

Sport	Netball (High 5)
Age Group	Yr 5 & 6
Gender	Mixed
Team / Squad Size	Max. 9 (maximum of 2 boys on court at any one time)

Team Requirements

All players must be Under 11 (as at 31st August **2017**) i.e. Current Year 6 or below. Teams must have a named manager; the nominated adult must supervise their team and is responsible for their players' welfare.

General Rules...

The Court

5 members of the squad are on court at any one time.

Two Posts

The ring should be 2.74m (9ft) from the ground and fitted with a net.

The Squad

High Five Netball is a game which may be played by single sex or mixed squads with a maximum of 3 boys in the squad (only 2 boys on court at one time). The squad should consist of a minimum of 7 and a maximum of 9 players with 5 on court at any one time. The squad is made up with the following playing positions GS, GA, C, GD, GK as well as scorers/time keeper and centre pass marker who have taken on these roles when off court. In squads of 8 & 9, one person should also be responsible for recording and calling whose centre pass it is.

Scorers

Keep a simple score card for their own team.

Timekeeper

Time the matches and indicate when a half is finished.

Centre Pass Marker

Keep a note of whose centre pass it is and indicate to the umpire after each goal is scored and at the beginning of each quarter.

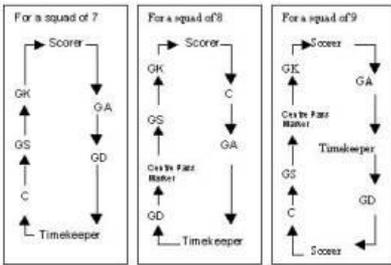
Duration of the game

2 x 6 minute halves (dependant on number of teams entered)
 Substitutions can be made at any time in the event of illness or injury.

Rotation patterns:

Start of Play

Team Captains toss a coin to determine who takes the first Centre Pass.



A rotation pattern must allow for all players have been off court at one time throughout the rotation.

No player should ever be off court consecutively

Rotation patterns will be continuous through

Subsequent centre passes must be taken alternately.

Play is started by a pass from the 'Centre', 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. The opposing Centre 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.

Playing the Ball - A player must:

- Pass or shoot within 4 seconds
- Obey the footwork rule

Playing the Ball - A player may not:

- Deliberately kick the ball
- Bounce the ball more than once
- Hand or roll the ball to another player
- Place their own hands on a ball held by an opponent; mark the ball (they may intercept)

- e) Throw the ball while sitting/lying on the ground
- f) Use the goalpost as a support in receiving a ball going out of court or to gain balance
- g) Throw the ball over a complete third without it being touched or caught by another player in that third
- h) Regain possession of the ball, having dropped or thrown it, before it has been touched by another player

Penalty: Free Pass

Footwork Rule

A player may receive the ball with one foot grounded or may jump to catch the ball 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 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, the remaining foot shall then be considered to be the landing foot. Proceed as above.

Penalty: Free Pass

Scoring a Goal

A goal may only be scored by the Goal Shooter or the Goal Attack from within the shooting circle.

Obstruction

The player with the ball must be permitted 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 the arms are not outstretched prior to the jump. Jumping up and down in front of a player is not permitted.

Penalty: Penalty Pass or Shot

Contact

No player shall knock or push an opponent or interfere with his/her play, either accidentally or deliberately.

Penalty: Penalty Pass or Shot

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. If the ball hits the post and bounces back into 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, she/he must release the ball within 4 seconds.

Offside

A player is offside if she/he enters an area of the court in which she/he is not allowed.

Penalty: Free Pass

Penalties

Free Pass/Penalty Pass or Shot A free pass is awarded to a team for any infringement of the rules **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.

High 5 resources can be found on the England Netball website, which includes the rotation sheets: http://www.Englandnetball.co.uk/my-game/High_5/high-5-downloads

N.B Primary schools can affiliate to England Netball for FREE:
<http://www.surveymonkey.com/s/affiliation>

Contact

For further clarification on the rules please contact the New Forest School Sport Partnership; j.cross@testwood.hants.sch.uk , 02380 665499

Progression

The winning girls' team will progress through to the next round (Level 3) and possibly the runners-up.