

**NETBALL****NETBALL**

The Official Special Olympics Sports Rules for Netball shall govern all Special Olympics competitions. As an international sports program, Special Olympics has created these rules based upon International Federation of Netball Associations (IFNA) rules for Netball found at <http://www.netball.org>. IFNA or National Governing Body (NGB) rules shall be employed except when they are in conflict with the Official Special Olympics Sports Rules for Netball or Article I. In such cases, the Official Special Olympics Sports Rules for Netball shall apply.

Refer to Article 1, <http://resources.specialolympics.org/article1.aspx> for more information pertaining to Codes of Conduct, Training Standards, Medical and Safety Requirements, Divisioning, Awards, Criteria for Advancement to Higher Levels of Competition, and Unified Sports.

**SECTION A — OFFICIAL EVENTS**

The following is a list of official events available in Special Olympics.

The range of events is intended to offer competition opportunities for athletes of all abilities. Programs may determine the events offered and, if required, guidelines for the management of those events. Coaches are responsible for providing training and event selection appropriate to each athlete's skill and interest.

1. Individual Skills Competition (ISC)
2. 7 v 7 Team Competition

**SECTION B — COURT AND EQUIPMENT**

1. Goal Post
  - a. 3.05 meters high for Adults and 2.74 meters high for Juniors.
  - b. The metal ring should have an internal diameter of 380 mm and project 150 mm from the top of the post. The ring should be fitted with a net clearly visible and open at both ends.
  - c. The Goal Post shall be placed so that the back of the Goal Post is at the outside of the Goal Line.
2. Ball
  - a. Size 5, made of leather, rubber or similar material.
3. Players
  - a. No spiked shoes.
  - b. Playing initials worn front and back.
  - c. No sharp adornment, item of jewellery or body piercing should be worn. ONLY if it cannot be removed then it should be taped up, for the safety of the athlete.
  - d. Long Hair should also be tied back
  - e. Fingernails should be short.

NOTE: Inspection of players should be undertaken by the umpires prior to the game.

**SECTION C — PERSONNEL**

1. Officials/ Umpires
  - a. There should be 2 umpires (although this is not always possible.)
  - b. The decision of the umpire is FINAL.
  - c. Control and give decisions only in one half of the court unless appealed to by the other umpire For this purpose the length of the court is divided in half across the centre from sideline to sideline.

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- d. Umpire 1 (U1) is responsible for the whole of the un-shaded area and side line D and back line C. U2 is responsible for the shaded area, side line B and back line A.
  - e. Umpire in the same half of the court for the whole game.
  - f. Restart the game if a goal has been scored in his/her half.
  - g. Give decisions for the Throw In for the Goal and Sidelines that he/she is controlling and call out PLAY when all other players are on court. This Umpire is also responsible for making decisions related to infringements by the player throwing in e.g. Toe on the line.
  - h. Keep outside the court except when it is necessary to enter it to secure a clear view of play or to take a Toss Up.
  - i. Move along the Side Line and behind the Goal Line to see play and make decisions.
  - j. Play advantage wherever possible so refraining from placing the non-offending team at a disadvantage.
  - k. Not criticize or coach any team while a match is in progress.
  - l. State the infringement and the penalty clearly.
2. Scorers
- a. There should be 2 scorers who shall:
    - 1) Keep a written record of the score together with a record of the Centre Pass.
    - 2) Call the Centre Pass if called for by the Umpire.
3. Timekeeper
- b. There should be one timekeeper who shall:
    - 1) Take time when the game is started by the Umpires whistle and signal the end of each quarter or half to the Umpire.
    - 2) Ensure that time lost for stoppage is added on to the appropriate quarter/half.

N.B. In many situations the umpire may have to fulfil the role of all the officials.

