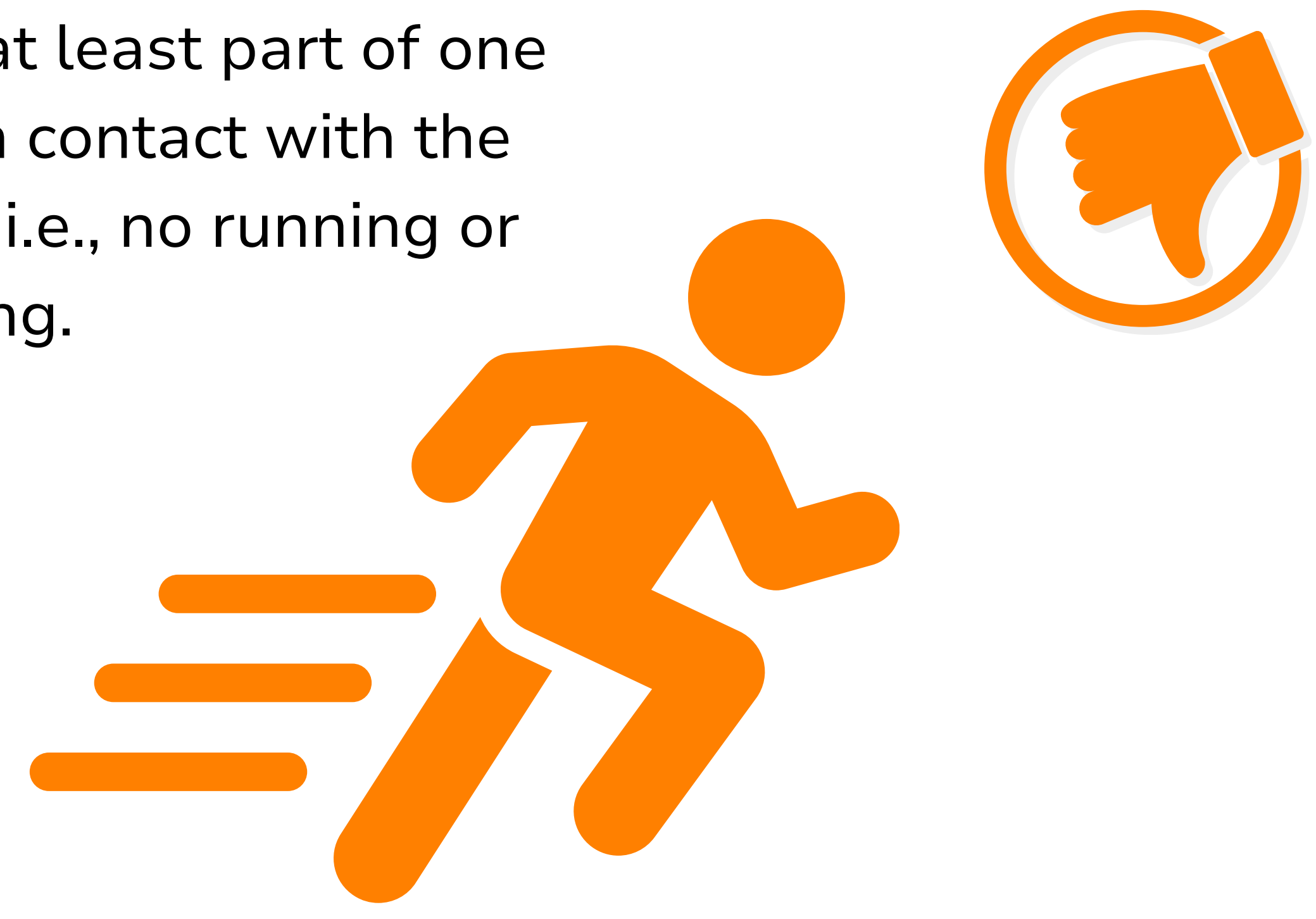




the rules

No Running or Jumping

A player must always have at least part of one foot in contact with the court. i.e., no running or jumping.



1-2 Steps with Ball

A player may receive the ball with one foot grounded and then take two steps while in possession of the ball before it must be thrown or shoot.



Timing

Four quarters, six minutes each
One-minute break at quarter time and three-quarter time
Three-minute break at halftime



Possession

A player may throw the ball within four (4) seconds of receiving the ball.



Rolling Substitutions

Substitutions may be made at intervals or during play. There is no limit to the number that can be made.



Defending Distance

When defending, a player must be 3 feet (0.9 metres) away from the opposition player



Non-Contact Netball

Advice: this is real-non-contact netball. It is recommended that distance from other players always be maintained, off-the-ball contact will be penalised.



This makes the game a greater challenge for players of the normal game and safer for others.