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| **Netball** | | | | | |
| **Format** | | **Aim:** | | | |
| **Number of Players** | 7 per team | The game is played with two teams and the aim is score more goal than the other team in the allocated game time. | | | |
| **Game Time** | 15 minutes quarters. | **Equipment** | Football (Size 4 8 -10 year-olds, Size 5 11+ year olds), Netball Posts, Netball Bibs. | | |
| **Scoring** | | **Main Rules** | | | |
| **1 goal** is given if the whole of the ball is over the goal line between the goal posts and under the crossbar. | | * **Footwork -** Players cannot move with the ball. Player can land or two or one foot. The first foot you land on is your pivot foot. If you land on two at the same time the player can choose which foot is the pivot foot. * **Offside -** A player cannot enter an area of the court where their position is not allowed. If this happens this will be called offside and the opposing team will receive a free pass. * **Held Ball -** A player cannot hold the ball long that 3 seconds. If this happens the opposing team will be given a free pass. * **Replayed Ball -** If a player loses control of the ball and pick it up again, this a replayed ball. The opposing team receives a free pass. If a player taps or deflects the ball and picks the ball up this is not classed as replayed ball. * **Obstruction –** A defending player that is less than 3 feet away from the opponent when cannot move their hands away from their body. If the opposition does not have the ball, the 3 feet rule does not apply, arm still need to be by their side. * **Contact -** Occurs when a player’s actions interfere with an opponent’s play whether these are accidental or deliberate. * **Over a Third -** The ball cannot be thrown over a complete third of the court without being touched or caught by a player. If this happens, a free pass will be given to the opposing team. * **Foul Play** - Foul Play is anything a player does within the field of play that is contrary to the letter and spirit of the rules of the game. | | | |
| **Starting/Restarting the Game** | |
| **Centre Pass -** The first centre pass is decided by the two team captains by a coin toss. Before the start, all players must start in their goal thirds except the two Centres. The Centre will then start the game by placing one foot in the centre circle and passing the ball to one their players. Players must receive the ball in the centre third of the court only. Failure to pass in the centre third results in a free pass given to the opposing team.  **Taking a Free Pass or Penalty** - If your team have been given a free pass you have three seconds from setting up the free pass to throwing the ball to a player. Failure to do so will result in the opposing team being given the free pass. | |
| **Positions** | | | |
| **Position** | | **Job Role** | **Area to of the Court** |
| **GS (Goal Shooter)** | | Main role is to shoot goals and working closely with goal attack. The GS can only shoot in the shooting circle. | GS can only move around in the attacking third including the shooting circle. |
| **GA (Goal Attack)** | | Shares the shooting responsibilities with GS. GA can only shoot in the shooting circle | GA can play in the attacking third and centre third of the court. |
| **WA (Wing Attack)** | | Main role is to help move the ball down to the attacking third and feed to the shooters. | WA can move around in the attacking and centre third but is not allowed inside the shooting circle. |
| **C (Centre)** | | An attacking and defensive role, C requires a high level of fitness to help move the ball up and down the entire court. | C can play in all thirds of the court excluding the shooting circles. |
| **WD (Wing Defence)** | | A defensive role with the aim to block and intercept the attacking players from feeding the ball down to the shooting circle. | WD can play in the centre and defensive third but not the opponent’s shooting circle. |
| **GD (Goal Defence)** | | Assists the GK by stopping the opponent’s shooters from scoring. | GD can play in the centre and defensive third as well as the opponent’s shooting circle. |
| **GK (Goal Keeper)** | | Often the last player to stop the opposing shooters from scoring. Also responsible for taking any throw-ins in the defensive third. | GK can only play in the defensive third and opponent’s shooting circle. |
| **Diagram of Playing Area** | | | | | |
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