

March 2016

Amendments made to the Seven a Side INFA Rule Book printed 2013

● **Net Abuse**

The offending player who has abused the net will now stand net side and must stand beside and away and take no further part in play until the ball is released including any forward movement or verbal direction or instructions.

● **Net Signal**

The net signal will now be displayed as interlocked fingers.

● **Players**

A maximum of 12 players are allowed to play during any one game in Ladies and Men's and in Mixed Teams a maximum of 13 applies.

● **Deflecting the Shot**

A player may not attempt to deflect the attempt of the shot by going up through the ring and net attached, trying to deflect the ball from being scored. If this happens the player will be informed "this is not in the spirit of the game" and a Free Pass will be awarded where the player was standing. The player will also be informed, if this happens again, a Penalty Pass or Penalty Shot will be awarded to the opposing team, however if the ball is in the cylinder of the ring, an automatic goal will be scored.

● **Stoppages for Injury/Illness/Blood Bin**

During any quarter if time is called for Injury/Illness/Blood Bin, a team has a maximum of two minutes for the first time called and then a further 30 seconds for every subsequent injury called in that quarter. This is applied for both teams during any quarter. If time is called in another quarter then it would revert back to the two minute call, followed by a further 30 seconds. Any time called for Injury/Illness/Blood Bin after the first 2 minutes and first 30 seconds has been taken would follow with continued 30 second calls.