

Netball is played indoors and outdoors in all kinds of different environments around the world. Netball is a fast, skillful team game based on running, jumping, throwing and catching. Teams may include up to 12 players but only 7 may take the court at any one time.

Each player has a playing position determined by the areas on the court where they may move. The playing positions are shown by identification letters worn above the waist, on both the front and the back of the player. Those positions are GS, GA, WA, C, WD, GD and GK.

The major aim of the game is to score as many goals as is possible from within an area called the Goal Circle, which is a semi-circle centered on the goal line and measuring 4.9 meters in radius (16 feet). Only two players from each team may score goals, the Goal Attack and Goal Shooter. The ball used to play the sport is a number 5 ball made of leather, rubber or similar material, weighing 400 - 450 gms (14 - 16 ounces) and measuring 690 - 710 mms (27 - 28 inches) in circumference.

A game consists of 4 x 15 minute quarters with an interval of 3 minutes between the first and second and third and fourth quarters and a 5 or 10 minute half time interval.

The Rules of Netball may be placed into two generic groups, those which infringe only a rule and are called minor rules although they make up the majority of the rules, and those which infringe the rights of an opponent and consequently are called major rules. The minor rules, among which are the infringements of held ball, stepping, breaking, offside and over a third, are penalized with a free pass. The major rules, which mainly consist of obstruction, intimidation, contact and discipline, are penalized with a penalty pass or penalty pass or shot. In this penalty, the offender must stand out of play until the ball has left the thrower's hands. If you are interested in finding out more about Netball you can purchase the Rules of Netball from USA Netball Associations.

The International Federation of Netball Associations (IFNA) has produced some specifications for Netball Facilities that are used for international test matches or national competitions. All World Championships are now played in indoor arenas on spring wooden floors.

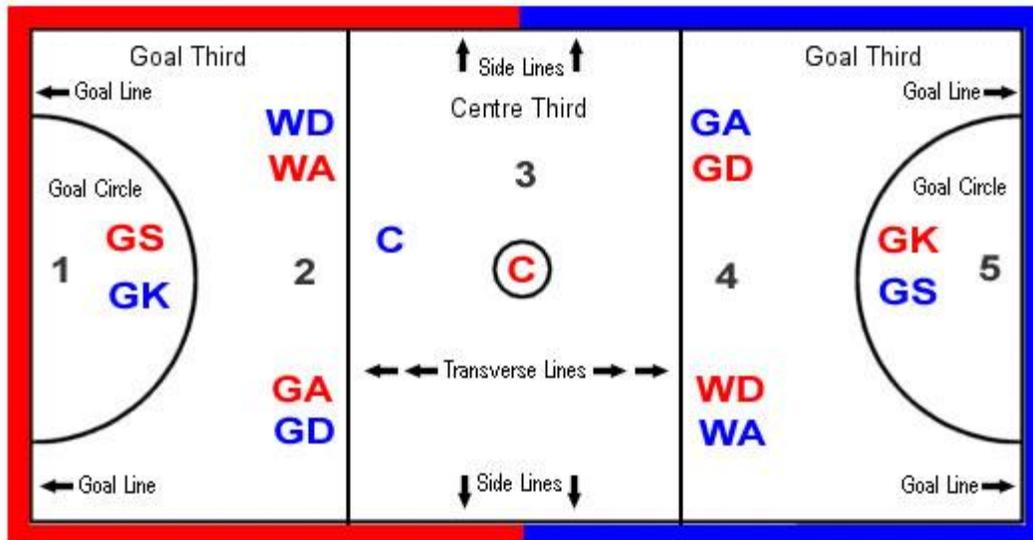
INDOOR NETBALL FACILITY REQUIREMENTS

Performance Area	International	National
Length	30.5 m	30.5 m
Width	15.25 m	15.25 m
Clear space At ends At sides	3.05 m run-off 3.05 m run-off	3.05 m run-off 3.05 m run-off
For officials and teams	Separate bench area clear of spectators. To be at the side of the court at least 3.05 m from court edge	Separate bench area clear of spectators. To be at the side of the court at least 3.05 m from court edge
Minimum clear ceiling height	8.3 m	8.3 m
Overall competition area	2 courts plus warm up areas	2 courts plus warm up areas
Number of competition areas	Minimum 2 courts	Minimum 2 courts
Lighting level (LUX)	1500 (TV)	1500 (TV)
Seating capacity	3000 - 10000	1500 - 5000
Surface colours Floors Walls Ceiling Line markings	Natural light timber Darker colour Light colour White	Natural light timber Darker colour Light colour White

NETBALL COURT DIMENSIONS

The Court is 30.5 metres (100 feet) long and 15.25 metres (50 feet) wide, which is divided into thirds. There is a center circle with a diameter of 0.9 metres (3 feet) and two goal circles which are semi-circles measuring 4.9 metres (16 feet) in radius. All lines are part of the court and measure 50mm (2 inches) in width.

Netball Court showing starting positions for a centre pass



GOALPOSTS

The Goal Posts are placed mid point of each goal line and measure 3.05 metres (10 feet) in height. The goal rings have an internal diameter of 380mm (15 inches). The goal ring projects horizontally from the post on a single attachment measuring 150mm (6 inches) in length.

	International	National
Height	3.05 m	3.05 m
Diameter	65 mm	65 mm
Goal Post Padding	50 mm	50 mm
Nets and Rings	White	White
Sleeve	25 cm	25 cm