

# ESCPSNA NETBALL MODIFIED RULES 2023

## YEAR 2 & YEAR 3 TEAMS

RULE	YEAR 2	YEAR 3
<p><b>Always here to help</b></p> 	<p>BASIC FIRST AID EQUIPMENT is available at the Timekeepers table including small bags for ice. 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 bags for ice. 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>
<b>Match Duration</b>	Four x 10 minute quarters	Four x 10 minute quarters
<b>Goal Post</b>	3.05m high	3.05 m high
<b>Ball</b>	Size 4 ball	Size 4 ball
<b>Time to Pass Ball</b>	5 seconds (lenient)	5 seconds max time
<b>Footwork</b>	1-2 steps to regain balance allowed	Shuffle on the spot to regain balance allowed, without moving down the court. Always encourage correct footwork at training.
<b>Replayed ball</b>	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.
<b>Centre Pass</b>	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.
<p><b>Defending Obstruction</b></p> 	<p>Strict "one-on-one" defence. No 'two-on-one' defending allowed. Player to be 1.2 metres (4 feet) from the player with the ball when defending. This includes defending a shot at goal. Umpires assist with this. No standing out of play.</p>	<p>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 Umpires assist with this. No standing out of play.</p>
<b>Contact</b>	A player who contacts is not stood out of play even though 'bumping/contact' is not permitted. The umpire will blow the whistle & explain the mistake. Most times, they will hand the ball to the other side for a 'penalty pass.'	Normally, a player is not stood out of play even though 'bumping / contact' is not permitted. The umpire will blow the whistle; explain the mistake & hand the ball to the other side for a 'penalty pass.' A player who is frequently 'contacting',

		may be stood out of play.
<b>Breaking at C Pass</b>	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.
<b>Offside Areas</b>	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.
<b>Positions/Rotations</b> 	<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.  Be ideal if a player kept same position for half a game, however, team numbers dictate this.	<u>Players should experience all positions over the course of the season if they wish to.</u> You will be working with height and speed to make position decisions, however all need a fair go.  Be ideal if a player kept same position for half a game, however, team numbers dictate this.
<b>Scoring</b> 	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.  NO GOAL SCORING WITH YEAR 2.  Year 2 coaches are required to record all player's positions each game on the provided Rotation sheet.	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.  YES, GOAL SCORING occurs in YEAR 3 games.
<b>Umpire's Role</b> 	Spend the majority of the game on the court with the players; assisting them with position, areas, distances, no bumping allowed etc.  Use simple language; explain decisions; adopt an encouraging manner: keep game safe & not over-crowded.  Change Goal Ends at Half-time.	Spend minimum of the game on the court with the players; however help with position, areas, & defence distances if required. Allow no contact.  Use simple language; explain decisions; adopt an encouraging manner: keep game safe & not over-crowded.  Change Goal Ends at Half-time.
<b>Coach's Role</b> 	<u>It is important to coach to the rules</u> During the Game: Cheer and acknowledge good play. Try and hold detailed commentary until intervals. Why? Players need to hear the umpire's instructions.  At Breaks: discuss what is working well. What could be better?  Rotate positions depending on how many in the team. Players should experience all positions throughout the season.  Encourage all players to shake hands with the other team at the game conclusion.	<u>It is important to coach to the rules</u> During the Game: Cheer and acknowledge good play. Try and hold detailed commentary until intervals. Why? Players need to hear the umpire's instructions.  At Break; stay positive yet provide direction.  Be ideal if a player kept same position for half a game, however, team numbers dictate this.  Encourage all players to shake hands with the other team at the game conclusion.