A foul occurs when contact is made. Within the end zone contact will obviously occur though unnecessary contact will result in a penalty.
- Sportsmanship and fair play should be adhered to at all times. Competitive play is encouraged, but never at the expense of respect between players, adherence to the rules and the basic joy of play.

# **SOCCER**

- PLAYING AREA:** Netball/Basketball court (white & black lines)
- EQUIPMENT:** Soccer Goals & Indoor soccer ball
- PLAYERS:** 5 On Court (Minimum 2 females- this does not include the goalie)

## **RULES:**

### **Players:**

Each team will have five players on the playing field. As with all our co-ed sports, each team must have two female in the game at all times this is not including the goalie. If a team does not have a female team member present they must play with only four players.

### **Playing Field:**

The boundaries of the playing field are the out of bounds lines of the basketball/netball court.

### **Time:**

Games will consist of two halves of 20 minutes each. The game clock will be a running clock and will only stop for special circumstances (injuries, soccer ball in roof, etc).

### **Substitutions:**

To make a substitution the ball must be dead (out of bounds, free kick, etc).

The ref must be notified before the subs are called.

### **Game Play:**

The kick off will alternate each half. At halftime the teams will switch sides. After the kick-off the game will follow basic soccer rules with the exception of the special cases listed below.

## **Special Rules:**

There are a number of exceptions to the basic soccer rules and they are as follows:

1. There are no offside penalties.
2. When a ball goes out of bounds, instead of a throw-in, the in bounding team will inbound the ball with an indirect free kick.
3. On all free kicks the defensive team must give the kicker at least 2 metres to kick the ball.
4. Each team must have a goalie.
5. Any handball will result in a direct free kick and any handball committed inside the "Basketball Key" will result in a penalty shot. For a penalty shot the shooter will place the ball on the "Three point line" and they will have one free shot.
6. All players must keep the safety of others in mind at all times and any excessive pushing or shoving will not be allowed.
7. If any players are continually breaking the rules or are putting other players in danger with their physical play the ref will take the necessary action.
8. When the Goalie throws or kicks the ball back in play it must be touch by a player before crossing the halfway line. If this does not happen the opposing team shall receive a penalty from the halfway line at either sideline. The goalie can only pick up the ball within the netball semi circle (black line)
9. Goals can only be scored within the basketball 3 point line (White line). AND if a ball is deemed to be travelling at speed, then the umpire reserves the right to disallow the goal. *Goals are to be scored using some finesse*, this is to prevent injury and help with safety of all players.

# **VOLLEYBALL**

**PLAYING AREA:** Volleyball court (Red lines)

**EQUIPMENT:** Volleyball Net & Volleyball

**PLAYERS:** 6 On Court (Minimum 2 females)

## **RULES: THE SERVE**

- Server must serve from behind the restraining line (end line) until after contact.
- Ball may be served underhand or overhand.
- Ball must be clearly visible to opponents before serve.
- Served ball may graze the net and drop to the other side for point.
- Alternate first serves each game

## **SCORING**

- There will be a point scored on every score of the ball.
- Offense will score on a defense miss or out of bounds hit.
- Defense will score on an offensive miss, out of bounds hit, or serve into the net.
- Games will be played to 25 pts.
- Must win by 2 points.

## **ROTATION**

- Team will rotate each time they win the serve.
- Players shall rotate in a clockwise manner.
- There shall be 4-6 players on each side.

## **PLAYING THE GAME**

- Maximum of three hits per side.
- Player may not hit the ball twice in succession (A block is not considered a hit).

- Ball may be played off the net during a volley and on serve.
- A ball touching a boundary line is good.
- A legal hit is contact with the ball by a player body above and including the waist which does not allow the ball to visibly come to a rest.
- If two or more players contact the ball simultaneously, it is considered one play and the players involved may not participate in the next play.
- A player must not block or attack a serve.
- Switching positions will be allowed only between front line players. (After the serve only).

