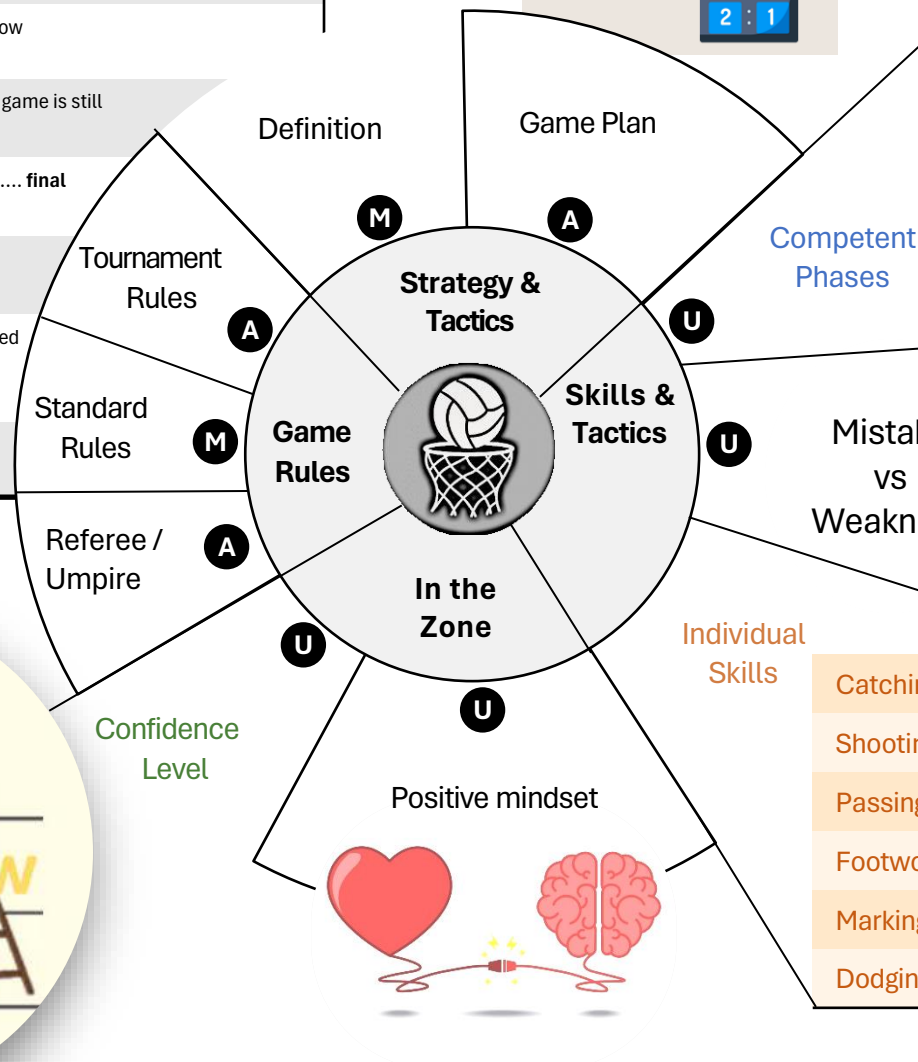
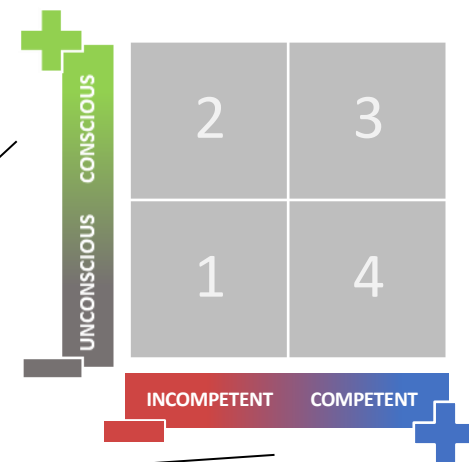
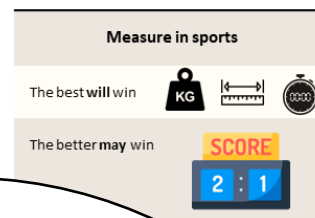