**SECTION D — RULES OF COMPETITION**

1. 7 v 7 Team Competition
- a. Participants
    - 1) The Team shall consist of 7 players: Goal Shooter (G.S.), Goal Attack (G.A.), Wing Attack (W.A.), Centre (C.), Wing Defense (W.D.), Goal Defense (G.D.) and Goal Keeper (G.K.).
    - 2) No team may begin with fewer than 5 players.
    - 3) Up to 3 substitutions are permitted by each team in any one game.
    - 4) Late Arrivals
      - a) No player arriving after play has started is allowed to replace another player. They can, however, fill a spare position after a goal has been scored. The players can then be rearranged during the next interval if an injury occurs.
  - b. Captains
    - 1) Toss for choice of goal or first Centre pass and notify the Umpires of the result.
    - 2) During an interval or as a result of injury, notify the Umpires and the opposing captain whom substitutions and/or team changes are made.
    - 3) The captains have the right to approach an umpire during an interval or after the game for clarification of any rule.

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- c. Duration of Game
- 1) Duration of game may be adjusted at the discretion of the competition manager.
  - 2) International games should consist of 4 quarters of 10 or 15 minutes each with 5 minutes break at half time and 3 minutes for quarter times. Teams change ends each quarter.
  - 3) Other possibilities are – 20 minute halves – 15 minute halves – 7 minute halves (tournament).
  - 4) Playing time lost for stoppages must be noted and added onto that quarter or half.
- d. Substitution of players
- 1) Substitution is allowed:
    - a) During an interval.
    - b) In the event of injury or illness.
    - c) During a stoppage for failure to give notification of team changes.

NOTE: Once 3 substitutions have been made, if a further one is made the Umpires must tell the player to leave the court and this player cannot be replaced. Nether team is allowed to make team changes unless the player is a Centre, in which case, one player only moves to fill this position.
- e. Stoppages
- 1) The decision to stop play shall be at the discretion of the Umpire. This may be because of injury or illness. Problems with the equipment, court or weather. Problems with a player's person or clothing
- f. Offside
- 1) A player with or without the ball is offside if they enter an area which is not designated to their position.
  - 2) A player may reach over and take the ball from an offside area or may lean on the ball in an offside area provided no body contact is made with the ground in that area.

PENALTY: A Free Pass to the opposing team where the infringement occurred i.e. where the player was not allowed to go.
  - 3) Simultaneous Offside: When 2 opposing players go offside at the same time.
    - a) If neither makes contact with the ball, play continues.
    - b) If one or both players make contact with the ball, a Toss-Up is taken.
- g. Out of Court
- 1) The ball is out of court when:
    - a) It touches the ground outside the court.
    - b) It touches an object or a person in contact with the ground outside the court.
    - c) It is held by a player in contact with the ground, an object or a person outside the court.

PENALTY: A Throw In to the team opposing the one who last had contact with the ball to be taken where the ball crossed the line.
  - 2) A ball which hits any part of the Goal Post and rebounds into play is not out of play.
  - 3) A player having no contact with the ball may stand or move out of court but must re-enter before playing the ball i.e. she cannot jump from out of court, catch the ball and land on court.

PENALTY: A Throw In is awarded to the opposing team at the point where the player was out of court.
  - 4) Defending actions may only be attempted players standing on court or jumping from court.

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PENALTY: Penalty Pass or Penalty Pass or Shot awarded opposite the spot where the infringer attempted to defend.

- 5) If the ball is caught simultaneously by 2 opposing players, one of whom lands out of court, a Toss Up is taken.
- 6) A player who has left the court to retrieve a ball or to take a Throw In must be permitted to re-enter the court directly.

PENALTY: Penalty Pass or Penalty Pass or Shot from where the infringer was standing.

#### h. Positioning of Players for the Start of Play

- 1) The Centre must stand on one or both feet inside the Centre Circle.
- 2) The opposing Centre is free to move around the Centre Third.
- 3) All the other players should be in their appropriate Goal Third and are free to move.

PENALTY: If any player enters the Centre Third before the whistle is blown, a Free Pass is awarded to the opposing team where the infringement occurred.

PENALTY: When two opposing players simultaneously enter the Centre Third before the whistle has been blown:

- a) If neither makes contact with the ball, they are not penalized and play continues.
- b) If one of them touches or catches the ball a Toss Up is taken.

#### 1) Start of Play

- 1) The Umpire blows the whistle to start and restart play.
- 2) Play is started and restarted after every goal and after each interval by a Centre Pass taken alternately by the 2 Centers.
- 3) If the ball is still in the Centers hands when the Umpires whistle is blown to signal the end of a quarter or half, that team will take the pass after the interval.
- 4) The Centre Pass shall be caught or touched by any player who is standing wholly within the Centre Third or whose landing foot is wholly within this third. A player who lands with any part of either foot in the Goal is judged to have received the ball in that Third and thus is at fault.

PENALTY: Free Pass awarded to the opposing team in the Goal Third close to the point where the ball crossed the line. (Not Received In The Centre Third.)

- 5) If a member of the opposing team touches or catches the Centre Pass in the Goal Third, play continues.

#### j. Playing the Ball

##### 1) Playing the Ball

- a) A player may:
  - i. Catch the ball with one or both hands.
  - ii. Bat or bounce the ball to another player without first having possession of it.
  - iii. Tip the ball in an uncontrolled manner once or more than once and then catch the ball or direct the ball to another player.
  - iv. Having bounced the ball once, either catch the ball or direct it to another player.
  - v. Having batted the ball once, either catch the ball or direct it to another player.
  - vi. Roll the ball to oneself to gain possession.
  - vii. Fall while holding the ball but must regain footing and within 3 seconds of receiving the ball.
  - viii. Lean on the ball to prevent going offside.

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- ix. Lean on the ball to regain balance.
  - x. Jump from a position in contact with the court and play the ball outside the court before making contact with the ground outside the court
- b) A player may not:
- i. Strike the ball with a fist.
  - ii. Deliberately fall on the ball to get it.
  - iii. Attempt to gain possession of the ball while lying, sitting or kneeling on the ground.
  - iv. Use the Goal Post as a support in recovering the ball going out of court.
  - v. Use the Goal Post to regain balance or in any other way.
  - vi. Deliberately kick the ball.

PENALTY: Free Pass where infringement occurred.

## 2) Held Ball

- a) A player who has caught the ball shall play it or shoot it within 4 seconds.

PENALTY: Free Pass awarded.

- b) A player who has caught the ball may not:-

- i. Roll the ball to another player.
- ii. Throw the ball and play it before it has touched by another player or the Goal Post.
- iii. Drop the ball and replay it.
- iv. Bounce the ball and replay it.

PENALTY: Replaying The Ball- Free Pass where infringement occurred.

## 3) Short Pass

- a) There must always be room for a third player to move between the hands of the thrower and those of the receiver.

PENALTY: Free Pass awarded.

## 4) Over a Third

- a) The ball may not be thrown over a complete third without being touched or caught by a player who at the time of touching or catching the ball is wholly within that third.

PENALTY: Free Pass taken just over the second line that the ball has crossed or a back Throw In.

## k. Footwork

- 1) A player may receive the ball and shuffle their feet to stop to regain balance, providing no progress is made down the court. If progress down the court is made, then the Penalty footwork rule is observed.
- 2) A player may receive the ball with 1 foot grounded or jump to catch and land on 1 foot and then:
  - a) Step with the other foot in any direction, lift the landing foot and throw or shoot before this foot is reground.
  - b) Step with the other foot in any direction, number of times, pivoting on the landing foot.
- 3) A player may receive the ball while both feet are grounded or jump to catch and land on both feet simultaneously. In this case one foot is chosen as the landing foot and the above rules then apply.

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- 4) A player may not:
  - a) Drag or slide the landing foot.
  - b) Hop on either foot.
  - c) Jump from both feet and land on both feet unless the ball has been released before landing.

PENALTY: Free Pass awarded to the opposing team.

I. Scoring a Goal

- 1) A goal is scored when the ball is thrown or batted over and completely through the ring by G.S. or G.A. from any point within the Goal Circle.
  - a) If a defending player deflects a shot for goal and the ball then passes through the ring a goal is scored.
  - b) G.S. or G.A. may shoot if the ball is won at a Toss Up in the goal circle.
  - c) If the whistle is blown for an interval before the ball has passed through the ring, no goal is scored.
  - d) If the whistle for an interval or time is blown after a Penalty Pass or Shot has been awarded in the goal circle, the pass or shot is allowed to be taken.
- 2) In taking a shot for goal a player shall:
  - a) Have no contact with the ground outside the Goal Circle either during the catching or the holding of the ball. However, the player is permitted to lean on the ball outside this area.
  - b) Shoot within 3 seconds of receiving the ball.
  - c) Obey the Footwork rule.

PENALTY: Free Pass awarded to the opposing team.

- 3) A defending player may not cause the Goal Post to move so as to interfere with the shot at goal.

PENALTY: Penalty Pass or Shot to the opposing team to be taken:

- a) From where the offender was standing unless this puts the non-offending team at disadvantage.
- b) If the offender was out of court, on court near where the infringer was standing.

m. Obstruction

- 1) Obstruction
  - a) An attempt to intercept or defend the ball may be made if the distance on the ground is not less than 0.9 meters from a player in possession of the ball. i.e.:
    - i. If the player's landing foot remains on the ground, the distance is measured from that foot to the nearer foot of the defender.
    - ii. If the player's landing foot is lifted, the distance is measured from the spot on the ground from which the foot was lifted.
    - iii. If the player is standing or lands on two feet simultaneously and remains grounded on both feet, the distance is measured from whichever is the nearer foot.
  - b) From the correct distance a defender may attempt to intercept or defend the ball:
    - i. By jumping towards the player with the ball, but if the landing is within 0.9 meters of that player and interferes with the throwing or shooting motion, obstruction occurs.
    - ii. If the player with the ball steps forward to lessen the distance between them.

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- c) A player may be within 0.9 meters of an opponent in possession of the ball as long as no effort is made defend and there is no interference with the throwing or shooting action.
  - d) From the correct distance, a defending player may not attempt to defend or intercept the ball by stepping towards the opponent.
- 2) Obstruction of a Player not in Possession of the Ball
- a) A player is obstructing if within 0.9 meters of an opponent without the ball, any movements are made which take the arms away from the body, other than those involved in natural body balance.
  - b) However, the player is not obstructing if the arms are outstretched:
    - i. To catch, deflect or intercept a pass or a feint pass.
    - ii. To obtain a rebound.
    - iii. Momentarily to single of pass or to indicate direction of movement.
- 3) Obstruction by Intimidation
- a) When a player with or without the ball intimidates an opponent in any way it is obstruction.  
PENALTY: A Penalty Pass or Shot where the infringer is standing except where this places the non-offending team at a disadvantage, when the penalty shall be taken where the obstructed player was standing.
- 4) Defending a Player who is out of Court
- a) A player may defend an opponent who has chosen to go out of court providing that the defender does not leave the court in order to defend.  
PENALTY: A Penalty Pass or Shot from the point where the infringer leaves the court.
- 5) Obstruction by Player from out of Court
- a) A player who is standing out of court may not attempt to defend a player who is on court.  
PENALTY: Penalty Pass or Penalty Pass or Shot.
- n. Contact
- 1) Personal Contact
- a) No player shall come into contact with an opponent in such a manner as to interfere with the opponents play either accidentally or deliberately e.g. pushing, bumping, tripping, holding or charging.
  - b) Whether attempting to attack or defend, a player is responsible for personal contact if:
    - i. Taking up a position so near an opponent that contact cannot be avoided.
    - ii. Moving so quickly into the path of a moving player that contact cannot be avoided.
- 2) Contact with the Ball
- a) A player with the ball shall not touch or push another player with it.
  - b) A player shall not either accidentally or deliberately, place a hand or hands on, or remove from an opponent's possession, a ball held by an opposing player.  
PENALTY: Penalty Pass or Penalty Pass or Shot where the infringer was standing unless this places the non-offending team at a disadvantage, when the penalty shall be taken where the contacted player was standing.

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## 3) Conducting Penalties

## a) The Penalties awarded for breaking rules are:

- i. Free Pass Penalty Pass;
- ii. Penalty Pass or;
- iii. Shot Throw In Toss Up.

## o. General Rules for the Taking of Penalties

## 1) Taking of Penalties

- a) Advantage may be played by the umpire if the non-offending team would be placed at a disadvantage.
- b) With the exception of a Toss Up, any team member may take the penalty if allowed in the area where the penalty has been awarded.
- c) The Footwork and Three Second rules apply to all penalties.

