

# Redlands Netball Association Inc.

## Under 7, 8 and Under 9-year-old Grades. Rules of Modified Game Play

Games are non competitive. Player development and enjoyment are our main focus.

**Match duration:** 4 x 10 minute quarters

**Goal Post:** 2.4 m in height

**Ball:** Size 4

**Umpiring:** RNA encourages Coaches to umpire their games.

- This requires non-competitive behaviours and coaching/instructions should involve **BOTH** teams in their area of control on the court.
- Umpires shall cover the half of the Court to their right.
- Throw Ins- the umpire is responsible for the whole sideline on which they stand.
- Try to ensure the game is free flowing, rather than stop/start all the time.
- Spend most of the game on the court with the players.

**Communication is the key when players are learning the game.**

**Make instructions and explanations clear and concise.**

**Centre pass:**

- The initial Centre Pass will be taken by the team that won the toss.
- All other Centre Passes shall be taken by the team that did not score the last goal.

**Time to pass the ball:** up to 5 seconds.

- Players must release the ball within 5 seconds of catching the ball.
  - **Umpire should instruct player when getting close to 5 seconds, call out something like “pass the ball”.**

**Stepping:**

- Shuffling on the spot to regain balance is allowed without moving down the court.
- Players may shuffle their feet on the spot after catching the ball.
  - **Umpires should talk to the players during the game –i.e. Keep your feet still; don’t move your feet after catching the ball; watch your feet etc.**
- No large forward movement is allowed.
  - **Ball will be turned over to non offending team**

**Defending:**

- Strict “one-on-one” defence.
- Players may defend a shot at goal.
- Players may only be defended by one opposition player. No double/area defending is allowed.
  - **Blow your whistle. Indicate the appropriate distance to the player, play continues. No one stands out of play.**

**Obstruction:**

- A player must defend from a distance no less than 1.2m (4ft.) anywhere on the court.
  - **Blow your whistle. Indicate the appropriate distance to the player, play continues. No one stands out of play.**

# Redlands Netball Association Inc.

- A player cannot stand beside a shooter with their arms in the air unless 1.2m (4ft.)
  - **Blow your whistle. Indicate the appropriate distance to the player, play continues. No one stands out of play.**
- A player cannot stand next to another player and put arms across the player (eg: WD defending WA on goal circle line).
  - **Blow your whistle and tell offending player to readjust. Play continues.**

## Contact rule:

- Players cannot push, hit, bump or hit the ball out of another player's hands.
  - **Blow the whistle - tell the player "you can't push, hit, bump or hit the ball out of another player's hand". Ball is given to the non offending team and play continues. The offending player does not stand out of play.**

## Offside:

- Players offside during court play
  - **Ball turned over to non offending team**

## Throw Ins:

- As per Netball Australia Official Rules of Netball.
  - **If a player infringes, point out player's error and ask them to try again.**

## Replay:

- During court play.
  - **Explain rule to player and game continues.**
- When shooting for goal, the ball must hit the ring or net or the shooter may not regather the ball
  - **Blow whistle, turn ball over to non offending team.**

## Diving on the ball:

- Players are not permitted to dive on the ball to gain possession.
  - **Ball will be turned over to non offending team.**

## Substitutions:

- Game time should evenly distributed amongst all players regardless of skill level.
- A team may make unlimited substitutions at intervals or during play.
- The players entering or leaving the court must not interfere with play during the substitution process.
- Players entering and leaving the court must observe offside rules during substitution
- RNA recommends that player substitutions be kept to intervals where possible.

## Player rotation:

- Players can be rotated at any interval, but are not required to rotate at each quarter.
- Players **must** be rotated a least once per game e.g. first half of game GA and second half of game WA.
- Players should be rotated into either only attack or only defence positions for the duration of the game.
- Players **must** play every position during the season

## Parents, Carers and Spectators

Should cheer, clap and encourage all children on the court. But should not instruct or coach players during games. Too many voices giving instructions will only confuse players.