

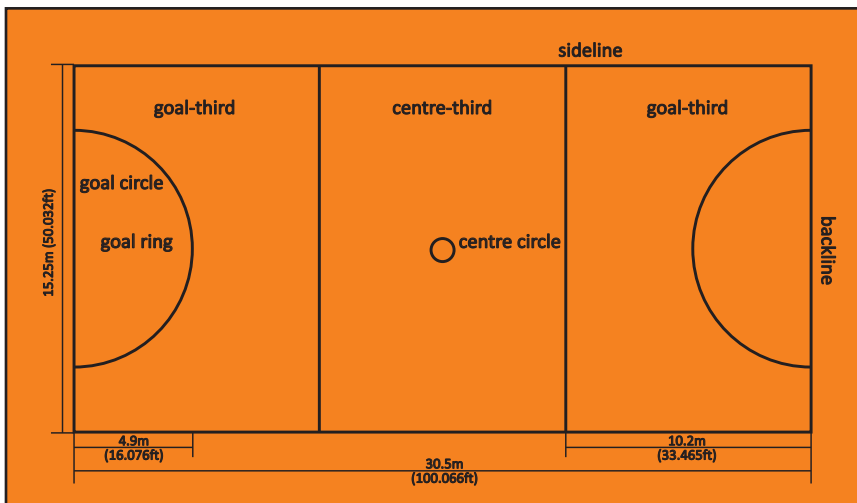


Are you new to netball?

Here's some information to help you get started:

Netball actually started in the US as basketball. It's similar only we don't dribble and there's no backboard. It's now played in commonwealth countries and is making its way back to the US.

The aim of the game is to pass the ball to your team mates and into the "semi circle" where the shooters can score a goal. One shot, one point. The winner is the team with the most points.



Position	Abbreviation	Player to Mark	Areas Permitted
Goal Shooter	GS	GK	Attacking third, including the goal circle
Goal Attack	GA	GD	Attacking and centre thirds, including the goal circle
Wing Attack	WA	WD	Attacking and centre thirds, but not the goal circle
Centre	C	C	Attacking, centre, and defending thirds, but not the goal circles
Wing Defense	WD	WA	Centre and defending thirds, but not the goal circle
Goal Defense	GD	GA	Centre and defending thirds, including the goal circle
Goal Keeper	GK	GS	Defending third, including the goal circle

Scoring:

Only the Goal Attack and Goal shooter can score a goal. The aim of the game is to get the ball to either player in the semi circle where they can score.

Starting and restarting play:

At the beginning of every quarter or after a goal is scored, play starts from the centre of the court with a "centre pass" by the center. These passes alternate between the teams, regardless of which team scored the last goal. As the game restarts, only the player in the 'Centre' position from each team are allowed in the centre third of the court. When the umpire blows the whistle to restart play, players in the positions "Goal Attack", "Goal Defence", "Wing Attack" and "Wing Defence" can move into the centre third, where the centre pass must be caught.

Stepping, footwork, and passing:

Netball rules do not permit players to let their landing foot touch the ground again if it is lifted at all while in possession of the ball, so players can take 1.5 steps while holding the ball. Players are entitled to balance on the other foot if the landing foot is lifted. Consequently, the only way to move the ball towards the goal is to throw the ball to a team-mate. The ball cannot be held by a player for more than three seconds at any time, and players may not tap the ball to themselves more than twice ("replay"). The player cannot catch the ball, drop it and pick it up again; this is called a replayed ball. The duration before it is called a drop is determined by the umpire. These rules, combined with the restrictions on where one player of a particular position can move, ensure that everyone on the team is regularly involved in play

Contact and obstruction:

Contact is only permitted provided it does not impede with an opponent or the general play and players must be at least three feet (90 centimetres) away from a player with the ball while attempting to defend. If impeding contact is made, a penalty is given to the team of the player who was contacted, and the player who contacted must stand "out of play", meaning they cannot participate in play until the player taking the penalty has passed the ball.

Questions? Come to a practice for Phoenix heat and we'll show you everything.

E-mail us at info@phoenixheatnetballclub.com