

- 3) Time Keeper: time each half of the game and indicate to the Umpire when the half has finished.
- 4) Centre Pass Marker: Keep a note of whose centre pass it is and indicates to the Umpire after each goal is scored and at the beginning of each half.

Start of Play:

- 1) Team Captains toss a coin to determine who takes the first centre pass. Subsequent Centre Passes must be taken alternately.
- 2) Play is started by a pass from the 'Centre' (the player with the ball must have both feet in the circle).
- 3) At the start of play, the GS, GA, GD and GK may be anywhere in the goal third. The opposing C shall be anywhere in the centre third and free to move.
- 4) When the Umpire blows the whistle the C must pass the ball within 4 seconds and obey the footwork rule.
- 5) The ball must be caught or touched in the Centre Third.
- 6) Everyone must observe the 1m (3ft) distance rule.
- 7) Players can only jump/mark a player to defend a pass or shot (jump must be straight up in the air).

Playing the Ball:

- 1) A player must;
 - i) Pass or shoot within 4 seconds of receiving the ball.
 - ii) Obey the footwork rule.
- 2) A player may not:
 - i) Deliberately kick the ball.
 - ii) Bounce the ball more than once.
 - iii) Hand or roll the ball to another player.
 - iv) Place their hands on a ball held by an opponent.
 - v) Use the goalpost as a support in receiving the ball going out of court or to gain balance.
 - vi) Throw the ball over a complete third without it being touched or caught by another player in that third.
 - vii) Throw the ball while sitting/lying on the ground.
 - viii) Regain possession of the ball, having dropped or thrown it, before another player has touched it.
- 3) If any of the above is done a free pass is given.

Footwork:

- 1) A player may receive the ball with one foot grounded or may jump to catch and land on one foot. While that landing foot remains on the ground, the other foot may be removed in any direction and any number of times, pivoting on the landing foot if desired; hopping is not allowed.
- 2) A player may receive the ball whilst both feet are grounded, or may jump to catch and land on both feet simultaneously. The player may then choose to move either foot or the remaining foot shall then be considered to be the landing foot. While that landing foot remains on the ground, the other foot may be removed in any direction and any number of times, pivoting on the landing foot if desired; hopping is not allowed.

Scoring a Goal:

- 1) A Goal is scored when the ball passes completely through the ring from the top to bottom.

- 2) A goal may only be scored by the GS or GA, shooting the ball from any part of the shooting circle.

Defending, Obstruction and Contact:

- 1) When a player is holding the ball, the distance on the ground between the player's landing foot and the nearer foot of the opponent must be at least 1m.
- 2) Defending the ball must be an unimpeded throwing or shooting action. One jump to intercept a throw or shot at goal is permitted provided that the player is at least 1m away and that arms are out outstretched prior to the jump; jumping up and down in front of the player is not permitted.
- 3) Netball is a non-contact game. No player shall knock or push an opponent or interfere with his/her player, either accidentally or deliberately.

Out of Court:

- 1) A ball is out of court when it, or a player touches it, touches the ground or an object outside the court. The line counts as part of the court. A throw in is awarded to the opposing team.
- 2) If the ball hits the goal post, and bounces back into court, it is still in play.

Throw-In:

- 1) The throw is taken at the point where the ball crossed the line.
- 2) Any player allowed in that part of the court may take the throw in. They must ensure both their feet are behind the line.
- 3) When a player taking the throw in has checked that all other players are on court she/he must release the ball within 4 seconds.

Offside:

- 1) A player is offside if they enter an area of the court in which they are not allowed.

Penalties: Free pass/Penalty Pass or Shot:

- 1) A Free Pass;
 - i) Is awarded to a team for any infringement of the rules except obstruction and contact.
 - ii) A player cannot shoot directly from a free pass.
- 2) A Penalty Pass / Penalty Shot;
 - i) Is awarded to a team against any player causing obstruction, contact or when defending players cause the goal post to move (so to interfere with the shot at goal).
 - ii) A player may shoot if the penalty is awarded in the circle – the offending player must stand still beside and away from the player taking the pass/shot.
 - iii) A penalty pass or shot (inside the circle), is taken from the point where the infringement occurred and may be taken by any member of the team allowed in that part of the court.

