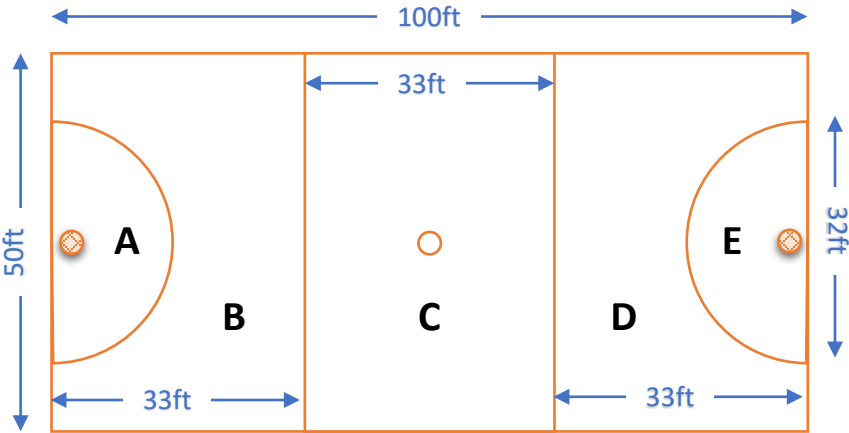


# Standard Netball Rules

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

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



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	Jewelery	Free pass	
Score	GS or GA	All other positions	Penalty Throw	
Ball Handling ❶	Only pivot with the foot you land on first	Travel with ball	Opponent gets free pass	
Ball Holding ❷	3 seconds max	More than 3 seconds	Opponent gets free pass	
Defending distance ❸	3 feet minimum	Less than 3 feet/1meter	Opponent gets free pass	
Playing Area	In designated playing area according to position	Offside and outside court	Opponent gets free pass	
Passing or throwing the ball	ED to C or C to AB	Over a third of the court ie. 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