



# NETBALL (HIGH 5)

## 2015 RULES

January 2015

### Team Requirements

- There will be one age group: School Years 5 & 6
- Each squad shall consist of a minimum of 7 players & a maximum of 9 players with 5 playing at any one time.
- The squad will be a mixed Year 5 & 6 gender squad with squads having a maximum of 3 boys with only 2 boys allowed on court at any one time.
- Each team is required to provide their own bibs and a Size 4 match ball.
- Playing initials shall be worn front and back above the waist.
- Each team member must wear their Devon Youth Games T-Shirt.
- Team managers must submit a Squad Rotation Team Sheet at the start of the tournament (example attached). It will be the umpire's responsibility to check all players are in the right positions before each match starts.
- Once the number of teams entering has been finalised, Squad Rotation Team Sheets, with the correct format, will be sent to each local authority.

### Team Eligibility

- All team members must be in School Years 5 & 6

### Competition Format

- A round robin format, or appropriately sized pools leading to a knockout in the later stages will be followed, depending on the number of teams entered. Games will consist of two halves. Each half will last 6 minutes with a 2 minute break during the interval.
- Central timing, normally sounded by a hooter, will be used, but matches will start and finish on the Umpire's Whistle.
- Points will be awarded as follows: 5 points for a win, 3 points for a draw, and 1 point if scoring more than 50% of the winning score.
- The winning team will be decided by the highest number of points.
- In the event of a tie, teams will be split on the basis of Goals Average (which is 'goals for' divided by 'goals against'), followed by Goals Difference, and if still equal, the result of the games between the tied teams will be looked at.
- Players will rotate one place at half time and one place between each match. Please ensure boys are spaced effectively to ensure only two boys are on court at any one time.

### Sports Rules

#### Rotations

- Only two boys allowed on court from one side at any one time

- At the end of each 6 minute half players must rotate 1 position. This rotation is part of the rules of High 5. Its purpose is to give developing players the experience of playing in a range of positions.
- Substitutions are only allowed if a player is feeling unwell or is injured.
- Please do not abuse the rules by playing your strongest team in each match.
- Boys should be slotted into the starting positions where it says boys.
- The procedure for any LA found abusing the rotation system is as follows:
  - Warning
  - Points Deduction
  - Forfeit fixture

### Positions

- GS Goal Shooter
- Sc Scorer
- GD Goal Defence
- GK Goal Keeper
- GA Goal Attack
- TK Time Keeper
- C Centre
- CPM Centre Pass Marker

### Start of Play

- Team Captains toss a coin to determine who takes the first Centre Pass. Subsequent centre passes must be taken alternatively.
- Play is started by a pass from the 'Centre', who stands with both feet in the centre circle.
- At the start of play the GS, GA, GD and GK may be anywhere in the goal third. The opposing Centre shall be in the centre third free to move.
- When the umpire blows the whistle, the Centre must pass the ball within 4 seconds and obey the Footwork rule. The ball must be caught or touched in the Centre third.

### Playing the ball

- A player must:
  - Pass or shoot within 4 seconds
  - Obey the footwork rule
- A player must not:
  - Deliberately kick the ball
  - Bounce the ball more than once
  - Hand or roll the ball to another player
  - Place their own hands on a ball held by an opponent
  - Throw the ball while sitting/lying on the ground
  - Use the goalpost as a support in receiving the ball going out of court or to gain balance
  - Throw the ball over a complete third without it being touched or caught by another player in that third
  - Regain possession of the ball, having dropped or thrown it, before it has been touched by another player
  - Penalty; Free Pass

### Footwork Rule

- A player may receive the ball with one foot grounded or may jump to catch the ball and land on one foot. While that landing foot remains on the ground the other foot may be moved in any

direction and any number of times, pivoting on the landing foot if desired. Hopping is not allowed.

- A player may receive the ball whilst both feet are grounded, or may jump to catch and land on both feet simultaneously. The player may then choose to move either foot and the remaining foot shall then be considered to be the landing foot.
- Penalty; Free Pass

#### Scoring a Goal

- A goal may only be scored by the Goal Shooter or the Goal Attack from within the shooting circle.

#### Obstruction

- The player with the ball must be permitted an unimpeded throwing or shooting action. One jump to intercept a throw or shot at goal is permitted provided that the player is at least 1m away and that the arms are not outstretched prior to the jump. Jumping up and down in front of a player is not permitted.
- Penalty; Penalty Pass or Shot

#### Contact

- No player shall knock or push an opponent or interfere with his/her play, either accidentally or deliberately.
- Penalty; Penalty Pass or Shot

#### Out of Court

- A ball is out of court when it, or a player touching it, touches the ground or an object outside the court. The line counts as part of the court. If the ball hits the post and bounces back into court, it is still in play.

#### Throw-In

- The throw-in is taken at the point where the ball crossed the line. Any player allowed in that part of the court may take the throw-in and must stand outside the court with both feet behind the line. When the player taking the throw-in has checked that all other players are on court, she/he must release the ball within 4 seconds.

#### Offside

- A player is offside if she/he enters any area of the court in which she/he is not allowed.

### **Official's Decision**

- In all matters relating to the competition the Event Co-ordinator's decision shall be final and binding.

# **COMPETITION REGULATIONS**

It is the responsibility of all Team Managers, Coaches and Captains to ensure that all players and umpires are conversant with the following regulations:-

## **REGISTRATION OF SQUAD MEMBERS**

Squads can consist of 7, 8 or 9 players with 5 on court at any one time, the squad may consist of a maximum of 3 boys with only 2 on a court at any time.

