

Netball

Overview

Game day format

 **Bib up and take position**

Game
4 x 6 minute quarters
Three cheers



Years 1–11

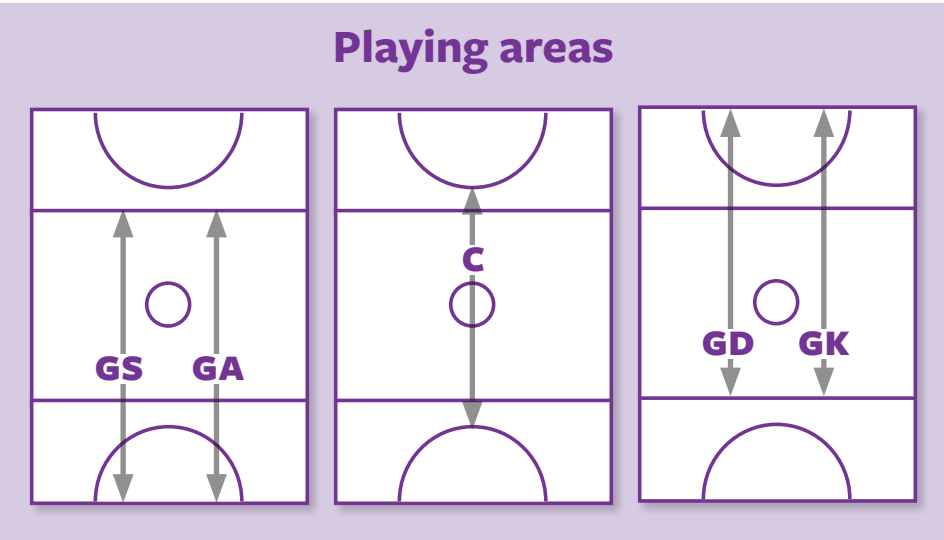


Size 4 or 5 netball

 **9ft post**

30–35 minutes

App for stats 



Equipment

Teams must have their own bibs and ball. We provide spare bibs in case of a clash of colours.

Rotation

Teams must use the Friday Night Fives rotation sheet provided.

Officials

1 or 2 umpires per court.

The team

5 players per team on court at any one time. Both girls and boys can play with maximum 2 boys on court. Teams should not exceed 9 players.

Start of play

Players should be on court in position for the start time

Duration of the game

A game consists of four quarters, each of 6 minutes duration, with an interval of 1 minute between quarters. Teams change ends after each interval.

Rules

See game play rules.

FN5s motto

Friendship, fair play and fun.



Netball

Rules and regulation

1 Squad numbers

- 1.1 A maximum of 9 players are allowed per squad. Players can only register with one team per season.
- 1.2 Teams may borrow a maximum of 2 players from the league below to make up 5 if you are short. Players cannot sub for teams below their league.
- 1.3 Player may only sub for another team 3 times per season.

2 Match duration

- 2.1 Teams are allocated 35 minutes per game to play 4 x 6-minute quarters with 1-minute intervals. Y1+Y2 teams are allocated 25 minutes per game to play 4 x 5 minute quarters with 1 minute intervals.
- 2.2 Teams may arrive up to 2 minutes late of the arranged start time without conceding any goals (see Rule 3.2).

3 Start of play

- 3.1 A minimum of 4 players must be ready to take to the court to start the match. If a 5th fails to join after 8 minutes of the start of the game this will result in an automatic forfeit and the team will incur a 10-0 loss.
- 3.2 Teams have a 2-minute grace period from the start time, after which, 1 goal for every minute they are late will be awarded to the opposition.

- 3.3 Over 8 minutes late of the arranged start time will result in a 5-0 forfeit.
- 3.4 In the event of both teams being late, play will commence as soon as both are ready and will play the remainder of the time available.
- 3.5 Teams will use a coin toss or rock, paper, scissors to decide who takes first centre pass. (See Rule 8)

4 Rotation of players

- 4.1 Players must rotate positions using our FN5s rotation sheet provided and follow it throughout the game.

5 Match ready players

- 5.1 **All jewellery**, watches and fashion headwear must be removed – players will not be able to participate in FN5s with any of the above.
- 5.2 Hair suitably tied back (no crocodile/claw clips).
- 5.3 Appropriate footwear to be worn e.g. outdoor court trainers – this is advised to minimise injury.
- 5.4 Sports gloves accepted in the winter.
- 5.5 Own bibs to be worn .
- 5.6 Be on court, in position at the arranged start time to avoid penalties (see rule 3.2).
- 5.7 Players must adhere to our **Player Code of Conduct**.

6 Managers and spectators

- 6.1 Each team must have **ONE nominated team manager** to organise team changes as per the Friday Night 5s rotation sheet. The Team Manager and a nominated coach can be courtside and must be there at the start of the game.
- 6.2 **Dogs must remain outside the gate.**
- 6.3 Spectators and Managers must abide by our **Parent/Manager code of conduct**.

7 Cancellation

- 7.1 If you cannot field a team, you will forfeit the game and incur a 5-0 loss. (See Rule 3)
- 7.2 In the event of extreme weather conditions games may be cancelled – we aim to give at least 2 hours notice via email to the main contact if we have to cancel.

