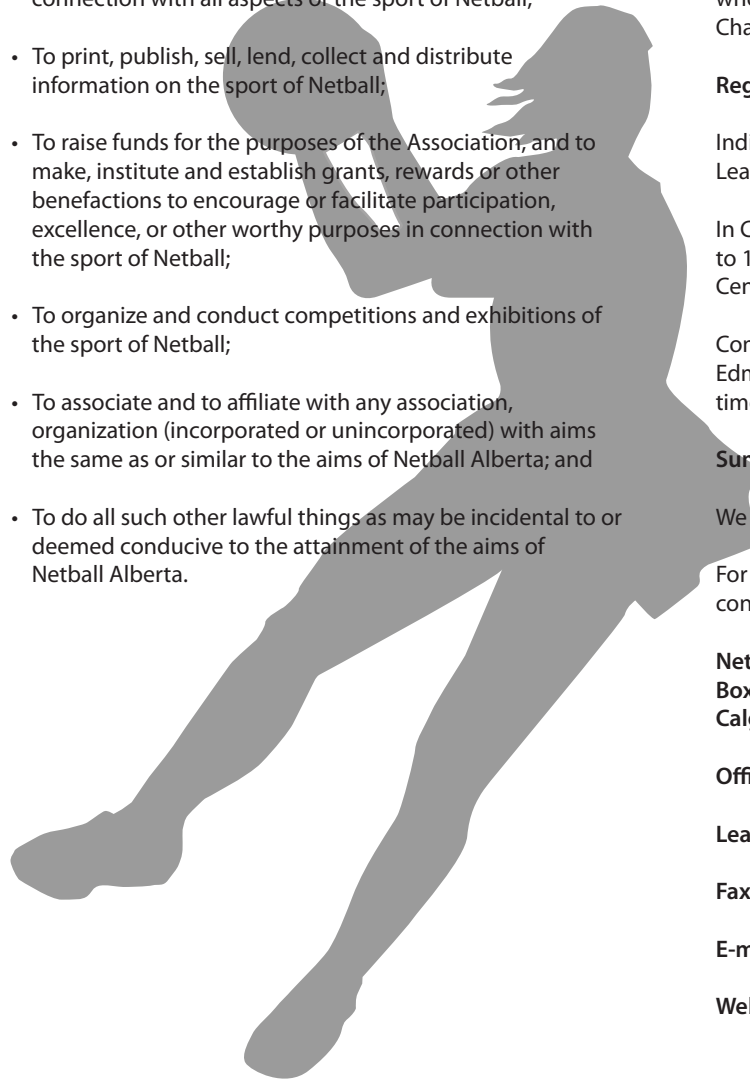


## About Netball Alberta

### Mission Statement

The aim of the Alberta Netball Association (Netball Alberta) is:

- To promote and encourage the sport of Netball in Alberta;
- To facilitate the exchange of information and ideas on matters affecting the sport of Netball and related subjects;
- To promote education and development within the sport of Netball, sponsoring and holding clinics and classes in connection with all aspects of the sport of Netball;
- To print, publish, sell, lend, collect and distribute information on the sport of Netball;
- To raise funds for the purposes of the Association, and to make, institute and establish grants, rewards or other benefactions to encourage or facilitate participation, excellence, or other worthy purposes in connection with the sport of Netball;
- To organize and conduct competitions and exhibitions of the sport of Netball;
- To associate and to affiliate with any association, organization (incorporated or unincorporated) with aims the same as or similar to the aims of Netball Alberta; and
- To do all such other lawful things as may be incidental to or deemed conducive to the attainment of the aims of Netball Alberta.



## Programs

Netball Alberta organizes a number of events and tournaments throughout the year, including:

### Elementary/Junior High School Clinics Program

Our annual 'Introduction to Netball' school clinics run between September and March. Alberta's U18 Provincial Team is currently Canada's National Champions for the second successive year. These players learned how to play Netball as part of these clinics. Several Alberta players will now be invited to trial for the Canadian National U21 squad who will be representing Canada in the World U21 Netball Championships taking place July 2009 in the Cook Islands.

### Regular Fall/Winter League

Individuals or teams are welcome to join our Fall/Winter League.

In Calgary, League Netball is played on Sundays from 5:00 to 10:00 PM, from September to June at Southland Leisure Centre. The Junior Teams play in the earlier time slots.

Commencing Fall 2008, League Netball will expand into Edmonton! Check out our website for details about League times and locations as they are confirmed.

