



## Ku-Ring-Gai Netball Association Netta Rules & Guidelines

Rule	Netta Netball
<b>Match Duration</b>	4 X 10 minute quarters
<b>Goal Post</b>	2.4 metres (8 feet) in height
<b>Ball</b>	Size 4 Netball
<b>Time to pass the ball</b>	Up to 5 seconds
<b>Stepping</b>	Shuffling on the spot to regain balance before throwing allowed, without moving down the court.
<b>Defending</b>	Strict one on one defence. Players may defend a shot for goal.
<b>Obstruction</b>	A player defending a player from the opposing team in possession of the ball must defend from a distance of 1.2 metres (4 feet).
<b>Substitutions</b>	All teams must follow the KNA rotations. No player can play in any one position for more than two quarters in any particular match.
<b>Centre Pass</b>	Taken alternatively ( <b>not</b> based on which team scored last)
<b>End Change</b>	Each quarter.

### Information for completing the weekly position sheets on matches:

1. Players names to be listed in strict alphabetical order.
2. Managers/team official to ensure that the positions played by each player for each quarter are recorded on the position sheet.
3. Position sheets to be completed and signed by both team managers/official before being returned to the KNA complex.
4. The yellow duplicate copy of the position sheet to be retained by the team manager/official.
5. ***The weekly position sheet will be checked to ensure that all teams follow the KNA Netta Rules and Guidelines.***