

Netball Rules

Listen to the umpires

- When the umpire blows their whistle, all players need to listen to what the umpire says.

Throw in

- When the ball is hit out of court by one team, the opposite takes a 'throw in'. They stand out of court, about 6 inches from the line (do not stand on the line). You have within 3 seconds to pass the ball.

Obstruction

- When a player has the ball, the opposition must stand 3 feet (0.9m) away before they put their hands up to defend.
- If you are too close, the umpire will blow their whistle and say 'obstruction' or 'too close' and you will have to stand 'out of play', stand next to the player taking the penalty pass.

Contact

- You are not allowed to push anyone at any time, or touch the ball while someone has it in their hands. If you do the umpire will blow their whistle and say 'contact'. The other team gets a penalty pass and you will have to stand next to the player taking the penalty pass.

Footwork / Stepping

- Your first foot that touches the ground should stay on the ground. The second foot that touches the ground is allowed to move as much as it wants.
- If you land with both feet at the same time, you can choose which foot you want to move.
- If you move your feet, the umpire will blow their whistle and say 'footwork' or 'stepping' and the other team will get a free pass.

Touched in every 1/3

- The ball must always be touched in every third of the court or the umpire will blow their whistle and say 'over a third' and give a free pass to the other team.

Centre pass

- The Centre needs to stand totally inside the Centre circle, do not stand on the line.
- After every goal, the play starts again with a Centre pass.
- The first pass the Centre passes must be to someone in the centre third.

Held Ball

- You must throw the ball within 3 seconds. If you hold it for longer, the umpire will blow their whistle and say 'held ball' and give a free pass to the other team.

Played Ball

- If you are holding the ball, if you drop the ball you are not allowed to pick it up again. The umpire will blow their whistle and say 'replayed' and give a free pass to the other team.

Offside

- You must stay in your area of the court.
- Make sure you know where each position is allowed to run, and don't go over the lines.