

Rules Of The Game

Indoor Cricket:

The Team

8-a-side. Substitutes can take the court but may not bat, bowl or keep stumps i.e. they can field only. No team may take the court with fewer than 6 players.

The Positions

Each team must bat in pairs (each batting pair gets 4 overs). The 8 fielders must be split evenly in each half of the court. Each fielder/bowler must bowl 2 overs each.

General Play

A player who consistently contacts another player or verbally/physically abuses another player or the umpire will be asked to leave the court for a period of time at the discretion of the umpire.

Scoring

A run is scored every time both batters make it to the opposing crease whilst the ball is in play. One additional run is scored if the batter hits the ball into the side net in the front half of the court. Two additional runs are scored if the batter hits the ball into the side net in the back half of the court. Four additional runs are scored if the batter hits the ball into the back net along the ground. Six additional runs are scored if the batter hits the ball into the back net on the full. A wide or no ball is worth 2 runs.

Fielding

A batter cannot be caught off the back net but can be caught of other nets. A batter will be run out if the bails are displaced off the top of the stumps.

The winning team is the side that has scored the most runs from their sixteen overs.

On Court

Runners or similar shoes are the best, as is ordinary exercise type clothing. No touch shoes, work boots, bare feet or jeans etc. Gloves must be worn whilst batting. No player is to play under the influence of alcohol or drugs.

Indoor Netball:

The Team

A mixed team consists of six players plus substitutes if required. There is a maximum of 3 male players on the court for a team at any one time - and they have to be in different positions. There is no maximum number of female players (i.e. a team can have up to six female players). Substitutes can swap on court at the end of each quarter.

The Positions

Each team consists of two Defence players, two Attacks and two Links. The court is divided into two halves with the shooting circle at each end. The Defence and Attack players can use half the court up to the half way line of their respective end. The links can use the whole court with the exception of the shooting circles.

Scoring

One point is scored for a goal shot from inside the circle. A goal shot from outside the circle is worth two points. Both the Attacks and the Links may shoot two pointers from outside the circle.

Passing

Players may: catch/pass the ball with one or both hands; bat or bounce pass the ball to another player - this includes using the nets around the court.

Players may not: kick the ball or strike the ball with a fist, bounce the ball to yourself (as with dribbling in basketball), throw the ball while sitting, kneeling or lying on the ground.

Footwork

As a general rule, a player must keep one foot grounded while in possession of the ball. A player with the ball may not; drag or slide the landing foot, hop on either foot, jump from both feet and land on both feet unless the ball has been released before landing.

Contact/Obstruction

Players shall not come into contact with another player, whether accidental or deliberate. Players should remain more

than 3 feet from each other or may fall under the obstruction rule. A player who consistently contacts another player or verbally/physically abuses another player or the umpire will be asked to leave the court for a period of time at the discretion of the umpire. If a player is in the air with the ball the defending player cannot occupy their landing space.

There is no mid court blocking allowed.

On Court

Runners or similar shoes are the best, as is ordinary exercise type clothing. No touch shoes, work boots, bare feet, jeans etc. Fingernails should be cut short before playing or player may wear the gloves provided. Jewellery should be removed. No player is to play under the influence of alcohol or drugs.

Indoor Football:

The Team

5 a side (played on a single court) All mixed teams must have at least two female players. Substitutes can swap during the period or for injury. No team may take the court with fewer than 3 players (5 a side).

The Positions

Each team consists of One Goal Keeper and four other players. The Goal Keeper can only handle the ball in their own goal circle. The Goal Keeper can take part in general play (i.e. he/she can leave the goal circle).

Contact/Obstruction

Players may not: tackle another player from behind or by sliding. They cannot push with their hands or use excessive body force against another player. A player who consistently contacts another player or verbally abuses another player or the referee will be asked to leave the court for a period of time at the discretion of the referee.

Free Kicks

All players must be at least 3 metres away from the player taking a free kick. A direct free kick (penalty shot at goal) may be awarded for aggressive behaviour.

Stoppages

In general the game clock will not stop for injuries/substitutions/blood etc.

On Court

Runners or similar shoes are the best, as is ordinary exercise type clothing. No touch shoes, work boots, bare feet, jeans etc. Fingernails should be cut short before playing or player may wear the gloves provided. Jewellery, including watches, should be removed. No player is to play under the influence of alcohol or drugs.

Indoor Dodgeball

Number of Players

6 players per team on the court.
A total of 9 players can play in any one game and can only sub at the end of each quarter

Length of Game

Duration is 2 x 14minute halves

Grades

All leagues are graded and each season is completed with semis and finals.

Mixed Grades

Maximum of 3 males on the court in mixed grades at any one time

Price

\$60 per team per game, no registration fees.
Fees can be paid each week or in a lump sum for the season