

Rules and Regulations, Playing Netball

Starting or Restarting the Game

The Players are responsible at the start and restart of play.

Centre passes are taken alternately by the Centre, after a goal has been scored. All players must start in the goal thirds except the two Centres. The Centre with the ball starts with either one or both feet in the Centre

Circle (if on one foot then the other must not have contact with the ground outside the Centre Circle) and

must obey the footwork rule after the whistle has been blown. The opposing Centre stands anywhere within

the Centre Third and is free to move. The Centre pass must be caught or touched by a player in or landing in or jumping from a stance in the Centre third.

Playing the Ball

- A player who has caught or the ball shall play it or shoot for goal within three seconds
- A player may bounce or bat the ball once to gain control
- Once released, the ball must next be touched by another player
- There must be room for a third player between hands of thrower and catcher
- A player on the ground must stand up before playing ball

Footwork

Having caught the ball, a player may land or stand on:

One foot - while the landing foot remains grounded, the second foot may be moved anywhere any number

of times, pivoting on the landing foot if desired. Once the landing foot is lifted, it must not be re-grounded

until the ball is released.

Two feet (simultaneously) - once one foot is moved, the other is considered to be the landing foot, as above.

Hopping or dragging the landing foot is not allowed.

Scoring a Goal

Only GS or GA can score - they must be completely within the circle when the ball is received in order to shoot for goal.

Toss up

This is administered for all simultaneous infringements. The two players stand facing each other at their own

shooting ends with hands by their sides and the umpire flicks the ball upwards not more than 600m (2ft) in

the air as the whistle is blown.

A **FREE PASS** is awarded for infringement of any of the preceding rules. It may be taken by any player

allowed in that area, as soon as they have taken up a stationary position. (A player may not shoot from a free

pass in the shooting circle).

Obstruction

Player with ball: the nearer foot of the defender must be 0.9m (3ft) feet from the landing foot of the player with the ball, or the spot where the first foot had landed if one has been lifted. The defender may jump to intercept or defend the ball from this 0.9m (3ft) feet distance.

Player without ball: the defender may be close, but not touching, providing that no effort is made to intercept or defend the ball and there is no interference with the opponents throwing or shooting action. Arms must be in a natural position, not outstretched, and no other part of the body or legs may be used to hamper an opponent.

Intimidation: of any kind, is classed as obstruction.

A standing player is not compelled to move to allow an opponent a free run, but dangerous play must be discouraged, e.g. moving into the landing space of a player already in the air or stepping late into the path of a moving player.

Contact

No player may contact an opponent, either accidentally or deliberately, in such a way that interferes with the play of that opponent or causes contact to occur.

A Penalty Pass (or Penalty Pass/Penalty Shot if in the shooting circle) is awarded for the above infringements taken from where the infringement occurred. The offending player must stand out of play beside the thrower until the pass or shot has been taken. Any opposing player allowed in that area may take the penalty.

Discipline Rule 19

Players and Team Officials must ensure that they are fully conversant with the rules covering "Breaking the Rules" and "Deliberate Delaying of Play" (including setting of Penalties).

Rules of Netball

This is a summary of the general rules of netball. The full Official Netball Rules can be purchased through our online SHOP.

Positional Responsibilities

Each position has a main role to play:

GS - To score goals and to work in and around the circle with the GA

GA - To feed and work with GS and to score goals

WA - To feed the circle players giving them shooting opportunities

C - To take the Centre Pass and to link the defence and the attack

WD - To look for interceptions and to prevent the WA from feeding the circle

GD - To win the ball and reduce the effectiveness of the GA

GK - To work with the GD and to prevent the GS from scoring goals

Rules Summary

Court Areas

Offside: Player moving out of own area, with or without ball (on a line counts as within either area).

Over a Third: Ball may not be thrown over two transverse lines without being touched.

Out of Court: Ball is out of court when it contacts anything outside the court area (not the goalpost). The ball is returned into play by a Throw-In taken from a point outside the line where the ball left the court. The player stands with foot close to the line, and the ball must be thrown onto the court within three seconds.