## **BASIC VIOLATIONS**

- Stepping on or over the line on a serve.
- Failure to serve the ball over the net successfully.
- Hitting the ball illegally (Carrying, Palming, Throwing, etc).
- Touches of the net with any part of the body while the ball is in play. If the ball is driven into the net with such force that it causes the net to contact an opposing player, no foul will be called, and the ball shall continue to be in play.
- Reaching over the net, except under these conditions:
  - 1 - When executing a follow-through.
  - 2 - When blocking a ball which is in the opponents court but is being returned (the blocker must not contact the ball until after the opponent who is attempting to return the ball makes contact). Except to block the third play.
- Reaches under the net (if it interferes with the ball or opposing player).
- Failure to serve in the correct order.
- Blocks or spikes from a position which is clearly not behind the 10-foot line while in a back row position.

# Indoor Cricket

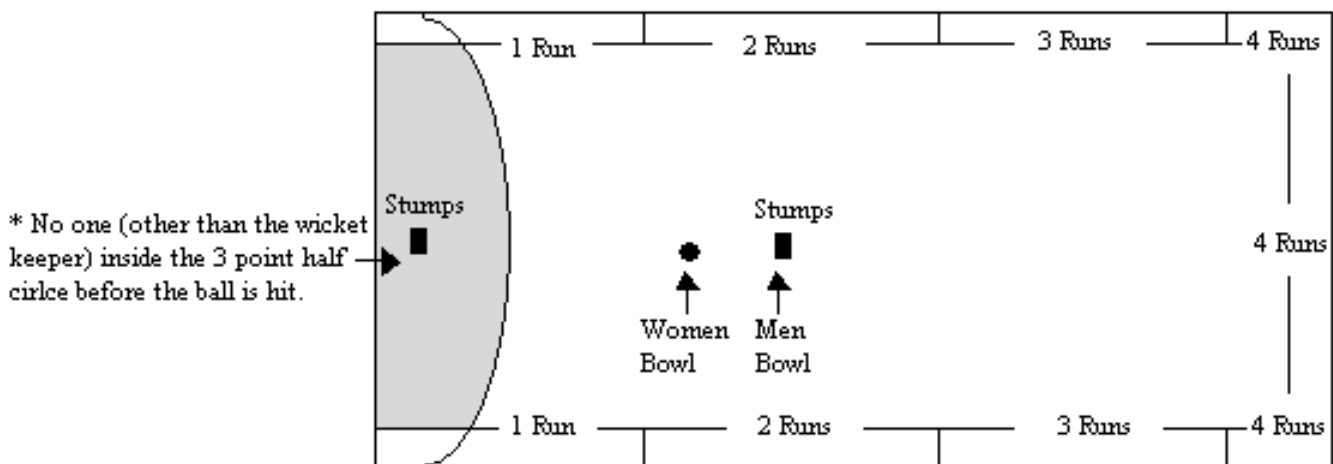
## Court Size

- Uses a 1/3 of the sports hall including nets & walls.

## Rules

- Each team will have 8 (10 ball per over) over's to face. Each player will bat in pairs and each pair will face 2 over's. If you don't have 8 team members on the night, then the bowling team will nominate players to face the remaining allotted over's (**this is to be done prior to the start**).
- Like wise the batting team will nominate bowlers from the fielding team should they not have 8 members on the night.
- 6 players can only field at anyone time with a rotation (as in volleyball) being used off the bench at the end of each over. The fielders are set out as follows: Wicket keeper, Bowler, 4 fielders
- Men & Women bowl from different spots (lengths).
- Runs are scored off the netting and walls as well as running between wickets. (**It is tip and run**). You can be bowled, caught or run out. There is no LBW!
- At least 2 females to bat and field.

## Scoring



## SCORING

- 1<sup>st</sup> quarter – 1 run
- 2<sup>nd</sup> quarter – 2 runs
- 3<sup>rd</sup> quarter – 3 runs
- 4<sup>th</sup> quarter & back wall – 4 runs
- Back wall on the full – 6 runs
- runs between wickets - 1 each crossing
  
- You can be run out, caught out (including of the wall & net) and bowled (No LBW). All balls that go above the brick work on the walls and netting are out also.
- Each out is Minus (-) 1 run.
- **Umpires ruling is final**

