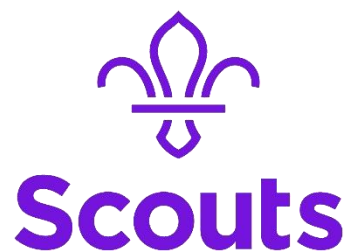


Courts and rules

Learn how to set-up and play versions of two Scottish sports.



Netball



The game

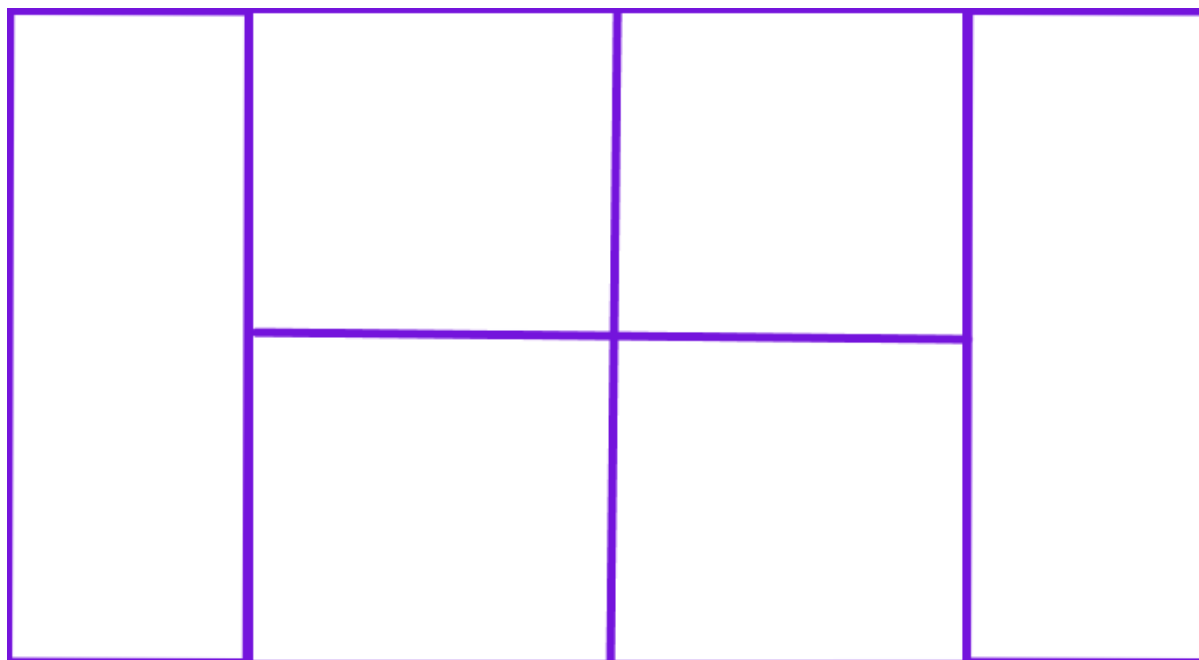
- Netball is played on a hard surface – you can play indoors or outdoors.
- Mark out the court following the diagram. You could use masking tape, rope, scarves, or chalk. Make sure whatever you choose doesn't damage your floor (especially if the floor's varnished).
- The court should be 30.5 metres long and 15.25 metres wide.
- Put one basket in the middle of each of the shorter lines. If you can, hang the baskets so they're not on the floor.
- Choose a soft, football-sized ball.
- Choose a referee – they could be an adult or a young person (supported by an adult).

The rules

- Each team can only have seven players on the court at once. Extra players can be substitutes – every so often, people can swap inside and out.
- Players should try to shoot the ball into their team's goal ring.
- Players can only take one step when they're holding the ball. They can turn around on the spot. They should pass the ball to others in their team to get it close to the goal.
- No contact is allowed – if someone's trying to intercept or defend, they can't touch the person holding the ball. Players can only intercept the ball when no one's holding it.
- If the ball goes out of the court, the team who last touched the ball loses the ball. They should give the ball to the other team.

This is an adapted version of netball. For more information, visit [Play Simple Netball](#).

Mini-tennis



The game

- Mark out the court following the diagram. You could use masking tape, rope, scarves, or chalk. Make sure whatever you choose doesn't damage your floor (especially if the floor's varnished).
- The court should be 11 metres long and 5 metres wide. The service boxes should be four metres by three metres. You could use a badminton court or a tennis court.
- Put a net in the middle of the court – it should be about 80cm high. You could use a rope if you can't get hold of a net – tie it to something each side of the court.
- For indoor play, choose an eight centrimetre sponge ball or a mini-tennis ball. Get a couple of balls, if you can.
- To keep it safe, rackets shouldn't be longer than 58cm (23 inches). You'll need either two or four rackets.
- Choose a referee – they could be an adult or a young person (supported by an adult).

The rules

- People can play singles (one person against another) or doubles, where two people share each half of the court and work together.
- Players can only hit the ball with their racket.
- When the ball comes over the net, players should try and hit it back so it lands on the floor in their opponent's half of the court. The ball can bounce once before a player hits it.
- A player wins a point if the ball bounces inside their opponent's half of the court, and the opponent doesn't manage to hit it over the net so the ball bounces again (anywhere).
- A player also wins a point if their opponent hits the ball outside of their half of the court – if the first bounce is outside of the lines.

This is an adapted version of mini tennis. For more information, visit the [Lawn Tennis Association](#)