No player, other than the 5 nominated on the Squad Rotation Team Sheet may play without the prior permission.

Once the Competition has commenced and a player has been named on a Squad Sheet he/she cannot transfer.

Any amendment to the overall squad sheet (list of names of all 7-9 players in the whole squad) must be made to the Event Co-ordinator

Any amendments must be accompanied by proof of age.

## **START OF PLAY AND LATE ARRIVALS**

Captains should toss for centre pass etc., well before the start of each game.

All teams must be on court, in position and ready to play, at the time and on the court stated in the playing schedule.

No team may start a match with less than 4 players.

Any team late on court will forfeit their match points.

The forfeited points will be awarded to the team on court, in position and ready to play at the correct time.

The match may be played and the Umpires must record on the Result Slip the name of the team who arrived late.

If a reserve plays because of the late arrival of a player, he/she shall continue to play until half time, when the late arrival may substitute.

The 'Substitution' rule must be obeyed.

If a reserve is not used, late arrival(s) may only join the game, with the permission of the umpires, immediately after the scoring of a goal and only in the vacant position(s). At half time positions may be changed and the 'Team Changes' rule must be obeyed.

## **SUBSTITUTES & TEAM CHANGES**

Substitutions can be made at any time in the event of illness or injury.

Only injured or ill players may be substituted during a game,

No extra time will be allowed for injury or illness.

Officials are requested to take great care in moving an injured or ill player from the court.

Should the Umpires feel that a player's injury is critical, i.e. head, neck or back, and she will be better left on court for the medical staff, the Umpire must note the time lost during treatment and report to the Event Co-ordinator.

## **TEAM BENCH**

The Team Bench will be the area at the team's defending end at the start of the game, to the right of the Netball post. **DO NOT CHANGE ENDS AT HALF TIME**

The Team Officials, in addition to the 3 players not on court, shall constitute the 'Team Bench'.

The Team Officials and bench players may not indulge in inappropriate comments or behaviour including moving up and down the sidelines or along the goal lines outside the court during play.

Coaching is only permitted from the Team Bench.

## **RESULTS**

5 points for a win, 3 for a draw, 1 point if scoring more than 50% of the winning score.

Places will be determined by the number of points gained.

In the event of a tie, teams will be split on the basis of Goals Average (which is 'goals for' divided by 'goals against'), followed by Goals Difference, and if still equal, the result of the games between the tied teams will be looked at.

Drawn matches at the knockout stage will be decided by 2 minutes each way extra time. Following that, 'Golden Goal'.

This result slip represents the official score of the match and once returned, no dispute can be lodged.

Umpires must see that the final score is correct, legibly written and that their own signature is legible.

In the event of a team being disqualified for any reason, their results and those of their opponents will not be included on the master score sheet.

## **EVENT CO-ORDINATOR**

All queries should be directed to the Event Co-ordinator in the first instance.

If the First Aiders have advised a player that she/he should take no further part in the competition on medical grounds, they will inform the Event Co-ordinator who will uphold that decision.

The Event Co-ordinator reserves the right to alter, or amend the playing schedule if necessary.

The Event Co-ordinator may also make decisions on any matters arising during the Competition and will refer any matter not covered by the Competition Regulations to the Event Referees.

The Event Co-ordinator has the right to disqualify any individual or team that does not comply with any of the Competition Regulations listed.

The Event Co-ordinator's decision is binding and final.

## **GLOVES**

No form of glove may be worn when playing Netball.

If, for medical reasons, gloves are required, then on the production of an appropriate medical certificate, the Event Co-ordinator may allow seamless leather gloves to be worn.

These players are advised to have personal liability insurance.

Umpires are reminded that they still have to be satisfied that any gloves worn do not present a hazard to other players.

## **JEWELLERY**

All jewellery must be removed. Players wearing jewellery will not be allowed on court.

## **MEDIC ALERT BRACELET**

Only a medic alert bracelet may be worn during netball matches as per the new IFNA rules 1.4.3. The bracelet must be secured in such a manner that it will not constitute a danger to an opponent i.e. with clear tape, suitably taped to ensure that it can not be removed/lifted off by any accidental contact.

## **HEAD SCARVES**

If these need to be worn because of religious practices, the player, together with the coach should ensure that the material used for the head covering is soft, without embellishments, which might constitute a danger, and with potential flowing/flapping edges held securely around the neck or tucked into shirt collar. It should be as neat and secure as possible.

**Please also ensure that:**

- Nails are short
- Hair is tied back with something soft
- Your team is ready for each game
- Play is friendly and safe
- Players congratulate each other whether they win or lose
- Captains thank the umpires

## **SPECIAL REGULATIONS**

### **PLAYERS AND BLEEDING**

**Please note IFNA Rule 7 clearly states the procedure regarding players and bleeding.**

**However, where no time is allowed for injuries the following should apply:**

If the bleeding is not profuse, the player should be asked to cover the injury at the next interval.

If the bleeding is very heavy, the player will be asked to leave the court for the dressing of the injury and to return according to Rule 7.

In these shorter matches, it is not the intention to penalise a team with an injured player and Umpires will need to be very aware of the time of the next interval, in order to keep a player on court unless it is absolutely necessary to have the injury covered. A sticking plaster could be used in order to stem the flow until the next interval.

**PLEASE NOTE: IT IS THE RESPONSIBILITY OF THE TEAM OFFICIALS TO HAVE FIRST AID DRESSINGS AVAILABLE AT THE SIDE OF THE COURT.**

If dressings are not available, then a substitute would have to be used or the team would have to play on with only four players.