

A Guide to Netball in Queensland



A GUIDE TO NETBALL

Purpose

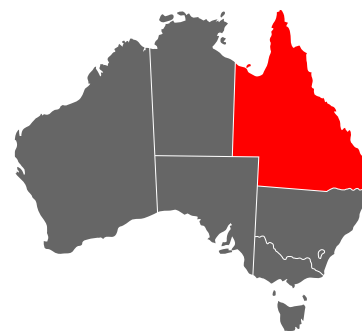
This guide is to assist people who are new to netball and their support networks to understand netball and the different ways to be involved. The guide also explains some key supports available.

An Easy English version of this guide can be found on the Netball Queensland Website.

Netball Queensland

Netball Queensland (NQ) is the governing body for netball associations in Queensland. There are over 80 associations across Queensland.

NQ wants to make sure everyone can participate fully in netball in whatever way they would like to.



Find out more about Netball Queensland here:

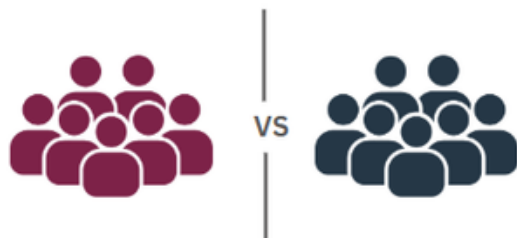




A GUIDE TO NETBALL

What is Netball?

Netball is played by two teams of seven players. It is played on a netball court (indoor or outdoor) with goal posts at each end. Games consist of 15-minute quarters, with short breaks at quarter time, half time and three-quarter time.



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

Some of the key rules of netball are:



Players cannot run when they have the ball



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



You can only shoot from within the goal circle

The aim is to score goals by throwing the netball into a ring attached to a high post.

The winning team is the one that scores the most goals by the end of the game

Scan the QR Code or follow the link to watch a video about Netball:



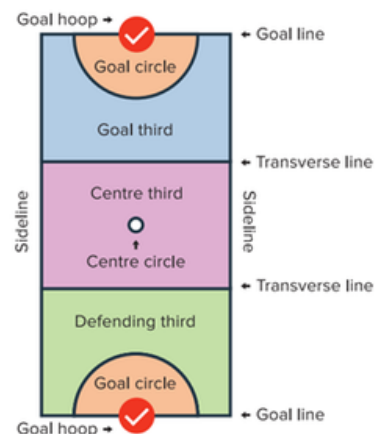
<https://netball.com.au/what-is-netball>



A GUIDE TO NETBALL

Netball Positions

Players play in different positions, which sets their role within the team and where they can go on the netball court.



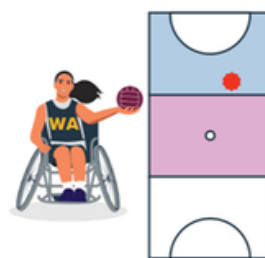
GOAL SHOOTER



GOAL ATTACK



WING ATTACK



GOAL DEFENCE



GOAL KEEPER



WING DEFENCE



CENTRE





A GUIDE TO NETBALL

How to get involved in netball?

There are lots of ways you can be involved in netball. The main consideration is whether you want to play netball or be involved in a non-playing role.

Playing Netball

If you would like to play netball there are different options available.

Little Nettys

Little Nettys is a motor skills program for children who are aged 3 to 4 years old. Click here to find out more:

<https://qld.netball.com.au/little-nettys>



NetSetGO

NetSetGo is an introductory program to learn netball skills for 5- to 10-year-olds. To find out more click here: <https://qld.netball.com.au/woolworths-netsetgo>

To find your nearest NetSetGo centre click here:

<https://netball.com.au/netsetgo/centres>

Club Netball

Club netball is for players 7 years and older. You can join a team at your local club or association. Click here to find your nearest association:

<https://qld.netball.com.au/play>

Social Netball

Social netball is where you form your own team (maybe with your friends or workmates) and join a competition. Click here to find out more:

<https://qld.netball.com.au/social-netball>



A GUIDE TO NETBALL

Playing Netball

Netability

Netability is an inclusive netball program for people with a disability who are 11 years and older. The program provides players with the opportunity to learn netball skills and to play netball in a fun, safe and inclusive environment.

