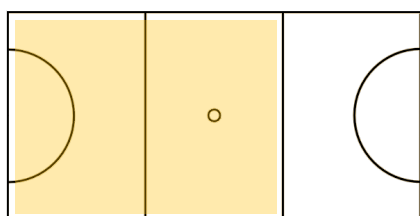


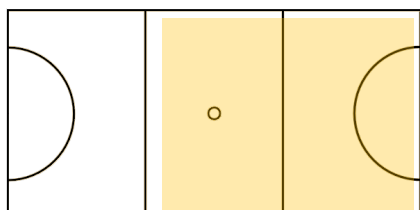
Netball High Five Resource

GA and GS



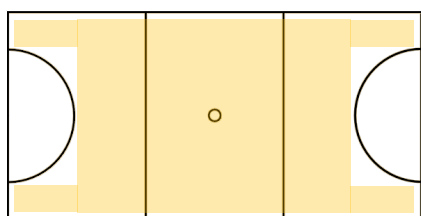
GA and GS Their own shooting third, shooting circle and centre third, but not their defensive third.

GD and GK



GD and GK Their opponents shooting third, shooting circle and centre third, but not their attacking third.

C



C All thirds but not the shooting circles.

Rules:

- Play starts with a pass from the C, who stands with both feet in the centre circle.
- The GS, GA, GD and GK start in the goal thirds, but the first catch must be made in the centre third.
- A coin is tossed to decide which team takes the first centre pass. Subsequent passes must be taken alternately.
- Players cannot hold the ball for longer than 4 seconds.
- Upon catching the ball, you may not move the foot that you land on (your landing foot), although you can pivot on this foot.
- When an opposing player is holding the ball, you must stand at least 1 metre away from her/his landing foot.
- 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.
- Only the Centre player can take a pass after a goal is scored.
- The ball can only be bounced once.
- 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.
- A player is offside if they enter an area of the court where their position is not allowed.
- Netball is a non-contact sport, so you cannot push people or knock the ball out of their hands.
- A player cannot: throw the ball whilst lying on the ground, hand or roll the ball to another player, use the goalpost as support, deliberately kick the ball, or throw the ball over a complete third without it being touched or caught in that third.
- If a player breaks the rules, the umpire will give a pass or shot to the other team.