

# Learn to play Netball at the Ann Arbor YMCA

**When:** Youth Class: Thursdays 6:00 - 6:50 p.m.

Adult Class: Thursdays 7:00 - 8:30 p.m.

**Fee:** Free to YMCA Members, Community members \$20

**What to wear:** 'T' shirt, tracksuit bottoms or shorts & trainers

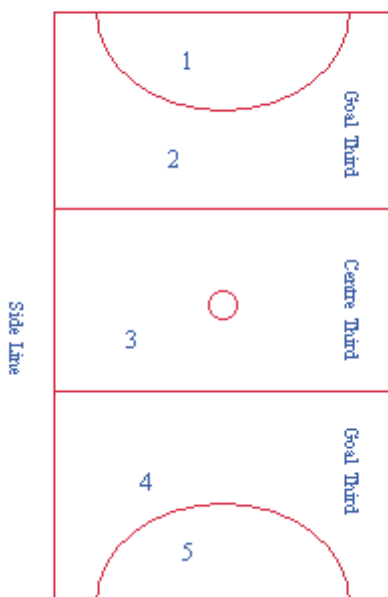
**What to bring:** Lots of energy, enthusiasm, a sense of humor & a bottle of water or 2!

**What is Netball?** The game of netball is played by two teams of seven players and is based on throwing and catching. Focusing on teamwork, the object is to score goals by throwing a ball into a ring attached to a 3.05metre (10 feet) high post.

**History:** The men's game of Basketball was introduced into England in 1890, but at that time it made little impression in men's sporting circles where the more traditional games (soccer and cricket) were firmly entrenched. Women liked the game but decided to adapt it to suit their circumstances. They divided the court into thirds and introduced a rule that the ball must be caught or touched at least once in each third. No-one was allowed to run with the ball and they established restricted playing areas for each position. They got rid of the backboard and modified the goal ring to suit the smaller sized soccer ball and created "NETBALL". Netball is very popular worldwide, but especially in Great Britain, Australia, New Zealand, South Africa and The West Indies. Learned primarily in school, women around the world play at various levels, both competitively and socially, well into their 60's and 70's.

## PLAYING POSITIONS

Each playing position has a specific area of the court in which to play:



Goal Shooter	<b>GS</b>	Areas 1, 2
Goal Attack	<b>GA</b>	Areas 1, 2, 3
Wing Attack	<b>WA</b>	Areas 2, 3
Centre	<b>C</b>	Areas 2, 3, 4
Wing Defence	<b>WD</b>	Areas 3, 4
Goal Defence	<b>GD</b>	Areas 3, 4, 5
Goal Keeper	<b>GK</b>	Areas 4, 5

## POSITIONAL RESPONSIBILITIES

Each position has a main role to play:

- GS** To score goals and to work in and around the circle with the GA
- GA** To feed and work with GS and to score goals
- WA** To feed the circle players giving them shooting opportunities
- C** To take the Centre Pass and to link the defense and the attack
- WD** To look for interceptions and to prevent the WA from feeding the circle
- GD** To win the ball and reduce the effectiveness of the GA
- GK** To work with the GD and to prevent the GS from scoring goals

## RULES SUMMARY

### COURT AREAS

**Offside:** Player moving out of own area, with or without ball (on a line counts as within either area)

**Over a Third:** Ball may not be thrown over two transverse lines without being touched

**Out of Court:** Ball is out of court when it contacts anything outside the court area (not the goalpost). The ball is returned into play by a Throw-In taken from a point outside the line where the ball left the court. The player stands with foot close to the line, and the ball must be thrown onto the court within three seconds.

## PLAYING THE GAME

### Starting or Restarting the Game:

*The Players are responsible at the start and restart of play*

- Centre passes are taken alternately by each Center, after a goal has been scored. All players must start in the goal thirds except the two Centers. The Center with the ball starts with either one or both feet in the Centre Circle (if on one foot then the other must not have contact with the ground outside 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. The Centre pass must be caught or touched by a player in or landing in or jumping from a stance in the Centre third.

### Playing the Ball:

- 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

### Footwork

Having 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.

### Scoring a Goal:

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

### Toss up:

- This is administered for all simultaneous infringements. The two players stand facing each other at their own shooting ends with hands by their sides and the umpire flicks the ball upwards not more than 600m (2ft) in the air as the whistle is blown.

**A FREE PASS is awarded for infringement of any of the preceding rules. Any player allowed in that area, as soon as they have taken up a stationary position may take it. (A player may not shoot from a free pass in the shooting circle).**

### Obstruction:

- Player with ball: the nearer foot of the defender must be 0.9m (3ft) feet from the landing foot of the player with the ball, or the spot where the first foot had landed if one has been lifted. The defender may jump to intercept or defend the ball from this 0.9m (3ft) feet distance
- Player without ball: the defender may be close, but not touching, providing that no effort is made to intercept or defend the ball and there is no interference with the opponents throwing or shooting action. Arms must be in a natural position, not outstretched, and no other part of the body or legs may be used to hamper an opponent.
- Intimidation: of any kind, is classed as obstruction
- A standing player is not compelled to move to allow an opponent a free run, but dangerous play must be discouraged, e.g. moving into the landing space of a player already in the air or stepping late into the path of a moving player

### 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.

**A PENALTY PASS (or PENALTY PASS/ PENALTY SHOT if in the shooting circle) is awarded for the above infringements taken from where the infringement occurred. The offending player must stand out of play beside the thrower until the pass or shot has been taken. Any opposing player allowed in that area may take the penalty.**