



RAINFORD
HIGH



Year 8

PE Knowledge Organiser
Netball Rules

To be an effective Netball player you need to know the basic rules!

EVERYONE MATTERS EVERYONE HELPS EVERYONE SUCCEEDS

Start of Play

- A coin toss determines the first centre pass. Teams alternate centre passes afterwards.
- At this point all players must be in their starting positions.
- The ball must be received in the centre third from the centre pass.

Scoring:-

Only the Goal Shooter or Goal Attacker may shoot the ball and they must be inside the goal circle to score.

Footwork :-

The foot you land on as you catch the ball must stay still. Your other foot can move around (PIVOT).

When is a penalty awarded?

(at which point you must stand next to the player with the ball)

- If you Obstruct or Contact.
- You cannot snatch or hit the ball out of a players hands.
- You must be 3ft away when marking the opposing player in possession of ball.

Court Zone Rules

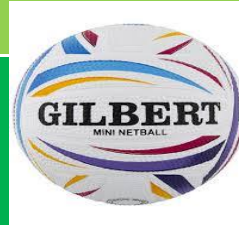
Offside: A player moving out of their own area (with or without ball). (Free Pass awarded)

Over a Third: You cannot throw the ball over two thirds of the court. (Free Pass awarded)

Out of Court: Occurs if the ball goes beyond the side and back lines. (a throw in is given to the opposing team) .

Other useful rules to know about:-

- *You can only hold the ball for 3 seconds*
- No bouncing the ball
- You cannot replay or repossess the ball (catch it, drop it, catch it)



Free Pass or Penalty?

Most of the above rules if broken result in a **FREE PASS** (when the ball is given to the opposition). A **PENALTY PASS** is awarded for Contact and Obstruction ONLY!