



NETBALL
NEW ZEALAND
POITARAWHITI AOTEAROA

Return to Play Centre Competition Innovation Resource

We live this game.



NETBALL
NEW ZEALAND
POITARAWHITI AOTEAROA

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Purpose

Popoia – connecting and inspiring Netball communities.

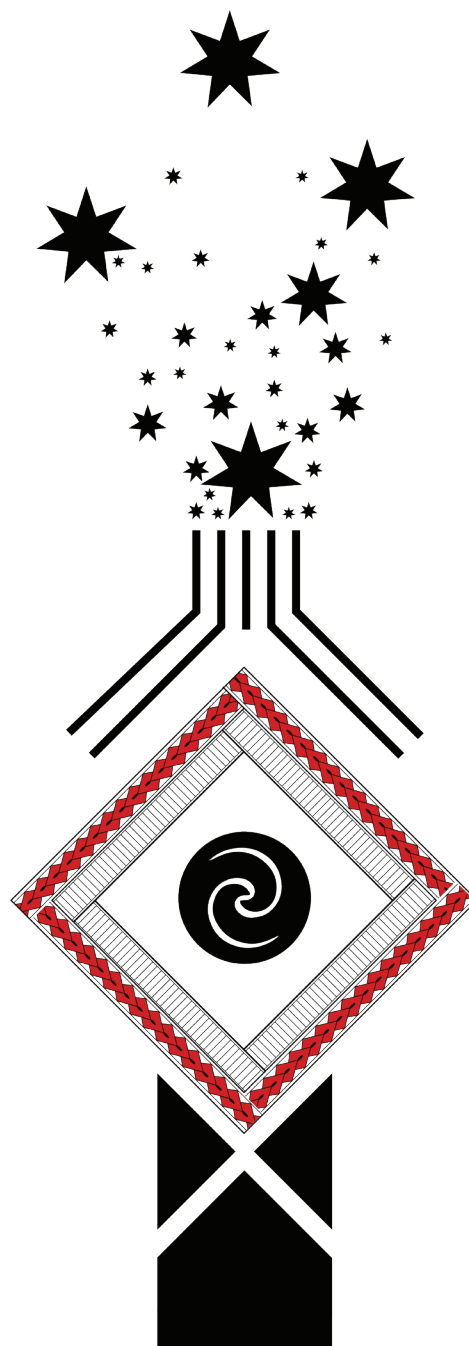
Since its invention in 1893, there have been several versions of Netball that have been created to meet the needs of our community. For example, Mother Earth futureFERNs Netball to make it easier for our junior players to learn, Fast5 to have a faster paced game, and Beach Netball to provide more opportunities for everyone.

This resource is designed to help Centres in their planning to get a range of Netball opportunities on court in their community.

The new Netball strategy encourages being bold, pushing boundaries and focusing on what we can influence.

One of the key shifts in the Netball strategy is about the Game – delivery, formats, participants, and performance. This shift is about how we continue to adapt and grow by making “the game” the ultimate experience for everyone who touches it.

This resource details some of the exciting ways Netball formats can be adapted to add value to the Centre and create opportunities for more of your community to get involved in Netball.



Considerations

How can opportunities be provided for all who want to experience Netball?

Consider providing a range of Netball formats for people to participate. Further down in this resource there is a range of options that could be delivered.

What types of formats of Netball can be offered? Can a different format be tried?

Consider offering different options at different times e.g. Fast5, Prep and Play, Beach Netball, Pop In and Play, etc. or offer Prep and Play and/or Festival Days at regular intervals [e.g. the start of each term].

What should the length of the competition be?

Consider how much time there is to complete the competition. Competitions could be run for 4, 6, 8, or 10 weeks. Competitions could also be a one-day tournament with multiple games in one day.

What should the length of games be?

Game lengths could be one hour, 40mins, 20mins or 10 mins. They could be run in quarters or halves.

Can you fit in the NetballSmart Dynamic Warm up on the court for all programmes?

As you know warm up space is an issue at all Netball courts. The formats below allow for warm up on the court and as part of the game structure. This makes for an efficient transition to the game, eliminates the crowded congestion in car parks, small warm up areas and promotes a safe netball environment for all. The NetballSmart resources included in the appendix provide a variety of options for the variable formats of Netball.

Has the Netball community been communicated with to understand what they want to participate in?

Asking the community could provide new ideas for the delivery of Netball and open new opportunities for people to participate in Netball. Consider sending out a survey, hosting online/face to face discussion groups, etc.

Who are you targeting?

Consider reaching out to groups in your community and providing opportunities for them to participate. Are you targeting Secondary School students, new mums, an older population, cultural groups, young adults, people short on time? Consider what the barriers are for these groups and how to make it easy for them to play.

Does there need to be a finals round?

A round robin could allow teams to participate in more game time if the season time is shorter. Consider if there needs to be a champion for every grade.

Will the courts be available to use, if not where else can the Netball programme be played?

Consider setting up hubs at Schools or community centres that have space to play Netball. If you can only get access to a few courts, spread Netball out through the week so it is not all delivered on the same day/evening.

What Health and Safety procedures should be in place?

See the checklist on Netball New Zealand website <https://www.netballnz.co.nz/useful-info/covid-19> and ensure all areas are ticked off before progressing with the Netball season. It is important the Netball Centre is a safe space for all to participate.

Do players have to wear uniforms?

Uniforms in the current climate could be an expensive barrier for players. Consider removing the rules requiring teams to have a uniform and let players just wear bibs to identify their teams and appropriate sports clothing. Alternatively, teams could wear the same coloured top and bottoms [e.g. everyone wears a blue T-shirt and black leggings].

How will the community know Netball is on and what formats are offered?

Connect to your community in a range of different ways: social media, newspaper articles, posters in the local supermarket, school newsletters, community centres. Ensure it is easy for participants to sign up to play on your website.

Can you partner with other sports in your area?

Consider partnering with other sports in your community to offer a range of different opportunities. To allow kids to enjoy a range of different sports to develop their skills, consider what this could look like in your community.

How will umpiring be included?

Pop in and Play competitions are variable in the number of players who turn up and register.

Consider a player in each team umpiring the game. Put key rules on the back of the scorecards.


If you decide to pay umpires, consider a flat fee for the evening as they may not have a confirmed number of games to umpire.



Format of Play

Walking Netball 7 v 7

A modified 7 v 7 for those recovering from injury, getting back into Netball after an extended break, or those wanting a slower-paced game. You could also play a 6 v 6 version of walking Netball using A, C, & D bibs and a full-sized court.

 NetballSmart Dynamic Warm-up 10 mins	6-min quarter	2 min break	6-min quarter	2-min break	6-min quarter	2-min break	6-min quarter
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TO SET UP A WALKING NETBALL COMPETITION YOU WILL NEED:

- **Registration processes:** Register online through your website, or turn up and play
- Register as a team or as an individual.
- Payment capabilities (EFTPOS & cash float) or participants can pay in advance online.
- A payment recording system (e.g. spreadsheets and/or printed team-cards)
- **Staff:** 1-2 convenors/facilitators to take payments and hand out gear on the day
- Umpires (1-2 per court), these could be player umpires, volunteers or paid.
- Scorecards and pencils.

EQUIPMENT



- Full sized Netball courts
- 3.05m hoops
- 7v7 bibs
- Size 5 balls

COURT SET UP



GAME DAY FORMAT

Four 6-minute quarters with 2-minute breaks. Teams change ends each quarter. You could also do 8 or 10-minute quarters if you want a longer game.

NETBALLSMART DYNAMIC WARM UP

Use the NetballSmart Dynamic Warm Up (Parts B, C, D) but replace the running exercises with walking. (see Appendices).

OFFICIALS

This format requires 1-2 umpires per court.
A team provides a scorer or the umpire scores.

THE TEAM

Normal 7 v 7 positions: GS, GA, WA, C, WD, GD, GK, Minimum of 6 players on court, one of whom must play as centre. Mixed teams are allowed a maximum of 3 male players on court at a time [one in each third of the court].

START OF PLAY*

Play is started at the beginning of each quarter/half and after each goal by a centre pass. The centre pass is taken alternately by the centre of each team. The centre in possession of the ball must have at least one foot wholly within the centre circle.

SUBSTITUTIONS

Substitutions are allowed at any time [rolling subs] and there are no limits to the number of substitutions.

PLAYING AREAS*

- GS** – Attack third and Goal Circle
- GA** – Centre third, Attack third and Goal Circle
- WA** – Centre third, Attack third, but not Goal Circle
- C** – everywhere except for both Goal Circles
- WD** – Centre third, Defence third, but not the Goal Circle
- GD** – Centre third, Defence third and Goal Circle
- GK** – Defence third and Goal Circle

A player may keep possession of the ball for up to 4 seconds before passing or shooting.

Penalty = Free Pass

FOOTWORK

· A player must never have both feet off the ground at once - no running or jumping!

· Players can take 1-2 steps after catching the ball.

Penalty = Free Pass

SCORING A GOAL*

A goal is scored when a GS or GA shoots the ball through the ring from any point within the goal circle, including the lines bounding the goal circle. Players must have one foot on the ground when shooting.