## 2) Free Pass

- a) A Free Pass is awarded for infringements on court with the exception of the rules of Obstruction Contact, simultaneous offences by 2 opposing players and interference with the post.
- b) When a Free Pass is awarded in the Goal Circle to the attacking team, the player taking the penalty may not shoot for goal. If this is attempted, the opposing team will receive a Free Pass.

## 3) Penalty Pass or Shot

- a) This is awarded for infringement of the rules of Obstruction, Contact and interference with the Goal Post.
- b) A player penalized must stand beside and away from the thrower taking the penalty and must make no attempt to take part in the play until the ball has left the throwers hands. If the infringer moves too soon the penalty shall be retaken unless the shot is successful.
- c) An attempt to intercept the Penalty or Penalty Pass or Shot may be made by any opposing player other than the offender. If this opponent obstructs or contacts the thrower, a Penalty Pass or a Penalty Pass or Shot Shall be awarded where the second infringer was standing unless this places the non-offending team at a disadvantage. Both the original and the second offenders must stand beside and away from the thrower.
- d) When 2 members of a team simultaneously obstruct or contact a member of the opposing team, both offenders must stand beside and away from the player.

## 4) Throw In

- a) When the ball goes out of Court, it shall be put in a player of the opposing team.
- b) The player throwing the ball in shall:
  - i. Stand outside the Court and place one or both feet close to or at the point where the ball crossed the line.
  - ii. Wait for the umpire to say PLAY and then throw within 3 seconds of this call.
  - iii. Not enter the Court until the ball has been thrown.
  - iv. Obey the Over a Third rule.
  - v. Throw only from behind a boundary line remaining behind this until the ball has been released.
  - vi. Apply the Footwork rule.



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- c) Penalties for infringements at the Throw In:
  - i. By the thrower- a Throw In is awarded to the opposing team at the spot where the infringement occurred except when the Over a Third rule is broken.
  - ii. When a player obstructs or contacts during a Throw In, a Penalty Pass or Penalty Pass or Shot is awarded on Court.
  - iii. If the ball is sent out of Court simultaneously by 2 opposing players or the Umpire cannot decide who touched the ball last, there shall be a Toss Up opposite the point where the ball went out.
- 5) Toss Up
  - a) A Toss Up puts the ball into play when:
    - i. Opposing players gain simultaneous possession of the ball with either or both hands.
    - ii. Opposing players simultaneously cause an offence.
    - iii. After an accident the Umpire are unable to say who had the ball, or the ball was on the ground when play stopped.
  - b) The Toss Up is taken on Court between the 2 players involved as near as possible to the place where the incident occurred.
  - c) The 2 players shall stand facing each other and their own goal ends with straight and hands to sides but feet in any position. There shall be a distance of 0.9 meters between the nearer foot of each player. They shall not move from that position until the whistle has been blown. If one player moves soon a Free Pass is awarded to the opposing team. The Umpire shall release the ball between the 2 players from just below the shoulder level of the shorter player's normal standing position. Momentarily, the Umpire shall be stationary and shall hold the ball in the palm of one hand and shall flick it vertically not more than 60 cm (2 feet) in the air as the whistle is blown.
  - d) The ball may be caught or it may be batted in any direction except directly at the opposing player.
  - e) When the Toss Up cannot be taken where the incident occurred because of the boundaries involved, the following applies:
    - i. Where the incident involves 2 opposing players across a line dividing areas one of which is common to both players, the Toss Up is taken between those 2 players in the common area.
    - ii. Where no area is common to both players, the Toss Up is taken in the Centre Third between any 2 opposing players allowed in that area.
    - iii. When 2 opposing players simultaneously knock the ball out of Court over a line bounding an area which is not common to both, the Toss Up is taken between any 2 opposing players allowed in that area, on Court opposite the point where the ball crossed the line.
- p. Discipline
  - 1) Discipline of Others: The breaking of rules and/or the employment of any action not covered by the wording of rules, in a manner contrary to the spirit of the game, is not permitted. This includes:
    - a) The breaking of the rules:
      - i) Between the scoring of a goal and the restart of play.
      - ii) Between a ball going out of Court and the Throw In.

