



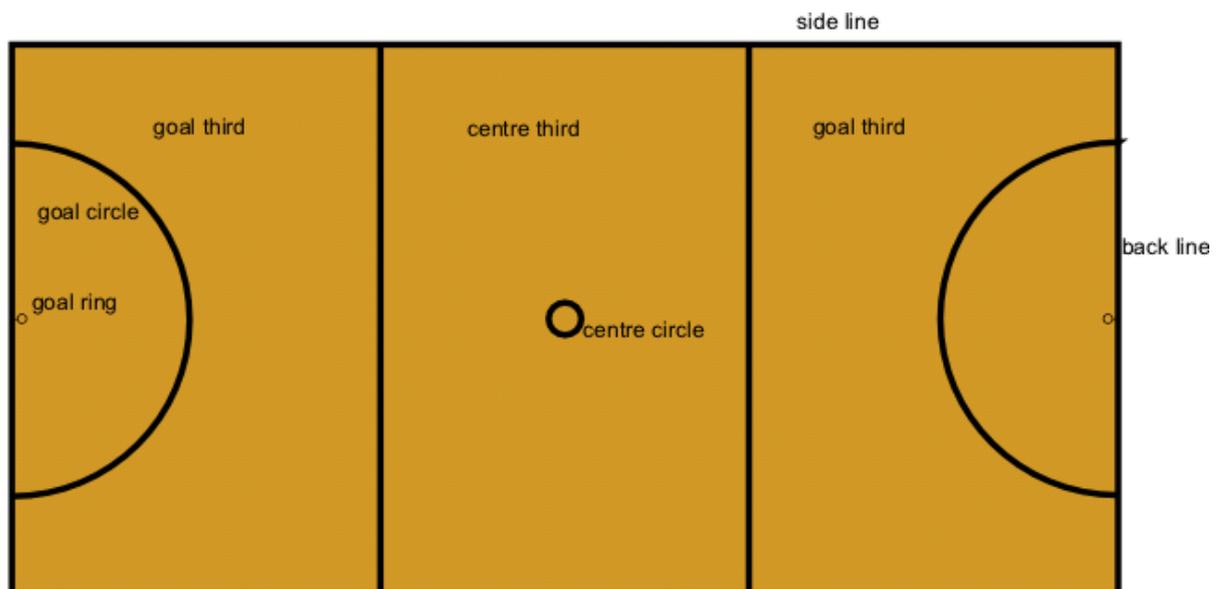
## MIXED NETBALL RULES

### **How to play**

Netball consists of two teams playing against each other on a rectangle court, divided into thirds. Seven players from each team are allowed on court at all times, with substitutes waiting on the sidelines.

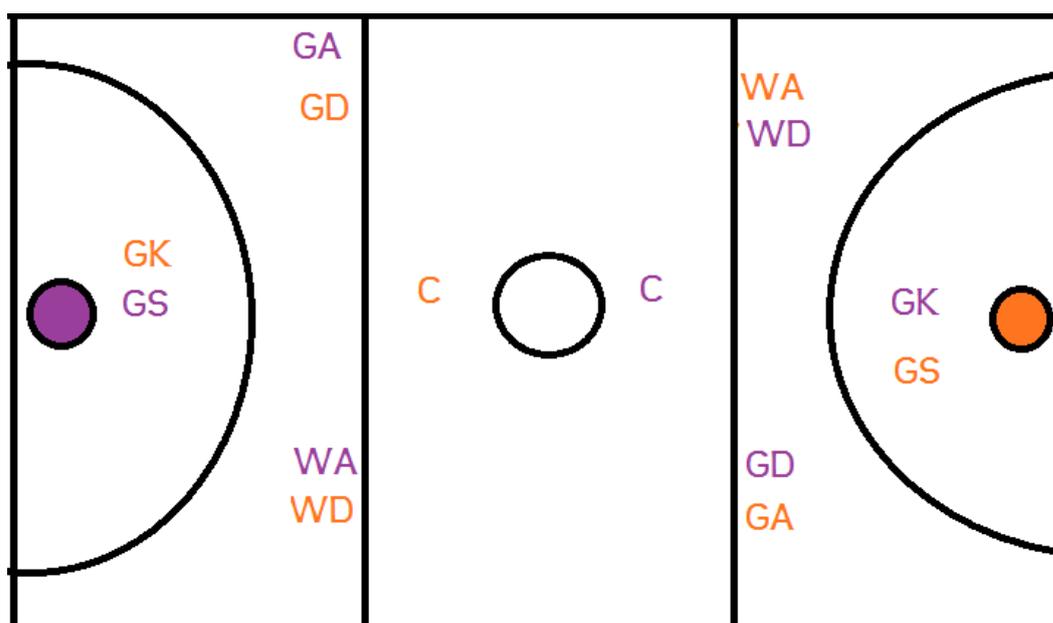
**In mixed netball, a minimum of one and a maximum of three men from each team must be on the court.**

