



Umpire Quick Guide

modified rules for players with a disability - mainstream teams

Modified Rules - Mainstream Teams and Competitions

The following modifications are available as applicable to an individual with a disability to ensure a safe, fair, and meaningful contest in mainstream, community netball competitions. The rules approved for a player will be advised during umpire checks by the player and/or their coach. Please note: if not specified as a modified rule, all other rules as per the Rules of Netball (2024) apply. *Please refer to the full modified rules guide for all details.*

Current Rule	Modified Rule
Held Ball [Rule 11, p44]	<ul style="list-style-type: none"> A player may have up to 6 seconds after gaining controlled possession to pass or shoot
Replayed ball [Rule 11, p45]	<ul style="list-style-type: none"> A player may bat or bounce the ball up to two times to gain possession
Footwork [Rule 13, pp48-49]	<ul style="list-style-type: none"> Players may make additional foot movements (e.g. hopping, dragging, sliding, stepping) to decelerate and gain balance provided there is no material gaining of ground
Offside [Rule 14, p50]	<ul style="list-style-type: none"> A player who moves into an incorrect playing area and self-corrects should not be penalised for offside unless they take possession of the ball whilst offside. If a player repeatedly moves into an offside position, the umpire should correct them
Contact [Rule 17, pp55-57]	<ul style="list-style-type: none"> The umpire considers aspects of disability such as physical capacity (issues with balance, coordination, ability to grade the force and timing of movement etc.), and cognitive and sensory capacity (issues with decision making and planning skills, spatial awareness, vision or hearing etc.), in addition to consideration of players' netball experience and capacity in relation to whether unfair interference has occurred If a player contacts and a penalty pass is called consideration may be given to allowing the infringing player to continue to play (i.e. the player may not have to stand out of play)
Obstruction [Rule 16, pp53-54]	<ul style="list-style-type: none"> An opposing player may attempt to deflect or intercept the ball or defend the player with a disability in possession of the ball, provided there is a distance of not less than 4 feet (1.2 m) measured on the ground from nearest part of the landing foot of the player (with the modified rule) to nearest part of the opposing player's nearer foot in contact with the ground. For players in wheelchairs an opposing player must provide a distance of not less than 6 feet (1.83 m) A defending player (with modified rule in place) who obstructs is not made to stand out of play when the free pass is taken. The umpire will prompt how far to stand and ask the player to move to that distance to defend



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<p>Coaching [Rule 3, p18]</p>	<ul style="list-style-type: none"> • Prior to the match coaches of a player with a disability may request permission to coach (provide brief, reasonable feedback regarding rules) to that player during the game from a position other than the bench (e.g. court surround). If approved, the coach must not interfere with the umpire's duties or movements or interfere with any players on court from either team
<p>Game Management [Rule 18, pp58-63]</p>	<ul style="list-style-type: none"> • Players with a disability may require proactive advice and feedback (e.g. around infringements) from umpires earlier and more frequently • Players with a disability may require more detail (including demonstrations) by the umpire to understand the feedback given • Greater tolerance for repeated infringement of a rule/s may be required due to the player's disability
<p>Medical devices [Rule 3, p21]</p>	<ul style="list-style-type: none"> • Medical and health devices may be worn provided they are securely attached and covered with tape and/or padding as needed to prevent injury to the player and others as well as to prevent damage to the device • In the disability context devices may include, but are not limited to: <i>prescription glasses; hearing aids; cochlear devices; splints; orthoses; prosthetics; protective headgear; glucose pumps; devices for the management of continence (e.g. ileostomy bag); devices required for medical and health monitoring</i> • Players should consult with their medical and health professionals prior to playing as needed for advice around safety and the securing of devices
<p>Uniform requirements [Rule 3, pp19&21]</p>	<ul style="list-style-type: none"> • As per NQ's Inclusive Uniform Policy: teams can play in approved uniform consisting of a dress, singlet, bodysuit, tee shirt (long or short sleeved), skirt/skort, shorts, long pants (either Lycra or track suit style), any other adaptive clothing or approved item provided positional bib is visible • As much as possible, teams should wear the same-colour clothes, however type of material and style can be adapted for physical or sensory needs, provided these do not pose any safety risk to the player or others • Closed in footwear is required. Where possible, netball specific shoes or joggers that provide good grip and stability are preferred, however other closed in footwear (e.g. orthopaedic footwear) is permitted if sensory or physical/structural issues are present. Shoes with spikes or tags on the soles are not permitted • A watch should not be worn unless required for medical monitoring purposes and should then have a soft covering over it to prevent injuries • Jewellery should not be worn unless unable to be removed for religious, cultural or medical reasons. If so, it is the player's choice to play with it, and the player accepts the risks involved. Jewellery which cannot be removed should be covered with padding / tape to prevent injury • Long hair should be tied up, however if this presents a sensory issue, hair may be worn down. Consideration should be given to securing the hair in another way, if possible, e.g. with a soft headband, soft bucket hat etc. • Players with modified rules in place are to wear a blue wrist sweatband so that their modified rules can be implemented by umpires during the game



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Implementation Flow Chart

For mainstream community competition players



1

Player registers on Netball Connect - fills in disability details if able.



2

Player identifies the modified rules that apply to their situation.



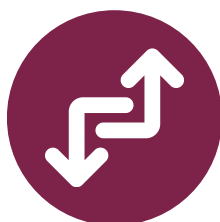
3

Before the start of the season where possible, player advises club/association of the modified rules they require.



4

Club / association reviews request. Further information may be required. Agreed modified rules established.



5

Player (with their coach) provides umpires & opposition coach the 'approved modified rules' form prior to game. Player wears blue wrist band so modified rules can be implemented during game.



6

Player advises their club / association as soon as possible of any changes needed to modified rules.

More Information

- Netball Queensland's **modified rules webinar**: Scan QR code, presentation starts a few minutes into the recording →
- **Modified Rules of Netball Implementation Guide** (full version) - on the NQ website

