



NETBALL  
NEW ZEALAND



# futureFERNs



## Game Information

Brought to you by:



### The Game that Grows with the Players

**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 3 & 4 - 5 v 5

The focus for this age group is on 'learning' the basics of Netball. It's designed to be fast and fun, maximising participation and touches of the ball. With modified equipment and less players on the court the game is less complicated.

### Game Day Format

NetballSmart DynamicWarm-up	Skill Development 15 minutes	Transition	Game 5 v 5 4 x 8-minute quarters	Cool-down
--------------------------------	---------------------------------	------------	-------------------------------------	-----------

- Played across two thirds of the Netball court
- Five per side - two attackers, two defenders and one centre
- 2.6-metre goal height

- Pass or shoot within 5 seconds
- Rolling substitutions
- Coaches are allowed in their attacking end and guide both teams

### Rules

#### Equipment

**THE COURT:** Two thirds of a Netball court. Two marked goal circles, using one goal circle in the goal third and marking the same on the second transverse line with flat dots or chalk lines.

**GOALPOSTS:** 2.6-metre, portable goalposts need to be used.

**BALL:** A size 4 Netball

**BIBS:** 2x A, 1x C, 2x D bibs can be used.

#### Officials

Coaches will assist and support. Direction should be given during a game without using a whistle.

#### The Team

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

#### Start of Play

The centre from each team will use Paper, Scissors, Rock to determine who will start with the ball at the start of every quarter. Play starts from halfway (transverse line) in the middle of the court. After a goal is scored, play restarts from halfway by the opposing team.

#### Duration of the Game

Games are 4 x 8-minute quarters with 1 minute at each interval, maximum 3 minutes at half time. Teams change ends at half-time.

#### Substitutions

Rolling substitutions are allowed.

#### Playing the Ball

Players are encouraged to pass or shoot within 5 seconds.

#### Footwork

Players are encouraged to be stationary once they have received the ball whether landing on one or both feet.

#### Scoring a Goal

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

#### Obstruction

To allow the ball thrower passing options, 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. If contact occurs, it will be called and after a brief explanation (if required), play will continue.

## Year 3 & 4 - 5 v 5

7-8 YEAR  
OLDS

2/3



SIZE 4  
BALL

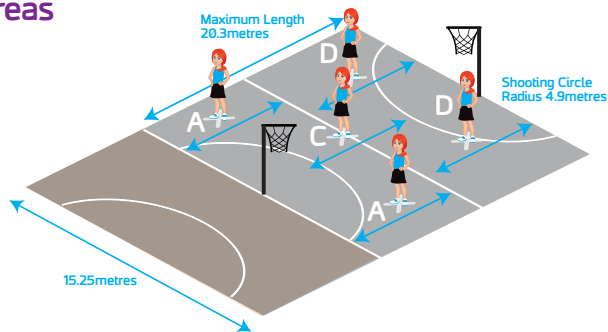


GOAL HEIGHT  
2.6M



minimum  
half game

### Playing areas



Year 1 & 2



4 v 4



Year 3 & 4



5 v 5



Year 5 & 6



6 v 6



Year 7 & 8



7 v 7

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

