

INTRODUCTION

ACTION NETBALL

Action Netball is played indoors for your comfort.

It's not limited by age nor gender.

It's a fast paced 7-a-side game.

Two teams of 7 players each is needed for a game. (14 players per game).

It's a 35-minute game that fits into any busy lifestyle. From beginners to social, corporate to competitive.

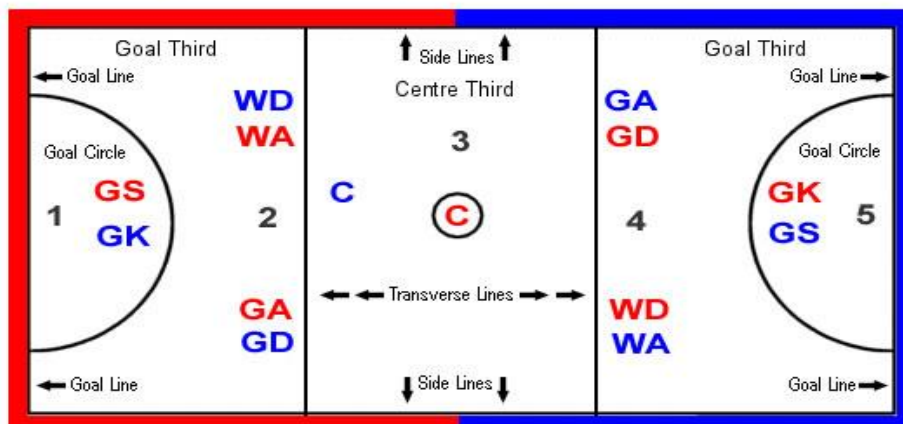
It's simple to play and all equipment are provided as well as qualified umpires.

BASIC RULES

THE COURT

- Court is separated in thirds, by transverse lines.
- Two goal circles with side nets and back nets.
- Two goal post set at a height of 3.05m for adults and 2.5m for juniors.

Netball Court showing starting positions for a centre pass



POSITIONS ON FIELD

POSITION NAME	ABBREVIATION	ALLOWED IN AREAS
Goal Shooter (GS)	<ul style="list-style-type: none"> • Often, but not always, defended by the opposing Goal Keeper. • Main role is to shoot goals, by working closely with Goal Attack to achieve positions in the shooting circle where one can receive passes from the feeding mid-court players. 	<p style="text-align: center;">Plays in</p> <ul style="list-style-type: none"> • enemy goal third • including goal circle
Goal Attack (GA)	<ul style="list-style-type: none"> • Often defended by the opposing Goal Defence. • As well as sharing the Goal Shooter's role to shoot goals, the Goal Attack is responsible for helping to set up offensive play 	<p style="text-align: center;">Plays in</p> <ul style="list-style-type: none"> • goal circle, • goal third, • centre third.
Wing Attack (WA)	<ul style="list-style-type: none"> • Often defended by the opposing Wing Defence Main role is to move the ball from center court to an attacking position. • Accurate passing using a variety of styles including bounce passing, drop passing and faking passing is important in this position 	<p style="text-align: center;">Plays in</p> <ul style="list-style-type: none"> • Center • enemy goal thirds • excluding goal circle
Center (C)	<ul style="list-style-type: none"> • Involved in defensive and offensive plays, and responsible for restarting play after a goal is scored. • Players in this position require a high level of fitness. 	<p style="text-align: center;">Plays in</p> <ul style="list-style-type: none"> • Anywhere • except the goal circles
Wing Defence (WD)	<ul style="list-style-type: none"> • Usually defends against the Wing Attack Often involved in blocking offensive plays from the opposing team, and may also be called upon to guard against the Goal Attack or Goal Shooter by preventing them from entering the goal circle. 	<p style="text-align: center;">Plays in</p> <ul style="list-style-type: none"> • Center third • own goal third • excluding goal circle
Goal Defence (GD)	<ul style="list-style-type: none"> • Usually defends against the Goal Attack. • Main role is to assist the Goal Keeper in defending the goal against the opposing shooters. 	<p style="text-align: center;">Plays in</p> <ul style="list-style-type: none"> • Center • own goal third • including goal circle
Goal keeper (GK)	<ul style="list-style-type: none"> • A specialized defensive position. Often the last person who can keep the opposing shooters from scoring. • Also responsible for taking throw-ins in the defensive third of the court. • Accuracy in passing and predicting where the ball will go are keys to playing this position well 	<p style="text-align: center;">Plays in</p> <ul style="list-style-type: none"> • Own goal third • including goal circle