8 Injury

- 8.1 In the event of an injury play will be stopped and the injured player should leave the court immediately. There is no injury time.



Netball

Game play rules

Umpires follow standard England Netball rules unless stated otherwise.

Please note, we encourage learning and want players to enjoy the game of netball, therefore, umpires will use their judgement on whether to call infringements every time, such as footwork, to help the game flow and for players to learn.

1 Footwork

- 1.1 Players may catch the ball landing on one or two feet. Landing foot can be lifted but the ball must be released before it is put back down.
- 1.2 **Action:** Free pass.

2 Obstruction

- 2.1 An obstruction occurs when the defender is closer than a meter away from the ball carrier or player is blocking their opponent with their arms.
- 2.2 **Action:** Penalty pass – player must set the penalty by standing out of play next to their opponent (if in the shooting circle players can shoot).

3 Contact

- 3.1 A contact call occurs when a player contacts their opponent
- 3.2 **Action:** Penalty pass (if in the shooting circle players can shoot).

4 Held ball

- 4.1 Player must release the ball within 3 seconds of catching it.
- 4.2 **Action:** Free pass is given to opposing team if held for longer.

5 Playing the ball

- 5.1 Once a player has possession and control of the ball, it is considered replayed if the ball leaves their hands and is caught again.
- 5.2 **Action:** Free pass is given to opposing team.

6 Out of court

- 6.1 If the ball touches the ground, object, or person out of the court it is out.
- 6.2 If the ball hits the goal post and stays in the court, then it is NOT out of court.
- 6.3 **Action:** Throw-in awarded to the opposite team.
- 6.4 Player cannot be outside the court and defending – Penalty pass awarded to opposing team.

7 Offside

- 7.1 A player is deemed offside when any part of their body touches an area of the court their position is not allowed.
- 7.2 A player may be in contact with the ball when the ball is in an area of court they are not allowed.
- 7.3 **Action:** Free pass.

8 Positioning

- 8.1 For play to start, all players except Centres must be in their respective goal thirds.
- 8.2 The starting centre, with the ball, must have at least one foot wholly in the centre circle.
- 8.3 After a every goal is scored – players must return to their starting positions. Centre pass alternates.
- 8.4 Centre pass must be received in the centre third.
- 8.5 **Action:** (see Rule 7) Free pass.

9 Delaying play

- 9.1 A player may be called for delaying play if a player is taking longer than expected to return to relevant play e.g. centre pass not taken quickly after goal is scored.
- 9.2 **Action:** Free pass.

10 Short pass

- 10.1 There must be enough distance between passes for a defender to be able to intercept.
- 10.2 **Action:** Free pass.

11 Over a third

- 11.1 The ball must be caught or touched by a player in each third of the court.
- 11.2 **Action:** Free pass.



Netball

Code of conduct: parents and carers*

The enjoyment and safety of your child when involved in a netball activity is of paramount importance. Every child will be encouraged and asked to ensure that their behaviour and actions meet the values and standards of Friday Night 5s. As parents, you are asked to support our Codes of Conduct and embrace the spirit of our game.

As a parent/carer, I will:

- Encourage my child to play within the rules and respect the officials' decisions.
 - Support my child's efforts and performance, give positive comments that motivate and encourage continued effort and learning.
 - Understand that competition involves both winning and losing, so results are always accepted without undue disappointment.
 - Be a positive role model to my child by helping them work towards skill improvement and good sportsmanship.
- Remember that children learn best by example; I will applaud good play by both my child's team and their opponents.
 - Respect the rights, dignity and worth of all people involved in the game, regardless of gender, marital status, race, colour, disability, sexuality, age, occupation, religion, or political opinion.
 - Read the rules of the sport to understand better what I am watching and discussing with my child.
 - Promote this code of conduct to other parents, carers, and supporters.

*By entering your child into the event you agree to abide by the rules and codes of conduct.



Netball

Code of conduct: players*

I will ensure **fair play** by:

- Abiding by the rules of the game and respecting the official's decisions.
- Displaying good sportsmanship in the face of a win or a loss by thanking officials and three cheers at the end of the game.
- Respecting the rights, dignity and worth of all people involved in the game.

Netball is based on **teamwork and friendship**, therefore I will:

- Be on time wearing appropriate attire and ready to give my best.
- Recognise that everyone has different qualities to give and together we can make a great team.
- Welcome new teams and members to the Friday Night 5s family by being friendly and supportive.

We take part in netball to **achieve and have fun**, therefore I will:

- Refrain from any bullying, aggression, harassment or posting of anything inappropriate on social media.
- Report any behavior or situation that I feel uncomfortable or upset about to a member of staff.
- Remain respectful to all involved by not directing any verbal, emotional or physical abuse towards umpires, coaches, spectators, or any other individual of the game.
- Enjoy the game and ensure others can too.

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Netball

**Design
your own
team
badges!**

Firstly get creative...

All designs need to be square and large. If you don't already have a badge for your team there are a variety of websites where you can create one for free.

Here's one to get you started:
www.designevo.com/logo-maker

Save your new design as your team name and email the JPEG to us at barnes@rockslane.co.uk.

**Remember, the sooner
you send your design in,
the sooner you will be able
to see it live on the app!**