Penalty = No Goal/Free Pass

OBSTRUCTION*

· When a player is defending another player or they must be at least 0.9 metres away from the grounded foot of the player who has the ball.

· An opposing player may attempt to intercept the ball provided this does not interfere with the shooting or passing action.

· A defending player may be within 0.9m of an opponent with the ball as long as they make no effort to deflect or intercept the ball or defend the player with the ball.

Penalty = Penalty Pass/Shot

CONTACT*

Players may come into physical contact with each other during play provided they do not interfere with each other's play or use their bodies to gain an unfair advantage over their opponent.

A player may not push, trip, knock, bump, or hold an opponent, either deliberately or accidentally.

Penalty = Penalty Pass/Shot

Powerplay 6 v 6

A great social format with fewer players on court. It can be played outdoors or indoors, and with or without nets surrounding the courts. You can also add the PowerPlay quarter to add another layer of excitement.

 NetballSmart Dynamic Warm-up 10 mins	8-min quarter	1 min break	8-min quarter	2-min break	8-min quarter	1-min break	8-min quarter
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TO SET UP A POWERPLAY COMPETITION YOU WILL NEED:

- **Registration processes:** Register online through your website, or turn up and play
- Register as a team or as an individual.
- Payment capabilities [EFTPOS & cash float] or participants can pay in advance online.
- A payment recording system [e.g. spreadsheets and/or printed team-cards]
- **Staff:** 1-2 convenors/facilitators to take payments and hand out gear on the day
- Umpires [1-2 per court], these could be player umpires, volunteers or paid.
- Scorecards and pencils.

EQUIPMENT



- Full sized courts with a centre line marked, can be indoors or outdoors [optional: with nets]
- If you do not want to mark the Centre line just say don't go past the Centre Circle.
- 3.05m hoops
- 6v6 bibs (2 x A, 2 x C, 2 x D)
- Size 5 balls

COURT SET UP



GAME DAY FORMAT

Four 8-minute quarters with 1-minute quarter breaks and a 2-minute half-time break. Teams change ends each quarter. Could adjust to 10min quarters, or 8min halves.

NETBALLSMART DYNAMIC WARM UP

Use the NetballSmart Social Power Warm Up. [see Appendices].

OFFICIALS

This format requires 1 umpire per court. The team provides a scorer or the umpire scores.

THE TEAM

Maximum of 6 players on court: 2 x Attack [A], 2 x Centre [C], 2 x Defence [D]. A minimum of 5 players can take the court. Mixed teams are allowed a maximum of 3 male players on court at a time [one in each third of the court].

START OF PLAY

The team on court first has choice of goal ends. The first pass alternates each quarter. One foot must be wholly within the centre circle for the start of play. The other centre player must be in their defence half. A defence player will restart the game after a goal by taking a pass from inside their goal circle.

SUBSTITUTIONS

Substitutions are allowed only during breaks or due to injuries.

PLAYING AREAS*

A - Attack players are allowed in their team's attack half, this includes the goal circle.

D - Defence Players are allowed in their team's defence half, this includes the goal circle.

C - Centre players can play on the entire court, except for the goal circles.

The nets are part of the playing area.

OFFSIDE*

A player with or without the ball is offside when they enter a court area not designated for that player's position. A player can pick up the ball from an offside area, or lean on the ball in an offside area, if they don't contact the ground in that area.

Penalty = Free Pass

FOOTWORK*

Players who receive the ball with one foot on the ground may step, or pivot with the second foot in any direction. Players who receive the ball with both feet on the ground may step or pivot with one foot in any direction.

Penalty = Free Pass

PLAYING THE BALL*

A player with or without the ball is offside when they enter a court area not designated for that player's position. A player can pick up the ball from an offside area, or lean on the ball in an offside area, if they don't contact the ground in that area.

Penalty = Free Pass

POSSESSION*

A player may keep possession of the ball for up to 3 seconds before passing or shooting. To gain possession a player may catch the ball with one or both hands, roll the ball to themselves, catch the ball if it rebounds from the goalpost.

Penalty = Free Pass

SCORING A GOAL*

Attack and Centre players can score a goal. Attack players who shoot from within the goal circle score 1pt. Attack or Centre players who shoot from outside the goal circle score 2 pts. [Optional Powerplay quarter: teams choose at the start of the game one quarter where every goal they score will count for double].

OBSTRUCTION*

- When a player is defending they must be at least 0.9 metres away from the grounded foot of the player who has the ball.

- An opposing player may attempt to intercept the ball or defend the player by jumping provided this does not interfere with the shooting or passing action.

- A defending player may be within 0.9m of an opponent with the ball if they make no effort to deflect, defend or intercept the ball.

Penalty = Penalty Pass/Shot

CONTACT*

Players may come into physical contact with each other while playing provided they do not interfere with each other's play or use their bodies to gain an unfair advantage over their opponent. A player may not push, trip, knock, bump, or hold an opponent, either deliberately or accidentally.


Penalty = Penalty Pass/Shot

NET USE (IF PLAYING WITHIN NETS)

A player may lean on the net with their body while in possession of the ball, except with their hands and feet. A player may trap the ball on the net with their hands. Before a player defends, passes, or shoots the ball they must come off the net first.

FAST5 5 v 5

A fast-paced version of netball with shortened playing time and goals worth multiple points.

 NetballSmart Dynamic Warm-up 10 mins; Ball Drill 5mins	6-min quarter	1 min break	6-min quarter	3-min break	6-min quarter	1-min break	6-min quarter
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TO SET UP A FAST5 COMPETITION YOU WILL NEED:

- **Registration processes:** Register online through your website, or turn up and play
- Register as a team or as an individual.
- Payment capabilities [EFTPOS & cash float] or participants can pay in advWance online.
- A payment recording system [e.g. spreadsheets and/or printed team-cards]
- **Staff:** 1-2 convenors/facilitators to take payments and hand out gear on the day
- Umpires [1-2 per court], these could be player umpires, volunteers or paid.
- Scorecards and pencils.

EQUIPMENT



- Full sized courts with regulation goal circles [4.9m], plus additional circles at each end taped, painted, or drawn with chalk [3.5m].
- 3.05m hoops
- 7 v 7 bibs, only need GS, GA, C, GD, GK
- Size 5 balls

COURT SET UP



GAME DAY FORMAT

Four 6-minute quarters with 1-minute quarter breaks and a 3-minute half-time break. Teams change ends each quarter. You could also do 10-minute halves if you want a shorter game.

NETBALLSMART DYNAMIC WARM UP

Use the NetballSmart Power Warm Up [see Appendices].

OFFICIALS

This format requires 2 umpires per court. The team provides a scorer.

THE TEAM

There are 5 playing positions: GS, GA, C, GD, GK. There is a minimum of 4 players on court and a maximum of 5. Mixed teams are allowed a maximum of 2 male players on court at a time.

START OF PLAY

The team captains toss for first goal end, centre pass, and choice of PowerPlay quarter. The winner has first centre pass in the 1st and 3rd quarters and first choice of powerplay quarter. The loser has the first centre pass in the 2nd and 4th quarters and must choose a different PowerPlay quarter to their opposition. The initial centre pass is taken as specified above; all other centre passes are taken by the team that did not score the last goal. The centre in possession of the ball must have at least one foot wholly within the centre circle.

SUBSTITUTIONS

Substitutions are allowed at any time (rolling subs) and there are no limits to the number.

PLAYING AREAS*

GS – Attack third and Goal Circle

GA – Centre third, Attack third and Goal Circle

C – everywhere except for both Goal Circles

GD – Centre third, Defence third and Goal Circle

GK – Defence third and Goal Circle

OFFSIDE*

A player is deemed offside when they enter a court area not designated for that player's position. This applies whether the player has contact with the ball or not. A player can reach across and pick up the ball from an offside area, or lean on the ball in an offside area, provided the player makes no contact with the ground in that area.

Penalty = Free Pass

POSSESSION*

A player may keep possession of the ball for up to 3 seconds before passing or shooting.

Penalty = Free Pass

FOOTWORK*

Players who receive the ball with one foot on the ground may step, or pivot with the second foot in any direction.

Players who receive the ball with both feet on the ground may step or pivot with one foot in any direction.

Penalty = Free Pass

SCORING A GOAL

- The GS and GA can shoot.
- 1pt is scored when shot from within the inner circle.
- 2pts are scored when shot from within the outer goal circle.
- 3pts are scored when shot from outside both the goal circles.
- Goals must be scored within the goal third.
- In a team's Powerplay quarter the goals they score count for double points. Powerplay does not apply in extra time.

OBSTRUCTION*

· When a player is defending another player or they must be at least 0.9 metres away from the grounded foot of the player who has the ball.

· An opposing player may attempt to intercept the ball or defend the player by jumping provided this does not interfere with the shooting or passing action.

· A defending player may be within 0.9m of an opponent with the ball as long as they make no effort to deflect or intercept the ball or defend the player with the ball.

Penalty = Penalty Pass/Shot

CONTACT*

Players may come into physical contact with each other while playing provided they do not interfere with each other's play or use their bodies to gain an unfair advantage over their opponent. A player may not push, trip, knock, bump, or hold an opponent, either deliberately or accidentally.

