



Year 1 Six-a-Side Netball Guidelines

- Year 1 teams play a Six-a-Side version of netball.
- Games are played on a 3/4 size court with a Size 4 netball and shoot at 1.8m goals.
- Games are two 10 minute halves with a 2 minute half time break.
- Bibs are supplied by Kidzplay Netball for the Six-a-Side games.
- If providing your own umpire for this age group they must be an **adult** willing to work with our mentors.
- Year 1 games are non-competitive.
- Six players make up a team: 2 x centres; 2 x defence; 2 x attackers.
- The centres play anywhere on the court except for the goal circles. (One centre stands in the centre circle for the centre pass or to defend the centre pass, the other stands in the traditional WA area for centre passes. In the second week the centres will swap between being the Centre who throws the ball from the centre circle and the centre playing in the 'WA' position.)
- Attackers and defenders can play in the goal circle, goal 1/3 and centre 1/3.
- Normal netball rules will apply with the following allowances for Year 1 players. If the team is using their own umpire this person must be an adult who can support both teams to learn the basics of netball:
 - ✓ Stepping (no travelling, balancing allowed)
 - ✓ Held Ball (allow 5 seconds)
 - ✓ All short passes
 - ✓ Replay ball (be lenient, but must always call an attempt at goal that has not touched any part of the goal post)
 - ✓ All Contact and Obstruction (give a warning and adjust players accordingly). Later in the season it may be appropriate to penalise if no attempt is being made to correct.
- Players must rotate every second week. (i.e. each player will play Centre twice, Defence twice and Attack twice, over the six weeks.)
- Substitutions can only be made at half time when a player is on a half game. Substituted players must go into the position vacated by the person leaving the court. Players can not move positions during a game.

Court layout diagram:

