

# WHAT IS NETBALL? GET INVOLVED



## WHY PLAY NETBALL?



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



Anyone  
can play



Sport makes  
children better  
at school



It's fun!

## WHAT ARE THE BENEFITS OF PLAYING NETBALL?



### TEAM WORK

Play together,  
work together



### CONFIDENCE

Believe in yourself



### SOCIALIZE

Make new friends



### HEALTH

Keeps you fit  
and healthy

## WHAT DO YOU NEED TO PLAY NETBALL?



### RUNNERS

and comfortable  
clothing for exercise

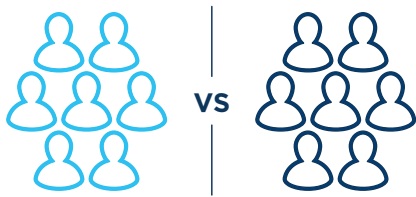


### ENTHUSIASM

## WHERE CAN YOU PLAY NETBALL?

For more information contact  
[community@netballvic.com.au](mailto:community@netballvic.com.au)  
or visit [play.netball.com.au](http://play.netball.com.au)

# WHAT IS NETBALL?



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



A goal scored is worth 1 point



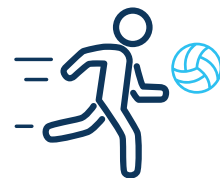
Players all have different positions and are restricted to specific areas on the court



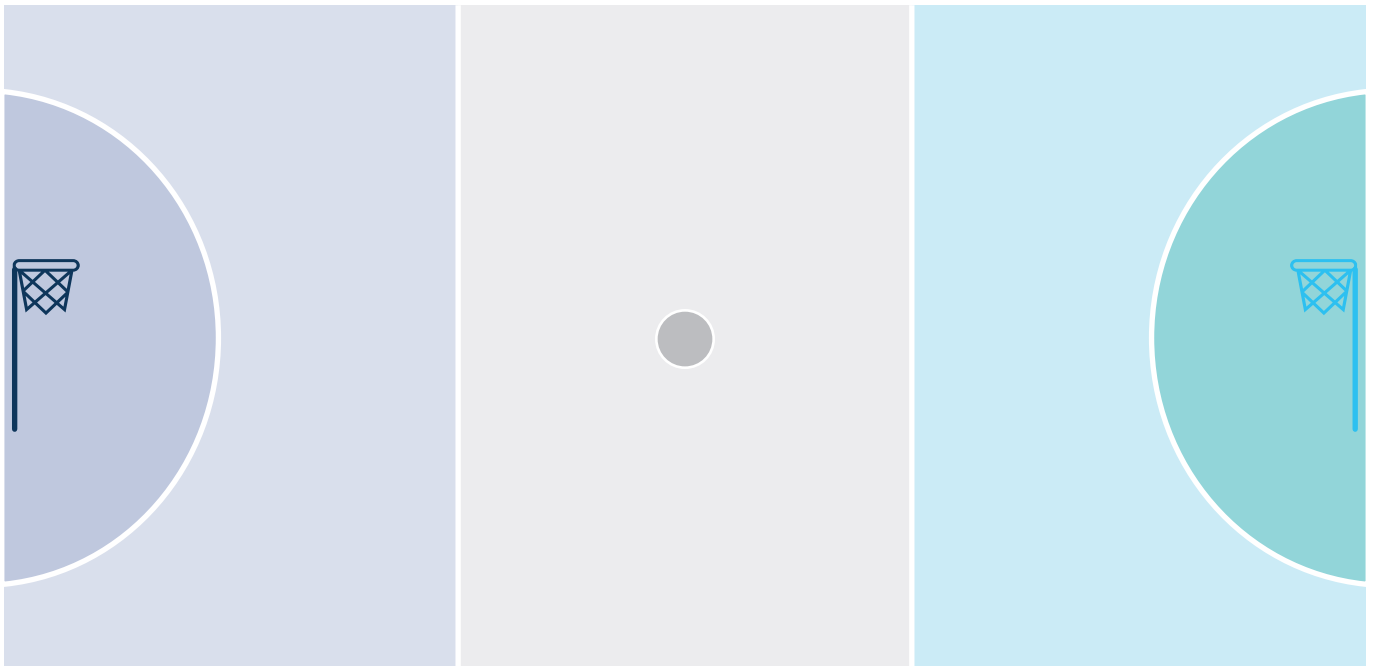
A player with the ball can hold it up to 3 seconds before passing to another player



No contact - stand 3 feet apart from opponent



Players can not run when in possession of the ball



**SCAN THE QR CODE**

to watch a video about the Introduction to Netball