

sporting world
sport services

SCHOOL NETBALL LEAGUE

RULES FORMAT AND LOGISTICS



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www.sporting-world.net

Sporting-world.net schools Netball league handbook

Aims

- Hasten the progress of youngsters to the standard game.
- Offer a game to suit the curriculum, extra-curricular sessions and clubs.

Fixtures

- Will be compiled and emailed by Sporting World using our generator software
- An even number of home and away games will be allocated unless a school has offered to play more away if they have access to a minibus
- Fixtures will start at 3:30 or as close to as possible depending on the arrival time of the away team
- Fixtures can be changed if clashes occur but must not take place either;
 - In the last week of term
 - After the scheduled last fixture
- School or parents are responsible for transporting children
- Games cancelled by weather cannot be re-arranged. Games with dates clashes can be re-arranged as above

Sporting World's obligations

- Sporting World will provide 2 members of staff to referee and oversee the match
- Their decision on rules and in play rulings will be final
- To provide the match ball and other equipment where necessary

Website

- To provide league table, statistic leaders and fixtures on www.sporting-world.net
- To update the pages as soon as possible after fixtures
- To provide match reports to local press

Presentation evening

- To provide a presentation evening after the final fixture of the league
- Presentation will begin at 4:45 at the venue of the final fixture in the school hall or sports field (weather dependant)
- To provide a winners with league trophy, medal and certificate for each player
- To provide 2nd place team in the league players with medals and certificates
- To provide 3rd place team players with certificates
- To present leading goal scorer with a prize and certificate
- To present the goalkeeper with the least goals conceded with a prize and certificate

High 5, at a glance

- Five-a-side
- Normal court markings
- 2.74m (9ft) Post
- Pass or shoot within 4 seconds
- 7 – 9 players in a squad
- Player rotation
- Scorers, Timekeepers, Centre Pass Markers

Court

The game can be played on any netball court up to a maximum size of 30.5m x 15.25m (100ft x 50ft).

Markings

Normal court markings should be used. On smaller courts the centre and shooting circles should remain full size.

Safety

The court should be level and flat. Make sure that there are no loose objects, such as grit or wet leaves, on or around the court which could cause injury.

Posts

These should be placed on the centre point of each goal line with none of the base protruding onto the court. The ring should be 2.74m (9ft) from the ground and fitted with a net.

Ball

A size 4 Netball.

Bibs

You can use the GS, GA, C, GD and GK from the full set of netball bibs.

Squad

The squad should consist of a minimum of seven and a maximum of nine players, with five on court at any one time. Squad players not on court should take on a scoring, timekeeping or centre pass marking role. Substitutions may be made at any time in the event of illness or injury.

The players

Mixed or single sex teams, only two boys are allowed on the court at the same time with a maximum of three boys in the squad. Only five members of the squad are allowed on the court at any one time. The court is divided into thirds and players are allowed in the following areas:

GS & GA Their own shooting third, shooting circle and centre third but not end third.

C All thirds but not in the shooting circles.

GD & GK Their opponents shooting third, shooting circle and centre third but not end third.

The Rules

Duration of the game

Matches should be 4 x 6 minutes, with two minutes at each interval. Teams should change ends at each interval.

Start of play

Team captains toss a coin to determine who takes the first Centre Pass. Subsequent centre passes must be taken alternately. Play is started by a pass from the C, who stands with both feet in the centre circle. At the start of play, the GS, GA, GD and GK may be anywhere in the goal third, which is part of the playing area. The opposing C shall be in the centre third and free to move. When the umpire blows the whistle, the Centre must pass the ball within 4 seconds and obey the Footwork Rule. The ball must be caught or touched in the centre third. Everyone must observe the 1m Distance Rule.

Footwork

- 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 moved in any direction and any number of times, pivoting on the landing foot if desired. Hopping is not allowed.
- A player may receive the ball while both feet are grounded, or may jump to catch and land on both feet simultaneously. The player may then choose to move either foot, and the remaining foot shall then be considered to be the landing foot.
- Penalty: Free Pass.

Playing the ball

A player must:

- Pass or shoot within 4 seconds.
- Obey the Footwork Rule.

A player must not:

- Deliberately kick the ball.
- Bounce the ball more than once.
- Hand or roll the ball to another player.
- Place their hands on a ball held by an opponent.
- Throw the ball while sitting/lying on the ground.
- Use the goalpost as a support in receiving a ball going out of court to gain balance.
- Throw the ball over a complete third without it being touched or caught by another player in that third.
- Regain possession of the ball, having dropped or thrown it, before it has been touched by another player.

Defending, obstruction and contact

Players must be at least 1m away from the person with the ball. Defending the ball in a player's hand by outstretching the arms is not permitted. One jump to intercept a throw or shot is permitted, provided the player is at least 1m away. Arms may only be raised as part of the vertical jump in an attempt to intercept the ball. Jumping up and down in front of a player is not permitted.

Scoring a goal

A goal is scored when the ball passes completely through the ring from the top to bottom. A goal may only be scored by the GS or GA from within the shooting circle.

Out of court

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

The throw-in

The throw-in is taken at the point where the ball crossed the line. Any player allowed in that part of the court may take the throw-in and must stand outside the court with both feet behind the line. When the player taking the throw-in has checked that all other players are on court, they must release the ball within four seconds.

Offside

A player is offside if they enter an area of the court in which they are not allowed. Penalty: Free pass.

Penalties

A free pass is awarded to a team for any infringement of the rules i.e. footwork except obstruction and contact. A player may not shoot directly from a free pass. A penalty pass or shot is awarded to a team against any player causing obstruction or contact. A player may shoot if the penalty is awarded inside the circle. The offending player must stand still beside the player taking the pass or shot. The free pass, or a penalty pass or shot, 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

The umpire takes a toss-up when two opposing players simultaneously:

- Gain possession of the ball
- Knock the ball out of the court
- Are offside with the ball
- Contact each other

Or when they are unsure about which player is responsible for an infringement or has possession of the ball when the game was stopped for injury. 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 their opponent. The umpire flicks the ball not more than 60cm (2ft) into the air from a point midway between the players and just below 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.

Match scores

3pts are awarded to the winning team

1pt is awarded to each team in the event of a draw

1pt awarded to both teams if game is cancelled

3pts are awarded to the opposition if a team forfeits a fixture

Match cancellations

Decisions should be made as soon as the pitch is deemed to be unplayable in order to give enough time for the various communication channels. Once it is decided a game should be cancelled please contact the nominated Sporting World member of staff. This will be made clear when the fixtures are announced.

The decision is the responsibility of the home team only.