

# JuniorNet RULES

## Match Duration - 4 x 10 minute quarters

## Goal Post - 2.4m (8ft) in height

- The goal posts are 2.4 metres high (8ft), which is lower than normal (10 ft).

*A child attempting a shot at a 10ft goal ring is equivalent to adults attempting a shot with a 14 ft goal post!*

## Ball - Size 4

- Instead of using a full sized Netball (size 5) ball, a smaller one – size 4 – is used.  
*This helps to develop throwing and catching skills.*

*A child throwing and catching a size 5 ball is equivalent to an adult using a medicine ball!*

## Time to Pass the Ball - 5 seconds

- Up to 5 seconds is allowed between catching a pass and throwing the ball to a team mate.

*This gives extra time to decide who to throw to and allows for concentration and correct passing technique*

## Stepping - shuffling

- Shuffling on the spot to regain balance after catching a pass is allowed
- An attempt at correct footwork must be made

*Children do not have the muscle / neurological development to be able to safely land whilst maintaining balance.*

## Defending

- Strict “one-on-one” defence.
- Players may defend a shot at goal.

## Obstruction – 4 ft

- A player must defend from a distance no less than 1.2m (4 ft), normally 3ft.  
*This gives players a clear view of where they want to throw the ball.*

*The adult equivalent of a child being defended from 3ft is 1ft!*

## Substitutions – any time

- The game time should be evenly distributed amongst all players.
- A team may make unlimited substitutions at intervals or at any time during play.
- Before entering the court, the substitute shall tag the player leaving the court.
- Players should stay in either attacking or defending positions throughout one session.
- Players should experience all positions over the course of the program/season

*Rotation of positions at the end of each quarter ensures that everybody learns how to play every position.*

## Centre Pass

- The initial Centre Pass will be taken by the team that won the toss.
- All other Centre Passes shall be taken by the team that did not score the last goal.

## Awards and Scoring

- Scores may be kept but no ladder produced. No final matches should be played.