Penalty = Penalty Pass/Shot

Beach Netball 5 v 5

A fun, summer version of Netball played on sand. With key differences from standard netball – including the game being played on a modified half court size [approximately two thirds of a full court] and players being able to shoot from anywhere. Beach Netball teaches all players to be an all rounder and ignites a more attacking style of play.

 NetballSmart Dynamic Warm-up 8 mins; Ball Drill 2 mins	5-min half	2 min half time	5-min half
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TO SET UP A BEACH NETBALL COMPETITION YOU WILL NEED:

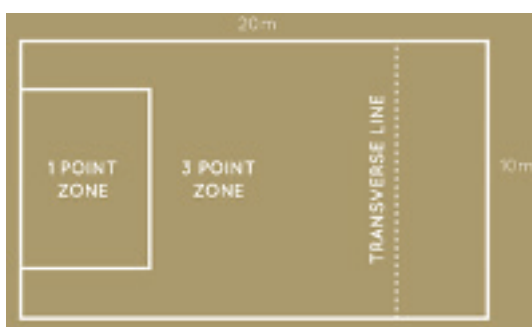
- **Registration processes:** Register online through your website, or turn up and play
- Register as a team or as an individual.
- Payment capabilities [EFTPOS & cash float] or participants can pay in advWance online.
- A payment recording system [e.g. spreadsheets and/or printed team-cards]
- **Staff:** 1-2 convenors/facilitators to take payments and hand out gear on the day
- Umpires [1 per court], these could be player umpires, volunteers or paid.
- Scorecards and pencils.

EQUIPMENT



- Court: 10m x 20m with goal circle/square and a transverse line marked at 16m.
- Contact your local beach volleyball club, and see if they will lend you some lines to trial.
- One portable 3.05m hoop [plus sandbags to weigh it down or it will need to be dug into the sand.]
- Optional: bibs, to be worn inside out to help umpires tell one team from another.
- Size 5 balls

COURT SET UP



GAME DAY FORMAT

Two 5-minute halves with a 2-minute half-time break. Teams do not change ends.

NETBALLSMART DYNAMIC WARM UP

Use the NetballSmart Social Warm Up [see Appendices].

OFFICIALS

This format requires 1 umpire per court. The team provides a scorer.

THE TEAM

There is a maximum of 5 players on court. Each team is allowed a squad of 8 players maximum. There are no set playing positions or thirds. Mixed teams can have a maximum of 2 male players on court at any one time.

START OF PLAY

The team captains toss a coin to see who starts the game. The other team will start the second half. The starting team starts with the ball behind the transverse line. Once a team scores the opposing team starts with the ball behind the goal line.

SUBSTITUTIONS

Substitutions are allowed at any time (rolling subs) and there are no limits to the number.

PLAYING AREAS*

Players are allowed everywhere on court, but only two players from a team can be inside the goal circle at any one time. If playing in a mixed team, one male and one female from each team are allowed in the goal square at any one time.

OFFSIDE

There are no designated thirds. A player is deemed offside if they enter the goal circle and there are already 2 players from their team in the circle.

Penalty = Free Pass

PLAYING THE BALL

A player may dive on the sand to catch a ball on the full or claim possession of a ball on the sand (from either own or opposing team) and then either play the ball from the ground or stand up and play the ball. Stepping will not be called in this instance. Players catching the ball face down on the ground will be allowed to roll onto their backs to pass the ball. The three second rule applies to both the above.

SCORING A GOAL

All players can score. Your team can only score if the ball has crossed the transverse line. Goals shot from within the goal circle are worth 1pt. Goals shot from outside goal circle are worth 3pts

POSSESSION

· When the ball is turned over, the team in possession needs to play the ball back over the transverse line.

· A player must catch or land with the ball with both feet on the ground past the transverse line before playing back towards the goal.

· No stops in play; the team having completed crossing the transverse line immediately continues playing the ball. If a defending player tips or deflects the ball it is not a turnover unless the other team gets possession.

· A player may keep possession of the ball for up to 3 seconds before passing or shooting.

Penalty = Free Pass

FOOTWORK*

Players who receive the ball with one foot on the ground may step, or pivot with the second foot in any direction. Players who receive the ball with both feet on the ground may step or pivot with one foot in any direction.

Penalty = Free Pass

OBSTRUCTION*

· Teams cannot defend the ball within the transverse box.

· When a player is defending another player or they must be at least 0.9 metres away from the grounded foot of the player who has the ball.

· An opposing player may attempt to intercept the ball or defend the player by jumping provided this does not interfere with the shooting or passing action.

· A defending player may be within 0.9m of an opponent with the ball as long as they make no effort to deflect or intercept the ball or defend the player with the ball.

Penalty = Penalty Pass/Shot

CONTACT*

Players may come into physical contact with each other during play provided they do not interfere with each other's play or use their bodies to gain an unfair advantage over their opponent.

A player may not push, trip, knock, bump, or hold an opponent, either deliberately or accidentally.

Penalty = Penalty Pass/Shot

Switch Up 4 v 4

An exciting variation on Netball, igniting a quick and more attacking style of play. With key differences from standard Netball – including the game being played over half a regular court and players being able to shoot from outside the goal circle – Switch Up champions the game’s true all-rounders; those Netball players who can make an impact all over the court.

 NetballSmart Dynamic Warm-up 8 mins; Ball Drill 2 mins	5-min half	1 min half time	5-min half
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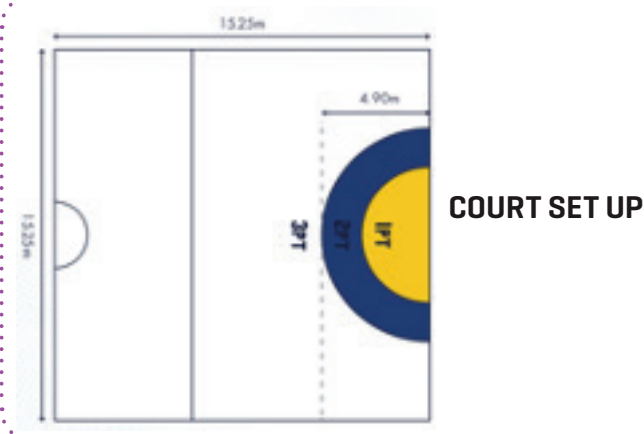
TO SET UP A SWITCH UP COMPETITION YOU WILL NEED:

- **Registration processes:** Register online through your website, or turn up and play
- Register as a team or as an individual.
- Payment capabilities (EFTPOS & cash float) or participants can pay in advWance online.
- A payment recording system [e.g. spreadsheets and/or printed team-cards]
- **Staff:** 1-2 convenors/facilitators to take payments and hand out gear on the day
- Umpires [1 per court], these could be player umpires, volunteers or paid.
- Scorecards and pencils.

EQUIPMENT



- Half a court [15.25m x 15.25m] with a regulation goal circle [radius = 4.9m], plus an additional circle taped, painted, or drawn with chalk [radius = 3.5m].
- 3.05m hoops
- Switch Up bibs: 2x SD, 2 x CC
- Size 5 balls



GAME DAY FORMAT

Two 5-minute halves with a 1-minute half-time break. Teams do not change ends.

NETBALLSMART DYNAMIC WARM UP

Use the NetballSmart Power Warm Up [see Appendices].

OFFICIALS

This format requires 1 umpire per court. A team provides a scorer.

THE TEAM

There are 2 playing positions: Shooter/Defender [SD] and Centre Court [CC]. There is a maximum of 4 players on court: 2 x SD, 2 x CC. Each team is allowed a squad of 6 players maximum. Mixed teams are allowed a maximum of 2 male players on court at a time.

START OF PLAY

The team captains toss for the first centre pass. The centre with the ball must have one foot wholly within the centre circle. Play starts after every goal scored, and every interval by a centre pass. The centre pass can only be from a CC.

SUBSTITUTIONS

Substitutions are usually allowed only during breaks or due to injuries but you could have rolling subs.

PLAYING AREAS*

Shooter/Defender (SD) - players are allowed everywhere on court.

Centre Court (CC) - players are allowed everywhere except for the goal circle.

OFFSIDE*

A player is deemed offside when they enter a court area not designated for that player's position. This applies whether the player has contact with the ball or not. A player can reach across and pick up the ball from an offside area, or lean on the ball in an offside area, provided the player does not make contact with the ground in that area.

Penalty = Free Pass

PLAYING THE BALL*

A player with the ball may throw or bounce it to another player with one or both hands. That player may not replay the ball until it has been touched by another player or rebounds from the goalpost. Without having possession, a player may bat or bounce the ball then catch it or bat or bounce it to another player. A player may also tip the ball in an uncontrolled manner once or more than once, then catch the ball or bat/bounce it to another player.

POSSESSION*

· If your team loses possession of the ball, the opposing team immediately takes a new centre pass.

· A player may keep possession of the ball for up to 3 seconds before passing or shooting.

FOOTWORK*

Players who receive the ball with one foot on the ground may step, or pivot with the second foot in any direction.

Players who receive the ball with both feet on the ground may step or pivot with one foot in any direction.

