

Tute 01

Health & Physical Education Grade 11

Net Ball Rules

Positioning of the players in both teams are as follows. Letters of one team is shown in the box According to the starting rule players must stay in their own goal thirds except the center players.

- The following should be observed before start of the game.
- Prepare two teams with 7 in a team. 12 players can register in a team and there should be minimum of 05 players to start the game.
- All should wear bibs.
- To identify the two teams two colours should be worn.
- To start the match the captains of the two teams should toss a coin.
- The winner of the toss choose the side or the ball.
- The players take their positions on court with the signal of the umpire.

Start of the game

- The center with the ball stand with both feet inside the centre circle.
- Till the umpire blow the whistle no player can enter the center court.
- When all the payers are in their positions the game start with the umpire's whistle.
- The first pass should be inside the center court
- Center pass will pass by one team after the other team after scoring each point. Sides will change after the time out. Change places and substitutions are not permitted in intervals.
- **Time durations in each age groups are as follows.**

U 15 - 10 min, 3 min interval, 10 min.

U17 - 15 min, 3 min interval, 15 min.

U 19 - 20 min, 3 min interval, 20 min. • **There are 04 quarters in national and international matches.**

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1st quarter – 15 min – 3 min interval

2nd quarter – 15 min – 5 min interval

3rd quarter – 15 min – 3 min interval

4th quarter – 15 min

- Teams should change their sides after the each quarter.

Organizers can conduct 20 min half with 05 min interval if,

- one team has two or more matches in a day or
- Insufficient time duration

Rules and regulations

- Here are some rules and regulations which may important to you. Refer the rules and regulations of netball for further studies.

- Penalties for the fouls in netball.

- Free pass

- Penalty pass

- Penalty pass or Penalty shot

- Throw in

- Toss up

Free pass

- Fouls done by the player with the ball without harming the opponents. A shooter cannot shoot a free pass though it offered within the goal circle.

Instances offer a free pass

FOOTWORK

- A player may receive the ball with one foot grounded, or jump to catch and land on one foot, and then:-

- step with the other foot in any direction, lift the landing foot and throw or shoot
- before this foot is regrounded;

Fouls in footwork

- drag or slide the landing foot;
- hop on either foot;
- jump from both feet and land on both feet unless the ball has been released before landing

Fouls in ball controlling

- roll the ball to another player;
- throw the ball and play it before it has been touched by another player;
- toss the ball into the air and replay it;
- drop the ball and replay it;
- bounce the ball and replay it.
- replay the ball after an unsuccessful shot at goal unless it has touched some part of the Goalpost.
- Pass the ball by kneeling or lying
- Hold the ball more than 03 seconds
- Insufficient distance between the passing players (short pass)
- Pass the ball over one third of the court
- Take the support of the goalposts to receive the ball.
- A player entering a prohibited area for her.
- Catch the center pass without coming to the middle part and

coming to the middlepart before whitsle.

Fouls in players

- In illegal substitution or team change

Taking the free pass

- A free pass is awarded to the opponent team when the above fouls are done by a player. When a Free Pass is awarded, the ball may be thrown by any opponent player allowed in that area, where foul occured.

Penalty pass

- move into the path of an opponent who is committed to a particular landing position;
- push, trip, hold or lean on an opponent or use other forms of physical contact;
- place a hand or hands on a ball held by an opponent
- knock or remove the ball from the possession of an opponent;
- while holding the ball push it into an opponent;

Penalty pass or penalty shot

- Above contacts in the goal circle
- Obstruct with less than 0.9m by stretched arms
- Hit and hold the hand or hands on the ball with being closely.
- Move or hit the goal posts to obstruct the shooting.