

Team consists of six players

Court is divided into halves instead of thirds

POSITIONS COURT COVERAGE

2 attackers - half court 2 defenders - half court

2 centres - full court except goal circles

The game and each quarter is started with a toss-up between two centre court players in the centre circle.

After a goal is scored, the ball is passed out from the top of the goal circle by a defender to a player in their own half.

Defender must wait for the umpires' whistle before passing.

The ball is deemed to be untouched when

after the goal pass out the ball hits the side or back net before being touched by any player the ball passes from one half to the opposite back net before being touched by any player

## **SCORING**

Attackers - 2 points from outside the goal circle 1 point from inside the circle Centres - 2 points from outside the goal circle

If a 2-point shot is attempted and missed and the attacking team regains the ball, the next attempt at goal must be inside the goal circle. If this 1 point shot misses and is again rebounded by the attacking team, another 2-point shot may be attempted.

If in the umpires' opinion, the shooter is deliberately missing the 1 point shot in order to regain possession to have another 2-point attempt, the ball will be turned over to the opposition for a free pass.

All other contact, obstruction, footwork and net infringement rules remain the same.

Mixed teams must have a minimum of 1 male and a maximum of 3 males on the court.

Only one male can play in each position

ie attackers - 1 male & 1 female

defenders - 1 male & 1 female

centres - 1 male & 1 female