

# Netball

## Overview

**Game day format**

 **Bib up and take position**

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**Game**  
4 x 6 minute quarters  
Three cheers



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**Years 3–11**

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**Size 4 or 5 netball**

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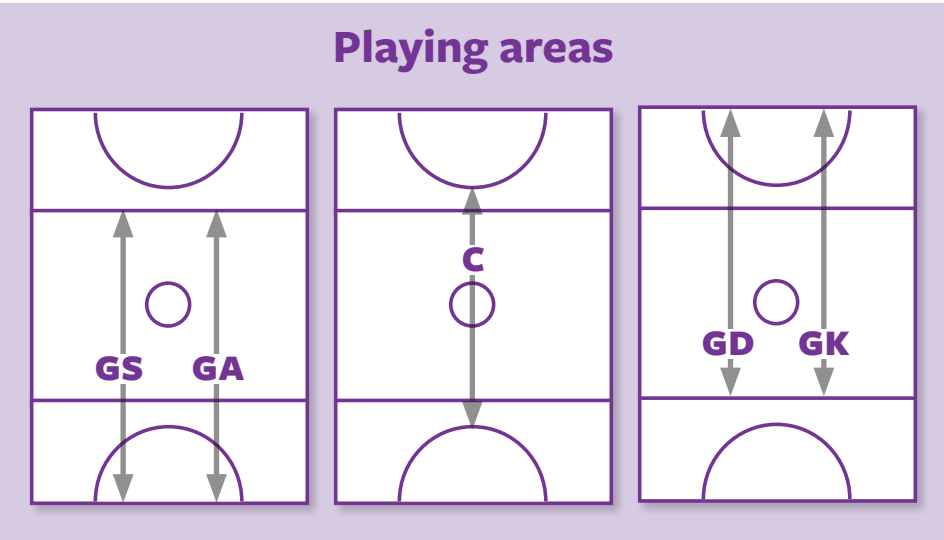
 **8ft / 9ft / 10ft post**

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**35 minutes**

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**App for stats** 



**Equipment**  
Teams must have their own bibs. We provide balls and 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

## Netball ready

### Duration of play

Teams are allocated 35 minutes per game to play 4 x 6 minute quarters with 1 minute intervals.

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### Number of players

Each squad may have a maximum of 9 players of whom 5 can be on the field at any one time.

If you need to borrow a player from another team the player can only come from the league below. You can only borrow a player to make up your squad (ie in a 5 a side game if you have 4 players you can borrow a player). You cannot borrow a player if you have enough players to field a team.

Please note that a player can only be registered for one team during the season. A player cannot play for 2 or more teams on regular basis.

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### Rotation sheet

Make sure you fill in one of our rotation sheets provided before entering the courts, and follow it throughout the match.

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### Rules and regulations

Players may not wear anything that could endanger themselves or other players, specifically:

- No adornment or jewellery may be worn.
  - No earrings to be worn. Tape cannot be used to cover earrings.
  - Fingernails must be short and smooth.
  - Hair must be suitably tied back.
  - Any player asked to remove jewellery during the game will have to leave the court and not return until after a goal has been scored.
  - Trainers only. No school shoes.
  - Nothing on wrists; eg hairbands, bracelets, etc.
  - Religious bands to be taped, covered by sweat bands.
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# Netball

## Rules and regulations

### 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.
- 1.4 Teams with 2 male players cannot have them play in the same third of the court.

### 2 Match duration

- 2.1 Teams are allocated 35 minutes per game to play 4 x 6-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 10-0 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.
- 4.2 Teams in Division 3 and above do not need to rotate players.

### 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. **Only** the Team Manager and nominated coach should be giving instructions to the team when the game is in play.
- 6.2 Spectators are not allowed to enter or leave the gate to the courts when a quarter is in play and must wait for the staff to open the gate. Spectators should ask staff how to get to the furthest courts if their game is still in play.

6.3 Dogs must remain outside the gate.

6.4 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 10-0 loss. (See Rule 3)
- 7.2 Please state clearly in an email at least 36 hours in advance to allow time for friendlies or coaching to be organised for the opposition.
- 7.3 After 12pm on the day, friendlies will not be organised prior to the game time.
- 7.4 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.

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



# 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](http://www.designevo.com/logo-maker)

Save your new design as your team name and email the JPEG to us at [chiswick@rockslane.co.uk](mailto:chiswick@rockslane.co.uk).

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