



High Five Netball Rules!

Have you ever wanted to play High Five Netball, but you didn't know how? Well here are the rules for playing it:

The Positions

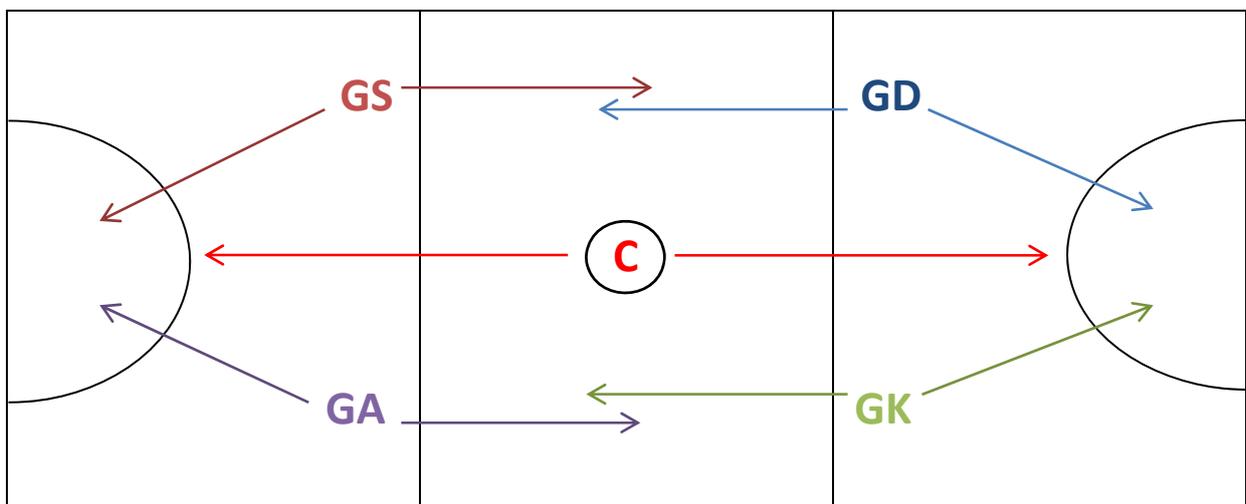
GS: GS stands for is the Goal Shooter. The GS is one of the two players in the team who can score goals. The GS is only allowed in the third they are shooting in and the centre third.

GA: The person who plays this position is the Goal Attack. The GA shoots alongside the GS and is allowed in the same areas of the court as the GS.

C: C stands for Centre and this person can go in all areas of the court, apart from the shooting semi-circles.

GD: This is the Goal Defence. The GD has to stop the opposition from shooting by trying to intercept shots or passes. The GD is only allowed in the centre third and the third that the opposition is shooting in.

GK: This is the Goal Keeper, who has the same job as GD. The GK is allowed in the same areas of the court as the GD.



The rules:

- You can't hold the ball for longer than 4 seconds.
- When you catch the ball you aren't allowed to move the foot that you land on (your landing foot), although you can pivot on this foot.
- When an opposing player is holding the ball, you must stand at least 1 metre away from her/his landing foot.
- You are not allowed to defend a ball in an opposing player's hand by outstretching your arms but you can jump once to intercept a throw or shot at goal.
- Only the Centre can take a pass after a goal is scored and teams take it in turns to take a centre pass.
- A coin is tossed to decide which team takes the first centre pass.
- The Centre must be in the centre circle when they take a centre pass and it must be caught in the centre third.
- You aren't allowed to bounce the ball more than once.
- If the ball goes off court, a throw-in is taken by the team who didn't throw or knock the ball out of court.
- You are offside if you enter an area of the court that you're not supposed to be in.
- Netball is a non-contact sport so you cannot push people or knock the ball out of their hands.
- The umpire will check that you are playing within the rules. If you break the rules, the umpire will give a pass or shot to the other team.



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