



## **Netball**

Last updated 2013

### **GRADE**

Ladies' A

Mixed A (Maximum 3 males on court – no more than 1 male per third)

Mixed B (Maximum 3 males on court – no more than 1 male per third)

Mixed U18 (Maximum 3 males on court – no more than 1 male per third)

### **FORMAT**

- Round robin competition followed by knockout finals
- 7 players allowed on court, plus substitutions
- Each team to provide one scorer / time keeper. Play will not commence until both scorers are in place

### **UNIFORMS AND EQUIPMENT**

- Each team is required to supply their own netball bibs
- No jewellery, sharp nails, etc
- Netballs will be provided

### **UMPIRES**

- Accredited umpires are appointed to officiate in all matches.

### **FINALS**

- All finals will be held at the completion of the round robin.

### **RULES AND REGULATIONS**

- In all Mixed divisions, there will be a maximum of 3 males permitted on court at any time, and no more than 1 male per third.
- The objective of a game is to score more goals than the opposition. Goals are scored when a team member positioned in the attacking shooting circle shoots the ball through the goal ring. The goal rings are 380 millimetres (15 in) in diameter and sit atop 3.05-metre (10.0 ft)-high goal posts that have no backboards. A 4.9-metre (16 ft)-radius semi-circular "shooting circle" is an area at each end of the court. The goal posts are located within the shooting circle. Each team defends one shooting circle and attacks the other.

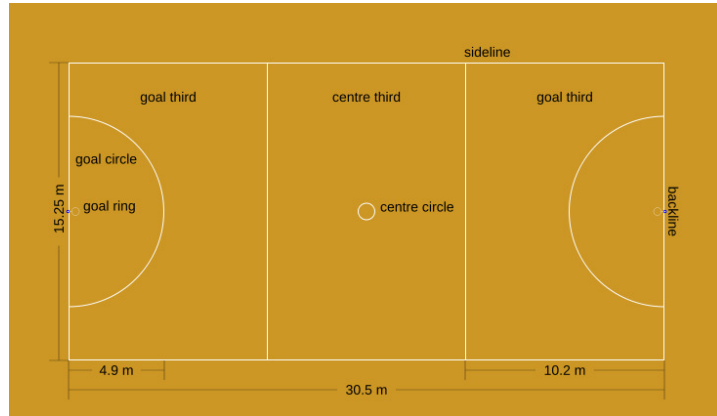
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State Youth Games is presented by Youth Vision Victoria

*To ensure SYG participants are adequately covered in the event of a personal or sporting related accident it is strongly recommended that participating groups or individual participants arrange personal accident insurance. It is the responsibility of the group coordinator to ensure this is communicated to SYG participants associated with their groups.*



- The netball court is 30.5 metres (100 ft) long, 15.25 metres (50.0 ft) wide, and divided lengthwise into thirds. The ball is usually made of leather or rubber, measures 680 to 710 millimetres (27 to 28 in) in circumference, and weighs 397 to 454 grams (14.0 to 16.0 oz).



- Each team is allowed seven players on the court. Each player is assigned a specific position, which limits their movement to a certain area of the court. A "bib" worn by each player contains a two letter abbreviation of indicating this position. Only two positions are permitted in the attacking shooting circle, and can therefore shoot for a goal. Similarly, only two positions are permitted in the defensive shooting circle; they try to prevent the opposition from shooting goals. Other players are restricted to two thirds of the court, with the exception of the Centre, who may move anywhere on the court except for a shooting circle.
- At the beginning of every quarter and after a goal has been scored, play starts with a player in the centre position passing the ball from the centre of the court. These "centre passes" alternate between the teams, regardless of which team scored the last goal. When the umpire blows the whistle to restart play, four players from each team can move into the centre third to receive the pass. The centre pass must be caught or touched in the centre third. The ball is then moved up and down the court through passing and must be touched by a player in each adjacent third of the court. Players can hold the ball for only three seconds at any time. It must be released before the foot they were standing on when they caught it touches the ground again.
- Contact between players is only permitted if it does not impede an opponent or the general play. When defending a pass or shot players must be at least 90 centimetres (35 in) away from the player with the ball. If illegal contact is made, the player who contacted cannot participate in play until the player taking the penalty has passed or shot the ball. If the ball is held in two hands and either dropped or a shot at goal is missed, the same player cannot be the first to touch it unless it first rebounds off the goal.

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