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- iii) Between the awarding and taking of any penalty on court.

**PENALTY:** Immediately play restarts, the Umpire shall penalize the infringement, by awarding a Free Pass, a Penalty Pass or a Penalty Pass or Shot, or a Throw In a appropriate to the situation, unless the non offending team is placed at a disadvantage. With b) and c) the Umpire may choose to penalize the infringement immediately it occurs.

- b) The deliberate delaying of play.

**PENALTY:** Free Pass unless the non- offending team is placed at a disadvantage.

- c) Dispute with the Umpire.

**PENALTY:** The Umpire may choose to penalize the disputing player with whatever action is considered appropriate under the rules of the game.

- d) Failure by a team to take the Court at the end of any interval.
- e) Play shall restart if the team has at least 5 players on the Court. In the event that the Centre is missing one player shall be moved to play in this position. The other player(s) may take the Court in the position(s) left vacant after a goal has been scored or at the next interval.
- f) If a team fails to take the Court the Umpire shall give a 30 second warning and require the team to take the Court within the specified period of time.

## 2. Individual Skills Competition (ISC)

The ISC is designed specifically for athletes who have not yet developed the skills necessary to participate meaningfully in netball. The ISC consists of six events: Target Double Handed Pass, Target Single Handed Pass, Target Bounce Pass, Catching and Foot Control, Shooting (High) and Shooting (Basket). Competitors should first go through a divisioning round where each athlete performs each event once. The total score from the six events is then used to place players in divisions with others of similar abilities for the competition (medal) round. In the medal round, each player should perform each event twice. The total score from the two rounds is added together to give the final score.

### a. Target Double Handed Pass

- 1) Purpose: To measure an athletes skill in passing the netball with both hands.
- 2) Equipment: 1 Netball, flat wall, chalk / adhesive tape, measuring tape.
- 3) Description: A square (30cm x 30cm) is marked on the wall using chalk or tape. The square will be 1.5 m from the ground. A line will be marked on the ground 2.5 m from the wall. The athlete must stand behind the line, throw the ball with both hands into the square on the wall and catch the ball again (with or without a bounce) behind the line. The athlete is given 10 throws.
- 4) Scoring: The athlete's score will be the sum of all 10 passes.
  - 3 pts: Hitting the wall inside the square.
  - 2 pts: Hitting the line.
  - 1 pt: Hitting the wall within 5 cm of the square.
  - 1 pt: Catching the ball.
  - 0 pts: No contact with the wall.
  - 0 pts: Miss or a dropped catch.

### b. Target Single Handed Pass

- 1) Purpose: To measure an athletes skill in passing a netball with one hand.
- 2) Equipment: 1 Netball, flat wall, chalk / adhesive tape, measuring tape.

