



Croydon Netball League

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30 Second Injury Clarification

Stoppages Rule 9.3

- All injury/illness/blood stoppages are 30 seconds.
- The injured player **MUST** leave the court.
- If a position is left vacant, the player may return at an interval, another stoppage or after a goal is scored.
- A substitution can be made within the 30 seconds.

The stoppage must be requested by the injured player, failing this by an on court player OR by the umpire to avoid time wasting and interference with the game.

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Old Rule - What's Changed?

For injury/illness/blood on a player.

- The first stoppage on each quarter was 2 minutes and the player concerned could continue to play when the match restarted.
- Additional stoppage, by the same team, in the same quarter were 30 seconds
- All blood stoppages were up to 2 minutes.