<b>Tournament</b>	A series of games to <b>measure rank</b> of teams
<b>Teamwork</b>	Group of interdependent individuals working <b>together</b> towards a <b>common goal</b>
<b>Win</b>	<b>Leading</b> at end of <b>final whistle</b> blow
<b>Leading</b>	<b>More</b> points than opponent while game is still at play
<b>Game</b>	<b>Start</b> of whistle .... Period of <b>play</b> .... <b>final whistle</b> blow
<b>Routine</b>	A <b>sequence</b> of actions <b>regularly</b> followed.
<b>Tactics</b>	Action or strategy carefully planned to <b>achieve a specific end</b> .



Competent Phases

Mistake  
vs  
Weakness

Individual Skills

Catching  
Shooting  
Passing  
Footwork  
Marking  
Dodging



**A**lert / Aware

**U**nderstand

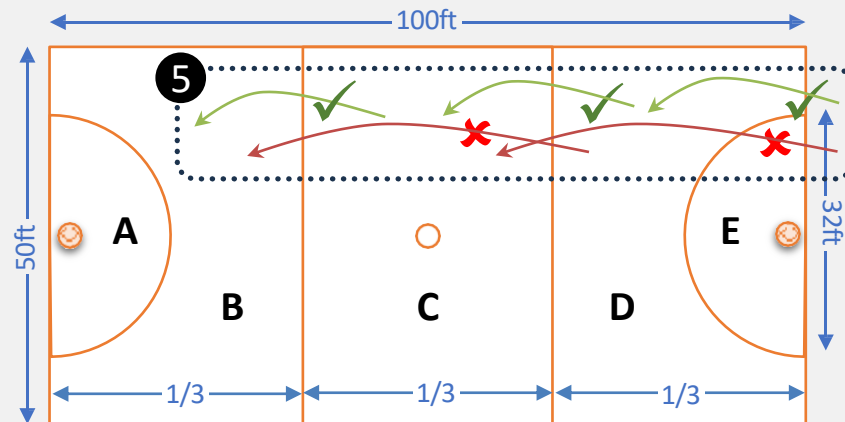
**M**emorize

.... free your mind ..... more brain time for game

# Standard Netball Rules

1 <sup>st</sup> Quarter	Interval	2 <sup>nd</sup> Quarter	Interval	3 <sup>rd</sup> Quarter	Interval	4 <sup>th</sup> Quarter
15 min	4 min	15 min	12 / 8 min	15 min	4 min	15 min
Tournament rules may change standard timings						

Extra time, tie score	1 <sup>st</sup> Quarter	Interval	2 <sup>nd</sup> Quarter
	7 min	1 min	7 min



Playing Areas					
GS	A	B	offside	offside	offside
GA	A	B	C	offside	offside
WA	offside	B	C	offside	offside
C	offside	B	C	D	offside
WD	offside	offside	C	D	offside
GD	offside	offside	C	D	E
GK	offside	offside	offside	D	E

	✓	✗	Penalty	
Hands	Short Nails	Jewellery	Penalty	
Score	GS or GA	All other positions	Free pass	Penalty Throw
Ball Handling ①	Only pivot with the foot you land on first	Travel with ball	Opponent gets free pass	
Ball Holding ②	3 seconds max	More than 3 seconds	Opponent gets free pass	
Defending distance ③	3 feet minimum	Less than 3 feet/1meter	Opponent gets free pass	
Playing Area ④	In designated playing area according to position	Offside and outside court	Opponent gets free pass	
Passing or throwing the ball ⑤	ED to C or C to AB	Over 1/3 of the court i.e. ED to AB	Opponent gets free pass	
Major Rule	No contact (accidental or deliberate)	Obstructing play, or intimidating your opponents	Opponent gets free pass and you can be sent off	Opponent gets free throw