



What is netball?

Netball is a fast, skillful team game based on running, jumping, throwing and catching. Teams may include up to 12 players, but only 7 may take the court at any one time.

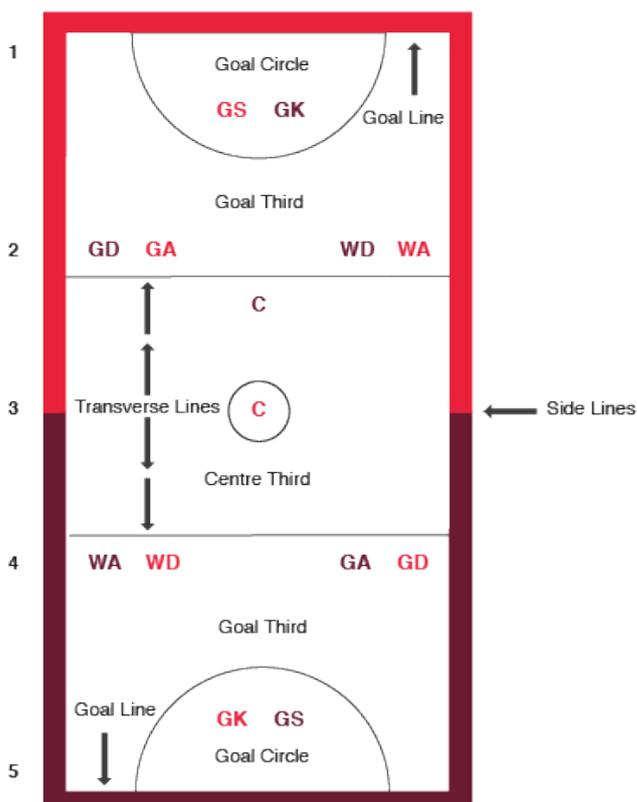
The Court is 30.5m long and 15.25m wide, which is divided into thirds. There is a centre circle with a diameter of 0.9m and two goal circles which are semi-circles. All lines are part of the court and measure 50mm in width.

Each player has a playing position determined by the areas on the court where they may move. The playing positions are shown by identification letters worn above the waist, on both the front and the back of the player.

Those positions are Goal Shooter (GS), Goal Attack (GA), Wing Attack (WA), Centre (C), Wing Defence (WD), Goal Defence (GD) and Goal Keeper (GK).

The major aim of the game is to score as many goals as is possible from within an area called the Goal Circle, which is a semi-circle centred on the goal line and measuring 4.9m in radius. Only two players from each team may score goals: the Goal Attack and Goal Shooter.

The ball is made of leather, rubber or similar material, weighing 400-450g and measuring 690-710mm in circumference.



Each playing position has a specific area of the court in which to play, and a specific role to play.

Goal Shooter (GS) To score goals and work in and around the circle with the GA

Goal Attack (GA) To assist the GS and score goals

Wing Attack (WA) To assist the circle players, giving them shooting opportunities

Centre (C) To take the centre pass and link defence and attack

Wing Defence (WD) To look for interceptions and prevent the opposing WA from feeding their circle

Goal Defence (GD) To win the ball and reduce the effectiveness of the opposing GA

Goal Keeper (GK) To work with GD to prevent the opposing GS from scoring

The Goal Posts are placed at the mid point of each goal line and measure 3.05m in height. The goal rings have an internal diameter of 380mm. The goal ring projects horizontally from the post on a single attachment measuring 150mm in length.

A game consists of 4 x 15 minute quarters with an interval of 3 minutes between the first and second and third and fourth quarters and a 5, or 10 minute half-time interval.

The Rules of Netball may be placed into two generic groups, those which infringe only a rule and are called minor rules and those which infringe the rights of an opponent and consequently are called major rules.



Full rules of netball available via www.netball.org/netball/the-rules-of-netball

	Minor rules	Major rules
Infringements	Held ball, stepping, breaking, offside and over a third	Obstruction, intimidation, contact and discipline
Penalties	Free pass	Penalty pass or shot Offender must stand out of play until the ball has left the thrower's hands

More information available via www.swissnetball.ch