

## **NETTA MODIFIED RULES & REGULATIONS**

Each team must provide a coach and umpire and adhere to the regulations of the modified rules. The emphasis should be on trying out learned skills, discovery of new ones and sharing the play with other team mates. Remember that competition only exists to give the game purpose – what counts is giving each child a chance to try hard, to improve and to gain satisfaction from participation.

**Goals for and against are not recorded in the Netta competition, as development is the main objective.**

**However, Year 4 teams will be asked to score during the season, but these points and scores will NOT go towards any premiership. Scoring will only be used for grading purposes for Year 5's that will be entering the Sub Junior Competition the following year.**

### **EQUIPMENT**

Goal posts adjusted to 8ft (2.4m)

Size 4 Netball

Set of playing bibs

### **PLAYERS**

- Strict 'one to one' defense, no double-defending of any player
- Players to defend an opponent with the ball from a distance of 4ft (1.2m)
- A player who contacts or obstructs will NOT be stood out of play. The umpire will blow the whistle for the infringement but allow the player to continue after a brief explanation
- No attempt to defend or intercept the shot for goal
- Teams of NO more than 10 players are allowed
- Players to play a minimum of two quarters of every session, unless ill or injured

### **COACHES**

- ROTATION - No player may play more than half a game (2 quarters) in one position. Players MUST be rotated every half
- Matches will consist of 4 x 10 minute quarters, with a 2 minute interval at quarter and three quarter time and a 5 minute interval at half time
- Coaches are NOT permitted to move up and down the sideline or along the baseline while coaching
- Positive coaching is always encouraged
- All coaches need to have a current Working with Children check or be exempt from obtaining a check.

### **UMPIRES**

- Supply your own whistle each week
- Use simple language and explain decisions
- A player who contacts or obstructs will NOT be stood out of play. The umpire will blow the whistle for the infringement but allow the player to continue after a brief explanation
- Adopt an encouraging and pleasant manner to ensure an open free-flowing game – particularly in the setting up of penalties and throw ins
- Attend a Basic umpiring course e.g. Junior modified umpires course
- All umpires need to have a current Working with Children check or be exempt from obtaining a check.

### **Year 3 – ADDITIONAL MODIFIED RULES**

PNA Coaching Committee will offer assistance and advice to all coaches and umpires.

#### **PNA MODIFIED RULES:**

1. After catching ball, allow SIX (6) SECONDS for release of ball
2. Allow SHUFFLING OF FEET, without moving down court
3. NO SCORING

### **Year 4 – ADDITIONAL MODIFIED RULES**

PNA Coaching Committee will offer assistance and advice to all coaches and umpires.

#### **PNA MODIFIED RULES:**

1. After catching ball, allow FOUR (4) SECONDS for release of ball
2. Allow SLIGHT SHUFFLING OF FEET, particularly during first half of season
3. Year 4 teams will be asked to score during the season, but these points and scores will NOT be recorded and will not go towards any premiership. Scoring will only be used for grading purposes for Year 5's that will be entering the Sub Junior Competition the following year.