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- 3) Description: A square (30cm x 30cm) is marked on the wall using chalk or tape. The square will be 1,5m from the ground. A line will be marked on the ground 2,5m from the wall. The athlete must stand behind the line, throw the ball with one hand into the square on the wall and catch the ball again (with or without a bounce) behind the line. The athlete is given 10 throws.
  - 4) Scoring: The athlete's score will be the sum of all 10 passes.
    - 3 pts: Hitting the wall inside the square.
    - 2 pts: Hitting the line.
    - 1 pt: Hitting the wall within 5 cm of the square.
    - 1 pt: Catching the ball.
    - 0 pts: No contact with the wall.
    - 0 pts: Miss or a dropped catch.
- c. Target Bounce Pass
- 1) Purpose: To measure an athletes skill in bounce passing a netball accurately (one or both hands).
  - 2) Equipment: 1 Netball, flat wall, chalk / adhesive tape, measuring tape.
  - 3) Description: A square (80cm x 80cm) is marked on the wall using chalk or tape. The square will be 1m from the ground. A line will be marked on the ground 2.5 m from the wall. The athlete must stand behind the line and bounce the ball into the square on the wall. The athlete is given 10 throws
  - 4) Scoring: The athlete's score will be the sum of all 10 passes.
    - 3 pts: Bouncing the ball inside the square.
    - 2 pts: Hitting the line.
    - 1 pt: Hitting the wall within 5 cm of the square.
    - 0 pts: Catching the ball.
- d. Catching and Foot Control
- 1) Purpose: To measure an athletes skill in catching the ball and adhering to the foot fault rule.
  - 2) Equipment: 1 Netball, 1 accurate thrower / coach / volunteer, chalk / adhesive tape, measuring tape.
  - 3) Description: A line is marked on the ground and the athlete stands behind this line. The coach/ thrower stands 10 m in front (slightly diagonal) to the athlete. The athlete runs forward and during the run, the coach passes the ball to the athlete. The athlete catches the ball and attempts to stop immediately. The athlete is given 10 catches.
  - 4) Scoring: The athlete's score will be the sum of all 10 passes.
    - 3 pts: Catching the ball and stopping immediately.
    - 2 pts: Catching the ball and stopping within 2-3 steps.
    - 1 pt: Catching the ball and making an attempt to stop regardless in a reasonable number of steps greater than 3 but less than 8.
    - 0 pts: Not catching the ball.
- e. Shooting (High)
- 1) Purpose: To measure an athletes skill in shooting at a target.
  - 2) Equipment: 1 Netball, 1 high wall, chalk / adhesive tape, measuring tape.

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- 3) Description: A square (30cm x 30cm) is marked 3.05 m from the ground on the wall. A line is marked 2.5 m from the wall. The athlete must stand behind the line and attempt to hit the square. The athlete is given 10 throws.
  - 4) Scoring: The athlete's score will be the sum of all 10 passes.
    - 3 pts: Hitting inside the square.
    - 2 pts: Hitting the line.
    - 1 pt: Hitting within 5cm of the line.
    - 0 pts: No contact with the square.
- f. Shooting (Basket)
- 1) Purpose: To measure an athletes skill in shooting for a basket.
  - 2) Equipment: 1 Netball, 1 box (60cm x 60cm opening), chalk / adhesive tape, measuring tape.
  - 3) Description: The box is placed on a raised surface such that the opening is 1,5m from the ground. A line is marked 3m from the box. The athlete stands behind the line and attempts to throw the ball into the box. The athlete is given 10 attempts.
  - 4) Scoring: The athlete's score will be the sum of all 10 passes.
    - 2 pts: Making a basket.
    - 0 pts: Missing a basket.
- g. Final Score
- 1) A player's final score is determined by adding together the scores achieved in each of the six events which comprise the Individual Skills Contest.
  - 2) Scoring overview:

| Skills Test            | No. of attempts | Maximum score | Minimum qualifying score |
|------------------------|-----------------|---------------|--------------------------|
| Double hand pass       | 10              | 40            | 30                       |
| Single hand pass       | 10              | 40            | 30                       |
| Bounce pass            | 10              | 30            | 20                       |
| Catch and foot control | 10              | 30            | 22                       |
| Shooting (high)        | 10              | 30            | 20                       |
| Shooting (basket)      | 10              | 20            | 8                        |
| <b>TOTALS</b>          | 60              | 190           | 130                      |

**NETBALL**

## 3) Levels 2-4

| <b>Rule</b>             | <b>Level 2</b>                                      | <b>Level 3</b>                           | <b>Level 4</b> |
|-------------------------|---|--|----------------|
| Offside rule            | Applicable  | Applicable                               | Applicable     |
| Ball handling / control | Modify as for level 3                               | Modify (5 items remain)                  | Applicable     |
| Foot fault              | Modify (athlete shows attempt to stop)              | Modify (1-2 extra steps to gain control) | Applicable     |
| Contact                 | No deliberate / major contact. Soft contact allowed | Incidental contact only                  | Applicable     |
| Obstruction             | Applicable (allow freedom to pass)                  | Applicable                               | Applicable     |
| Time / periods          | 4 x 10 mins   | 4 x 10 mins                              | Applicable     |

NB: Where rules are applicable, these rules are as defined by IFNA (International Federation of Netball Associations) Rules, revised in 2007.