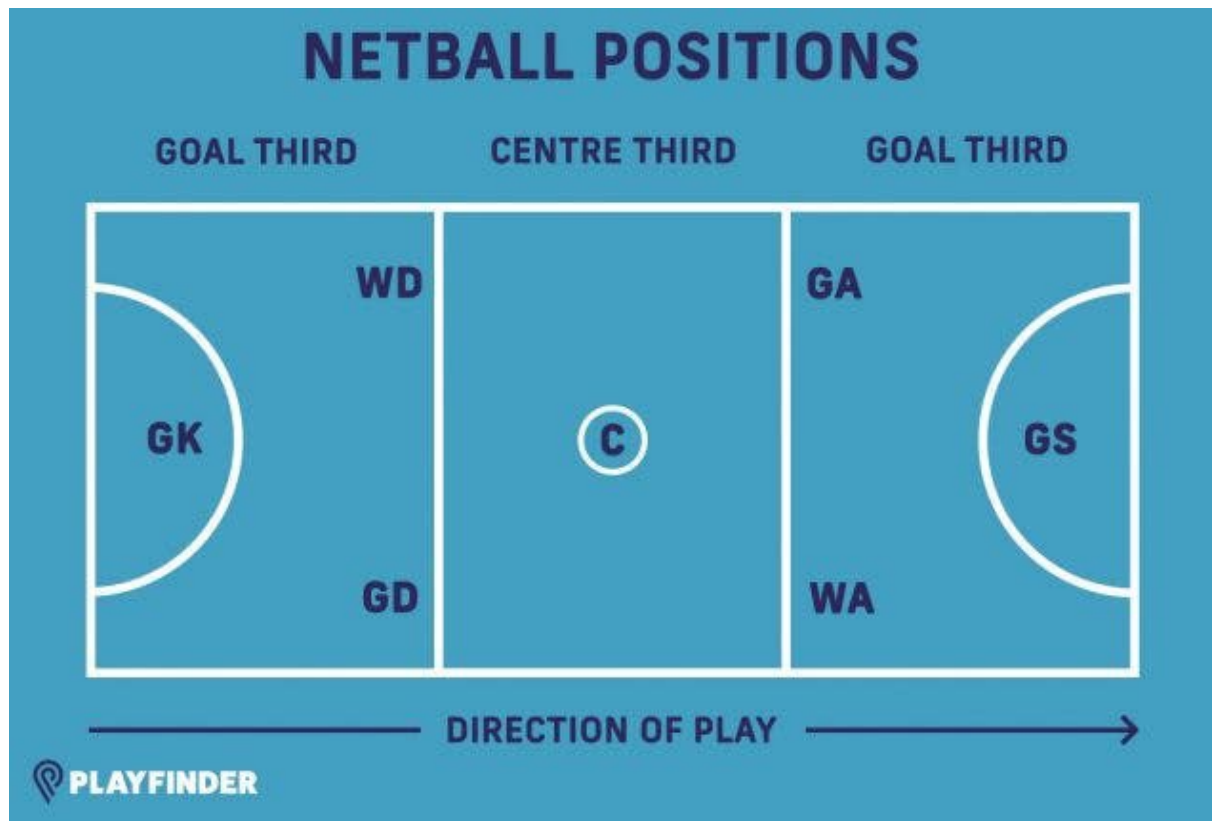


Everything you May Need to Know about Netball!



Position	Area of Play
Goal Keeper (GK)	Allowed in one goal third including the shooting circle
Goal Defence (GD)	Allowed in one goal third, the centre third and the shooting circle
Wing Defence (WD)	Allowed in one goal third, the centre third but NOT the shooting circle
Centre (C)	Allowed in all three thirds but NOT shooting circles
Wing Attack (WA)	Allowed in one goal third and the centre third but NOT the shooting circle
Goal Attack (GA)	Allowed in one goal third, the centre third and the shooting circle. Can score goals
Goal Shooter (GS)	Allowed in one goal third including the shooting circle. Can score goals

Basic Rules

Rule	Description	Penalty
3 seconds	A player can only hold the ball for 3 seconds	Free Pass to the other side
3 feet	When an opposing team member is holding the ball your feet cannot be within 3 feet of their landing foot	Penalty Pass to the other side

Foot work	A player may receive the ball with one foot grounded or jump to catch and land on one foot and then: • Step with the other foot in any direction and pivoting on the landing foot, but if they lift the landing/grounded foot they must release the ball before they put it back on the ground If a player catches the ball with two feet on the ground, or lands with two feet at the same time, they can step with either foot. However, the other foot then becomes their landing foot and the same rule, as above, applies	Free Pass to the other side
Offside	A player, with or without the ball is offside if they enter any area what is not designated for their position e.g. the GK goes into the centre third or the C enters a shooting circle	Free Pass to the other side
Over a Third	The ball may not be thrown from one goal third to the other goal third without being touched or caught by a player in the centre third	Free Pass to the other side
Replaying	If a player catches and then drops and recatches the ball it this may be classed as replaying should the umpire believe they had control	Free Pass to the other side
Contact	No player may contact an opponent either accidentally or deliberately in such a way that interferes with the play of that player or causes contact to occur. Including: • Move into the path of an opponent who is committed to a particular landing space • Position so closely to an opponent that the player is unable to move without contacting • Push, trip, hold or lean on an opponent • Place a hand or hands on a ball held by an opponent • Knock or remove the ball from the possession of an opponent • Push the ball into an opponent	Penalty Pass to the other side
Out of Court	The ball is out of court when: • It touches the ground outside the court • It touches an object or person in contact with the ground outside the court • It is held by a player in contact with the ground, an object or a person outside the court	Sideline or Backline pass to the other side