

SECTION C: RULES Year 3&4

Equipment

- 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-metres from the ground, placed at the centre point of the goal line.
- Size 4 Netball
- 5v5 Bibs: A, A, C, D, D

Officials

Coaches will assist and support. Each team will supply an umpire. Coach can umpire.

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.

Game Duration

Games are 4 x 7 minute quarters with an interval of 1 minute between the first-second and third-fourth quarters. The half time interval shall be 3 minutes. Teams change ends at each interval.

Substitutions

Rolling substitutions can be made at any time during the game, at an interval or at any break in play. A rotational system is used by all teams to ensure all players get equal opportunities to develop their skills and experience playing equally in all positions. Specialisation isn't recommended until players are fully grown. There is no limit to the number of substitutions which can be made by a team provided that the team does not exceed nine players.

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 when the ball is thrown or batted over and completely through the goal by the players wearing 'A' bibs from any point in the goal circle including the lines bounding the goal circle.

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.

Uniform

A matching uniform is not compulsory in this grade.

Player Requirements

Players may not wear anything that could endanger themselves or other players including earrings, other piercings, necklaces, watches, rings etc.

Nails must be short and smooth.

Grades

Year 3, Year 4 and Year 3&4

Scores are not kept

No points ladder published