



## What is Netball?

Netball is one of the most popular women's sports in the world, with over 20 million players from school to adult leagues. Although popular with women netball has also seen an increase of male players within the last 10 years. Netball is a fast, skilful non-contact team game based on running, jumping, throwing & catching. Two teams play it, and each team consists of seven players - two shooters, two defense and three center court players. 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 front and back of the player. Those positions are GS, GA, WA, C, WD, GD and GK.

The main aim of the game is to score as many goals as possible from within an area called the Goal Circle, which is a semicircle centered on the goal line & measuring 16 feet in radius. Only GS and GA from each team may score goals. Goals are scored through a hoop resembling a basketball hoop but without the backboard. Each goal scores one point. After each goal is scored play is restarted from the center circle.

The netball moves up & down the court by catching & throwing it to other team members. Dribbling & moving with the ball is not allowed.

## Netball - Basic Rules

**Players cannot dribble** but they may bounce the ball once to gain possession.

**No running with the ball**, players may not re ground the foot which first touches the court (landing foot).

**Players must pass the ball to someone else within three seconds** of catching it.

**No contact.** Players may not take the ball out of another player's hands, push, push off, or shove other players.

**No defending within 3 feet** of the player with the ball. This is measured from the landing foot.

**Players can only shoot within the shooting circle** - a 16-foot radius semicircle at each end of the court. Each goal scores one point.

**The ball must be touched in each third** as it travels down the court.

## Netball Playing Positions

Each position has a main role to play:

**(Goal Shooter)** - to score goals and work in and around the circle with the GA

**(Goal Attack)** - to feed and work with GS and to score goals

**(Wing Attack)** - to feed the circle players giving them shooting opportunities

**(Center)** - to take the center pass and to control game flow between attack and defense

**(Wing Defense)** - to look for interceptions' and to prevent the WA from feeding the circle

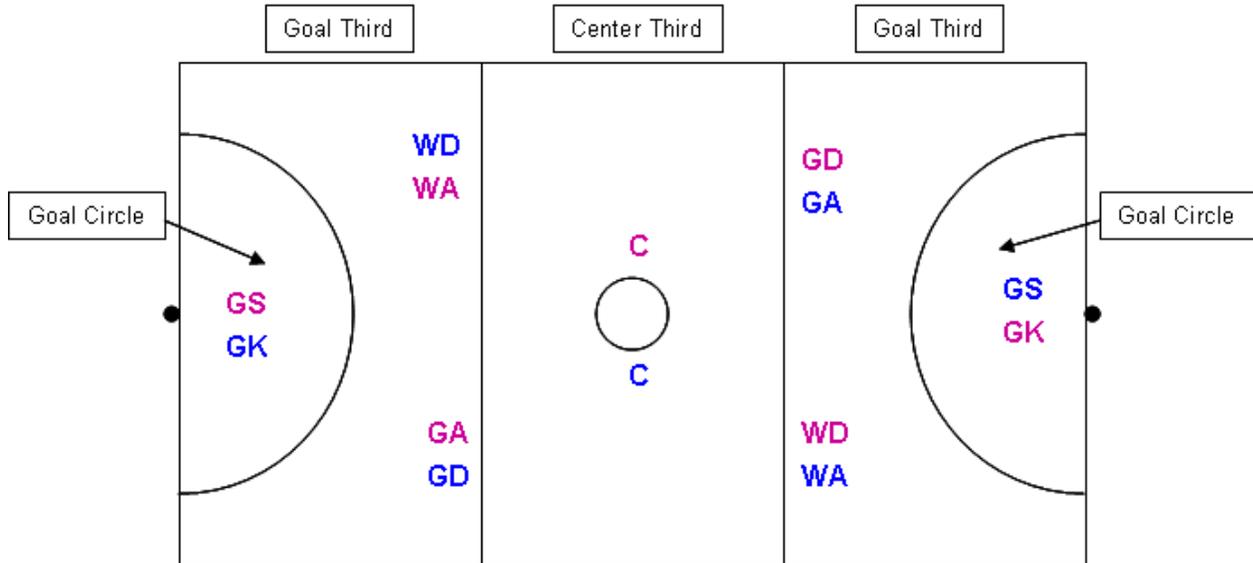
**(Goal Defense)** - to win the ball and reduces the effectiveness of the GA

**(Goal Keeper)** - to work with the GD and to prevent the GS from scoring goals

## The Netball Court

Each playing position has a specific court area.

<b>Goal Keeper</b>	<b>GK</b>	<b>Goal Circle &amp; Goal Third</b>
<b>Goal Defender</b>	<b>GD</b>	<b>Goal Circle, Goal Third &amp; Center Third</b>
<b>Wing Defender</b>	<b>WD</b>	<b>Goal Third &amp; Center Third</b>
<b>Center</b>	<b>C</b>	<b>Center Third &amp; both Goal Thirds</b>
<b>Wing Attack</b>	<b>WA</b>	<b>Center Third &amp; Goal Third</b>
<b>Goal Attack</b>	<b>GA</b>	<b>Center Third, Goal Third &amp; Goal Circle</b>
<b>Goal Shooter</b>	<b>GS</b>	<b>Goal Third &amp; Goal Circle</b>



### Netball Court Dimensions:

Length (Side Line)	- 100 feet
Width (Goal Line)	- 50 feet
Goal Circle	- 16-foot radius
Center Circle	- 3-foot diameter
Goal Posts (Under 10 years)	- 8 feet 6 inches
(All other ages)	- 10 feet
Goal Ring	- 15-inch diameter



## Netball History

To give you a brief history of Netball...not only did James Naismith invent basketball in 1891 but also he inadvertently aided in the invention of netball. In 1895 Naismith sent a copy of his basketball rules to a sports teacher in New Orleans, Clara Baer. Baer interpreted Naismith's drawings of the court and players as meaning that players could not leave certain areas. Baer's interpretation of the game 'officially' became Women's basketball in 1899. However, Women's basketball was taken to Britain and the empire in 1895 where the game transformed into a passing no dribbling game called Netball. The first World Championship tournament was held in 1963 in England and has continued to be played every 4 years with the most recent World Championship being held in New Zealand in 2007. Although netball was officially recognized as an Olympic sport in 1995, it is not yet played in the Olympic arena.

## Netball in America

In the USA the United States of America Netball Association (USANA) was founded in New York in 1992 and today has affiliates and contacts in more than 35 of the 50 states with major participation coming from the Eastern Seaboard states, California, and now Washington. USANA is part of the Americas Federation of Netball Associations (AFNA), which comprises of 13 countries – Argentina, Antigua & Barbuda, Barbados, Bermuda, Canada, Cayman Islands, Grenada, Jamaica, Trinidad & Tobago, St Kitts – Nevis, St Lucia, St Vincent & the Grenadines and the USA. The governing body for netball worldwide is the International Federation of Netball Associations (IFNA), which has 60 members spanning from all corners of the globe

## Netball Timeline

- 1891 Clara Baer, a sports teacher in New Orleans, misinterpreted James Naismith's basketball rules and the 'zones' on the court were introduced.
- 1895 Netball was first played in England.
- 1960 International Federation of Netball Associations (IFNA) was formed. There are over 60 members (national netball associations) who are divided into five regions: Africa, Americas, Asia, Europe and Oceania.
- 1963 First World Championship Netball Tournament was held in England. World Championships have been held every four years since.
- 1992 United States of America Netball Association (USANA) was founded in New York.
- 1995 Netball became a recognized Olympic Sport, even though it is currently not played.
- 2005 USA hosted its first international netball tournament in Florida, the World Youth Championships.
- 2007 Netball World Championship held in Auckland, New Zealand.
- 2009 World Youth Championships to be held in Rarotonga in the Pacific Islands.

## Netball in Seattle

Emerald City Netball Club is a Washington Non-Profit Corporation founded by netball enthusiasts in 2006 that came together and have volunteered their time for the love of the game. We provide a fun club atmosphere where people of different nationalities and ages can come together to learn or improve playing skills while making new friends.

The mission of Emerald City Netball Club is to promote and foster the development of netball through education, training and the implementation of national and international amateur netball competition in the greater Seattle area.

We are working with other associations and clubs within the USA and Canada to help establish netball in the Seattle and Washington area, as well as provide regular games at both competitive & social level to our members.

We have approximately 40 female and male members ranging in age from 10 to 50+ playing in open teams. Our players span from all corners of the world and bring with them different levels of experience.

One of our goals is to establish a Youth Program for 5 – 18 year olds and expand our current After School Youth Program, which currently runs in Adams Elementary and North Beach Elementary Schools, within the next 12 months.

Some of our other goals are to establish more netball clubs in the greater Seattle and Washington area, host our own tournaments, form a Pacific Northwest Netball Association and begin a Youth Development Program.

Our netball seasons are Spring; March – June, and Fall; September – November. We are always welcoming new members and no experience is necessary.

For more information visit our website [www.seattlenetball.com](http://www.seattlenetball.com)



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