

# Year 5 & 6 – 6 v 6

The 6 v 6 game is fast and provides players with lots of touches on the ball to enhance skill development and enjoyment. With only three positions on court it means the game is less complicated for children and easier for coaches to ensure that the players learn the skills relevant to all positions and provide equal opportunities.

## Game Day Format

NetballSmart  
DynamicWarm-up

Game 6 v 6  
4 x 8-minute quarters

Cool-down

9-10 YEAR  
OLDS

3/3



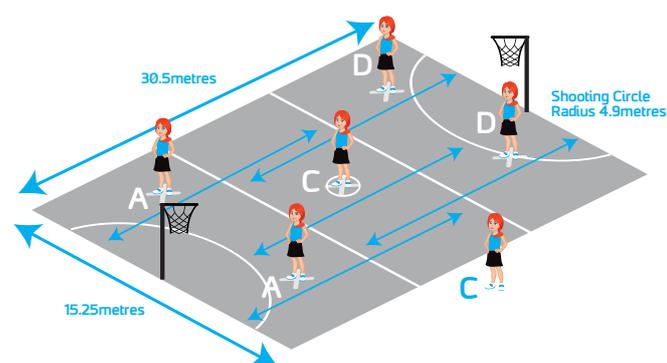
SIZE 4  
BALL

GOAL HEIGHT  
2.6M

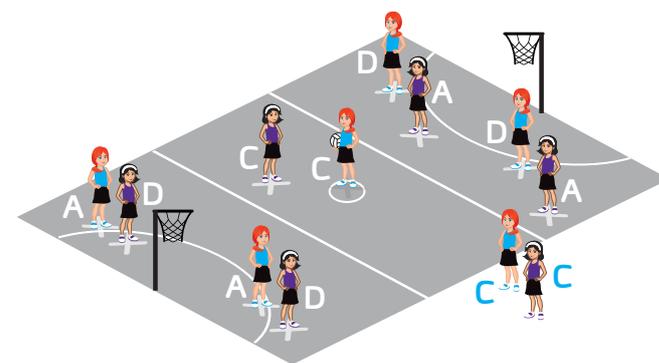


minimum  
half game

## Playing Areas



## Stars of Play



## Rules

### Equipment

**THE COURT:** Full Court  
**GOALPOSTS:** 2.6-metres  
**BALL:** A size 4 Netball  
**BIBS:** 2x A, 2x C, 2x D

### Officials

2 umpires

### The Team

Six players per team on court at any one time. Both girls and boys can play without restriction. Teams should not exceed nine players.

### Duration of the Game

A game consists of four quarters, each of 8 minutes duration, with an interval of 3 minutes between the first-second and third-fourth quarters. The half-time interval shall be a maximum of five minutes. Teams change ends at half-time.

### Playing the ball

Players must pass or shoot within 5 seconds.

### Substitutions

Both teams have the right to make rolling substitutions and/or team changes, at any stage of the game, with the players meeting at the side line and high fiving. There is no limit to the number of substitutions which can be made by a team.

### Start of Play

A Centre from each team will use Paper, Scissors, Rock to determine who will start with the ball at the start of every quarter. The Centre in possession of the ball stands with at least one foot wholly within the centre circle. The other Centre stands on the side line in the Centre Third with the opposing teams other Centre. Once the centre pass has been received, these players can enter play. After a goal is scored, play restarts with a centre pass by the non-scoring team.

### Footwork

Apply the footwork rule. Players may not reground the first grounded foot.

### Scoring a Goal

A goal may only be scored by the A's.

### Throw In

Player take turns e.g. it is the defence thrown in in the goal third – one defender throws in and then the other defender takes the next throw in.

### Obstruction

Players must be at least 1 metre away

### Contact

A player may not push, trip, knock, bump or hold an opponent, either deliberately or accidentally.