

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

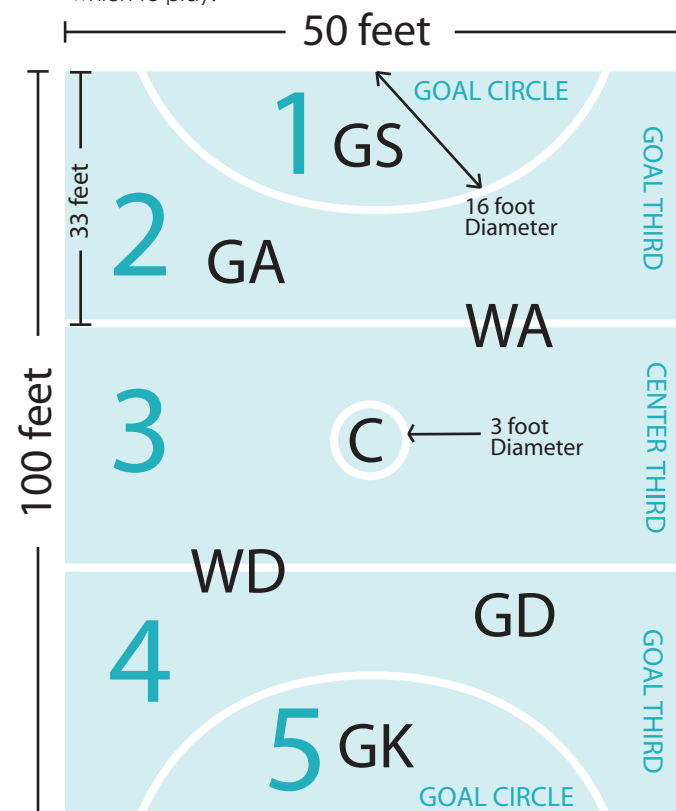
No player may contact an opponent, either accidentally or deliberately, in such a way that interferes with the play of that opponent or causes contact to occur.

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