



Umpire Quick Guide

modified rules for players with a disability - Netability & Unified Teams

Modified Rules - Netability & Unified Teams

The following modified rules are to be implemented for all players in Netability competitions and all players with a disability in any unified team competitions.

- Netability: is Netball Queensland's inclusive netball program for people with a disability
- Unified Team Competitions: are competitions that include unified teams which are made up of players with and without a disability, usually with a minimum number of players with a disability per team

Please note: if not specified as a modified rule below, all other rules as per the Rules of Netball (2024) shall apply. Please refer to the full modified rules guide for all details.

Current Rule	Modified Rule
Match length [Rule 2, p16]	<ul style="list-style-type: none"> • Match length: to be pre-determined by the competition organisers. Where possible the match length and breaks should be equivalent to the match lengths and breaks in a standard game of netball. Options such as substituting players more frequently should be utilised to allow for any issues with team / individual capacity rather than shortening games
Team numbers on court [Rule 3, p18]	<ul style="list-style-type: none"> • Unified teams are made up of 7 players with and without a disability. A minimum number of players with a disability, usually 4, are required on court per team, however team composition can be at the discretion of the competition organisers
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 of 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 the infringing player does not have to stand out of play



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Obstruction [Rule 16, pp53-54]	<ul style="list-style-type: none">• An opposing player may attempt to deflect or intercept the ball or defend a player 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 ball 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 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• 1 on 1 defence applies when a player is shooting for goal. That is, when a goal attack or goal shooter is attempting a goal, they may only be defended by one opposition player
Centre pass [Rule 8, p35]	<ul style="list-style-type: none">• Centre pass is to be taken by the team that conceded the most recent goal
Breaking on centre pass [Rule 8, p36]	<ul style="list-style-type: none">• Re-take the centre pass only if the breaking player caused an advantage to their team or disadvantage to the opposing team• Umpire to prompt a player if they repeatedly break at centre pass
Throwing in [Rule 6, p31]	<ul style="list-style-type: none">• When throwing in a player's foot can be on the line or up to 20 centimetres behind the line. The umpire should prompt them to correct this as much as possible before throwing in
Advantage [Rule 7, p34]	<ul style="list-style-type: none">• Advantage should not be applied, with the exception of an advantage goal
Substitutions [Rule 10, pp40-43]	<ul style="list-style-type: none">• Coaches can make unlimited substitutions• The substitute must wait for the other player to leave the court; however, they are not required to tag the other player• Substitutions must not interfere with play
Coaching [Rule 3, p18]	<ul style="list-style-type: none">• The coach may move within the court surround to provide feedback (e.g. reasonable reminders of rules) to player with a disability as required, but must not interfere with the umpires' movements or calls and must not interfere with the movements of players on court from either team
Game Management [Rule 18, pp58-63]	<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



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<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/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 Netball Queensland’s Inclusive Uniform Policy: All teams can play in an approved uniform consisting of the following articles of clothing provided the team plays in the same colour and/or design and that no part of the uniform options cover the positional bib: 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 • As much as possible, teams should wear the same-colour clothes, however type of material and style (per Policy examples) can be adapted for physical or sensory needs, provided the adaptations 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 is permitted if sensory or physical/structural issues are present (e.g. orthopaedic footwear). Shoes with spikes or tags on the soles are not permitted • A watch should not be worn unless it is required for medical monitoring purposes. If needed for this purpose a soft covering should be worn over it to prevent injury to the player and others on court • 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 for these reasons should be covered with padding / tape as necessary to prevent injury • Where possible long hair should be tied up for safety, 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.

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

