



The Rules

Ball and Ring

The ball used in netball is the hybrid of a basketball and a soccer ball. The regulation netball size is a little smaller than the basketball, and is also lighter and somewhat softer. The rings have the same dimension as basketball rings, but they do not have a backboard.

Netball Court, netball court size and dimensions

Netball is played on a hard court (like basketball). The court has scoring rings at both ends, and is divided into three parts by lines that indicate the boundaries of the areas in which members of each team are allowed to move. There are two hemispherical areas at each end called "shooting circles." All scoring shots can only be taken within this designated area.

A netball court size is 30.5 metres (100 feet) long and 15.25 metres (50 feet) wide, which is divided into thirds. There is a center circle with a diameter of 0.9 metres (3 feet) and two goal circles which are semi-circles measuring 4.9 metres (16 feet) in radius. All lines are part of the court and measure 50mm (2 inches) in width.

The netball goal posts are placed mid point of each goal line and measure 3.05 metres (10 feet) in height. The goal rings have an internal diameter of 380mm (15 inches). The goal ring projects horizontally from the post on a single attachment measuring 150mm (6 inches) in length.

Players for netball, netball player positions, positions for international netball

Each team is composed of seven players with the following positions and functions:

GOAL SHOOTER (GS). This player must get past the Goal Keeper of the other team. He or she can move within the "attacking" goal third, including the shooting circle.

GOAL ATTACK (GA). This player acts as the "goal defender," and can move within and across the "attacking" goal third, shooting circle, and center third areas.

WING ATTACK (WA). This player functions as the "wing defense," and can move within and across the "attacking" goal third and center third, but not in the shooting circle.

CENTER (C). This player can move in all areas except the shooting circles.

WING DEFENSE (WD). This player's function is to "defend" the wing areas, so he or she can move within and across the "defensive" goal third and center third, but never in the shooting circle.

GOAL DEFENSE (GD). This player must protect against the GOAL ATTACK player, and can move within and across the "defensive" goal third and center third, as well as in within the shooting circle.

GOAL KEEPER (GK). This player must stop the GOAL SHOOTER from scoring. He or she can move within and across the defensive goal third and the shooting circle.

Two umpires call the shots and make the decisions.

Duration, regular game, time for netball games, time for international netball games

A game consists of 4 x 15 minute quarters with an interval of 3 minutes between the first and second and third and fourth quarters and a 5 minute half time interval. There is up to 2 minutes of time allowed for each injury.

Important Rules of international netball, rules of netball, most important rules for netball

1. At the start of the game, the ball is in possession of the center player. All other players must be behind the lines.
2. Netball players cannot take more than one step while they are in possession of the ball. To move the ball around, the players must pass it on to a teammate.
3. Netball players cannot hold the ball for more than 3 seconds at any one time.
4. Contact is not permitted. Opposing players must be at least three feet away from each other during defense situations. Once contact is made, the erring team loses the ball.
5. Players are not allowed to move outside of their designated areas. Any part of their body should not touch the ground of a "restricted" area.
6. Once they have landed holding the ball, players must keep at least one foot on the ground. Players are not allowed to step, jump up or drag that foot.
7. During a penalty pass or shot, the opposing player must stand away from the thrower according to the umpire's instructions. The GOAL SHOOTER or GOAL ATTACK taking the penalty pass or shot in the goal circle can choose to either pass the ball or shoot for the goal.
8. When the ball goes out of bounds, a throw in is given to the player of the other team closest to where the ball went out of the court. The player must stand up to the line and throw the ball within 3 seconds. The player does not need to wait for the umpire's whistle.
9. The ball cannot be thrown across a third.

Netball officials are two umpires, two scorers and two timekeepers.

Team Officials are the Coach, Assistant Coach, Manager and Captain