

# 2024 RULES UPDATE

## CONTACT

Is netball a non-contact sport? Let's discuss.

A key principle of netball is equal contest and the ability of players to compete fairly for playing position and possession of the ball. The contact rule deals with situations where players use physical contact improperly to stop this from happening.

There are two types of contact:



### INTERFERENCE

A player must not engage in physical contact that unfairly interferes with an opponent's play.



### CAUSING

Causing contact has two sections: moving player and player in the air.

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### INTERFERENCE:

For physical contact to interfere it must result in:

#### BALL LOST

Loss of the ball by an opponent in possession.

#### PASSING OR SHOOTING

Interference with the passing or shooting action of an opponent in possession.

#### BODY POSITION

A change in the body position of an opponent, regardless of whether the opponent is in possession of the ball, which limits their ability to move freely and places them at an unfair disadvantage in attacking, defending or playing the ball.

### CAUSING:

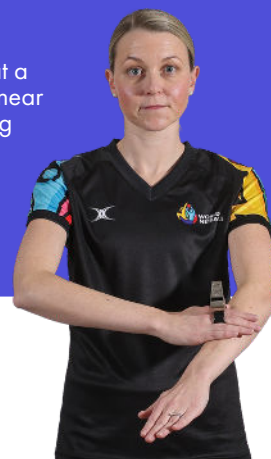
Two sections: moving player & player in the air:

#### PLAYER IN THE AIR

- A player **can** jump and land in their own space or any vacant space on court.
- A player **cannot** jump into a stationary opponent.
- A player **cannot** move into the landing space of an opponent who has jumped.

#### MOVING PLAYER

The moving player rule now states that a player must not take up a position so near to or so quickly in the path of a moving opponent that the opponent does not have enough time or space, either to stop or change direction. This is dependent on the speed of the opponent.



### RIGHT OF WAY

When two players jump in the air to contest, the player who gains possession has "right of way" and must be given space to land, relative to where the ball was travelling. A player who does not yield the space will be penalised, and no other player may move into the landing space.

**CONTACT  
HAND SIGNAL**