

BASIC RULES Brent Primary Schools Netball 2006-2007

It was agreed that we shall be playing High Fives Netball this season , as advised by the All England Netball Association.

- ❖ A size 4 ball to be used, leather or mouldmaster type.
- ❖ The match is in 4 quarters, 6 minutes each quarter. Change ends at half time.
- ❖ A team of five players will be on court each half, GS, GA, C, GD, GK. These can be chosen from a squad of seven, eight or nine. Two players will come on after each quarter (see rotation plan) and all players will change positions after each quarter.
- ❖ Goals can only be scored from the circle. There is to be no marking the shot.
- ❖ Netball posts should be at the full height (3.05m).
- ❖ No jewellery should be worn.
- ❖ All players are to wear position bibs.
- ❖ Supporters should be kept to a minimum and be supportive of both teams.
- ❖ Centre is to start the game with both feet inside the centre circle. The first pass is to be caught or touched inside the centre third.
- ❖ The umpire uses a whistle to start the game. The ball must be thrown within 4 seconds.
- ❖ If the ball goes put of play, the game is restarted by the child standing up to the line and taking the throw when the umpire says 'play'.
- ❖ The centre passes are taken alternately, regardless of which team scores.
- ❖ The ball must not be bounced twice to gain possession.
- ❖ Obstruction - one jump to intercept a throw is permitted provided that the player is at least 1m away and that the arms are not outstretched.
- ❖ Footwork - the landing foot must not be dragged or slid.
- ❖ Encourage the children to play without calling out.

- ❖ The ball must be touched by someone in each third. (You cannot throw the ball from goal third to goal third or from the goal line to the centre third.)
- ❖ Umpires are to be strict about deliberate 'rough' play. In such situations a free pass should be awarded. In simultaneous contact, the umpire should toss the ball up between the two players involved.
- ❖ In a toss, players should face the way they are shooting, standing 1m apart, arms by their sides. The umpire then tosses the ball up between them, starting at the shoulder level of the shorter player, no more than 60cm (2ft) into the air. The whistle is blown as the umpire releases the ball.
- ❖ A free pass may be taken by any player as long as they are onside.
- ❖ Stress the social side of the game. Let partners introduce themselves at the beginning of the game. At the end players should gather together and the captains should call for three cheers. Don't forget to thank the umpires.

UMPIRING

- ❖ If the goal is scored at your end (to your right,) you restart the game with a whistle. You should also call out the score and whose centre pass it is.
- ❖ Footwork - Try to let the game flow on court, making your decisions fair to both sides. If there is obvious stepping in the circle, a free pass should be awarded to the other side.
- ❖ When you blow for an offence, say why you have blown the whistle, who is at fault and who is to restart the game. If you are not sure who is at fault eg. when a ball goes out of play, then do a toss.
- ❖ Let the children play the game. Do not coach from the sidelines. (Parents and umpires).

ARRANGING MATCHES

- ❖ Try to arrange the match at a time that is convenient to both schools. The home team is responsible for arranging the match and they should offer a few alternative dates. If one school has to cancel, they should try to rearrange as soon as possible. After one month, if the match has still not been played, the team who did not cancel may claim the points.
- ❖ The home team should provide refreshments (drink and biscuit) at the end of the game.

RESULTS

- ❖ Both teams should send in the result to the person responsible for organising your league.
- ❖ angiedowling@kingsbury.brent.sch.uk If results are not given then no points will be awarded.
- ❖ 2 points for a win, 1 point for a draw.

Any other queries ring Andrea Gibbs 0208 459 3159 at St Mary Magdalen's School.