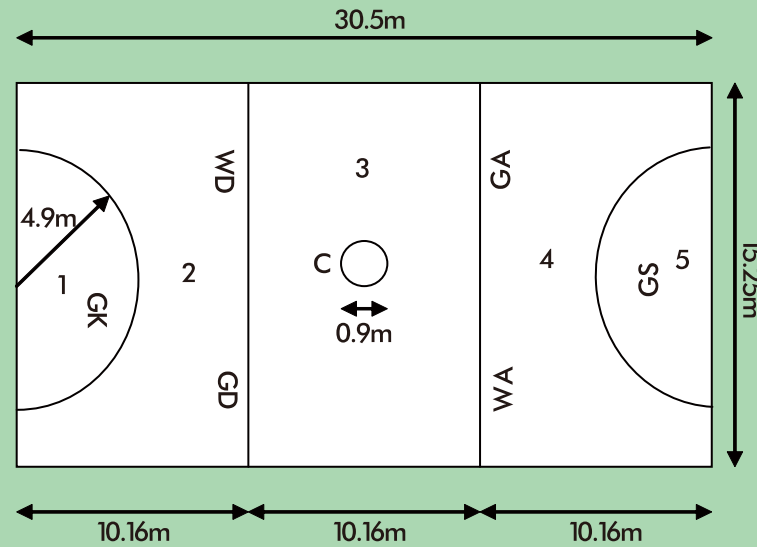


# 投球基本法

## Netball Basics

- 是一種節奏快速、緊張刺激的隊際球類運動  
Is a fast and exciting team based ball game
- 於比賽時每隊各有7位球員在場中對壘  
Each team will have 7 players on court at a time
- 比賽的目的是要由隊中的GA或GS在指定的射球區(半圓)內將球射進一個3.05公尺高的籃圈  
Aim of the game is to shoot the ball into a 3.05m high goal ring by the GA or GS in your team in a designated area (semi-circle) on the court
- 七位球員都各有指定的活動範圍  
Each player on court is restricted to a designated playing area
- 球員必須穿著寫上所屬位置英文簡寫(如GK, GD)的球衣或已印上簡寫的背心作賽  
Players must wear uniforms that have the initials of their positions or positional bibs on court
- 球員持球時要遵守步法規則(不能隨便移動雙腳)  
When a player is in possession of the ball, she has to observe the footwork rule
- 球例嚴禁雙方球員之間有防礙比賽進行的身體接觸  
No contact (that interferes play) is allowed between opposing players
- 防守球員必須與持球球員保持最少0.9公尺的距離  
Defending player must be at least 0.9m away from the player in possession of the ball
- 比賽時間共四節, 每節十五分鐘  
三節休息時間為三、五及三分鐘  
Competition is of 4 quarters, each of 15 minutes.  
The 3 breaks are 3, 5 and 3 minutes

## 球場及球員活動範圍 Court Dimensions and Playing Areas



進攻方向 Attacking Direction →

圖中所示為球員在發中圈球前通常所在位置

The diagram shows the usual position the players will take just before the Centre Pass

	守球手 Goal Keeper	1	2		
	後衛 Goal Defence	1	2	3	
	翼衛 Wing Defence		2	3	
	中鋒 Centre		2	3	4
	翼鋒 Wing Attack			3	4
	攻擊手 Goal Attack			3	4
	射球手 Goal Shooter				4

球員無論持球與否必須留在指定活動範圍, 否則犯規  
A player with or without the ball shall be offside if that player leaves her designated playing area

## 怎樣參與投球活動

### How to join

本會除委派教練到各大專院校、中小學及各社團組織舉行投球推廣活動外, 更會定期舉辦訓練班、教練課程、比賽及裁判訓練等等, 供有興趣人士報名參加。  
如需查詢任何投球活動資料, 請聯絡香港投球總會

Apart from promoting the sport in schools, universities and organisations, HKNA will also organise training programmes, coaching courses, tournaments and umpiring courses. For further information, please contact HKNA

網頁 Web : [www.netball.org.hk](http://www.netball.org.hk)

電郵 Email : [hkna@hkolympic.org](mailto:hkna@hkolympic.org)



[www.facebook.com/hknetball](https://www.facebook.com/hknetball)

電話 Phone : 2504 8208

傳真 Fax : 2577 5694