Penalty = Free Pass

SCORING A GOAL

- All players can score.
- You can only score from your team's centre pass. Goals shot from within the inner circle are worth 1pt.
- Goals shot from within the outer goal circle are worth 2pts.
- Goals shot from outside the goal circles are worth 3pts.

OBSTRUCTION*

· When a player is defending another player or they must be at least 0.9 metres away from the grounded foot of the player who has the ball.

· An opposing player may attempt to intercept the ball or defend the player by jumping provided this does not interfere with the shooting or passing action.

· A defending player may be within 0.9m of an opponent with the ball if they make no effort to deflect, defend or intercept the ball.

Penalty = Penalty Pass/Shot


CONTACT*

Players may come into physical contact with each other during play provided they do not interfere with each other or use their bodies to gain an unfair advantage over their opponent. A player may not push, trip, knock, bump, or hold an opponent, either deliberately or accidentally.

Penalty = Penalty Pass/Shot

Pop In and Play

Open Netball night format. Easy formatting of the game to open opportunities for all players/coaches/umpires to get involved in Netball and to try out new types of games. This way is designed for participants to turn up as individuals to play. Provides opportunities for participants who cannot commit to a whole season to be able to be involved in Netball.

Sign In – allocate to teams	 NetballSmart Dynamic Warm-up 10 mins;	Game 1: 2 x 5-min halves 1min break	2 min break move court	Game 2: 2 x 5-min halves 1min break	2 min break move court	Game 3: 2 x 5-min halves 1min break	2 min break move court	Game 4: 2 x 5-min halves 1min break
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TO SET UP A POP IN AND PLAY COMPETITION YOU WILL NEED:

- **Registration processes:** Register online through your website, or turn up and play
- Register as a team or as an individual.
- Payment capabilities [EFTPOS & cash float] or participants can pay in advWance online.
- A payment recording system [e.g. spreadsheets and/or printed team-cards]
- Print Registration cards [see opposite], court number cards [see below], Netball Rules for different formats.
- **Staff:** 1-2 convenors/facilitators to take payments, hand out gear, organise teams, etc...

EQUIPMENT



- Full Courts: some with court markings and portable posts for Year 3 & 4 netball format [2/3 court]
- 3.05m hoops OR 2.4m hoops for kids
- Buckets: one for each team for equipment [court number card, bibs, a ball, game rules, etc.]
- Each bucket should have court numbers on it for a 4-, 6-, 8-, or 10-team draw.
E.g. COURT NUMBER
4 team draw - 1, 2, 1, 2
6 team draw - 3, 2, 2, 2
8 team draw - 1, 2, 3, 4
10 team draw - 3, 2, 1, 5
- Whiteboards
- Sets of 7 v 7 bibs & sets of 6 v 6 bibs
- Size 5 balls OR Size 4 balls for kids
- Rules for each version you are offering e.g. 6 v 6, 5 v 5, walking netballs

GAME DAY PROCESS

- Players turn up 15 mins before the start of play and write their name on a registration card if it is their first time [see below]:
- Adults: write what they consider their ability to be [novice, intermediate or advanced].
- Kids: write their age

NETBALL CENTRE POP IN AND PLAY

Year 1 & 2
Sarah Smith

Year 3 & 4
Daniel Karam Sally Johnson

Year 5 & 6
Karina Davis

Year 7 & 8

Registration card example

Name:	Sarah Smith	Email:thesmiths91@gmail.com	Age:	7			
Attendance Dates:							
Wk1	Wk 2	Wk 3	Wk4	Wk 5	Wk 6	Wk7	Wk 8
17/06	24/06		07/07				

Whiteboard example

- Participants collect their card and move it to a whiteboard with what version of Netball they want to participate in. For example, if they are an adult the Centre might have available 5 v 5, Walking Netball, and Mixed Netball.
- If you are a kid, you move your card to your age group on the whiteboard e.g. Year 1 & 2, Year 3 & 4, Year 5 & 6, Year 7 & 8.
- The facilitator quickly splits the participants up into teams e.g. 20 Year 3 & 4 players get split into 4 teams.
- Teams grab a bucket of gear and head to their first court.

GAME DAY FORMAT

- Two 5-minute halves with a 1-minute half-time break. Teams do not change ends
- Four rotations
- No tables for adults
- No scores or tables for kids

NETBALLSMART DYNAMIC WARMUP

Have a mass warm up, put the music on to indicate the start of the warm-up and call out actions to assist the teams.


Adult teams warm up with the NetballSmart Social Power Warm Up [See appendices]

Kids use the appropriate warm up for their age group.

Kids can also use the NetballSmart Social Power Warm-up for their age group.

NetballSmart Prep and Play

Providing opportunities for newcomers, returning players, youth, parents, social players, or any person wanting to build strength and stability, increase fitness and prepare to play Netball in a fun environment. This is a workout and a game of Netball!

 NetballSmart Power Warm-up 10 mins;	Body Weight Strength 8-10mins	Core Control and Stability 8-10mins	Landing Skills 8-10mins	Netball Game 8-10min half	Break 1min	Netball Game 8-10min half	Cool Down 5mins
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TO SET UP A PREP AND PLAY COMPETITION YOU WILL NEED:

- **Registration processes:** Register online through your website, or turn up and play
- Register as a team or as an individual.
- Payment capabilities (EFTPOS & cash float) or participants can pay in advWance online.
- A payment recording system (e.g. spreadsheets and/or printed team-cards)
- Print Registration cards (see opposite), court number cards (see below), Netball Rules for different formats.
- **Staff:** 1-2 convenors/facilitators to take payments, hand out gear, organise teams, etc...

EQUIPMENT



- Full court
- 3.05m hoops
- 7 v 7 bibs
- 6 v 6 bibs
- Size 5 balls



GAME DAY FORMAT

- Each Session will run for approximately 1 Hour
- 8-10 mins NetballSmart Power Warm up [see appendices]
- 8-10 mins Body Weight Strengthening
- 8-10 mins Core Control and Stability
- 8-10 mins Landing Skills
- 2 x 8-10 min halves [Netball Game]
- 5 mins Cool Down

HOW TO PUT A TRAINING SESSION TOGETHER

- ♦ Start with the NetballSmart Power Warm up.
- ♦ Select 2 - 4 of the Body Weight Strengthening exercises [mix it up each week by changing the exercise each time or focus on a key theme [e.g. hips and glutes].
- ♦ Select 2 - 4 of the Core Control and Stability exercises [mix it up each week by changing the exercise each time or focus on a key theme [e.g. core].
- ♦ Select 2- 4 of the Landing Skill exercises [mix it up each week and change the exercise each time].
- ♦ Select a game to play for your training from the options in this resource. It may vary depending on how many players you have [e.g. 4 v 4, 5 v 5, 6 v 6, 7 v 7].
- ♦ Finish with a Cool Down.



Mother Earth futureFERNs



MORE PASSES, MORE SHOTS, MORE FUN!

SHORTENED PROGRAMME

Deliver Mother Earth futureFERNs as a 5-week programme (choose one week of Movement, Ball Skills, Attack, Defence, Shooting out of the resource) or deliver one session per fortnight.

POP IN AND PLAY OPTIONS

Allow players to turn up and play with no prior registration:

- Players turn up with their parent 15mins prior to the start of the session.
- Write their name and age on a card.
- Move it to their age group board.
- Put the age groups into teams e.g. 20 Year 3 & 4 players, split into 4 teams.
- Run a skills session followed by a game. No scores, no tables.

See page 16 for more details on running a Pop in and Play format.

SET UP SATELLITES IN OTHER AREAS OF YOUR COMMUNITY

e.g. School, rural community

- Connect with your Zone on how to set this up if you are interested. Zones have a template letter you can use to set up this type of partnership.
- Schools register through the Centre to deliver a Mother Earth futureFERNs satellite. This could be as easy as setting up an online form.
- Centres will need to train a Junior Coordinator, provide Schools with access to coaching workshops, participation certificates and collect participation numbers and fees from them.

RUN A SERIES OF FESTIVAL DAYS OR INTRO TO NETBALL DAYS

In your local area set up monthly, or twice a term Festival/Intro to Netball Days to provide opportunities for young players to try Netball or for players who cannot commit to a whole season now.



Competition Structure

Short Competitions

Instead of running a season-long competition, running several shorter competitions may be more feasible. Below are a few suggestions for ways to run shorter competitions that teams find fun and rewarding.

Four Week Competition

GRADE SIZE

Have 3-4 teams per grade, so that teams get to play everyone in their grade. However, you could have 5-6 teams per grade and just play a 4-week incomplete round robin (teams will not get to play one of the teams in their grade). Put teams of similar playing level in the same grade ['seeded grades'], especially if they want a competitive league. Otherwise, you could randomly assign teams to grades ['pools'] and in the fourth week you could do a crossover play off (e.g. 1st in Grade A vs 1st in Grade B).

STRUCTURE

3-4 Team Grades: 3 game/week round robin, then in week 4 teams play finals [1 v 2 and 3 v 4]. If awarding placings or prizes, the winner of the 1 v 2 final is the winner for that grade.

5-6 Team Grades: 4-week round robin. The team who is the top of the table after the four games is the winner of the grade.

