

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.

Game Day Format

NetballSmart DynamicWarm-up	Skill Development 15 minutes	Transition	Game 5 v 5 4 x 8-minute quarters	Cool-down
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- Played across two thirds of the Netball court
- Five per side - two attackers, two defenders and one centre
- 2.6-metre goal height

- Pass or shoot within 5 seconds
- Rolling substitutions
- Coaches are allowed in their attacking end and guide both teams

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.

7-8 YEAR OLDS



SIZE 4 BALL



GOAL HEIGHT 2.6M



min 1/2 game minimum half game

Playing areas

