



# Netball

## Rules of The Game

The object of netball is to score more points than your opponent.

- A netball game lasts for a regulation 60 minutes. This is split into four quarters, with each quarter lasting 15 minutes. Between the first and second quarter, and the third and fourth quarter, there is an interval of three minutes. Between the second and third quarter -half-time - there is an interval of five minutes.
- A referee or umpire is allowed to call time and when they do, the timekeeper will stop the timer, which begins again when play starts again. There is a maximum of two minutes allowed for an injury
- Each team can have a maximum of 7 players and a minimum of 5.
- The court must be divided into 3 sections, with each player holding a specific position on the court.
- If a player moves into a position that they should not be in, they will be deemed to be offside.
- Players cannot hold the ball for more than three seconds.
- You cannot throw the ball over two transverse lines without interception (Over a Third)
- Players cannot take more than 1.5 steps when in possession of the ball.
- The ball must go through the ringed hoop for a goal to be given.

## Positions

There are seven playing positions in a team. Each has an important role to play for their team:

**Goal Shooter:** To score goals and to work in and around the circle with the GA

**Goal Attack:** To feed and work with GS and to score goals

**Wing Attack:** To feed the circle players giving them shooting opportunities

**Centre:** To take the centre pass and to link the defence and the attack

**Wing Defence:** To look for interceptions and prevent the WA from feeding the circle

**Goal Defence:** To win the ball and reduce the effectiveness of the GA

**Goalkeeper:** To work with the GD and to prevent the GA/GS from scoring goals



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## Pitch Markings

The netball court measures up at 30.5 metres (or 100ft) long and 15.25 metres (50 ft) wide.

The netball court is divided into three sections and this impacts on where players can move. The sections are referred to as the two goal thirds and the centre or middle-third.

A netball game can be played with a court, two goals, colour coded bibs and a ball.

## Scoring

A goal is scored in netball when the ball is passed to a player in the goal third who shoots the ball through their opponent's goal ring.

Only the goal shooter or goal attack can score goals in netball and they must be within the semi-circle when they shoot.

If the ball passes through the ring thrown by any player other than the GA/GS then the ball is still in play and no goal is scored.

## Key Terms

**0.9m or 3ft:** distance players must stand when defending

**Centre pass:** The first pass used to start the game and restart after every goal that is scored

**Contact:** Any action that results in players touching or bumping into each other

**Dodging:** The art of moving from side to side to confuse the opponent before sprinting off to catch the ball

**Feed:** Any pass made to the shooters within the shooting circle

**Footwork rule:** This is the rule unique to netball which limits the movement of the player's feet after catching the ball

**Held ball:** holding the ball for longer than you are allowed to

**Landing foot:** The first foot to be grounded after catching the ball

**Marking:** The art of staying close to an opponent to prevent her from catching the ball

**Offside:** When a player makes contact with a part of the court which is not included in her own playing area

**Pivot:** When the landing foot stays grounded, and the player turns on the spot in order to face and throw in another direction

**Shooting circle:** The marked circle which the shooters must land in before attempting to make a goal

**Simultaneous contact:** When two