



netballALBERTA.com

A SPORT FOR EVERYONE!

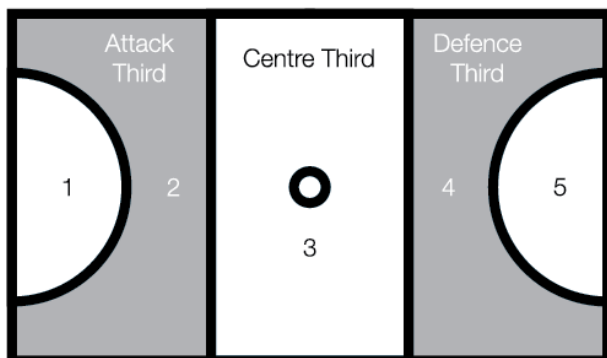
Junior Leagues & Tournaments

Ages 9 - 15, Boys and Girls



*Our mission is to champion
the growth and excellence
of netball in Alberta*

Playing Positions



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

To register, visit: netball.website.siplay.com

NETBALL ALBERTA LEAGUE SEASONS

Junior B - ages 9 - 11

Junior A - ages 12 - 15

Fall/ Winter League

September- March

16 week program

One practice per week

(Choice of Monday or Wednesday)

Games ahppen on Sundays

Junior B (U12) - 5:00 pm

Junior A (U16) - 6:00 pm

Southland Leisure Centre

Junior A also get two tournaments

Fee \$TBD

Spring League

April - June (no game May long weekend)

8 weeks

One hour game on Sundays

between 5 pm - 8 pm

Southland Leisure Centre

One tournament in June for Junior A

Fee - \$75*

*If player joins during a season the fees
will be prorated at a weekly rate.

Main Rules of Netball

1. You can only pivot, not step, while in possession of the ball.
2. No dribbling the ball.
3. This is a NO CONTACT game. You cannot touch a player or the ball while it is in another's possession.
4. You must be three feet from the player with the ball to block.
5. No player can go everywhere on the court; each player has a specific area in which to play.
6. You can only score a goal in the Goal Circle.
7. You can only go in the Goal Circle if you have a *Goal* position (GS, GA, GD, GK).
8. You have possession of the ball for three seconds.