

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 3ft 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).



The most important thing about Netball is to just have FUN!!!!

PLAYERS CODE OF CONDUCT

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



“Well Done - Good Game!”

School Clinics Netball Program

Netball Alberta offers an ‘Introduction to Netball’ program for schools between September and June each year.

Following on from this program individuals or teams may continue playing Netball by joining the Calgary League.

The League is played on Sundays from 5:00 to 10:00 pm starting September through to June at Southland Leisure Centre. The Junior Teams play in the earlier time slots.

Contact the NA Office for more information.



*Proud Sponsors of
Netball Alberta School
Clinics Programme*

Netball League Information Brochure



Netball Alberta

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HISTORY OF NETBALL

Netball began in 1891 when a Canadian named James Naismith invented the game of basketball. By 1895 the game of Netball had been adapted from the rules of basketball and was played by ladies.

It took one hundred years but in 1995, Netball became a recognized Olympic sport and looks forward to having full programmed status.

Netball was included in the Commonwealth Games for the first time in 1998 when they were held in Kuala Lumpur, Australia took the Gold medal. Netball has carried on being a part of the Commonwealth Games ever since and was recently part of the 2006 Games in Melbourne, Australia. New Zealand beat Australia for Gold in a nail biting finish and England took the bronze, beating Jamaica.

Alberta's U18 Provincial Team are currently Canadian National Champions for the third successive year. These players learnt to play Netball as part of NA's School Clinics Program. Several Alberta players have played Internationally, representing Canada in tournaments from the US to Singapore.

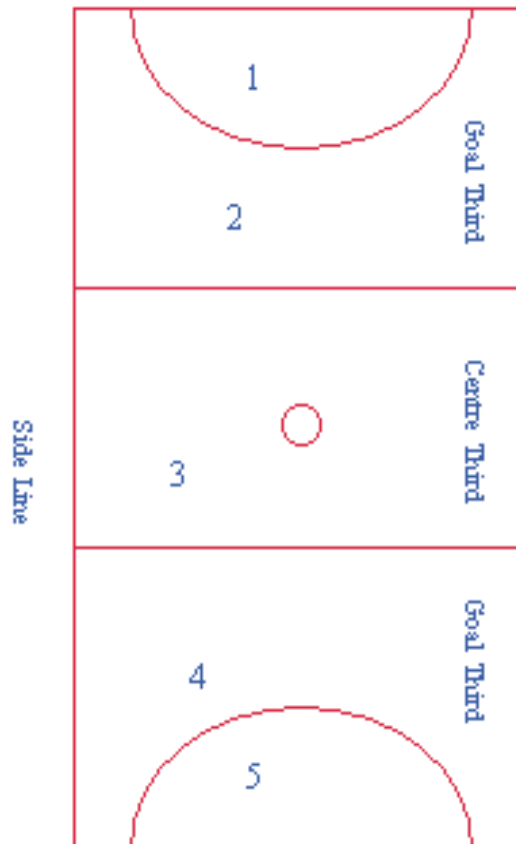
BC will be hosting the 36th Canadian National Championships, May 2010 in Vancouver.

We hope that you will join us on Netball's next exciting journey into the future.



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



PLAYER RESPONSIBILITIES

Each position has a main role to play:

GS - Goal Shooter

To score goals and to work in and around the circle with the GA

GA - Goal Attack

To feed and work with GS and to score goals

WA - Wing Attack

To feed the circle players giving them shooting opportunities

C - Centre

To take the Centre Pass and to link the defence and the attack

WD - Wing Defence

To look for interceptions and to prevent the WA from feeding the circle

GD - Goal Defence

To win the ball and reduce the effectiveness of the GA

GK - Goal Keeper

To work with the GD and to prevent the GS from scoring goals