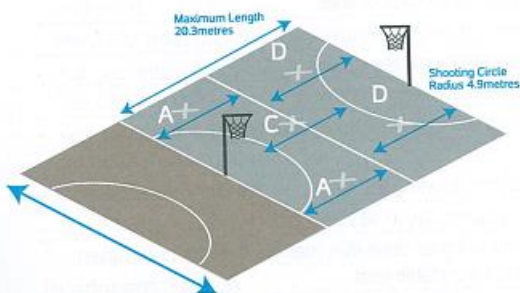




RULES

- No whistle
- Coaches allowed on Court to support and “manage” the game. Coaches manage one half of the court (not the entire court)
- Ball can be held up to 5 seconds for pass or shot
- Players are encouraged to land balanced
- Enforce 1 metre distance defending to allow space to pass. Encourage the players to stand back and defend.
- Free passes and penalty passes may be given, for example excessive stepping (Free pass) or contact (penalty pass).
- Rolling substitutions – players should have equal time on court
- 2 x Attackers, 2 x Defenders and 1 x Centre. Players should be rotated around the positions.
- Centre is allowed everywhere except goal circles. Attackers and Defenders are in half of the court including goal circle.
- Play starts with the C at the centre line in the middle of the court. Paper, Scissors Rock can be used to determine the first pass of each quarter. After a goal has been scored the opposing team takes the centre pass from the centre of the court.
- 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 8 players with 5 v 5 on court.
- Rolling substitutions - players can be swapped at any time during the game, with players meeting at the side line and tagging; so, one player comes off and one goes on. Rolling substitutions are essential to ensure all players are given equal opportunities with regard to court time and playing time in all positions.

- Court size - two thirds of the Netball court or similar (20.3 metres x 10.25 metres). A simple marked goal circle on the transverse line can be achieved by placing spots or using a string line and chalk.
- Goalpost height is 2.6 metres. This can be achieved by two portable, adjustable goalposts or one lowered fixed post and one portable post.

