

Netball Core Rules for Kids

- **The 3-Second Rule:** Players must pass or shoot within **3 seconds** of catching the ball.
- **No Running:** You cannot run or dribble with the ball. Once you catch it, you must stay still, though you can **pivot** on your landing foot.
- **Non-Contact:** You cannot touch, push, or knock the ball out of another player's hands.
- **Safe Distance:** When defending, you must stand at least **3 feet (0.9m)** away from the player with the ball.
- **Scoring:** Only the **Goal Shooter (GS)** and **Goal Attack (GA)** can score, and they must be inside the semi-circle (the "D") to shoot.
- **Stay in Your Zone:** Each player has a specific position that limits where they can go on the court. Entering an unauthorised area is called **"offside"**.
- **Be respectful:** Do not challenge the umpire
- **Be kind:** Say "well done" to others for good passing and sportsmanship

Position	Abbreviation	Where They Can Go
Goal Shooter	GS	Attacking third and goal circle.
Goal Attack	GA	Centre third, attacking third, and goal circle.
Wing Attack	WA	Centre third and attacking third (not the circle).
Centre	C	All thirds (not the goal circles).
Wing Defence	WD	Centre third and defensive third (not the circle).
Goal Defence	GD	Centre third, defensive third, and goal circle.
Goal Keeper	GK	Defensive third and goal circle.

Starting and Restarting

- **Centre Pass:** The game starts with a pass from the centre circle.
- **After a Goal:** Teams alternate taking the centre pass after every goal, no matter who scored it.
- **Throw-ins:** If the ball goes off the court, the team that didn't touch it last takes a throw-in from the sideline.

For younger children (Years 3-6), many schools use simplified formats like **4v4** or **5v5**, which may have fewer fixed positions to help them learn the basics.