



# LADIES NETBALL

Sunday 5<sup>th</sup> May 2024

Venue: Brecon Leisure Centre

(Entry Date: Monday 15<sup>th</sup> April 2024)

Entry Date: 15/04/2024  
Last Amended: 14/03/2024  
Withdrawal by: 29/04/2024

Team of 9 members, 7 of those players must be on the court at any one time. All players must be aged between 17 years and over and 28 and under on 1<sup>st</sup> September 2023. This means competitors have attained their 17<sup>th</sup> birthday on 1<sup>st</sup> September 2023 competition and may be 29 on the day of the competition.

## PROCEDURE

Each position has a main role to play:

Goal Shooter (GS)

To score goals and to work in and around the circle with the GA.

Goal Attack (GA)

To feed and work with GS and to score goals.

Wing Attack (WA)

To feed the circle players giving them shooting opportunities.

Centre (C)

To take the Centre Pass and to link the defence and the attack.

Wing Defence (WD).

To look for interceptions and to prevent the WA from feeding the circle.

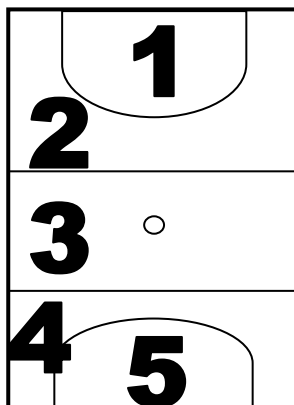
Goal Defence (GD)

To win the ball and reduce the effectiveness of the GA.

Goal Attack (GK)

To work with the GD and to prevent the GS from scoring goals.



Each playing position has a specific area of the court in which to play:



Goal Shooter	GS	Area 1,2
Goal Attack	GA	Area 1,2,3
Wing Attack	WA	Area 2, 3
Centre	C	Area 2,3,4
Wing Defence	WD	Area 3,4
Goal Defence	GD	Area 3,4,5
Goal Keeper	GK	Area 4,5

## Starting or Restarting the Game

Centre passes are taken alternately by the player undertaking the Centre Role, after a goal has been scored. All players must start in the goal thirds except the two Centre Roles. The Centre with the ball starts with either one or both feet in the Centre Circle (if on one foot then the other must not have contact with the ground outside the Centre Circle) and must obey the footwork rule after the whistle has been blown. The opposing Centre stands anywhere within the Centre Third and is free to move. The Centre pass must be caught or touched by a player in or landing in or jumping from a stance in the Centre third.



## Playing the Ball

- A player who has caught or the ball should play it or shoot for goal within three seconds.
- A player may bounce or bat the ball once to gain control.
- Once released, the ball must next be touched by another player. If player has control of the ball and then drops it, they must not pick it back up. This is replaying.
- There must be room for a third player between hands of thrower and catcher.
- A player on the ground must stand up before playing ball.

## Footwork

Having caught the ball, a player may land or stand on:

- One foot - while the landing foot remains grounded, the second foot may be moved anywhere any number of times, pivoting on the landing foot if desired.
- Once the landing foot is lifted, it must not be re-grounded until the ball is released.
- Two feet (simultaneously) - once one foot is moved, the other is considered to be the landing foot, as above.
- Hopping or dragging the landing foot is not allowed.

## Scoring a Goal

Only GS or GA can score - they must be completely within the circle when the ball is received in order to shoot for goal.

## Toss up

This is administered for all simultaneous infringements. The two players stand facing each other at their own shooting ends with hands by their sides and the umpire flicks the ball upwards not more than 600cm (2ft) in the air as the whistle is blown.

A FREE PASS is awarded for infringement of any of the preceding rules. It may be taken by any player allowed in that area, as soon as they have taken up a stationary position. If you decide that another player would be better taking it, you must place the ball back on the floor- not hand over the ball as this counts as a pass. (A player may not shoot from a free pass in the shooting circle).

## Obstruction

Player with ball: the nearer foot of the defender must be 900cm (3ft) feet from the landing foot of the player with the ball, or the spot where the first foot had landed if one has been lifted. The defender may jump to intercept or defend the ball from this 900cm (3ft) feet distance.

Player without ball: the defender may be close, but not touching, providing that no effort is made to intercept or defend the ball and there is no interference with the opponents throwing or shooting action. Arms must be in a natural position, not outstretched, and no other part of the body or legs may be used to hamper an opponent.

Intimidation: of any kind, is classed as obstruction. E.g. marking opponent's eyes instead of ball.

A standing player is not compelled to move to allow an opponent a free run, but dangerous play must be discouraged, e.g. moving into the landing space of a player already in the air or stepping late into the path of a moving player.

## Contact

No player may contact an opponent, either accidentally or deliberately, in such a way that interferes with the play of that opponent or causes contact to occur.

A Penalty Pass (or Penalty Pass/Penalty Shot if in the shooting circle) is awarded for the above infringements taken from where the infringement occurred. The offending player must stand out of play (physically and verbally) beside the thrower until the pass or shot has been taken. Any opposing player allowed in that area may take the penalty. If the penalty is taken without the offending player stood out of play, the penalty is not set and it is a turned over ball.

## Court Areas



### Offside

Player moving out of their own area, with or without ball (on a line counts as within either area).

### Over a Third

Ball may not be thrown over two transverse lines without being touched. A free pass shall be taken from the area where the ball crossed the second transverse line.

### Out of Court



Ball is out of court when it contacts anything outside the court area (not the goalpost). The ball is returned into play by a Throw-In taken from a point outside the line where the ball left the court. The player stands outside the court within ½ foot to the line, and the ball must be thrown onto the court within three seconds. If toes are touching the line, this is a foul throw. All players must be on court before the ball is thrown.

### Dress

All members of the team to wear matching dress and bibs indicating playing position. A set of spare bibs must also be available of different colours, which is to be supplied by the team.

### Replacements

Replacements may be made in the case of injury at any time during a game. A player who is taken off injured and replaced may take no further part in that game, but may play in a subsequent game. Tactical substitution may only be made at full or half time. The person injured must call time so the umpire can stop the watch, otherwise the game plays on.

Please note that jewellery of any description or long nails are NOT allowed.

All matches will be played under the Rules laid down by England Netball and Welsh Netball. At the Wales final a full sized court will be used, size 5 netball and posts to be at 2.74m (9ft).

At the Wales final each game will last for a minimum of 7 minutes each way with a direct change of ends after the 7 minutes. Substitutions may only occur during this half time change of ends.

The winner is determined by the team scoring the most points. A draw will be awarded if both teams have scored the same number of points at the end of the game.

League points will be awarded as follows:

Win	3
Draw	2
Loss	1

The Umpires' decision will be final.

Entries to be submitted online by Monday 15<sup>th</sup> April 2024.

#### WITHDRAWAL FROM COMPETITIONS

Clubs/ Members are asked to notify the YFC Office of any withdrawals 5 days prior to a Competition. **PLEASE NOTE: All withdrawals from Club secretaries/Members must be made by email or by telephoning the YFC Office. If telephoning out of office hours, then a message should be left on the YFC Mobile phone.**

**Please Note:** That only members with up-to-date membership cards and are on the database in the YFC Office are eligible to compete. Members must apply online at least 5 Days before the competition.

**PLEASE NOTE:** If a member does not produce an up-to-date membership card at the competition, it will result in a £5.00 fine. The fine will be refundable only if they provide confirmation of membership within 7 days of the Competition.

**General Rules apply to all competitions alongside the competition's rules.**