

# WHAT IS NETBALL?

## Get involved.



Made in Netball.



Anyone can play



Sport connects kids and communities



It's fun!



Netball is the number one sport for women and girls in Australia

### What are the benefits of playing netball?



#### TEAM WORK

Play together, work together



#### CONFIDENCE

Believe in yourself



#### SOCIALISE

Make new friends



#### HEALTH

Keeps you fit and healthy

### What do you need to play netball?



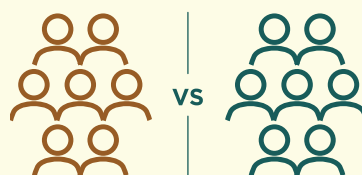
#### RUNNERS

and comfortable clothing for exercise



#### ENTHUSIASM

### What is netball?



Netball is a ball sport played by 2 teams of 7 players



A goal scored is worth 1 point



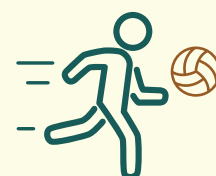
Players all have different positions and are restricted to specific areas on the court



A player with the ball can hold it up to 3 seconds before passing to another player



No contact - stand 3 feet apart from opponent



Players cannot run when in possession of the ball



#### SCAN THE QR CODE

to watch a video about the introduction to netball.

### WHERE CAN YOU PLAY NETBALL?

For more information check out [play.netball.com.au](https://play.netball.com.au)