



NETBALL  
NEW ZEALAND

# ANZ futureFERNS



## Game Information

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### The Game that Grows with the Players

**ANZ futureFERNs** (Years 1 to 8) represents almost half of the registered Netball players in New Zealand and is run by a dedicated army of volunteers. In 2012 a major review of the junior game was undertaken to assess the delivery and development pathways of junior Netball and to ensure Netball was a positive experience for children.

The review reminded us that children are not mini-adults and that the sport, including the equipment and format, should be modified accordingly. It also highlighted the need for clearer guidelines and improved support for coaching and umpiring.

As the players grow so too does the junior game, meeting their needs to ensure lifelong participation. The aim is to develop their Netball skills and 'physical literacy' through the provision of quality experiences, support and opportunities.

Modified Netball games have now been introduced to support development of fundamental movement and foundation Netball skills, providing children with the best-possible introduction to Netball.

Parents are the driving force behind junior Netball and their roles are fundamental to the success of the programme.

#### Considerations for Adults:

- Young people play sport to learn skills and have fun with their friends, winning is important but not a key focus.
- All players need equal opportunities to play and develop their skills. Avoid overplaying the talented players.
- Children learn best with positive reinforcement and specific, constructive feedback. Focus on the performance of skills rather than on the result of each game.
- Children learn by taking risks and making mistakes. Encourage and support this as it is a necessary and important part of learning.
- Model appropriate behaviour - insist on fair play, encourage sportsmanship, and show appreciation and respect for volunteer coaches, officials and administrators.
- Allow children time to develop an understanding of the game.

## 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.

NetballSmart  
DynamicWarm-up

Game 6 v 6  
4 x 8-minute quarters

Cool-down

### Rules

#### Equipment

THE COURT: Full Court

GOALPOSTS: 2.6-metres

BALL: A size 4 Netball

BIBS: 2 x A, 2 x C, 2 x 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.

#### 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.

#### Playing the Ball

Players must pass or shoot within 5 seconds.

#### 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.

For a full version of the rules visit [www.ANZfutureFERNs.co.nz](http://www.ANZfutureFERNs.co.nz)



# Year 5 & 6 - 6 v 6

9-10 YEAR OLDS

3/3



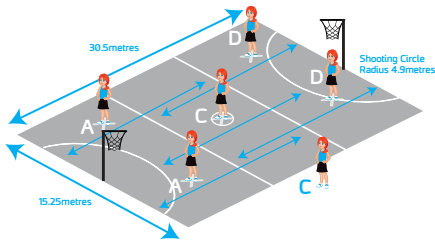
SIZE 4 BALL

GOAL HEIGHT 2.6M

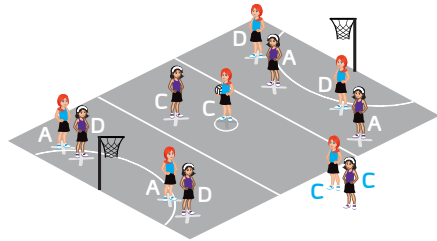


minimum half game

## Playing areas



## Start of Play



4 v 4



5 v 5



6 v 6



7 v 7

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

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