

TW Warriors NC

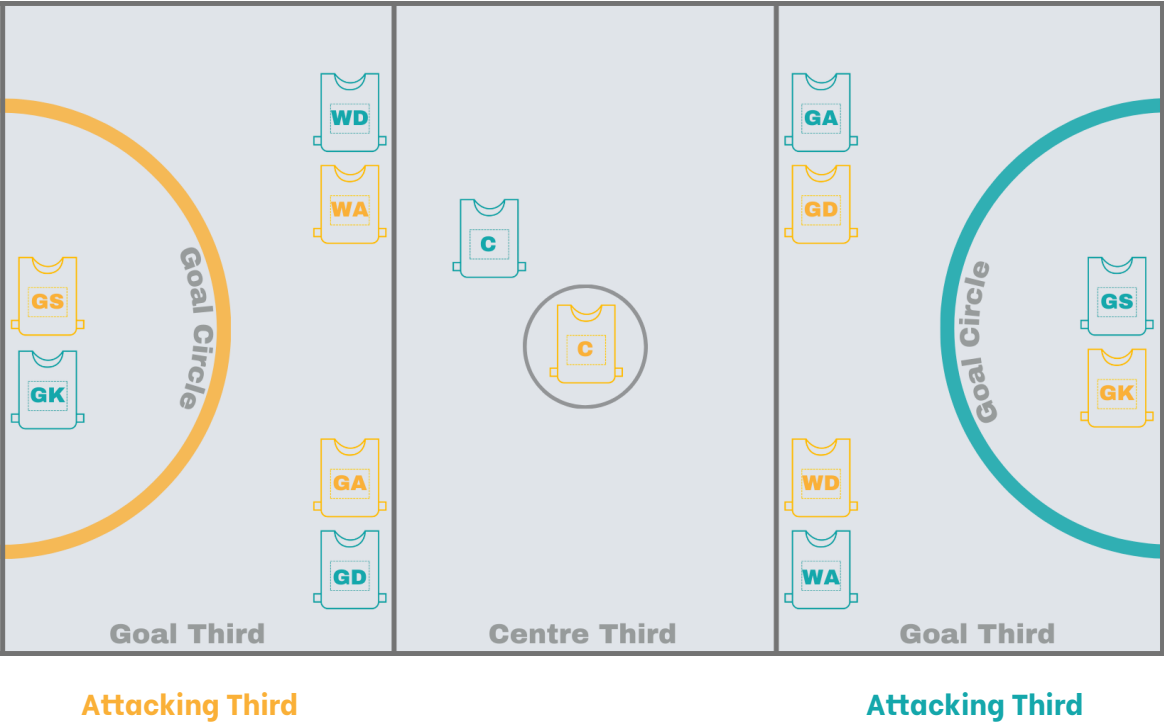
Welcome Pack










Firstly a warm welcome to TW Warriors Netball Club. As a club, we champion positivity, inclusivity, encouragement and most importantly FUN! This pack will include everything you need to get started.

Netball Positions

If you're new to netball or coming back to play, it's always good to have a refresher. Let's start with the basics! Netball is a ball sport played on a court by two teams of seven players. A full netball squad has 7 playing positions on the court. Below outlines the starting positions of the two teams.



Position	Designated Areas on Court
	Goal Shooters are only allowed in the attacking goal third, including the shooting circle. Along with the Goal Attack, they are the only other player allowed to shoot at the net to score for their team. They primarily mark the other team's GK.
	Goal Attack is allowed in both the centre third and the goal third that they are shooting towards, including the shooting circle. They are one of two players on the team allowed to shoot & score points. They primarily mark the opposing team's GD.
	A Centre is allowed in all three thirds of the netball court except for the shooting circles at either end of the court. They primarily mark the Centre of the other team.
	The Wing Attack is allowed in both the centre third and the goal third in the direction their team is shooting, however, they are not allowed in the shooting circle and therefore are unable to shoot. They primarily mark the WD of the opposing team.
	Wing Defence is allowed in the centre and defensive thirds, like a GD, however, they are not allowed in the shooting circle. They primarily mark the opposing WA.
	A Goal Defence is allowed in both the centre third and their defensive third, including the shooting circle. They primarily mark the opposition team's GA.
	The Goal keepers are only allowed in their defensive goal third, including the shooting circle, in order to defend their goal. They primarily mark the opposing GS.

Netball Rules

Getting Started

A netball match is divided into four quarters, each lasting 15 mins. Teams switch ends after each quarter, with a 5 min break at half time.

