

Year 7 & 8 - 7 v 7

Rules

This programme is currently under review, with game options being piloted in 2015.

Equipment

THE COURT: The court is divided into three equal thirds – a centre third and two goal thirds – by two transverse lines drawn parallel to the goal lines. A semi-circle with a radius of 4.9m and with its centre at the mid-point of the goal line shall be drawn in each goal third. This shall be called the goal circle.

GOALPOSTS: 3.05metres from the ground, placed at the centre point of the goal line.

BALL: A size 5 Netball

BIBS: GS, GA, WA, C, WD, GD and GK.

Officials

The game will be controlled by two umpires.

The Team

Seven players per team on court at any one time. Both boys and girls can play without restriction.

Start of Play

Team captains use either Paper, Scissors, Rock or a coin toss to determine who takes the first pass. The umpire shall blow the whistle to start and restart play after every goal is scored and after each interval. Centre passes are taken alternately throughout the game by the two centre players.

Duration of the Game

Games are 4 x 10 minute quarters with an interval of 3 minute between the first-second and third-fourth quarters. The half time interval shall be 5 minutes. Teams change ends at each interval.

Substitutions

Both teams have the right to make substitutions and/or team changes either at an interval or when play is stopped for illness or injury. Ensure players are given equal opportunities. Specialisation isn't recommended until players are fully grown. There is no limit to the number

of substitutions which can be made by a team provided that the team does not exceed ten players.

Playing the Ball

Players must pass or shoot within 3 seconds.

Footwork

A player can receive the ball:

1. With both feet grounded or jump to catch the ball and land on two feet simultaneously. You may then take a step in any direction with one foot (but not both) and pivot on the spot with the other foot. Once one foot is moved, the other is considered to be the landing foot
2. With one foot grounded or jump to catch the ball and land on one foot. The landing foot cannot be moved, other than to pivot on the spot, whilst the other foot can be moved in any direction. Once the landing foot is lifted, it must not be re-grounded until the ball is released.

Hopping or dragging the landing foot is not allowed.

Scoring a Goal

A goal is scored when the ball is thrown or batted over and completely through the goal by the goal shooter or goal attack from any point in the goal circle including the lines bounding the goal circle

Obstruction

Players must be at least 0.9metres away from the player with the ball.

Contact

A player may not push, trip, knock, bump or hold an opponent, either deliberately or accidentally. If contact occurs, a penalty pass is awarded and the offending player must stand beside and out of play when penalised.