GAME TIMES

For a shorter competition, here are some suggestions:

- 4 x 8-minute quarters, 1 2 1-minute breaks
- 4 x 10-minute quarters, 1 3 1-minute breaks

GAMES PER DAY

1-2 games per day recommended. If you schedule 2 games per day, you will only need 2 days to play a 4-week/ game league. Use a shorter game (e.g. 4 x 8's, 4 x 6's, or 2 x 10's, 2 x 8's).

WARM UP

Use the Netball Smart Dynamic Warm Up. For a more social league use the NetballSmart Social Power Warm Up. [See Appendices]

PROS AND CONS

Pros – A league this short means there are fewer options for competition structure, especially if there are late withdrawals/entries.

Cons – Can be difficult to schedule depending on numbers.

Six Week Competition

GRADE SIZE

Have 5-6 teams per grade, so that teams get to play everyone in their grade. However, you could have 7-8 teams per grade and play a 6-week incomplete round robin (teams will not get to play one of the teams in their grade). Put teams of similar playing level in the same grade ['seeded grades'], especially if they want a competitive league. Otherwise, you could randomly assign teams to grades ['pools'] and in the fourth week you could do a crossover play off (e.g. 1st in Grade A vs 1st in Grade B).

STRUCTURE

5-6 Team Grades: 5 game/week round robin, then in week 6 teams play finals (1 v 2, 3 v 4, 5 v 6). If awarding placings or prizes, the winner of the 1 v 2 final is awarded the prize for that grade.

7-8 Team Grades: 6-week round robin. The team who is the top of the table after the six games is the winner of that grade.

GAME TIMES

For a shorter competition, here are some suggestions:

- 4 x 8-minute quarters, 1 2 1-minute breaks
- 4 x 10-minute quarters, 1 3 1-minute breaks

GAMES PER DAY

1-2 games per day recommended. If you schedule 2 games per day, you will only need 3 days to play a 6-week/ game league. Use shorter games (e.g. 4 x 8's, 4 x 6's, or even 2 x 10's, 2 x 8's).

WARM UP

Use the Netball Smart Dynamic Warm Up. For a more social league the NetballSmart Social Power Warm Up [see Appendices]

PROS AND CONS

Pros – Nice and short. Some flexibility with structure if there are withdrawals/late entries

Eight Week Competition

GRADE SIZE

Have 5-8 teams per grade, so that teams get to play everyone in their grade. However, you could have 5-6 teams per grade and play a 4-week incomplete round robin (teams will not get to play one of the teams in their grade). Put teams of similar playing level in the same grade ['seeded grades'], especially if they want a competitive league. Otherwise you could randomly assign teams to grades ['pools'] and in the fourth week you could do a crossover play off (e.g. 1st in Grade A vs 1st in Grade B).

STRUCTURE

5-6 Team Grades: 5-week round robin, plus one extra week of round robin play. In week 7, teams play semi-finals, then in week 8 they play finals. If there are late entries or withdrawals, you have that one-week leeway to rearrange grades if need be and still have a full round robin.

7-8 Team Grades: 7 game/week round robin, then in week 8 teams play finals [1 v 2 , 3 v 4 , 5 v 6 , 7 v 8]. If awarding placings or prizes, the winner of the 1 v 2 final is awarded the prize for that grade.

GAME TIMES

For a shorter competition, here are some suggestions:

- 4 x 8-minute quarters, 1 2 1-minute breaks
- 4 x 10-minute quarters, 1 3 1-minute breaks

GAMES PER DAY

1-2 games per day recommended. If you schedule 2 games per day, you will only need 4 days to play an 8-week/game league. Use a shorter game (e.g. 4 x 8's, 4 x 6's, or even 2 x 10's, 2 x 8's).

WARM UP

Use the Netball Smart Dynamic Warm Up. For a more social league use the NetballSmart Social Power Warm Up. [see Appendices]

PROS AND CONS

Pros – Can be more flexible with the competition structure, depending on numbers and if there are late entries. Easier to work with different numbers.

Cons – It is a bit longer so would be more prone to being affected by lockdowns, other events popping up, etc.



One Day Tournament

Tournaments give teams the opportunity to play multiple games against a variety of opposition. Below are two options for running a tournament depending on how structured you want it to be.

Note: Remember that the maximum playing time recommended for one day tournaments is 120 minutes for each player.

Tournament – Fully Scheduled Draw

GRADE SIZE

Have 4-6 teams per grade, so that teams get to play 3-5 section play games, then 1-2 play-off games. Randomly assign teams to grades/sections ('pools') and after the sections have completed their round robins you can do crossover play-off games (e.g. 1st in Grade A vs 1st in Grade B).

STRUCTURE

4 Team Sections: 3-game round robin for Section play, then the top team from each section are paired off to play semi-finals. The winners of the semi-finals play off in the Finals for 1st and 2nd place.

5-6 Team Sections: 5 -game round robin for Section play, then the top team from each section are paired off to play semi-finals. The winners of the semi-finals play off in the finals for 1st and 2nd place.

GAME TIMES

For tournaments use short games. Here are some suggestions:

- 2 x 9-minute halves, 1-minute half time, 1-minute between games
- 2 x 10-minute halves, 2-minute half time, 3 -minute between games

GAMES PER DAY

~3-6 games, depending on your section sizes and whether a team plays in play-offs or not. Schedule teams to play round-on-round-off, so that they have some recovery time in between games.

WARM UP

Use the Netball Smart Dynamic Warm up at the start of the day and use Power Warm Up between games (see Appendices). This shortened warm-up is ideal for the tournament setting where time is limited, and a full warm-up is not necessary for every game.

PROS AND CONS

Pros – Only one day of commitment required from teams. May bring in teams who would prefer not to play in a 4-8 week-long Competition/League.

Cons – need to fully schedule draw.

Tournament – Up and Down (not fully Scheduled)

GRADE SIZE

For this less structured format have larger sections of 8-10 teams per section. These can be seeded sections or random pools of teams.

STRUCTURE

Each section is assigned to 4-5 courts (e.g. courts 1 – 5). Assign two teams to each court. After their game, the winner moves up one court towards court 1. The losing team moves down one court towards court 5. At the end of the tournament, the team[s] on court 1 win their section. If there are too many teams for the number of courts you have, you can assign an extra team per court that will have a BYE first round.

GAME TIMES

For tournaments use short games. Here are some suggestions:

- 2 x 9-minute halves, 1-minute half time, 1 -minute between games
- 2 x 10-minute halves, 2-minute half time, 3 -minute between games

GAMES PER DAY

You can determine on the day or set a limit e.g. 5 games. This could depend on the number of teams that attend or how competitive the games are.

WARM UP

Use the Netball Smart Dynamic Warm up at the start of the day and use Power Warm Up between games (see Appendices). This shortened warm-up is ideal for the tournament setting where time is limited, and a full warm-up is not necessary for every game.

PROS AND CONS

Pros – Only one day of commitment required from teams. May bring in teams who would prefer not to play in a 4-8 week-long Competition/League. Easier/quicker to organise as it is less scheduled. Can work with numbers that turn up on the day. Do not have to do play offs/ crossovers.

Festival Day/Give It A Go Day

These tournament-style Festival Days are a great way to get the community playing Netball, as well as introducing them to new variations of the standard 7v7 format. Get families being active and playing together.

Note: Remember that the maximum playing time recommended for one day tournaments is 120 minutes for each player.

Set Up

REGISTRATION

You could have online registrations for this style of tournament where you register yourself or your team, or people could turn up on the day and sign in for themselves/ their team.

GRADES

Grade size will depend on how many people turn up and how many are registering for each format/age group. Have 4-6 teams per grade, so that teams get to play 3-5 games – if you are doing a round robin.

STRUCTURE

These days could be run in several ways, depending on the aim.

- No scorecards or points tables as these days are about learning new skills and trying them out in a game.
- Have 3-5 game round robins, depending on the number of teams in each grade/age group.

GAME TIMES

For tournaments have short games. Here are some suggestions:

- 2 x 5-min halves, 1 min half time, 4 min between games
- 2 x 9-min halves, 1 min half time, 1 min between games
- 2 x 10-min halves, 2 min half time, 3 min between games

GAMES PER DAY

~3-5 games, depending on how many teams take part.

WARM UP

Use the Netball Smart Social Power Warm Up [see Appendices] for adults. This shortened warm-up is ideal for the tournament setting where time is limited, and a full warm-up is not necessary. For children use the appropriate NetballSmart warm-up for their age group.

Themes

FESTIVAL DAY

A festival day could include a...

- group NetballSmart warm up,
- some ball skills and relays,
- some fun activities
- split into teams and play Netball games and then end with a group warm down.

GIVE IT A GO DAY

Aim could be to try one specific game format or a few game formats.

One format

- Group NetballSmart warm up,
- Skills session,
- Split into teams, play a few Netball games using one Netball game variation [could use the Half-Time Swap variation],
- Group cool-down

Multiple formats

- group NetballSmart warm up
- players go to the court running the format they want to try [e.g. 4v4, or Walking Netball],
- split into teams,
- play a couple of short games [could use the Half-Time Swap variation], then could swap format
- group cool-down

HALF TIME SWAP

Instead of games being two shorter halves, you could keep games in four quarters, but one team swaps over to the next court during the half time break and plays a different team for the second half. Games could be 6-10 minute quarters.

