

Netball

Positions

GS stands for the Goal Shooter. The GS is one of the two players on the team who can score goals. The GS is only allowed in the third they are shooting in and the centre third.

GA stands for Goal Attack. GA shoots alongside the GS and is allowed in the same areas of the court.

C stands for Centre, and this person can go in all areas of the court, apart from the shooting semi-circles.

GD stands for Goal Defence. The GD has to stop the opposition from shooting by trying to intercept shots or passes. The GD is only allowed in the centre third and the third that the opposition is shooting in.

GK stands for Goal Keeper, who has the same job as GD and is allowed in the same areas.



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Rules

1. Matches should be 4 x 6 minutes, with two minutes at each interval.
2. Teams should change ends at each interval.
3. Start of play team captains toss a coin to determine who takes the first centre pass.
4. Players cannot hold the ball for longer than 4 seconds.
5. Upon catching the ball, you may not move the foot that you land on (your landing foot), although you can pivot on this foot.
6. When an opposing player is holding the ball, you must stand at least 0.9 metres away from her/his landing foot.
7. You are not allowed to defend a ball in an opposing player's hand by outstretching your arms, but you can jump once to intercept a throw or shot at goal.
8. Only the Centre can take a pass after a goal is scored and teams take it in turns to take a centre pass.
9. The Centre must be in the centre circle when they take a centre pass, and it must be caught in the centre third.
10. The ball can only be bounced once.
11. If the ball goes off the court, a throw-in is taken by the team who didn't throw or knock the ball out of court.
12. A player is offside if they enter an area of the court that their position is not allowed.
13. Netball is a non-contact sport so you cannot push people or knock the ball out of their hands.
14. If a player breaks the rules, the umpire will give a pass or shot to the other team.