



## MODIFIED RULES FOR 9 & UNDER COMPETITION

These modified rules have been adopted by the Mid Hills 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.

Umpires and Coaches 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.

- Courts on which 9&U GO 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 should be used.
- Four quarters of ten (10) minutes to be played. Refer Rules R 3.3.1
- Alternate centre passes.
- 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 a distance of 1.2m (4ft).
- Undefined shot for goal.
- A Player who contacts or obstructs will not be stood out of play. The umpire will blow the whistle for the infringement but will allow the player to continue after a brief explanation.
- A team of up to 12 players may interchange at  $\frac{1}{4}$ ,  $\frac{1}{2}$  and  $\frac{3}{4}$  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 final matches are played.
- Match scores will be kept but neither scores nor ladders will be published.
- 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 opposition team if available. Refer Rule R 5.7

### 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.