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## SPORTS RULES – Central Tertiary Challenge

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### **Basketball:**

- Open basketball competition
- 3 a side with rolling subs
- Deliberate contact (elbows, shove etc.) will result in a penalty for the opposition – minus 3 points
- Other normal basketball rules apply
- 2 points behind the arch and 1 inside it

### **Netball:**

- Open netball competition
- 7 a side with rolling subs
- Normal netball rules apply (no stepping, must be 3ft away when defending, held ball = 3 seconds, ball must be touched in each 1/3<sup>rd</sup>, no contact)
- If tied after regulation, then play till team is ahead by 2 goals
- Team rostered to officiate game

### **Football:**

- Open football competition
- 6 a side with rolling subs
- Normal football rules apply
- Field size – 3/4<sup>th</sup> of a regulation sized pitch, with normal goal posts
- If a game is tied in regulation then there will be a best of 3 penalty shoot-out, if there is still no result then the game will be a tie

### **Touch:**

- Open touch competition
- 6 a side with rolling subs
- 6 touches = turnover
- Groundball = turnover
- Round Robin Games tie = team that scored first try wins

### **Ultimate Frisbee (Outdoors):**

- Mixed ultimate competition
- 5 a side; 4:1 Or 3:2 gender split
- WFDF rules apply

### **Volleyball:**

- 6 a side with rolling subs
- Every point won is a point scored
- No touching the net
- Maximum of 3 hits then ball must cross the net
- Normal volleyball rules

Points for all sports will be: Points: 4 – win; 2 – draw; 1 – lose; 0 – forfeit