# STREET HOCKEY

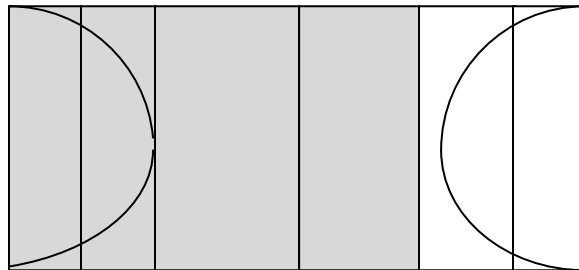
**PLAYING AREA:** Street Hockey is played on the netball court (black out lines)

**EQUIPMENT:** Street Hockey Sticks (Padded with foam) & Hackey Sac

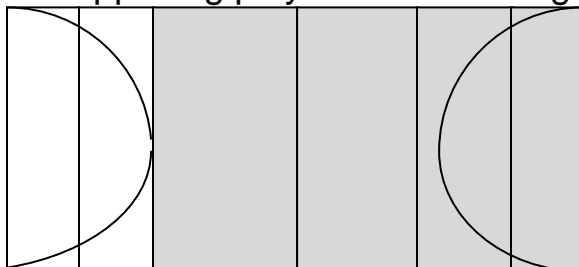
**PLAYERS:** 6 Players  
5 On field and 1 goalie  
2 girls on the field (excluding the Goalie)

## POSITIONS

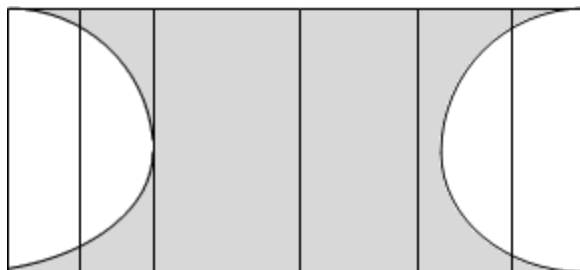
**No 1 Singlets** – The 2 offensive players wear No 1's. These players are on offence & are allowed in the following shaded areas. They can only score from within the Netball 1/3 (Black line) - BUT must not enter the Netball semi circle (Black line). The 1's are the only players allowed to score.



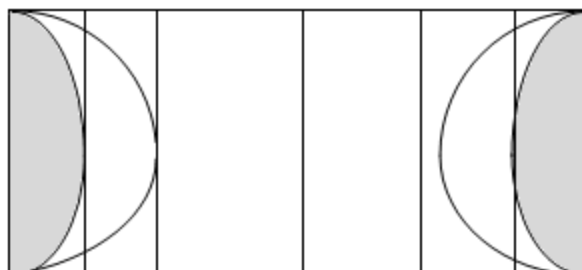
**No 2 Singlets** – The 2 defensive players wear No 2's. These players are only allowed in the following shaded areas (Though must stay outside the Netball Black semi circle). They are defensive players & must try to stop the opposing players from scoring



**Number 3 Singlet** – 1 player wears this singlet. They are the centre Player. They are allowed in the following shaded areas. They are not allowed in either of the Basketball semi circles. They begin the match on the centre line.



**Goalie** – 1 player plays in this position. They can ONLY use their stick to stop the sac and any sac flicked above the waist of the goalie will be the defending teams possession from the Netball semi circle. The goalie may only touch the sac with their stick in areas shown below (the black semi circle). Upon stopping the sac, and pushing it back into play, the sac must touch a player in the half court.



### **OTHER RULES YOU NEED TO KNOW:**

- Players must keep the sticks below waist height or a penalty shall be awarded.
- Players may only use their sticks to pass the sac, no feet or hands

If the sac goes out, a player takes the sac outside the lines, places it on the ground & pushes it in. Defending players must be 2 metres back from the line.

# BADMINTON

## COMPETITION RULES

Teams are made up of 6 players. These 6 are broken into 3 teams of 2 (1 female & 1 male – Desirably)

Teams will play a 3 game rotation. Each game consists of 3 sets first to 9 points (win by 2). Best of 3, wins that round.

Once all 3 games are completed the win is awarded to the team who wins 2 of the 3.

Team 'A' then rotates to the next court to play another pair.

After all 3 games are competed the winning team will be the one that won 2 of the 3.

Substitutions can be made at the end of each round.

Players may only swap during a game if injured.

Scoresheets must be filled out at the end of each round and witnessed by both teams.

