

5-A-Side Netball

Basic Rules

Players: 2x Scorers – Areas 1, 2 & 3
 2x Defenders – Areas 3, 4 & 5
 1x Centre - 2, 3 & 4
 (Vice Versa for the opposition)



- No physical contact - you cannot restrict any player and must be minimum of 0.9m away at all times
- The ball must be passed within 3 seconds of catching a pass
- A player may take only 2 steps before ball must be passed
- Ball must be touched by a player in each third of the court
- All players must be on court while thrown in from side line takes place

Points: Goal shot inside goal circle = 1 point
 Goal shot outside goal circle (in goal third) = 2 points

To start the game:

- Centres of both teams in the centre third with defenders and shooters in their appropriate goal third ends of the court.
- Game starts as soon as the Centre with possession places one foot in centre circle.
- Teams take alternate centre passes following each goal scored.



Umpire (One umpire controls whole court)

- If umpire blows whistle for infringement the non offending team takes the pass from where the infringement took place. (The infringer does not have to stand beside.)
- The umpire blows the whistle at the Centre passes and when an infringement takes place.

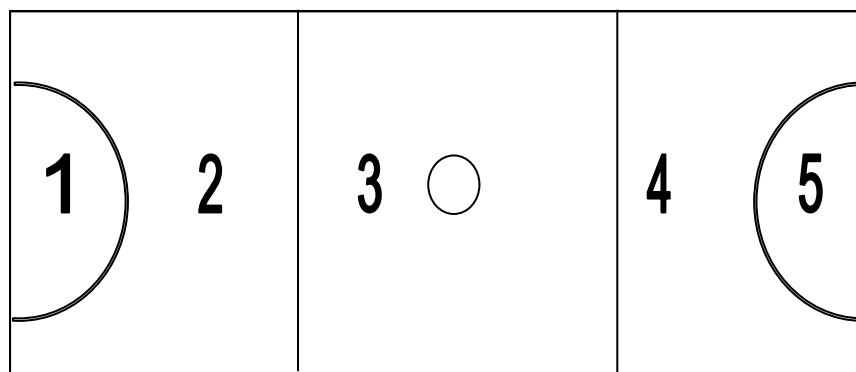


Substitutions

Player substitutions can be made at any time providing the player on court leaves before replacement goes on court.



Duration of Game
 4 x 10 minute halves



MOST IMPORTANT - HAVE FUN!!