WHĀNAU DAY

Families play as a team. Play the format that is most appropriate to the children's age. For example, if a family team has 2 adults, a 5yr old and a 6-7 year old, they should play the Year 1 & 2 format that is a 4v4 game. That way all the kids can play, and the parents get an insight into how to play the **Mother Earth futureFERNs** Netball format.

Themes... cont'd.

BINGO CARD

Set up a "bingo" card of activities to do and new things to try. This could be the basis for a Give It A Go Day, or as an additional challenge at a Festival Day. Players/participants get a stamp for each activity they complete. Those who complete a line/ the whole card get a spot prize [e.g. drink bottle, T-shirt, etc.]. Activities could be anything from trying out Walking Netball, taking a photo with a Netball sign, the whole Netball team pulling funny faces, or practicing shooting at the shooting station. Make it fun and interactive!

ACCUMULATIVE GOALS

Teams collect goals throughout the day, from every game they play. When they hit milestones maybe they get a prize e.g. certificate, ribbons, badges. Have spot prizes throughout the day as well.

NEW TO NETBALL

Run a version of a Give It A Go Day catering towards players/umpires/coaches who have never played Netball before but would like to try it out before signing up to a club/school/social team.

E.g. This could be for Y9-13 students who did not grow up playing [Junior] Netball, or for adults who have just moved to New Zealand and/or have never played Netball.

- Start with the NetballSmart warm up as a group and explain why this is a good warm up for Netball.
- Practice some fundamental Netball skills.
- Include some of the games you play in the Mother Earth futureFERNs programme or TGFU games to explain techniques/rules.
- Have a few short Netball games [could use the Half-Time Swap variation]
- Finish with a group warm down.

Pros and Cons

Pros – Only a one-day event. May involve new/different parts of the community, including a player's parents and siblings. Will hopefully encourage people to try another Netball events/competitions

Cons – dependent on how many people turn up and what grade/age group they want to play in.



NETBALL
NEW ZEALAND



APPENDICES

Mother Earth futureFERNS

Year 1 & 2 – 4 v 4

The focus for this age group is on 'exploring' Netball. It allows players to catch, pass, and shoot from day one, providing a fun introduction to Netball. Junior co-ordinators/ star helpers are on court to guide and assist.

Game Day Format

NetballSmart Dynamic Warm-up	Skill Development 20 minutes	Transition	Game 4 v 4 2 x 8-minute halves	Cool-down
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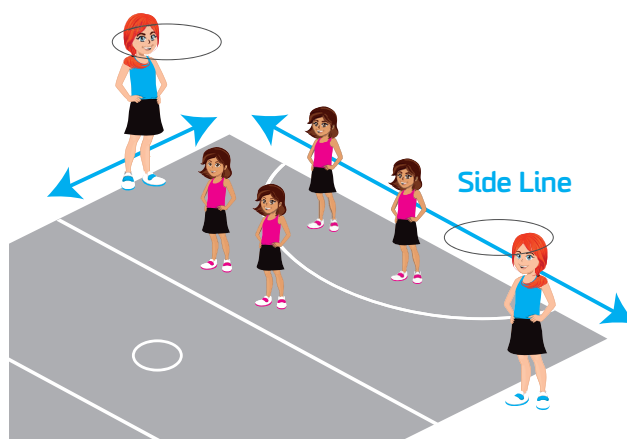
5-6 YEAR OLDS



minimum half game

5 PASS WITHIN SECONDS

Playing Areas



Rules

Equipment

THE COURT: Played across one third of the court.

GOALPOSTS: 2.1 metres

BALL: A 20 centimetre textured play ball

BIBS: Coloured bibs used

Officials

Junior Co-ordinators assist and support the players on court with direction given throughout the game, without using a whistle.

The Team

Four per team on court at any one time. Both girls and boys can play without restriction.

Start of Play

Players use Paper, Scissors, Rock to determine which team will start each half of play. Play starts with a throw-in behind the opposition's goal line. After a goal is scored, play continues with a throw-in from the goal line.

Substitutions

Teams are allowed to use rolling substitutions.

Playing Areas and Offside

All players can move anywhere in the playing area so there are no offside limits.

Playing the Ball

Players are encouraged to pass or shoot within 5 seconds.

Footwork

Players are encouraged to be stationary once they have received the ball. They are allowed to take additional steps to gain balance but walking with the ball should be discouraged.

Scoring a Goal

A goal may be scored by any player at their attacking end.

Obstruction

Players are not allowed to defend or mark the ball thrower, allowing space to pass and vision of passing options. Players can defend players awaiting passes and intercepting the ball is encouraged.

Contact

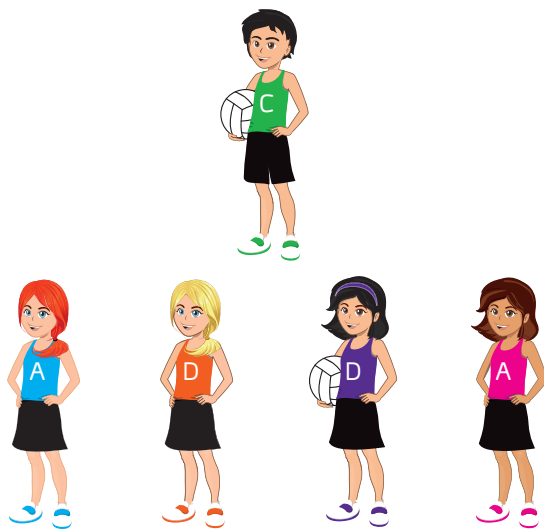
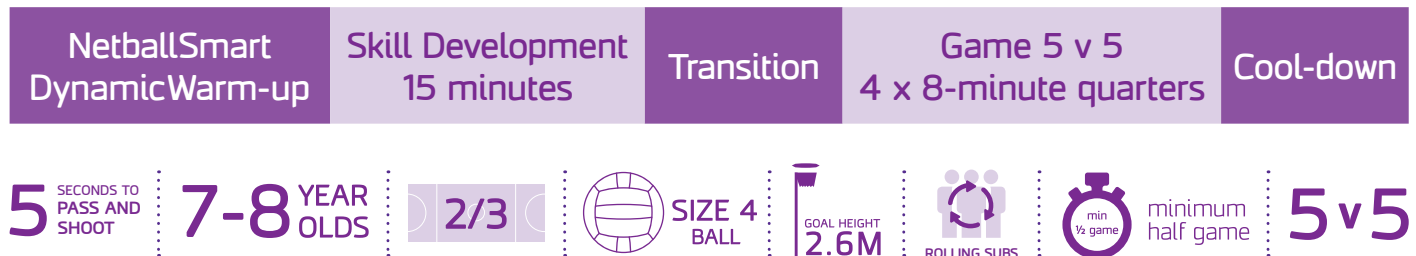
A player may not push, trip, knock, bump or hold an opponent, whether the move is deliberate or accidental. If contact does occur, the contact will be called and after a brief explanation (if required), play will continue.



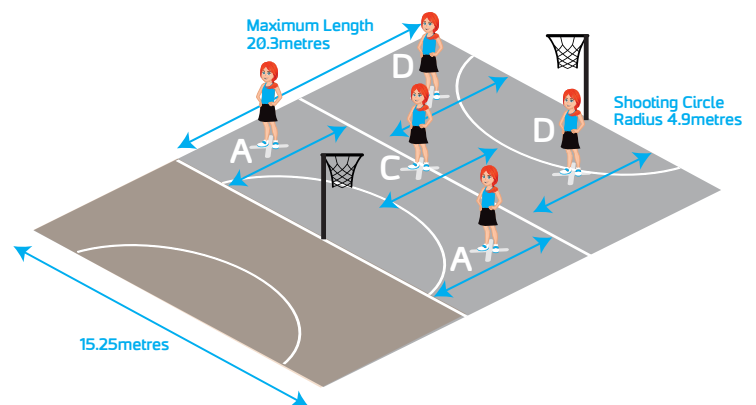
Year 3 & 4 - 5 v 5

The focus for this age group is on 'learning' the basics of Netball. It's designed to be fast and fun, maximising participation and touches of the ball. With modified equipment and less players on the court the game is less complicated. Coaches are allowed in their attacking end and guide both teams.

Game Day Format



Playing Areas



Rules

Equipment

THE COURT: Two thirds of a Netball court. Two marked goal circles, using one goal circle in the goal third and marking the same on the second transverse line with flat dots or chalk lines.

GOALPOSTS: 2.6-metre, portable goalposts need to be used.

BALL: A size 4 Netball

BIBS: 2x A, 1x C, 2x D bibs can be used.

Officials

Coaches will assist and support. Direction should be given during a game without using a whistle.

The Team

Five players per team on court at any one time. Both girls and boys can play without restriction.

Start of Play

The centre from each team will use Paper, Scissors, Rock to determine who will start with the ball at the start of every quarter. Play starts from halfway (transverse line) in the middle of the court. After a goal is scored, play restarts from halfway by the opposing team.

Duration of the Game

Games are 4 x 8-minute quarters with 1 minute at each interval, maximum 3 minutes at half-time. Teams change ends at half-time.

