

## National Netball – Girls

**School Year:** Yr.5 and 6 (Year 4 can only play with parent / school's permission)

Each game should last no longer than 7 minutes per half

Group Game Points: **Win = 3 points. Draw = 1 Point. Loss = 0 Points**

-Group Winner: 1. Most points 2. Goals Scored 3. Goals Conceded

-If teams are still equal in the groups, the head-to-head result will be used before names will be pulled out of a hat.

-If there is a tied game in the final rounds, up to 3 additional minutes per half of extra time will be played before moving on to a maximum of 4 minutes of Golden Goal

### General Instructions and Rules of the Competition

Dragon Netball is the game for primary school children in Wales and progresses to the full adult game. WNA philosophy behind Dragon Netball is to encourage participation with the emphasis on fun, safety and development appropriate to the age and level of the player. For more info: [http://www.urdd.cymru/files/3014/1865/6845/Pel-rwyd\\_cynradd\\_Rheolau.pdf](http://www.urdd.cymru/files/3014/1865/6845/Pel-rwyd_cynradd_Rheolau.pdf)

#### AREA OF COURT

GS = 1, 2

GA = 1, 2, 3

WA = 2, 3

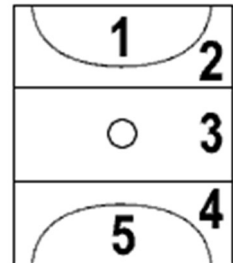
C = 2, 3, 4

WD = 3, 4

GD = 3, 4, 5

GK = 4, 5

- **There will be no rotations**



#### Dragon Netball Rules

Adult rules apply and are coached, however the following conditions are encouraged:

- Relax the 3 second rule (up to 5 seconds) to allow players time to gain their balance and make decisions - which take longer at this level
- Relax the footwork rule, allow players to gain balance, not progress down the court.
- Players are allowed to defend on court and are also allowed to defend the shot. Players must be 3ft away from the landing foot
- Relax the replayed rule, particularly if playing outside in wet / cold conditions
- Enforce the contact rule
- Do not penalise for incorrect throw-ins, instead - explain to players if needed.
- Allow players a moment to get back 'on-side', penalise if the player remains in an offside area and impacts on the non-offending team
- Use a size 4 ball and the goal posts are at the correct height of 2.6m (8'6")
- The post which protrudes above the ring (when the posts are lowered) is 'out of court'

#### A player may not:

- Deliberately kick the ball;
- Hand or roll the ball to another player;
- Place their hands on a ball held by an opponent;
- Throw the ball while sitting/lying on the ground;
- Use the goalpost as a support in receiving a ball going out of court or to gain balance.
- Throw the ball into a third that does not directly neighbour the players third of the court.
- Regain possession of the ball, before it has been touched by another player.

#### General Rules

- If a team is late 1 goal will be added to the on-time teams score up until 5 minutes have passed and then the game will be called as a 'bye'
- It is the teachers/coaches' responsibility to keep score of their game
- Jewellery is not permitted apart from for medical reasons
- Finger nails must be cut short before playing