

# Netball Positions

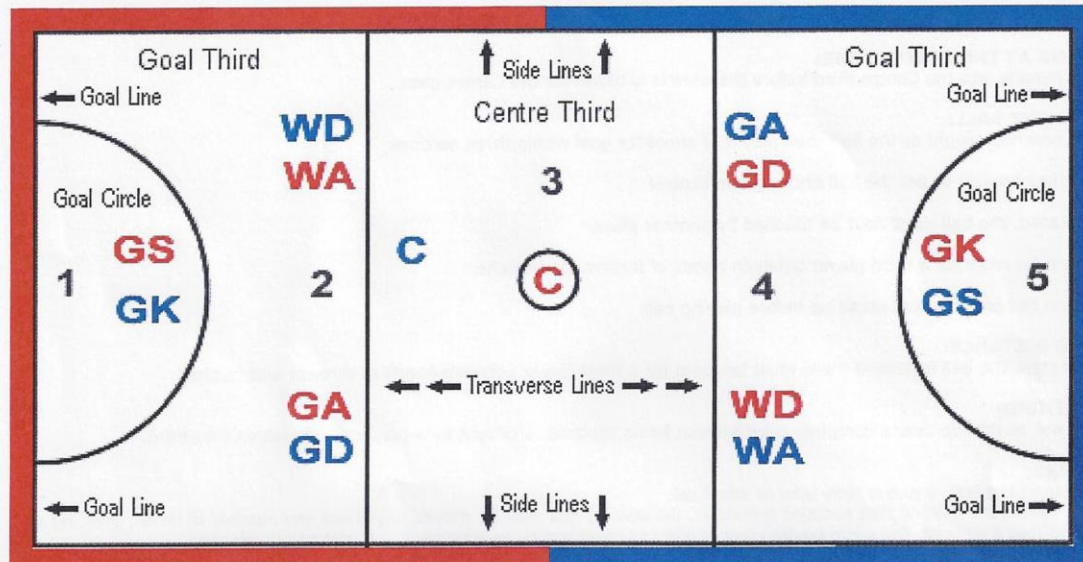
- GS – (goal shooter) is allowed to shoot, and only allowed in the goal third.
- GA – (goal attack) is also allowed to shoot but is allowed in the goal third and centre third.
- WA – (wing attack) is allowed in the goal third (not goal circle) and centre third, and has to feed the ball into the goal circle.
- C – (centre) is allowed everywhere apart from the goal circles. Its job is to move the ball down the court.
- WD – (wing defence) is allowed in the centre third and goal third. Marks the WA trying to stop the WA from getting the ball (defending).
- GD – (goal defence) is allowed in the goal third, including goal circle and in the centre third. Marks the GA defending the ball and trying to not let the GA shoot.
- GK – (goal keeper) is only allowed in the goal third, marking the GS stopping the GS from shooting.

## Basic Netball Rules

### PLAYERS:

A netball team consists of up to 12 players with 7 players allowed on court at any one time. A team may take the court with a minimum of 5 players.

Netball Court showing starting positions for a centre pass



Playing positions & court areas

Position	Responsibilities	Court Area
GS	To score goals and to work in and around the circle with the GA	1 & 2
GA	To feed and work with GS and to score goals	1, 2 & 3
WA	To feed the circle players giving them shooting opportunities	2 & 3
C	To take the Centre Pass and to link the defence and the attack	2, 3 & 4
WD	To look for interceptions and to prevent the WA from feeding the circle	3 & 4
GD	To win the ball and reduce the effectiveness of the GA	3, 4 & 5
GK	To work with the GD and to prevent the GS from scoring goals	4 & 5

### PLAYING THE GAME:

Centre passes are taken alternately by the Centre of each team, after each goal is scored and at the start of each quarter. Each team endeavours to pass the ball to down to their goal circle and score goals. The team with the most goals at the end of the playing time wins the game.

### CENTRE PASS:

Before the whistle all players must start in the goal thirds except the two Centres. The Centre with the ball must be wholly within the Centre Circle and must obey the footwork rule after the whistle has been blown. The opposing Centre stands anywhere within the Centre Third and is free to move.

After the whistle the Centre pass must be caught or touched by a player standing in or landing wholly within the Centre third.

### SCORING A GOAL:

Only GS or GA can score – they must be completely within the goal circle when the ball is received in order to shoot for goal. A goal is scored when the ball passes over and completely through the goal ring.

# Rules

- ✓ The ball starts in the centre, with the C standing in the centre circle. The C passes to one of its team players who are allowed in the centre third.
- ✓ Once caught the ball the player must land on either one foot or both feet simultaneously.
- ✓ When landing on one foot: while the landing foot remains grounded, the second foot may be moved anywhere any number of times, pivoting on the landing foot if desired. Once the landing foot is lifted, it must not be re-grounded until the ball is released.
- ✓ When landing on both feet: once one foot is moved, the other is considered to be the landing foot, as above. Hopping or dragging the landing foot is not allowed.
- ✓ A player who has caught or the ball shall play it or shoot for goal within three seconds.
- ✓ A player may bounce or bat the ball once to gain control.
- ✓ Once released, the ball must next be touched by another player.
- ✓ There must be room for a third player between hands of thrower and catcher.
- ✓ A player on the ground must stand up before playing ball.
- ✓ Only GS or GA can score - they must be completely within the circle when the ball is received in order to shoot for goal.
- ✓ Obstruction is an important rule in netball. Obstruction is when the defending player marking the ball can only stand up to a metre away, you can put your arms up over the ball. A penalty pass/shot will be rewarded if seen contacting.
- ✓ A player cannot contact a player in any way, simply because netball is a non – contact sport. A penalty pass/shot will be rewarded if seen contacting.
- ✓ Offside is when a player is moving out of its own area, with or without ball (on a line counts as within either area).