#### **About Netball**

Netball is similar to basketball although the rules, equipment and team numbers are slightly different: No dribbling; No running with the ball; 7 on court players; ball must be passed in 3 seconds; ball and basket are slightly smaller; there is no backboard; and players are designated to certain areas of the court.

Netball is played by over 20 million people in more than 70 countries. In 1995, Netball became a "recognized" Olympic sport and a strong push is underway for its inclusion in the Olympic Games Program.

One of Netball America's key strategic initiatives is to introduce Netball into core education curriculums within the United States. Netball America has partnered with the President's Challenge Program, various national education bodies, school districts, community centers, special olympic associations and disabled programs.

Please contact education@netballamerica.com if you would like us to present at your teachers conference or host a Netball clinic in your area.

#### **Benefits of Netball**

- Netball is an all inclusive sport, can be played by females and males of all ages, and a wide range of positions allows for different skill levels.
- Cost efficient sport and minimal equipment needed.
- Maintains a competitive yet non aggressive environment.
- A true team sport as the ball must be passed from one player to another in order to move the ball down the court.
- Self esteem and confidence is built through team work required, and players owning their own 'position' on court.











www.NetballAmerica.com

#### Members





































































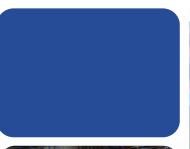






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# a quick guide to NETBALL









www.NetballAmerica.com

Netball America is the leader in bringing Netball to the USA. We are focused on showing how Netball creates an exciting atmosphere of participation and supports individual progress, team unity, good health and education of youth. Our aim is to encourage children and families to be physically active, maintain a healthy lifestyle and includes those with disabilities to ensure they feel part of the their community. Netball America is a registered 501c(3) Not-For-Profit organization.

## a quick guide to **NETBALL RULES**

#### PLAYING THE GAME

#### Starting or Restarting the Game

Center passes are taken alternately by the Center, after a goal has been scored. All players must start in the goal thirds except the two Centers. The Center with the ball starts with either one or both feet in the Center Circle and must obey the stepping rule after the whistle has been blown. The opposing Center stands anywhere within the Center Third and is free to move. The Center pass must be caught or touched by any player in the Center Third.

#### **COURT AREAS**

Offside: Player moving out of own area, with or without ball (on a line counts within either area).

Over a Third: Ball may not be thrown over a third without being touched.

#### PLAYING THE BALL

- A player who has caught the ball shall play it or shoot for goal within three seconds.
- A player may bounce or bat the ball once to gain control.
- A player who has caught or held the ball may not bounce or drop the ball and replay it.
- A player may not throw the ball while lying, sitting, or kneeling on the ground.



#### STEPPING

Having caught the ball, a player may land or stand on:

- One foot while the landing foot remains grounded, the second foot may be moved anywhere any number of times, pivoting on the landing foot if desired. Once the landing foot is lifted, it must not be regrounded until the ball is released.
- Two feet (simultaneously) once one foot is moved, the other is considered to be the landing foot, as above. Hopping or dragging the landing foot is not allowed.

#### **SCORING A GOAL**

Only Goal Shooter (GS) or Goal Attack (GA) can score—they can shoot from anywhere within the goal circle. Only one point is awarded per goal. If another player throws the ball through the ring no goal is scored and play continues.

#### **CONTACT**

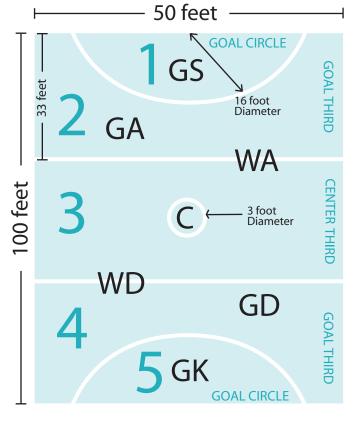
No player may contact an opponent, either accidentally or deliberately, in such a way that interferes with the play of that opponent or causes contact to occur.

#### **OBSTRUCTION**

- Player with the ball: the nearer foot of the defender must be 0.9m (3ft) from the landing foot of the player with the ball, or the spot where the first foot had landed if one has been lifted. The defender may jump to intercept or defend the ball from this distance.
- Player without ball: the defender may be close, but not touching, providing that no effort is made to intercept or defend the ball and there is no interference with the opponent's throwing or shooting action.

### **Playing Positions**

Each playing position has a specific area of the court in which to play:



GS (Goal Shooter) Scores goals and works in and around the goal circle with the Goal Attack. Areas 1  $\&\,2$ 

**GA (Goal Attack)** Feeds and works with the Goal Shooter to score, Areas 1, 2 & 3

**WA (Wing Attack)** Feeds the goal circle players giving them shooting opportunities. Areas 2 & 3

**C (Center)** Takes the center pass and controls game flow between attack and defense. Areas 2, 3 & 4

**WD (Wing Defense)** Looks for intercepts and prevents the opposition Wing Attack from feeding the ball into the goal circle. Areas 3 & 4

**GD (Goal Defense)** Defends the Goal Attack, looking for intercepts, trying to prevent the opposition Goal Attack and Goal Shooter from scoring. Areas 3, 4 & 5

**GK (Goal Keeper)** Works with the Goal Defense to prevent the opposition Goal Attack and Goal Shooter from scoring. Areas 4 & 5