**Mixed Netball Players need to be over 18 years old.**



Players in an attacking position will try to pass the ball into the shooting circle and score goals. Players are not permitted to run with the ball or bounce it. Players in a defending position will try and defend the opponents attacking moves to prevent them scoring any goals. Netball is a non-contact sport. Two players from each team are permitted to score goals and players are restricted to specific parts of the court.

## POSITIONS



### **Goal Keeper (GK)**

The Goal Keeper defends the goal third of the court and tries to prevent the ball from entering the goal circle and a goal being scored.

### **Goal Defence (GD)**

The Goal Defence player defends the attacking moves of the Goal Attack player to prevent a goal being scored. They try to keep the ball out of the defensive third of the court.

### **Wing Defence (WD)**

The Wing Defence player defends the attacking moves of the Wing Attack player in the centre of the court as well as around the goal circle and the goal third. They are not permitted in the goal circle.

### **Centre (C)**

The Centre player is allowed anywhere on the court except for the goal circles. Their main role is to be a link between the attack and defence players to help move the ball down the court.

### **Wing Attack (WA)**

The Wing Attack player is responsible for delivering the ball to the Goal Shooter or Goal Attack player. They are permitted within the goal third (but not in the goal circle) and in the centre third.

### **Goal Attack (GA)**

The Goal Attack player must work with the Wing Attack and Centre to get the ball into the goal circle. They can shoot goals. The Goal Attack player is allowed within the goal third and centre third of the court.

### **Goal Shooter (GS)**

The Goal Shooter's main role is to shoot goals. They are permitted only within the goal third of the court and work closely with the Goal Attack player.

## **Netball Rules**

### **Umpires**

Two umpires control the game. The umpire's decision is final.

### **Scoring**

A goal is scored when either the Goal Attack or Goal Shooter gets the ball through their team's net. At the end of the game the team with the most goals is the winner.

### **Starting or Restarting the Game**

Centre passes are taken alternately by the Centre, after a goal has been scored.

### **Scoring a goal**

Only GS or GA can score and they must be completely within the circle when the ball is received in order to shoot for goal.

### **Offside**

A player is offside if any part of their body touches the ground in an area on the court where they cannot go.

### **Held Ball**

When a player catches the ball they have three seconds to pass or shoot for a goal.

### **Footwork**

When a player has caught the ball, a player may land or stand 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.

Two feet: (simultaneously) - 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.

### **Obstruction**

The defending player must be at least one metre away from a player who has the ball.

### **Contact**

No player may contact an opponent, either accidentally or deliberately, in such a way that interferes with the play of that opponent or causes contact to occur.

### **Penalty pass or shot**

The opponent must stand away from the thrower and where the umpire has indicated. A Goal Shooter or Goal Attack taking the penalty pass or shot in the goal circle may either pass the ball or shoot for the goal.

### **Throw in**

When the ball goes out of the court, the throw in is taken by a member of the other team close to where the ball went out of the court. Stand up to the line and throw the ball within 3 seconds.