### Summer Camp Program

We also offer a Summer Camp Program in July & August.

For more information about our programs or to register, contact:

**Netball Alberta**  
Box 270, 7620 Elbow Drive SW  
Calgary, Alberta T2V 1K2

**Office Phone:** (403) 238-8041

**League Night Phone:** (403) 690-8041

**Fax:** (403) 238-0163

**E-mail:** [info@netballalberta.com](mailto:info@netballalberta.com)

**Website:** [www.netballalberta.com](http://www.netballalberta.com)



## About Netball

In 1891, not only did James Naismith, a 30-year-old Canadian immigrant to the USA, invent basketball, but he inadvertently aided in the invention of Netball.

In 1895, Naismith sent a copy of his basketball rules to Clara Baer, a sports teacher in New Orleans. Baer interpreted Naismith's drawings to mean players could not leave certain areas of the court. In 1899, Clara's mistake was ratified into the rules of women's basketball as zones. Women's basketball was then taken to Britain where the original game was transformed into a passing, no dribbling game called "Netball".

In 1995, Netball became a "recognized" Olympic sport and in turn included at the 1998 Commonwealth Games in Kuala Lumpur and will be part of the 2010 Games in Delhi, India. Netball is not currently in the Olympics program; however, Netballers around the world are campaigning to have Netball introduced to the Olympic Games in 2012.

The International Federation of Netball Associations (IFNA) is the sole, internationally recognized, governing body for Netball, affiliated with: the General Association of International Sports Federations; the International World Games Association; and the Association of Recognized Sports Federations, receiving funding from the International Olympic Committee. For more information about IFNA visit [www.netball.org](http://www.netball.org).

Today, Netball is not just a sport for many. It is a passion. Worldwide, Netball has become one of the biggest female-dominated team sports with over one million women and girls playing every week in the UK, and 20 million playing in 70 countries globally.

In addition, many schools throughout the world include Netball as part of its physical education curriculum, teaching children important skills like ball work, communication and teamwork.

In Canada, Netball continues to gain interest and momentum every year. Netball Canada ([www.netballcanada.com](http://www.netballcanada.com)) is a member of IFNA and the body responsible for training Canada's top Netball athletes to participate in various international competitions. There are also four Provincial Netball Associations operating in Quebec, Ontario, BC and Alberta.

## Rules Summary

**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.

**Contact:** No player may contact an opponent, either accidentally or deliberately. A player must be 3 ft. from the player with the ball

**Ball Handling:** A player who has caught the ball has three seconds to shoot for goal or pass the ball.

**Footwork:** You cannot take two steps with the ball, hop or drag the landing foot (The first foot to hit the ground).

## Players Code of Conduct

- Play fairly. Be competitive but not aggressive.
- During play, do not question decisions made by an umpire either by gesture, look, verbally or by commenting to another player.
- Give the ball promptly to opponents for throw-ins, penalty shots, free passes, penalty passes etc.
- Ensure you are in the correct position indicated by the umpire when penalties are set.
- Maintain your self-control at all times. Do not retaliate.
- Do not use obscene language at any time.
- Accept victory modestly and defeat graciously. You are representing your Team/Club/Province who will be judged on your behaviour.
- Shake hands with your opponent at the end of the game.
- Always thank umpires officiating your game.

## Player Responsibilities

Each position has a main role to play:

**Goal Shooter (GS):** Scores goals and works in and around the circle with the GA

**Goal Attack (GA):** Feeds and works with GS to score goals

**Wing Attack (WA):** Feeds the circle players giving them shooting opportunities

**Centre (C):** Takes the centre pass and links defence and attack

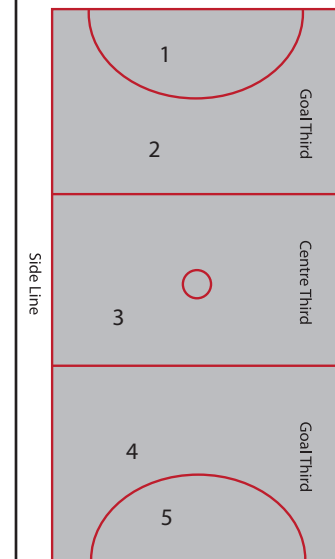
**Wing Defence (W):** Looks for interceptions and prevents the WA from feeding the circle

**Goal Defence (GD):** Wins the ball and reduces effectiveness of the GA

**Goal Keeper (GK):** Works with the GD and prevents the GS from scoring goals

### PLAYING POSITIONS

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



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