Substitutions

Rolling substitutions are allowed.

Playing the Ball

Players are encouraged to pass or shoot within 5 seconds.

Footwork

Players are encouraged to be stationary once they have received the ball whether landing on one or both feet.

Scoring a Goal

A goal may only be scored by the A's.

Obstruction

To allow the ball thrower passing options, players must be at least 1 metre away.

Contact

A player may not push, trip, knock, bump or hold an opponent, either deliberately or accidentally. If contact occurs, it will be called and after a brief explanation (if required), play will continue.

Year 5 & 6 – 6 v 6

The 6 v 6 game is fast and provides players with lots of touches on the ball to enhance skill development and enjoyment. With only three positions on court it means the game is less complicated for children and easier for coaches to ensure that the players learn the skills relevant to all positions and provide equal opportunities.

Game Day Format

NetballSmart
Dynamic Warm-up

Game 6 v 6
4 x 8-minute quarters

Cool-down

9-10 YEAR
OLDS

3/3



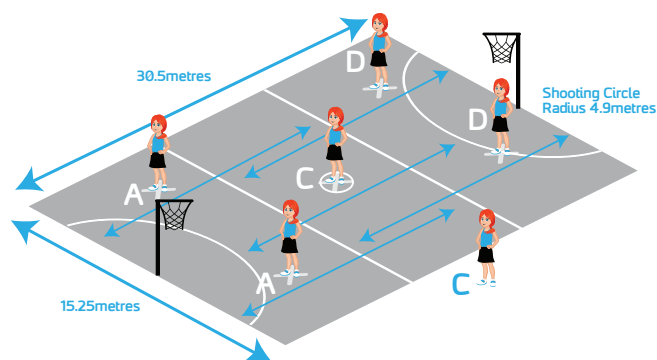
SIZE 4
BALL

GOAL HEIGHT
2.6M

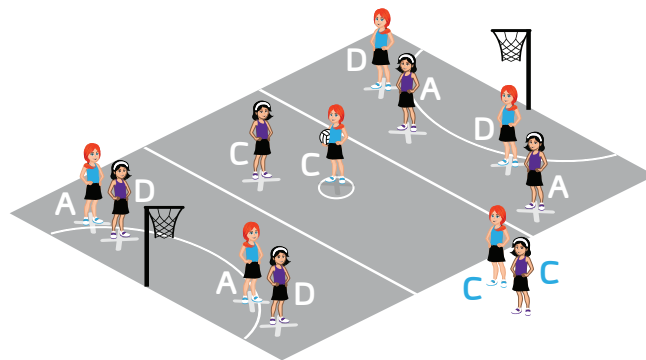


minimum
half game

Playing Areas



Stars of Play



Rules

Equipment

THE COURT: Full Court
GOALPOSTS: 2.6-metres
BALL: A size 4 Netball
BIBS: 2x A, 2x C, 2x D

Officials

2 umpires

The Team

Six players per team on court at any one time. Both girls and boys can play without restriction. Teams should not exceed nine players.

Duration of the Game

A game consists of four quarters, each of 8 minutes duration, with an interval of 3 minutes between the first-second and third-fourth quarters. The half-time interval shall be a maximum of five minutes. Teams change ends at half-time.

Playing the ball

Players must pass or shoot within 5 seconds.

Substitutions

Both teams have the right to make rolling substitutions and/or team changes, at any stage of the game, with the players meeting at the side line and high fiving. There is no limit to the number of substitutions which can be made by a team.

Start of Play

A Centre from each team will use Paper, Scissors, Rock to determine who will start with the ball at the start of every quarter. The Centre in possession of the ball stands with at least one foot wholly within the centre circle. The other Centre stands on the side line in the Centre Third with the opposing teams other Centre. Once the centre pass has been received, these players can enter play. After a goal is scored, play restarts with a centre pass by the non-scoring team.

Footwork

Apply the footwork rule. Players may not reground the first grounded foot.

Scoring a Goal

A goal may only be scored by the A's.

Throw In

Player take turns e.g. it is the defence thrown in in the goal third – one defender throws in and then the other defender takes the next throw in.

Obstruction

Players must be at least 1 metre away

Contact

A player may not push, trip, knock, bump or hold an opponent, either deliberately or accidentally.

For more information visit www.futureFERNs.co.nz

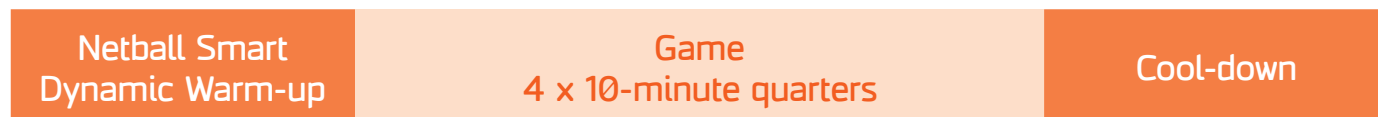


Year 7 & 8 – 7 v 7

Players have developed a considerable understanding of the game and are now playing 7-a-side. The emphasis is on converting the fundamental movement and basic Netball skills to foundation Netball skills.

Performance, challenge and 'playing' are key motives for this age group. Ensuring positional rotation and playing at least half a game will give each player the opportunity to participate and develop.

Game Day Format



11-13 YEAR
OLDS

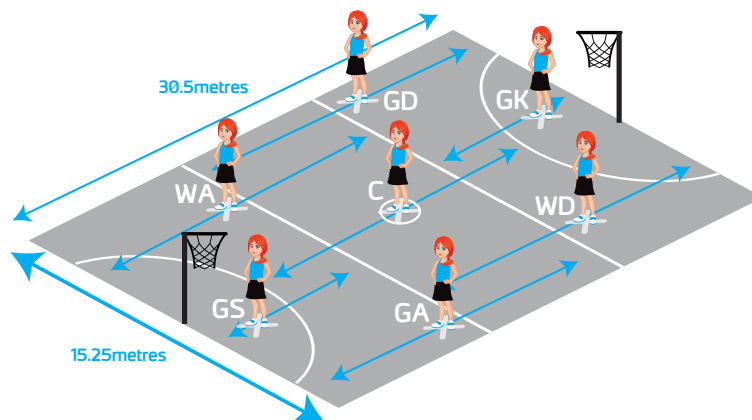


SIZE 5
BALL



min
1/2 game
minimum
half game

Playing Areas



Rules

Equipment

THE COURT: Full Court
GOALPOSTS: 3.05 -metres
BALL: A size 5 Netball

Officials

2 umpires

The Team

Seven players per team on court at any one time. Both girls and boys can play without restriction. Teams should not exceed ten players.

Start of Play

The Centre in possession of the ball stands with at least one foot wholly within the centre circle. All other players are in their respective goal thirds and are free to move but must not enter the centre third until the whistle has been blown

Duration of the Game

A game consists of four quarters, each of 10-minutes duration, with an interval of 3 minutes between the first-second and third-fourth quarters. The half-time interval shall be a maximum of five minutes. Teams change ends after each interval.

Substitutions

Both teams have the right to make rolling substitutions and/or team changes, at any stage of the game, with the players meeting at the side line and high fiving. There is no limit to the number of substitutions which can be made by a team.

Playing the Ball

Players must pass or shoot within 3 seconds

Footwork

Apply the footwork rule. Players may not reground the first grounded foot.

Obstruction

Players must be at least 0.9metres away.

Contact

A player may not push, trip, knock, bump or hold an opponent, either deliberately or accidentally.

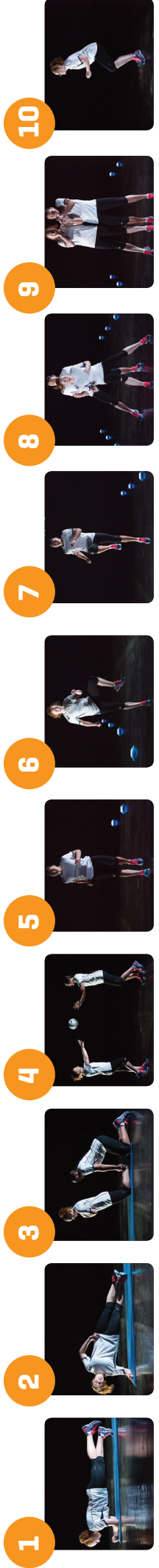
For more information visit www.futureFERNs.co.nz



