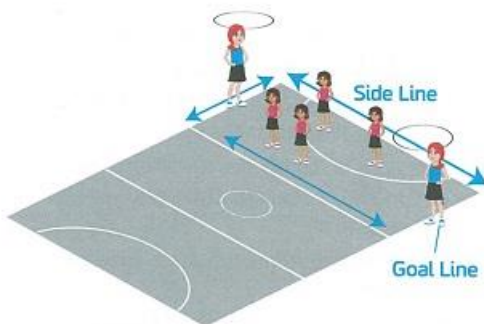


RULES

- No whistle
- Coaches allowed on Court to support and encourage
- Ball can be held up to 5 seconds for pass or shot (encourage players to pass if they are reluctant to let go, eg count down 5-4-3-2-1)
- Players are encouraged stop with the ball, there is no footwork rule
- No marking or defending of players, allow space to pass the ball
- Rolling substitutions – players should have equal time on court
- No positions, bibs can be used but are not necessary if you wish to play without them.
- Play starts with the ball **behind the goal line**. Paper, Scissors Rock can be used to determine the first pass each half. After a goal has been scored the opposing team takes the centre pass from behind the goal line
- Throw Ins can be taken when the ball leaves the court
- No toss ups (coaches to make a decision on who had the ball first when two opposing players have their hands on the ball)



Rules and Playing Conditions

- Number of players - teams of up to 6 players with 4 v 4 on court
- Rolling substitutions - players can be swapped at any time during the game, with players meeting at the sideline and tagging; so, one player comes off and one goes on. Rolling substitutions are essential to ensure equal court time.
- Court size - one third of the Netball court or similar (15 metres x 10 metres)
- Portable, adjustable goalposts or hula hoops held at a height of approximately 2.1 metres are positioned in the middle on the goal line at each end.
- We encourage Star Helpers to be standing just behind the player with the ball to provide them with assistance or support if required, or to ask an obstructing player to "take a big step back".