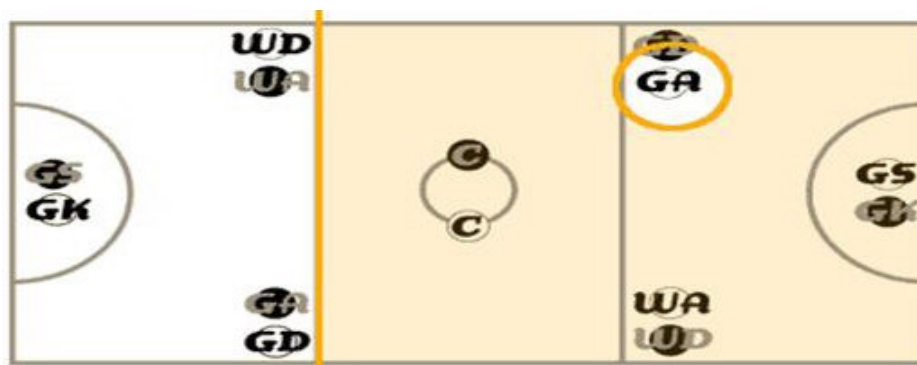


Netball

For a full set of rules contact Netball NSW via its website www.netballnsw.com.

THE TEAM

Teams consist of 7 players who take the court in identifiable positions (shown on the diagram below) for the beginning of a game and after a goal is scored. Players wear marked bibs to indicate their position.

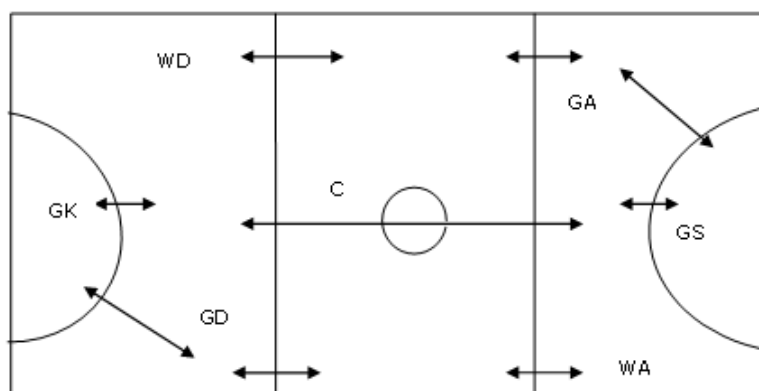


(Courtesy IFNA website)

GS - Goal Shooter	GK - Goal Keeper
GA - Goal Attack	GD - Goal Defence
WA - Wing Attack	WD - Wing Defence
C - Centre	

THE COURT

Players are restricted to certain areas of the court:



EQUIPMENT

1. Players must wear marked bibs and uniforms should be almost identical.
2. A full sized netball is used for all ages over 10 years.

THE GAME

1. Games consist of 4 equal quarters (15 minutes) with a 3 min. break between quarters and 5 mins. for half-time.
2. Players need to observe the following:

Footwork – a player may jump from the landing foot onto the other foot, but must release the ball before grounding the first landed foot.

A player may receive the ball while both feet are grounded, or jump to catch and land on both feet simultaneously, then step with either foot in any direction.

Holding the ball – a player may hold the ball for up to 3 seconds before passing or shooting it.

Defence – a defending player must be 1m away from an attacking player with the ball. A defending player may stand closer to an attacker without the ball but must not extend their arms to defend.

Playing the ball - a player cannot bounce the ball twice. If a player does not catch the ball cleanly it may be bounced once to gain possession or a bounce pass may be made to a team-mate.

Over a third – the court is divided into thirds. A ball must not be passed over a complete third without being touched by a player in that third.

3. Players cannot punch, kick, roll or fall onto the ball; nor play the ball while kneeling or sitting. Once the ball has been played, it cannot be replayed by the same player until the ball comes into contact with another player or the goal post.
4. All players must be onside when the umpire starts play. If a player is onside and moves into the centre third before the whistle is blown, they are breaking. The centre pass must be caught or touched in the centre third.
5. A ball bouncing on the line is considered **in**.

INFRINGEMENTS

1. A free pass is awarded for the breaches mentioned in points 3,4,and 5 above.
2. A penalty pass(where the offending player must stand out of the play until the pass is thrown) applies for OBSTRUCTION (being too close to a player receiving the ball) or CONTACT (holding, pushing or knocking an opponent).

MIXED NETBALL

The rules and regulations are the same as for netball except for the following restrictions:

1. there must be a 4 boy/ 3 girl or 4 girl/ 3 boy ratio on the court at all times;
2. one boy MUST play GK **or** GD, one boy MUST play GS **or** GA.

NETTA NETBALL

This is a variation of Netball suitable for players up to 10 years of age. Usual rules of Netball apply except for these variations:

1. The goal ring is lowered to 2.4m and a size 4 or 5 ball is used.
2. Teams consist of 6 players who take the court in identifiable positions with one WA/WD combination omitted.
3. The ball can be held for 6 seconds before passing to another player.
4. Player should be rotated regularly through all positions to develop a range of skills