

# Year 7 & 8 – 7 v 7

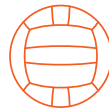
Players have developed a considerable understanding of the game and are now playing 7-a-side. The emphasis is on converting the fundamental movement and basic Netball skills to foundation Netball skills.

Performance, challenge and 'playing' are key motives for this age group. Ensuring positional rotation and playing at least half a game will give each player the opportunity to participate and develop.

## Game Day Format

<b>Netball Smart Dynamic Warm-up</b>	<b>Game 4 x 10-minute quarters</b>	<b>Cool-down</b>
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**11-13** YEAR  
OLDS

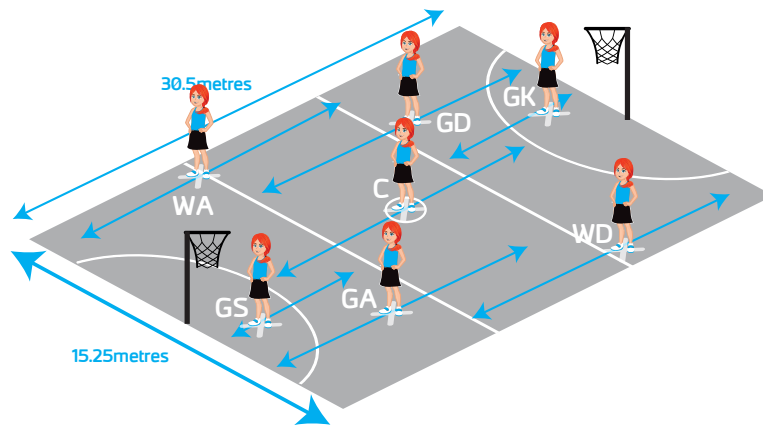


**SIZE 5**  
BALL



minimum  
half game

## Playing Areas



## Rules

### Equipment

**THE COURT:** Full Court  
**GOALPOSTS:** 3.05 -metres  
**BALL:** A size 5 Netball

### Officials

2 umpires

### The Team

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

### Start of Play

The Centre in possession of the ball stands with at least one foot wholly within the centre circle. All other players are in their respective goal thirds and are free to move but must not enter the centre third until the whistle has been blown

### Duration of the Game

A game consists of four quarters, each of 10-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 after each interval.

### 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.

### Playing the Ball

Players must pass or shoot within 3 seconds

### Footwork

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

### Obstruction

Players must be at least 0.9metres away.

### Contact

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

For more information visit [www.futureFERNs.co.nz](http://www.futureFERNs.co.nz)