## ROTATION

Rotation 1:	Team A1	v	Team B1
	Team A2	v	Team B2
	Team A3	v	Team B3

Rotation 2:	Team A1	v	Team B3
	Team A2	v	Team B1
	Team A3	v	Team B2

Rotation 3:	Team A1	v	Team B2
	Team A2	v	Team B3
	Team A3	v	Team B1

## **GAME RULES**

**A** game of double's use the outside line for in play, except for when serving, which must be within the players square.

**The** server must serve to the player diagonally across from them and serve from within their playing square into their opponents playing square.

**A** point can be scored whether serving or receiving.

**A** player continues to serve until they lose. On each serve the player serving must switch playing squares.

**The** first team to score 9 points wins that set (teams must win by 2 points). 3 sets are played in each game before rotating to the next Round.

**All** players should keep track of the score and agree before playing the next point.

**Results** of each rotation must be written down before rotating and starting the next round.

# LACROSSE

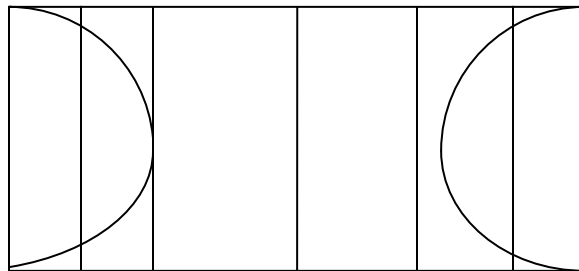
**PLAYING AREA:** Lacrosse is played on the netball court  
(black out lines)

**EQUIPMENT:** Lacrosse Sticks & soft ball

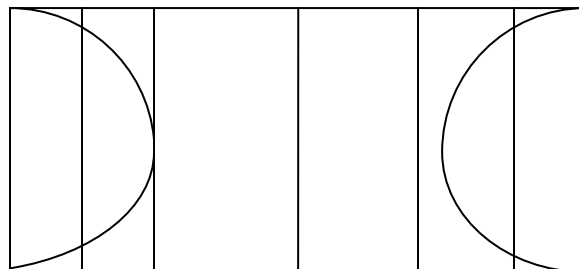
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## POSITIONS

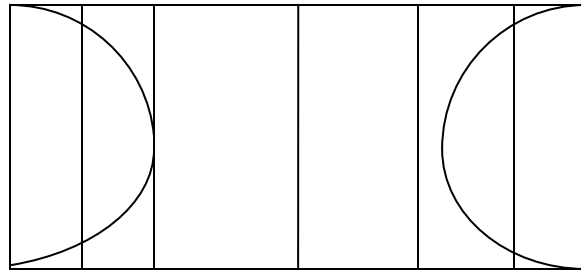
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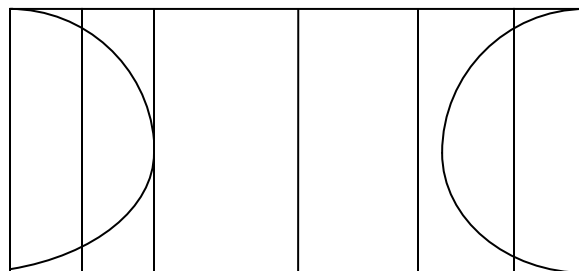
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**Goalie** – 1 player plays in this position. They do not have to use their stick, they may use any part of their body to stop the ball entering the goal. The goalie may only pick the ball up in areas shaded below (the black semi circle). Upon stopping the ball, and throwing it back into play, the ball must touch a player in the centre third.



### **OTHER RULES YOU NEED TO KNOW:**

- Play the ball, not the opponent. No stick or body contact allowed, otherwise a penalty is awarded.
- Players must keep both hands on their sticks, otherwise a penalty will be awarded.
- When moving the ball down the court, you **MUST** have possession in each third.
- Players can not run with the ball.

- When a penalty is awarded, defensive player must stand beside the offensive player. (as per in netball)
- If the ball goes out, a player takes the ball outside the lines, & throws it in. Defending players must be 1 meter back from the sideline.
- A time limit of 5 seconds applies to pass the ball
- Once a player has the ball in their possession defence must give them 3 feet.