

A BRIEF GUIDE TO THE RULES OF NETBALL

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PLAYER ROLES

Attack

GS (Goal Shooter): Main role to score goals. Works in and around the goal third with the GA. Defends the opposing GK. Short, sharp movements, shooting and rebounding skills are required.

GA (Goal Attack): Can move in and around the centre and attacking third, including the goal circle. Works closely with WA to gain centre pass, and with GS to score goals. Defends the opposing GD. Requires wise use of space, communication with WA and GS, shooting and rebounding skills.

Mid Court

WA (Wing Attack): Able to move in centre third and attacking goal third, but not the goal circle. Main feeder and passer of the ball to shooters. Works with GA to gain centre passes. Defends the opposing WA. Skills needed are quick dodges, ability to turn fully and use a variety of passes.

C (Centre): Can move over the whole court, but not into the goal circles. Acts as a link player between the defence third and the attacking third. Defends the opposing centre one-on-one. Skills of passing, footwork and vision are required.

WD (Wing Defence): Works in the centre and defence third. Opponent is the WA. Can be used as an attacking player at the centre pass and through court to the attacking transverse line. Support through court attack. Skills of one-one defence, anticipation and interception are needed.

Defence

GD (Goal Defence): Defends direct opponent GA with one-on-one defence in goal third and centre third. Works with GK in goal circle. Supports through court attack. Skills of anticipation, interception and rebounding are needed.

GK (Goal Keeper): Defends direct opponent GS with one-on-one defence within the goal third. Take throw-in on goal-line and halfway up sidelines in goal third. Skills of anticipation, interception, rebounding and one-on-one defence.

BASIC PLAY

- Play starts and finishes on the umpire's whistle.
- Each game consists of two 12 minute halves (Years 4 and 5) with 4 minutes for half time. The duration of a Year 6 game is 13 minute halves with 2 minutes for half time. Year 7 and 8 play four 10 minute quarters with 2 minutes for each break. All teams change ends after each quarter/half time break.
- The game start with a Centre passes with a new centre pass taken after a goal is scored. The Centre Pass
- The ball is awarded to opposition for throw-in when the ball leaves the court.
- Throw-ins take place where the ball left the court with both feet outside the court.

Centre pass

- Centre passes are taken alternately by the Centre for each team, after a goal has been scored.
- All players must start in their designated goal thirds prior to the umpire's whistle.
- Only the two Centres are in the Centre third.
- The Centre has both feet inside the circle and waits for the umpire to whistle the start of play before throwing.
- The opposing Centre can stand anywhere in the centre third of the court as long as they stand 0.9m from the person with the ball.

Free pass

- A free pass is awarded for infringements relating to court play eg stepping, replayed ball, over a third, held ball, short pass, breaking, offside.
- A free pass is taken by the opposition on the spot where the infringement took place.
- A player cannot shoot for goal from a free pass.

Stepping - A player must not reground the first foot to land on the court before releasing the ball. A player must not drag or slide the landed foot but it is OK for a player to lift her grounded foot provided she releases the ball before regrounding that foot.

Replayed ball - When the ball is considered to be in control of the player but is then deliberately bounced or tossed to gain better control. Also, uncontrolled Bat-catch is OK, but Bat-bat-catch is replayed ball. When a shooter shoots for goal, misses, and catches the ball without it touching the goal or another player, this is replayed ball.

Over-a-third - When the ball is passed through a complete third without being touched by a player in that third.

Held ball - Ball held by a player for more than three seconds.

Short pass - Where there is no room for a 3rd player to move between the hands of the thrower & catcher

Breaking - If a player enters the Centre third before the whistle is blown for the centre pass.

Offside - When any part of a player's body touches the ground in an area of the court where that player cannot go.

Penalty pass

- A penalty pass is awarded for infringements relating to Obstruction and Contact.
- The player who caused the infringement must stand beside the player who has been awarded the penalty pass.
- A shooter can shoot from a penalty pass if in the goal circle.

Obstruction - Defenders must be 0.9m from player with the ball - measured from the grounded foot of the player with the ball to the nearest foot of the defender.

