

ESCPSNA NETBALL MODIFIED RULES

YEAR 2 & YEAR 3 TEAMS

RULE	YEAR 2	YEAR 3
Match Duration	Four x 10 minute quarters	Four x 10 minute quarters
Goal Post	3.05m high	3.05 m high
Ball	Size 4 ball	Size 4 ball
Time to Pass Ball	5 seconds (lenient)	5 seconds max time
Footwork	1-2 shuffle steps to regain balance allowed	Shuffle on the spot to regain balance allowed, without moving down the court. Always encourage correct footwork at training.
Replayed ball	May bat or bounce the ball up to two times in order to regain balance and control.	Bouncing of the ball 'with hand control' is not permitted. 'Out of control' fumbling will be allowed.
Centre Pass	After initial 'toss', Centre Passes shall be taken by the team that did not score the last goal.	After initial 'toss', Centre Passes shall be taken by the team that did not score the last goal.
Defending 	Strict "one-on-one" defence. No 'two-on-one' defending is allowed. Players must be 1.2 metres (4 feet) from the player with the ball when defending. Players may defend a shot at goal at 1.2 m distance.	Strict "one-on-one" defence. No 'two-on-one' defending is allowed. Players must be 1.2 metres (4 feet) from the player with the ball when defending. Players may defend a shot at goal at 1.2 m distance.
Offside Areas	Lenient rules. A foot on a line is OK; however, a player frequently going offside, will result in a free pass to other team.	Offside is pulled up and a free pass given to opposite team.
Breaking at C Pass	Not penalised, however, if player regularly 'breaks', a free pass may be awarded.	Not penalised, however, if player regularly 'breaks', a free pass may be awarded.
Obstruction/Contact	No deliberate bumping or contact is permitted. The player will be advised if their movements are too aggressive. A player who contacts or obstructs is not stood out of play. The umpire will blow the whistle for the infringement, explain the mistake and then "hand the ball to the other side for a penalty pass."	No deliberate bumping or contact is permitted. The player will be advised if their movements are too aggressive. A player who contacts or obstructs is not stood out of play. The umpire will blow the whistle for the infringement, explain the mistake and then "hand the ball to the other side for a penalty pass."
Positions/Rotations 	<u>Players should experience all positions equally over the course of the season.</u> It is not about winning, but about learning the game, being a team-player and following coach's directions. Rotating players after each quarter is recommended; but it's up to the coach and is determined by the number of players in a team.	<u>Players should experience all positions equally over the course of the season,</u> as it's not only about winning. Rotating players after each half is recommended; but it's up to the coach and is determined by the number of players in a team.

<p>Scoring</p> 	<p>The clipboards with the game Rotation sheet are available from the Timekeepers table at the top of the stairs. Please return clipboards at the end of the game.</p> <p>NO GOAL SCORING WITH YEAR 2.</p> <p>Year 2 coaches are required to record all player's positions each game on the provided Rotation sheet.</p> <p>Player rotations will be recorded and may be reviewed.</p>	<p>The clipboards with the game Score sheet for each game are available from the Timekeepers table at the top of the stairs. Please return clipboards at the end of the game.</p> <p>YES, GOAL SCORING occurs in YEAR 3 games.</p>
<p>Umpire's Role</p> 	<p>Spend the majority of the game on the court with the players; assisting them with position, areas, distances etc.</p> <p>Teach players 'on the run'.</p> <p>Use simple language and explain decisions quickly; adopt an encouraging manner to ensure the game is free flowing.</p>	<p>Spend some of the game on the court with the players; assisting them with position, areas, distances if required.</p> <p>Teach players 'on the run'.</p> <p>Use simple language and explain decisions quickly; adopt an encouraging manner to ensure the game is free flowing.</p>
<p>Coach's Role</p> 	<p>During the Game: Cheer and acknowledge good play. Try and hold detailed commentary until your time at breaks, as players need to hear the umpire's instructions.</p> <p>At Breaks: Call players together and discuss what is working well and how they have improved etc.</p> <p>Rotate positions as per the Rotation sheet which should be filled out either prior to the start of the game or during the game.</p> <p>Encourage all players to shake hands with the other team at the game conclusion.</p>	<p>During the Game: Cheer and acknowledge good play. Try and hold detailed commentary until your time at breaks, as players need to hear the umpire's instructions.</p> <p>At Breaks: Call players together and discuss what is working well; how they have improved; and perhaps mention one/two areas in which they may be able to 'improve' for next quarter.</p> <p>Rotate positions if required.</p> <p>Encourage all players to shake hands with the other team at the game conclusion.</p>
<p>Logistics</p> 	<p>BASIC FIRST AID EQUIPMENT is available at the Timekeepers table including small ice bags. Ice is located at the School Food Stall.</p> <p>SHORT NAILS PLEASE. Nail clippers available from the Timekeepers table. Ideal if Coach/Manager has clippers in team Kit.</p> <p>NO EARRINGS. No studs - no earrings. <u>Taping over new earrings is not permitted. Please avoid having ears pierced at any time during the season.</u></p> <p>EXTRA BIBS: are available at the Timekeepers table.</p> <p>Ensure your netball is well inflated.</p>	<p>BASIC FIRST AID EQUIPMENT is available at the Timekeepers table including small ice bags. Ice is located at the School Food Stall.</p> <p>SHORT NAILS PLEASE. Nail clippers available from the Timekeepers table. Ideal if Coach/Manager has clippers in team Kit.</p> <p>NO EARRINGS. No studs - no earrings. <u>Taping over new earrings is not permitted. Please avoid having ears pierced at any time during the season.</u></p> <p>EXTRA BIBS: are available at the Timekeepers table.</p> <p>Ensure your netball is well inflated.</p>