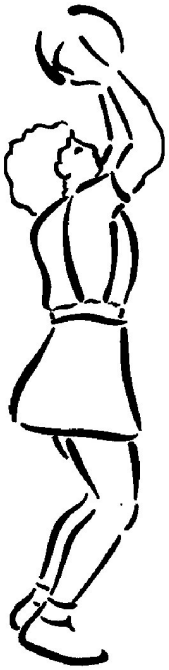
Main Rules of Netball

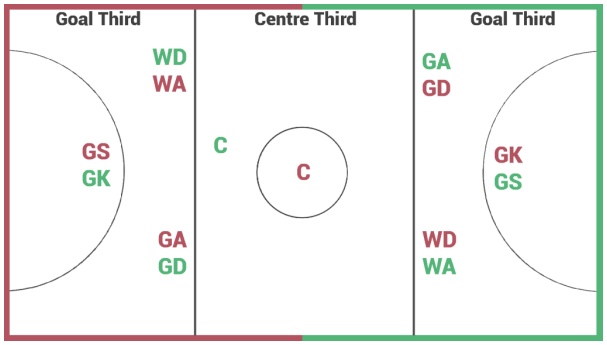
1. You can only pivot, not step, while in possession of the ball.
2. No dribbling the ball.
3. This is a NO CONTACT game. You cannot touch a player or the ball while it is in another's possession.
4. You must be three feet from the player with the ball to block.
5. No player can go everywhere on the court; each player has a specific area in which to play.
6. You can only score a goal in the Goal Circle.
7. You can only go in the Goal Circle if you have a Goal position (GS, GA, GD, GK).
8. You cannot have possession of the ball for more than three seconds.

Player Conduct

- Play fairly, be competitive but not aggressive.
- During play do not question the decisions made by the umpires either by gesture, look, verbally or by commenting to another player.
- Give the ball promptly to opponents for throw-ins, penalty shots, free and penalty passes, etc.



- Ensure you are in the correct position indicated by the umpire when penalties are set.
- Keep your self-control at all times and do not retaliate.
- Do not use obscene language at any time.
- Accept victory modestly and defeat graciously. You are representing your team who will be judged on your behavior.
- Shake hands with your opponents at the beginning and end of the game.
- Always thank the umpires for officiating your game.



Positional Responsibilities

Each position has a main role to play:

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

GA: To feed and work with GS and to score goals

WA: To feed the circle players giving them shooting opportunities

C: To take the Centre Pass and to link the defence and the attack

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

GD: To win the ball and reduce the effectiveness of the GA

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

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