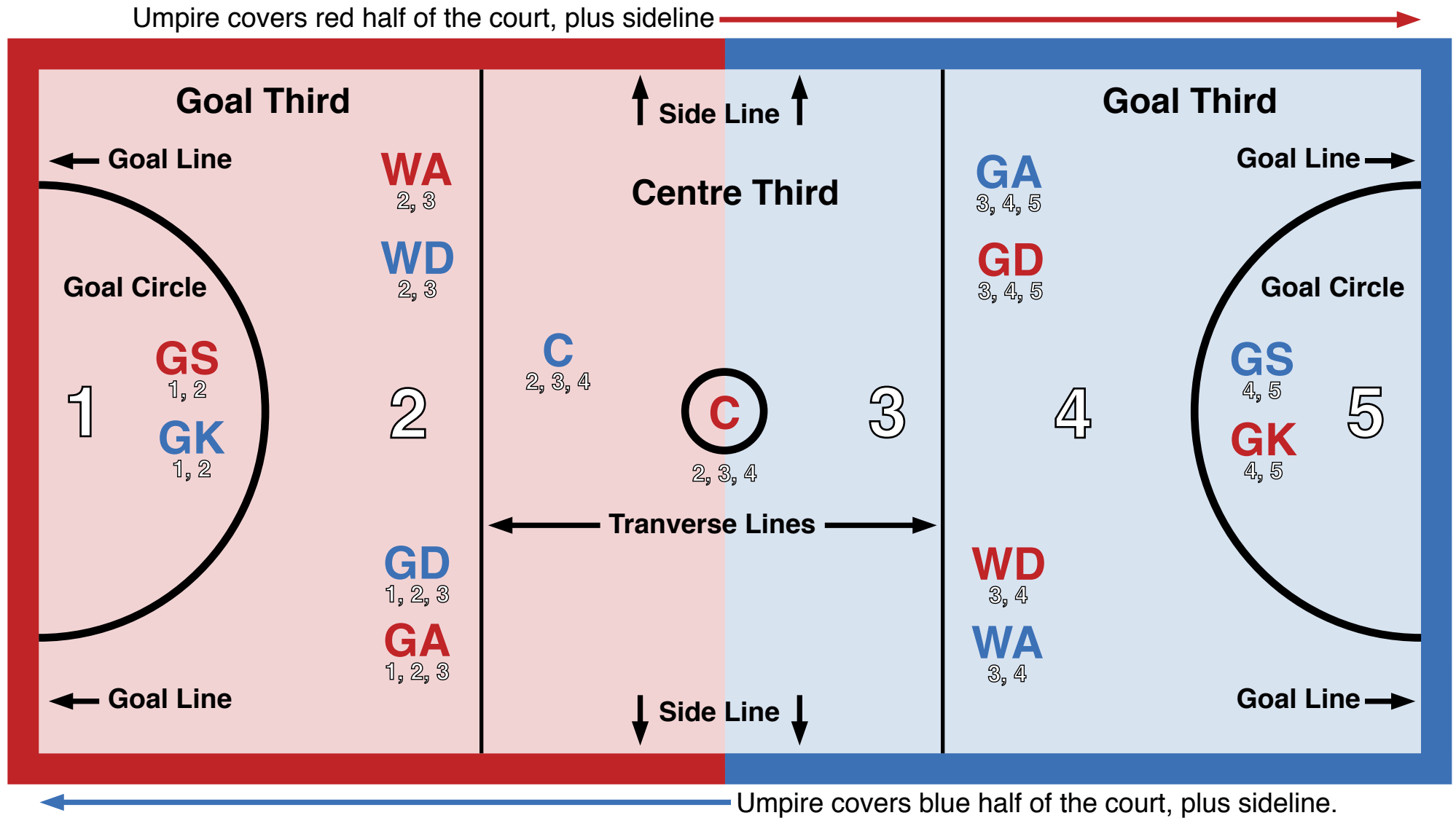
Contact - No contact, accidental or deliberately, is allowed to interfere with an opponent's play.

Contact with the ball - A player cannot touch the ball when it is being held by another player.

Toss up - A toss up is awarded for all simultaneous infringements or when two players catch the ball at the same time.

The Netball court

Players are positioned for a red team centre pass



1 indicates court area. eg **GK** may play in areas 1 and 2