The aim of the game is simply to score more goals than your opposition in the allotted time.

Every match starts with a centre pass, taken by the Centre in the centre circle. Only the opposing Centre is allowed in the centre third at this point, all other players must start in either their defensive/attacking goal third.

When the whistle blows to start play all players can then enter the centre third. The Centre will then pass the ball to a teammate, however, the ball must be caught in the centre third first. If the first pass is caught in the goal third without it being touched in the centre third, the other team is awarded a free pass.

After each goal, the game is restarted as above. The teams alternate centre passes, regardless of which team has just scored.

Footwork

Players are not allowed to move with the ball. A player can receive the ball by landing with one foot at a time, the first foot you land on is the foot you cannot move, but can pivot with the other foot. Alternatively, a player can receive the ball by landing with both feet on the ground and selecting one foot to be their leading foot – this foot you can pivot but the other must stay planted until the ball is thrown.

Held Ball

When a player is in possession of the ball, they must pass to a teammate or shoot within 3 seconds. If they fail to do this, the ball goes to the other team for a free pass.

Over a Third

Players are also not allowed to throw the ball from one goal third to the other goal third without it being touched in the centre third. If this happens the other team is awarded a free pass.

Offside

All players must only move into the areas of the court where their position is allowed. If any players move into an area they are not allowed this is classed as offside, the umpire will award the opposing team a free pass.

Obstruction

When a player has the ball, their opponent must stand at least three feet away from them when marking. If the player is impeded, an obstruction is given and the offending player must stand 'out of play' while a penalty pass or shot is taken.

Contact

When playing netball opposing players may come into physical contact with each other. Provided the players do not use their bodies to gain an unfair advantage or interfere with each other's play, play continues and is known as 'contest'. Contact however occurs when a player's actions interrupt an opponent's play, an obstruction is called and a penalty pass or shot is taken.

Replayed Ball

A player may not replay the ball. This means you can not lose control of the ball and pick it up again if it has not been touched by another player, or catch a rebound from a shot on goal if the ball has not touched the post or another player. The umpire will call this a replayed ball and the opposing team receive a free pass.

Taking a Penalty or Free Pass

If a player breaks a minor rule a free pass is given, and the pass is taken from the same spot where the rule was broken. Breaking a major rule results in a penalty pass. A penalty pass is similar to a free pass, except the player who broke the rule must stand out of the way until the pass is taken.

Penalty and free passes must be taken within three seconds from setting up. Failure to pass within this time frame will see the opposing team awarded the free pass. If the free pass is off-court, your foot must not touch or go over the court line otherwise a foot fault is awarded, and the pass will be given to the opposing team.

Leaving the Court During Play

If a player needs to leave the court whilst in play they can do so by calling time. The umpire will let the player leave the court but must wait till the next centre pass to return. The umpire will signal for the player to return to the court.

Jewellery & Nails

All jewellery must be removed before training/games. Nails must be kept short (no more than 1mm long) and not visible from the underside of the fingers. The rules are in place to protect you and other players, we ask you to follow these rules otherwise you cannot play.

Book Your Training Session

All training sessions and events are booked via Spond. Keep your eyes out for alerts when new sessions are added. Training sessions can be booked via Spond 24hr prior to the session. If you want to book after this time then please contact Kim or email: twwarriorsnc@gmail.com

Social Events

A big part of TW Warriors NC is our community spirit. It's not just about netball, but also the opportunity to meet new people and have a giggle. With regular social events planned from trips to see Super League London Pulse Squad play, to a simple get-together over a drink. For all upcoming events check our Facebook Group or speak to Helena Jones, Social Secretary aka

Club Kit

Club kit is available to buy, it is not compulsory but advisable if you are planning to play in one of our league teams. For the full kit catalogue and prices email: twwarriorsnc@gmail.com



Committee Members

Caroline Bolton	Chair aka
Jo Hooker	League aka
Kathryn Stringer	Treasurer aka 'Treasured'
Anna Hawkins	Safe Guarding Officer aka 'Accident Angle'
Kim Else	Membership aka 'Spond Ninja'
Helena Jones	Social Secretary aka
Joanna Turner	Secretary & Social Media aka

Contact Details

If you use social media please sign up for our Facebook group or our Instagram page. It's a great way to keep up with what's going on at the club with weekly 'Club News Updates'.



www.facebook.com/groups/5024672034313037



<https://www.instagram.com/twwarriorsnc/>

For all club enquires please email: ***twwarriorsnc@gmail.com***