Toss-Up:

- 1) The Umpire take a 'Toss Up' when 2 opposing players simultaneously;
 - i) Gain possession of the ball
 - ii) Knock the ball out of court
 - iii) Are offside with the ball
 - iv) Contact each other
 - v) Or when the Umpire is unsure about which player is responsible for any infringement or who had possession of the ball when the game was stopped for injury.
- 2) The two players stand facing each other and the goal into which their team is shooting. They stand with their arms at their sides and their feet in any position, with 1m between one

player's front foot and that of his/her opponent. The umpire flicks the ball not more than 60cm (2ft) into the air from a point midway between the two players from just below the shoulder level of the shorter player's normal standing position. The whistle is blown as the umpire releases the ball. The ball is now in play.

Scoring

Game: the Team scoring the most goals are the winners

League/Tournament Competition: Win = 5 points

Draw = 3 points

Loss = 1 point

Loss but scores 50% of the total score = 1 'Bonus' point

First Aid & Emergency Procedures

Schools are responsible for the provision and administration of their own First Aid.

The Competition Organiser will brief all School Staff prior to the start of the competition, and will provide information about emergency procedures.

Withdrawing from a Competition

In the event your school has to withdraw from the Competition, you need to inform your School Sport Manager at your earliest convenience, ideally with a minimum of 48 hours' notice.

Head Teachers will be notified of schools withdrawing from the competition.

Cancellation of a Competition

In the unlikely event the competition has to be cancelled the Competition Organiser will contact schools at the earliest opportunity. If you are not contacted assume the competition is taking place.

Appendix

- 1) Rotation Sheets for a squad of 7
- 2) Rotation Sheet for a squad of 8
- 3) Rotation Sheet for a squad of 9
- 4) Match Score Sheet

TEAM ROTATION SHEET

Squad of 7

To avoid
3 boys on
court after
rotation
6 go back to
rotation 1



NAME

1	BOY/GIRL	SCORER	GA	GD	TK	C	GS	GK
2	GIRL	GA	GD	TK	C	GS	GK	SCORER
3	GIRL	GD	TK	C	GS	GK	SCORER	GA
4	GIRL	TK	C	GS	GK	SCORER	GA	GD
5	GIRL	C	GS	GK	SCORER	GA	GD	TK
6	BOY/GIRL	GS	GK	SCORER	GA	GD	TK	C
7	BOY/GIRL	GK	SCORER	GA	GD	TK	C	GS

TEAM ROTATION SHEET

Squad of 8



After rotation
8 go back to
rotation 1

NAME

1	BOY/GIRL	SCORER	C	GA	TK	GD	CPM	GS	GK
2	GIRL	C	GA	TK	GD	CPM	GS	GK	SCORER
3	GIRL	GA	TK	GD	CPM	GS	GK	SCORER	C
4	GIRL	TK	GD	CPM	GS	GK	SCORER	C	GA
5	GIRL	GD	CPM	GS	GK	SCORER	C	GA	TK
6	GIRL	CPM	GS	GK	SCORER	C	GA	TK	GD
7	BOY/GIRL	GS	GK	SCORER	C	GA	TK	GD	CPM
8	BOY/GIRL	GK	SCORER	C	GA	TK	GD	CPM	GS

TEAM ROTATION SHEET

Squad of 9

After rotation
9 go back to
rotation 1



NAME

1	GIRL	SCORER	GA	TK	GD	SCORER	C	GS	CPM	GK
2	GIRL	GA	TK	GD	SCORER	C	GS	CPM	GK	SCORER
3	GIRL	TK	GD	SCORER	C	GS	CPM	GK	SCORER	GA
4	GIRL	GD	SCORER	C	GS	CPM	GK	SCORER	GA	TK
5	GIRL	SCORER	C	GS	CPM	GK	SCORER	GA	TK	GD
6	GIRL	C	GS	CPM	GK	SCORER	GA	TK	GD	SCORER
7	BOY/GIRL	GS	CPM	GK	SCORER	GA	TK	GD	SCORER	C
8	BOY/GIRL	CPM	GK	SCORER	GA	TK	GD	SCORER	C	GS
9	BOY/GIRL	GK	SCORER	GA	TK	GD	SCORER	C	GS	CPM

Match Score Sheet

School Name:

School Name:

Goals Scored:

Goals Scored:

Goals Missed:

Goals Missed:

**Half – time Score
(no. of goals scored)**

**Half – time Score
(no. of goals scored)**

Goals Scored:

Goals Scored:

Goals Missed:

Goals Missed

**2nd Half Score
(no. of goals scored)**

**2nd Half Score
(no. of goals scored)**

**Full time Score
(Total no. of goals scored)**

**Full time score
(Total no. of Goals scored)**



Empty rectangular box for additional information or notes.