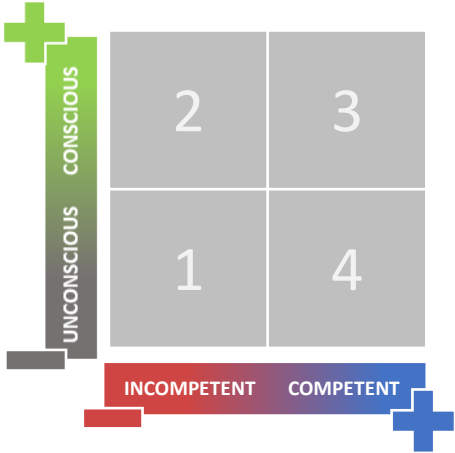
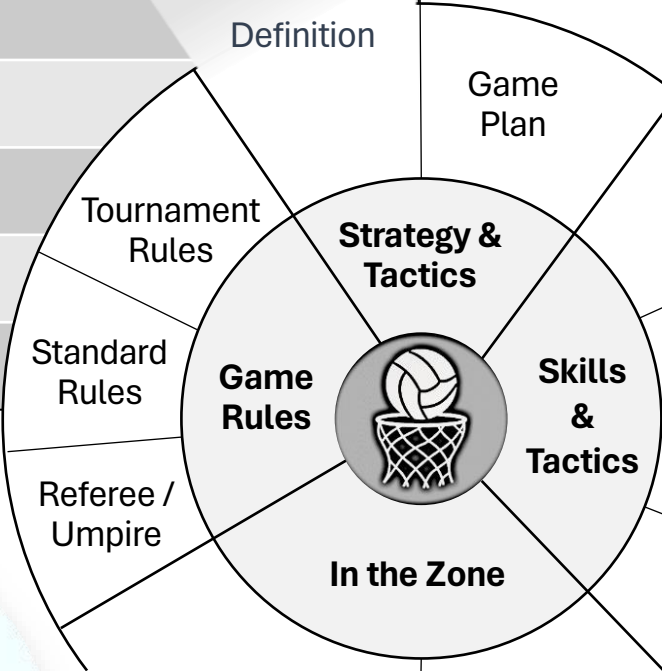
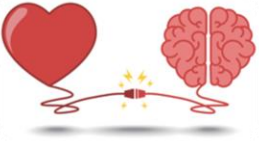


| | |
|------------|--|
| Tournament | |
| Teamwork | |
| Leading | |
| Win | |
| Game | |
| | |
| | |



Mistake vs Weakness

| | |
|--|----------|
| | Catching |
| | Shooting |
| | Passing |
| | Footwork |
| | Marking |
| | Dodging |



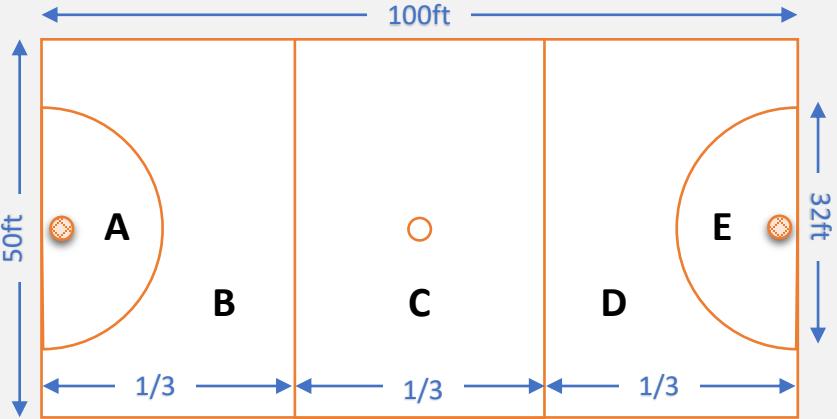
Standard Netball Rules

| 1 st Quarter | Interval | 2 nd Quarter | Interval | 3 rd Quarter | Interval | 4 th 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 st Quarter | Interval | 2 nd Quarter |
|-----------------------|-------------------------|----------|-------------------------|
| | 7 min | 1 min | 7 min |



| | ✓ | ✗ | | |
|------------------------------|--|--|---|--------------------------|
| 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 | 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 1/3 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 |



| 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 |