APPENDICES

NetballSmart Dynamic Warm Up

	Time/Distance/Reps
<p>NetballSmart Dynamic Warm-up</p> <p>1. The Bench</p> <ul style="list-style-type: none"> i. The Bench - Static. Static bench on forearms (or hands) and feet. Lift pelvis off the ground. ii. The Bench - alternate leg (hold each 2 seconds). Continue for 20 - 30 seconds iii. Bench on forearms (or hands) and feet. Lift one leg and hold for 20-30 seconds <p>2. Hips – Sideways Bench</p> <ul style="list-style-type: none"> i. Sideways bench - static. On elbow (or hand) and knee on ground or leg straight. Top leg out straight. Lift pelvis and maintain position. ii. Sideways bench raise and lower hips. On elbow (or hand) and legs out straight, raise and lower hips. iii. Sideways bench with leg lift. On elbow (or hand) and legs out straight. Lift hips, lift top leg and lower. Continue for 20 - 30 seconds. <p>3. Hamstrings</p> <ul style="list-style-type: none"> i. Beginner Nordic hamstring or Single leg Romanian Dead Lift (RDL) ii. Intermediate Nordic hamstrings or Single leg Romanian Dead Lift (RDL) iii. Advanced hamstring Single leg Romanian Dead Lift (RDL) throw and catch ball <p>4. Balance</p> <ul style="list-style-type: none"> i. Single leg stance - hold the ball (or imagine you are holding a ball). Progress to moving ball around back. ii. Single leg standing throwing ball with partner iii. Single leg stance - test your partner. Facing partner. Hand on opposite shoulder of partner, tap each other. Keep balanced if possible or return to starting position. Continue for 30 seconds. <p>5. Running Straight Ahead. Run to centre of court and back. Repeat. You can vary direction of the running path as it happens in a Netball game.</p> <p>6. Running Hip Out. Run to first cone, stop, lift knee forwards and rotate knee out to side and put foot down. Run to next cone and repeat with other leg.</p> <p>7. Butt Kicks and skipping. Butt kick to first cone (kicking feet up to butt), skip to next cone, butt kick to third cone. Continue for length of 15m and back.</p> <p>8. Running – Circling Partner. Run to first cone, side shuffle inwards towards and around partner and back out to cone. Run to next cone and repeat. Continue length of 15m and back.</p> <p>9. Running – Shoulder Contact. Run to cone, side shuffle to the middle, jump shoulder to shoulder contact. Land in good stable body position. Continue length of 15m and back.</p> <p>10. Running – Quick Forwards and Backwards Sprints. Run to second cone and back to first cone. Repeat 2 cones forwards one back for length of 15m and back.</p>	<p>3 x 20-30 sec 3 x 20 - 30 sec 3 x 20 - 30 sec hold, alternative sides x</p> <p>2-3 x 30s ea side 2-3 x 30s ea side 2-3 x 30s ea side</p> <p>3-5 or 3-5 each leg 7-10 or 5 each leg 10 each leg</p> <p>2 x 30 sec ea side 2 x 30 sec ea side 2 x 30 sec ea side</p> <p>2 x 15 metres</p> <p>2 x 15 metres</p> <p>2 x 15 metres</p> <p>2 x 15 metres</p> <p>2 x 15 metres</p> <p>2 x 15 metres</p>
<p>Part A: Strengthening</p> <p>Part B: Running Warm-up</p> <p>Place 2 cones out every 3 metres between base line and centre court</p>	



<ul style="list-style-type: none"> ii. Squat, calf raise and body extension iii. Single leg squat iv. Combination of all three 	10 10
<p>12. Walking Lunges</p> <ul style="list-style-type: none"> i. Walking lunges ii. Walking lunges and calf raise iii. Walking lunges, calf raise and body extension 	5 each side 5 each side 5 each side
<p>13. Jumping and landing</p> <ul style="list-style-type: none"> i. Vertical jump and land on 2 feet in a stable body position (SBP) ii. Lateral jump - jump sideways 1m off one leg and land on other leg, iii. Broad jump - jump forward 1m off two and land on one foot hold one sec in a stable body position on one foot 	5 each side 5 each side 5 each side
<p>14. Jumping, turning and landing</p> <ul style="list-style-type: none"> i. Vertical jump and turn 90 degrees and land in SBP ii. Vertical jump and turn 180 degrees and land in SBP iii. Vertical jump and turn 270 degree and land in SBP 	5 turns each side 5 turns each side 5 turns each side
<p>15. Running and Stopping. Run to first cone at 75- 80% speed and stop. Use either a double foot or 1-2 foot landing. Continue length of 15 metre and back stopping at each cone.</p>	2 x 15m
<p>16. Running - Plant and Cut. Run at 80-90%. Run to first cone, plant, and cut off on an angle towards opposite cone. Continue length of 15 metre and back</p>	2 x 15m
<p>17. Prop, Prop & Stick. Prop from one foot to another and then "stick" final landing for 2 seconds in a stable body position.</p>	15m and jog back



12



13



14



15



16



17



The power warm-up can be done in a confined space (on the sideline).

	Social NetballSmart Power Warm-Up	Time/Distance/Reps
Part B: Running Warm-Up Place 2 cones out every 3 metres between base line and centre court or do on the spot.	<p>5. Running Straight Ahead or Running on Spot. Run to centre of court and back You can vary direction of running path. or run on spot.</p> <p>(N/A) Side Shuffle to left x 3, Side Shuffle to right x 3.</p> <p>10. Running - Quick Forwards and Backwards Sprints. Run forward 3 steps and backwards 3 steps on spot.</p>	<p>2 x 15 metres or 2 x 20 sec</p> <p>Repeat 3 times</p> <p>Repeat 2-3 times</p>
Part C: Dynamic Preparation	<p>11. Squats i. Squat, calf raise and body extension</p> <p>12. Walking Lunges i. Walking lunges, calf raise and body extension</p> <p>13. Lateral jump. Jump sideways 1m off one leg and land on other leg. Land in SBP on 1 foot and hold for 1 second.</p>	<p>10</p> <p>5 each side</p> <p>3 each side</p>
Part D: Netball Specific Preparation	<p>15. Running, Stopping and Jump, Turn and Land. Run to first cone at 75-80% speed or run on spot x 5 each leg. Stop in a double foot landing. Jump and turn 90/180 degrees and return. Run to next cone or run on spot x 5 each leg. Do a 1-2 foot landing. Jump and turn 90/180 degrees and return. Continue length of 15 metres and back or do 2-3 times.</p> <p>17. Prop, Prop and Stick. Prop from one foot to another and then “stick” final landing for 2 seconds in a stable body position.</p>	<p>2 x 15 metres</p> <p>15 metres and jog back or on spot 3 each leg.</p>

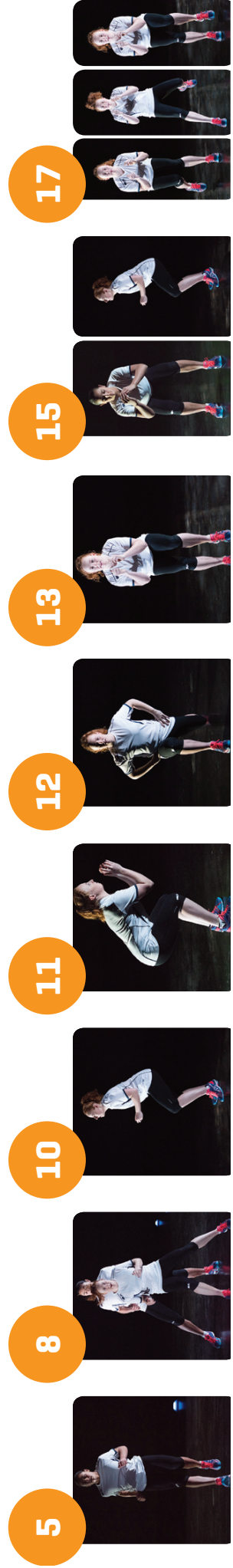
Numbering is consistent with the full NetballSmart Dynamic Warm-Up which can be found under Resources when you visit netballnz.co.nz/useful-info/netball-smart



This shortened warm-up is ideal for the tournament setting where time is limited and a full warm-up is not necessary for every game.

NetballSmart Power Warm-Up		Time/Distance/Reps
<p>Part B: Running Warm-Up Place 2 cones out every 3 metres between base line and centre court.</p>	<p>5. Running Straight Ahead. Run to centre of court and back. Repeat. You can vary direction of the running path as it happens in a Netball game.</p> <p>8. Running – Circling Partner and Shoulder Contact. Run to first cone, side shuffle inwards and around partner and back out to cone. Run to next cone, side shuffle to the middle, jump and shoulder contact. Land in good stable position. Continue length of 15m and back.</p> <p>10. Running – Quick Forwards and Backwards Sprints. Run to second cone and back to first cone. Repeat 2 cones forwards one back for length of 15m and back.</p>	<p>2 x 15 metres</p> <p>2 x 15 metres</p> <p>2 x 15 metres</p>
<p>Part C: Dynamic Preparation</p>	<p>11. Squats i. Squats, calf raise and body extension ii. Single leg squats each leg</p> <p>12. Walking Lunges. Walking lunges, calf raise and body extension</p> <p>13. Lateral jump. Jump sideways 1m off one leg and land on other leg. Land in SBP on 1 leg. Hold for 1 second.</p> <p>15. Running, Stopping and Jump, Turn and Land. Run to first cone at 75–80% speed and stop double foot landing and jump 180 degrees, land in SBP and return. Run to next cone and do 1–2 foot landing. Jump 90 degrees and land in SBP and return. Continue length of 15 metres and back.</p> <p>17. Prop, Prop and Stick. Prop from one foot to another and then “stick” final landing for 2 seconds in a stable body position.</p>	<p>5 each side 3 each side</p> <p>5 each side</p> <p>3 each side</p> <p>2 x 15 metres</p> <p>15 metres and jog back</p>
<p>Part D: Netball Specific Preparation</p>		

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