



# 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

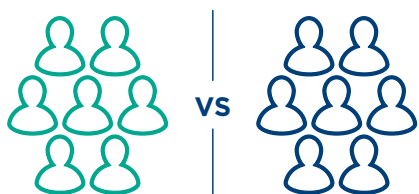


### ENTHUSIASM

## WHERE CAN YOU PLAY NETBALL?

For more information contact [media@netballact.com.au](mailto:media@netballact.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



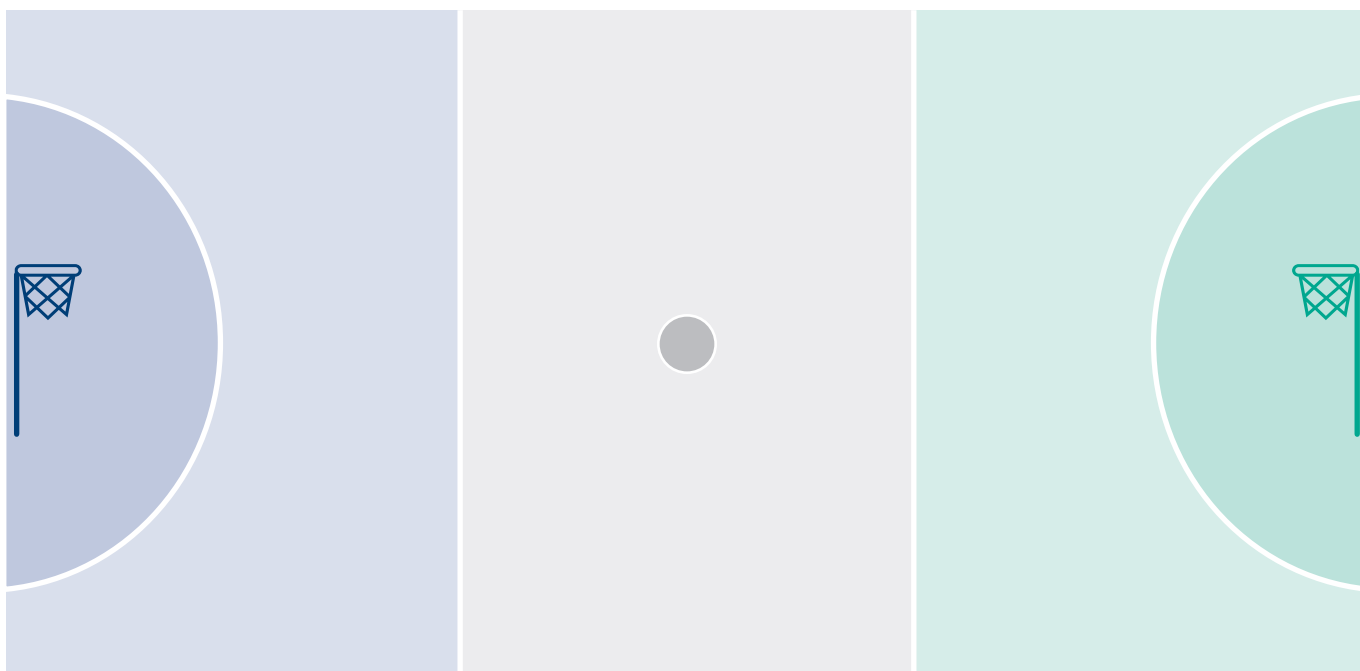
A player with the ball can hold it up to 3 seconds before passing to another player



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