netball VICTORIA

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?
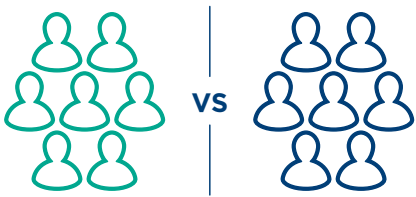
RUNNERS
and comfortable clothing for exercise

ENTHUSIASM

WHERE CAN YOU PLAY NETBALL?

For more information contact **community@netballvic.com.au** or visit **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
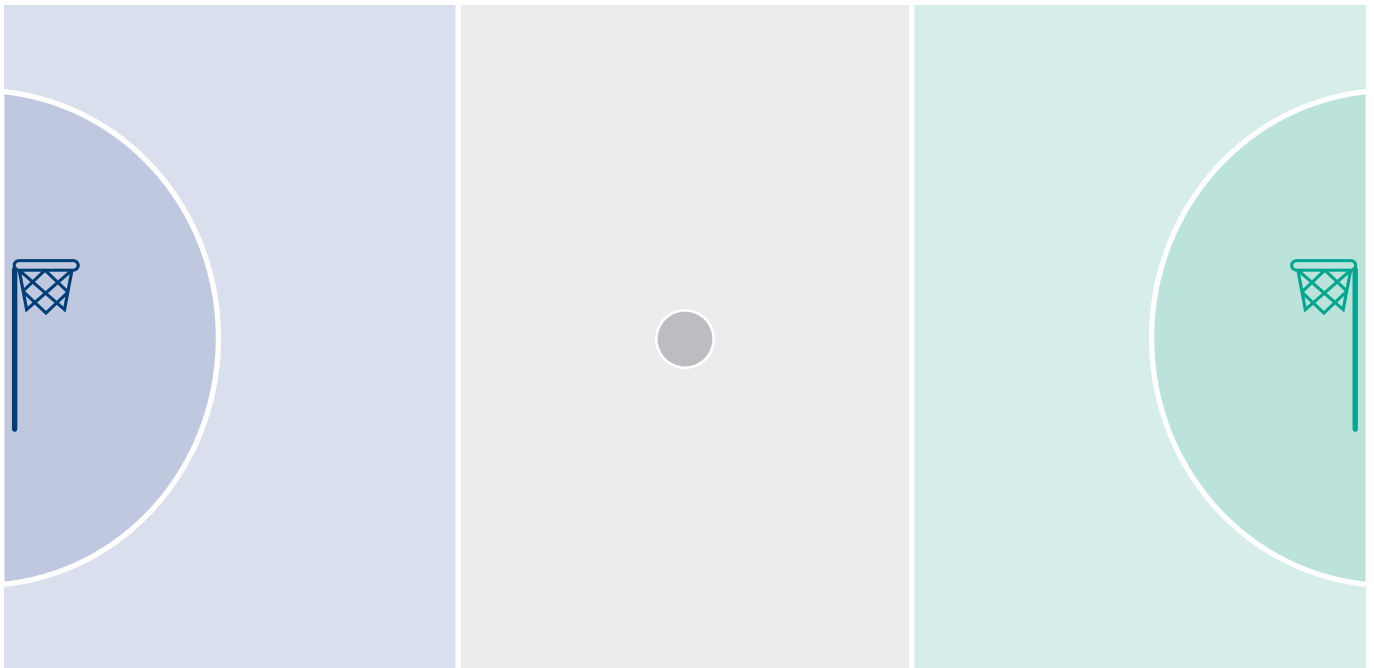
GS | C

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