Click here to find a Netability program:

<https://qld.netball.com.au/netability-program>



Deaf Netball Queensland

Deaf Netball Queensland is an organisation for Deaf and Hard of Hearing Queenslanders to be involved in netball. They are based at Western Districts Netball Association in Graceville and compete the Australian Deaf Games which is held every 2 years: <https://austdeafgames.org.au/>

For more information about Deaf Netball Queensland you can contact them via:

Facebook - <https://www.facebook.com/deafnetballqld/>

Email - dnqld@hotmail.com

Instagram - @deafnetballqueensland





A GUIDE TO NETBALL

Playing Netball

Walking Netball (all ages)

Walking Netball is netball played at a slower, walking pace. The game has been designed so anyone can play, regardless of age, ability or fitness level. Contact your local association to see if they offer walking netball:

<https://qld.netball.com.au/walking-netball>

Queensland Gems

The Queensland Gems are the State team for women (16 years and older) with an intellectual disability. The Queensland Gems play in an annual national tournament, the Marie Little Shield.

Queensland Gems have academy programs, which players can join from 14 years of age, in Brisbane, Townsville and Toowoomba.

Click here to find out more: <https://qld.netball.com.au/marie-little-shield>



Find out more information on how to play netball:





A GUIDE TO NETBALL

Non Playing Roles

If you want to be involved but don't want to play netball there are other options:

Coach

Coaches help players to learn skills, learn the game of netball, provide training and help players develop as netballers.

Click here to find out about more: <https://qld.netball.com.au/coaching>

Umpire

Umpires make sure the rules of netball are followed during games and make sure of a fair and safe environment for players. There are different umpiring levels based on qualifications and experience.

Click here for more information and to find the beginner umpiring course:

<https://qld.netball.com.au/umpiring>

<https://qld.netball.com.au/umpire-accreditation>

Scorer, Timekeeper

Each game needs people to keep track of the score (goals for each team) and the timing of each game.

Team Manager

Some teams have a manager that may help with organising things for the team like transport to competitions or organising team uniforms.

Team Supporter

You can support a team by cheering them on at games and encouraging the players.

Other volunteer roles

Each club or association will have other opportunities to volunteer either on a regular basis or when needed. Depending on your interests and skills you may be able to help in the canteen, help to maintain equipment, help clean/tidy the club house, or help with running different events.

Please contact your local club or association to let them know you'd like to help out and to see where they may need your support.



A GUIDE TO NETBALL

Supports Available

Orientation Visit

You can contact your local netball club or association to organise a visit and have a look around so you get to know the place and have opportunity to ask questions.

Have a look on your local club or association's website to find out information about them. Some clubs may also have photos of the club and information about the facilities online to have a look at.

For example: <https://www.toowoombanetball.com.au/netability>

Individual Supports

If you'd like to let your club or coach know a bit more about your situation and the supports you need, you can fill out an 'All About Me' form with the information you feel comfortable to provide.

It's not compulsory to do this, only if you would like to. Click here for the form: https://qld.netball.com.au/sites/qld/files/2025-07/NQ_All%20About%20Me%20Form.pdf

ALL ABOUT ME

Complete this form to tell us more about you and how you like to communicate and learn. This information will be kept confidential and only provided to your coaches to ensure they can best support you at netball.

Date

Participant Name	Participant Age	Participant Contact Phone Number (Where applicable)

Parent/Guardian/Carer/Support Person's Name	Parent/Guardian/Carer/Support Person's Phone Number

Please disclose any disability/disabilities or conditions that you may identify with

What are your goals? (Let us know what you would like to learn and achieve)

What is the best way for us to communicate to you during sessions? (Communication Board, Verbal, Flash Cards, Other)

Do you need any specific or modified equipment to fully participate?

How does your disability/disabilities or relevant conditions impact your ability to perform any skills and activities? (If applicable)

Who else can I speak with to better understand how best to support you and your needs during the sessions?	Contact Phone Number (If applicable and different to above)

Please let us know if there is anything else you would like to tell us?



A GUIDE TO NETBALL

Modified Rules

Netball Queensland has developed modified rules for netball to ensure safe, fair and meaningful contests for players with a disability.

