

# 7s Action Rules!

## The Game

The Netball action is fast and furious at Action Indoor Sports Stadiums. More than 1500 participants compete each week in Women's, Mixed, Daytime Ladies and Junior competition - with graded competition to meet every player level.

The key to Action's success in Australia's biggest participation sport is a net around the court which keeps the ball in play at all times to ensure a fast, aerobic workout for all players.

Evening competitions cater for all ages and skill levels to provide both Mixed and Women's teams with a variety of playing levels. Daytime Ladies Comp provides a fun and fitness in a social atmosphere which includes a traditional Aussie cuppa and bikkies.

Teams can enter the graded Netball competitions and Action can help place individuals in teams.

New seasons registrations are being taken now with grading matches commencing soon. Call your local Action Stadium to get the ball rolling!

## GETTING STARTED

Action is all about enjoying yourselves. Here's some tips on getting a team together.

1. Don't try and gather an entire team before you register.
2. Get strong interest from just 3 or 4 friends and register for a trial game - this sets a date to get started.
3. Encourage your friends to each recruit 1 or 2 of their friends for the trial game.
4. When you have played together under trial/beginner conditions you'll soon discover how much fun it is and the only problem you'll have is cutting back the numbers.

The cost of **Action Netball** is

\$ \_\_\_\_\_ per team each game

\$ \_\_\_\_\_ registration per player for the season.

If you have any questions, or to register, contact:

**Action Indoor Sports Doncaster**

350 Blackburn Road, East Doncaster

[www.actionindoorsports.com.au](http://www.actionindoorsports.com.au) Ph: 9842 8844 Fax: 9842 6469



"Action Netball 7s" is played for enjoyment. Have fun, enjoy the game and celebrate with your friends.

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No One  
Sports Stadiums**

