



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 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

Netball Smart Dynamic Warm-up	Game 4 x 10-minute quarters	Cool-down
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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 to start play.

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 a full version of the rules visit www.futureFERNS.co.nz



Year 7 & 8 - 7 v 7

11-13 YEAR OLDS

3/3



SIZE 5 BALL

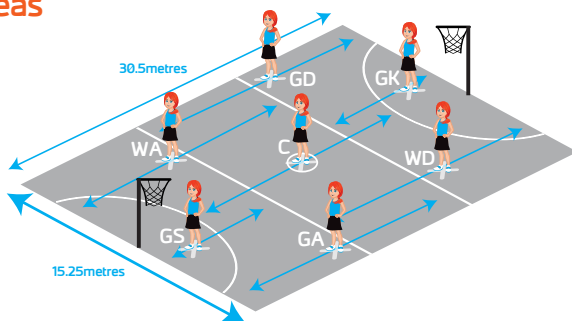


GOAL HEIGHT
3.05M



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