These modified rules for netball are in place for:

- All players within Netability
- Players with a disability in mainstream community netball teams and competitions as required to ensure a safe, fair and meaningful contest
- Players with a disability in other competition formats such as unified teams

If you are a player with a disability in a mainstream team and require modified rules to be able to participate you can request these through your club or association.

Please click here to find out more about modified rules and how they are implemented: <https://qld.netball.com.au/modified-netball-rules>

What to Expect at Clubs or Associations

Each netball club or association may be a bit different in terms of how big they are, what facilities they have, and how everything is done.

To find out about things like – how to sign up to play club netball, when different competitions are run, what to expect on game days, what facilities they have, when training happens, how to organise team uniforms etc. it is best to connect with your local club directly.

To find your local club go to: <https://qld.netball.com.au/play>



A GUIDE TO NETBALL

Resources for Clubs and Associations

Netball Queensland has a range of resources to support clubs, associations, umpires and coaches. These include:

Netball Queensland's Disability Inclusion Toolkit

<https://qld.netball.com.au/disability-inclusion-toolkit>

- This toolkit has general resources with information sheets on topics such as communication, accessible environments, positive behaviour support, adaptive equipment and an inclusive coaching guide
- It also has links to the 'all about me' form for players with a disability to provide information to their club on how best to provide individual support
- The toolkit also has downloadable resource cards for some of the most common disabilities: ADHD, Autism Spectrum Disorder, Intellectual Disability, Deaf & Hard of Hearing, Vision Impairments and Physical Impairments. These resources provide an overview of each disability, and some key tips for how to support an individual with that disability

Sport4All Online Training

<https://sport4all.com.au/learning-portal/>

Sport4All is national program by Get Skilled Access, funded by the Australian Government in partnership with the Australian Sports Commission. Sport4All partners with local governments, schools, and sporting organisations to build more inclusive, accessible, and welcoming communities.

As part of their services Sport4All offers free online training modules in relation to understanding disability and supporting inclusion. We encourage netball clubs and associations to access this free training.



A GUIDE TO NETBALL

Diversity and Inclusion

Netball Queensland has a range of resources to support clubs, associations, umpires and coaches. These include:

LGBTQ+ Inclusion

Netball Queensland has been a proud member of [Pride in Sport](#) since 2021. We are committed to building a culture which welcomes, includes and celebrates the LGBTQ+ community.

Our Position Statement on [Diversity and Inclusion](#) and [Member Protection Policy](#) detail our zero-tolerance stance on homophobic, biphobic and transphobic language and conduct.

Our [Inclusive Uniform Policy](#) includes a range of uniform styles, and we support the right of athletes, officials and volunteers to dress according to their affirmed gender.

Find out more about LGBTQ+ Inclusion [Here](#)

First Nations

Netball Queensland is committed to ensuring Aboriginal and Torres Strait Islander netball participants, volunteers and communities are welcomed, respected and culturally safe in our sport.

Netball Queensland [Reconciliation Action Plan](#)

More information can be found [Here](#).



A GUIDE TO NETBALL

Other Resources

Here are some other resources you may find useful:

Sport and Recreation Toolkit from Carers Qld. Toolkit (workbook) to help you start thinking about how you would like to be involved in sport or recreation: https://carersqld.com.au/wp-content/uploads/2026/02/Sport_-_Recreation-Legacy-Resource-e-Booklet-08-2025-INTERACTIVE.pdf

Tips for parents with children starting in sport: <https://www.novita.org.au/blog/a-guide-for-teaching-kids-to-be-a-good-sport-from-the-start>

The benefits of sport: <https://www.ausport.gov.au/clearinghouse/evidence/value-and-benefits/social-and-mental-wellbeing>

Disability Sports Australia: <https://sports.org.au/>

Netball Queensland is partnered with **White Cloud Foundation** to provide tele-mental health services. White Cloud's services can be accessed free of charge by anyone aged 12 or older including representative players, member associations and clubs and their participants, and associated family members. For details: <https://qld.netball.com.au/news/netball-queensland-partners-tele-mental-health-service-white-cloud-foundation>

Contact Us

community@netballq.org.au