



MODIFIED RULES FOR 9&U COMPETITION

These modified rules have been adopted by the Mid Hills Netball Association with a view to introducing players to the game of netball and allowing them to learn the game with as much enjoyment as possible. The rules have been adopted to provide as little confusion as possible as players progress to 11&U competition.

Coaches and Umpires are urged to use common sense and understand that they play an integral part in the enjoyment and development of new players to the game.

Coaches should be coaching to the Rules of Netball – these modifications are allowances for younger players as they learn the game, not rules to be taught with the exception of the defending distance at this level.

- Courts on which 9&U Netball is played must have goal posts 2.4m (8ft) in height with nets attached. Pole guards must be attached prior to the commencement of the game
- A suitable size 4 ball must be used
- Four quarters of ten (10) minutes to be played (refer Rules R3.3.1)
- Alternate centre passes (refer Rule 5.8)
- After catching the ball throw within 4 seconds
- Allow shuffling of feet on the spot to gain balance before throwing without moving down the court
- Strict 'one on one' defence in all play
- A player may defend an opponent with the ball from distance of 1.2m (4ft)
- A team of up to 12 players may interchange at $\frac{1}{4}$, $\frac{1}{2}$ & $\frac{3}{4}$ time intervals
- Game time and positions should be evenly distributed amongst all players over the season with player positions rotated weekly
- All players should play a minimum of two quarters per match
- No finals matches are played
- Match scores will be kept but neither scores nor ladders will be published by Mid Hills or Clubs
- Coaches may move along sidelines to give players immediate feedback but must not interfere with the Umpire
- Umpires to use simple language and keep explanations of decisions simple to understand

- Umpires are to always have an encouraging and pleasant manner and ensure an open and free flowing game particularly in the setting up of penalties and throw-ins
- Teams short of players may use a player from an opposition team if available (refer Rule R5.7)
- The mercy rule will be put in place if a team is 20 goals or more ahead at $\frac{3}{4}$ time (refer Rule R5.8)

RULES REFERENCES

R 3.3.1 9&UNDER AND 11&UNDER

In 9&Under and 11&Under age groups, teams shall play four (4) quarters of ten (10) minutes each. Breaks for these age groups shall be a) Two (2) minutes at quarter time b) Three (3) minutes at half time c) Two (2) minutes at three-quarter time

R 5.7 9&UNDER TEAMS SHARING PLAYERS

If at the commencement of or during a 9&Under match, one team has fewer than 7 players while the other has an excess of players, the teams may share their players to ensure the match proceeds. The players are to be marked clearly on the scorecard as a substitute/opposition player, and are to remain in their club uniform but with the opposition bib

R 5.8 9&UNDER AND 11&UNDER MERCY RULES

In the 9 & Under and 11& Under competitions, if at the three quarter (3/4) time break in the Minor Round a team has a lead of 20 or more goals, all centre passes in the final quarter shall be taken by the team which is trailing in the match.