

KidzplayNetball

Year 1 Six-a-side Netball Guidelines

- Played on a $\frac{3}{4}$ size court with a Size 4 netball and shoot at 1.8m goals.
- Six players make up a team: 2 x centres; 2 x defence; 2 x attackers.
- The centres play anywhere on the court except for the goal circles.
(One centre stand in the centre circle for the centre pass or to defend the centre pass, the other stands in the traditional WA area for centre passes. In the second week the centres would swap between being the person who throws the ball from the centre and that playing in the 'WA' position.)
- Attackers and defenders can play in the goal circle, goal 1/3 and centre 1/3.
- Normal netball rules will apply with the following allowances for Year 1 players (it is preferred that the umpire is an adult who can support both teams to learn the basics of netball):
 - ✓ Stepping (no travelling, balancing allowed)
 - ✓ Held Ball (allow 5 seconds)
 - ✓ All short passes
 - ✓ Replay ball (be lenient, but must always call an attempt at goal that has not touched any part of the goal post)
 - ✓ All contact
 - ✓ Obstruction (give a warning but penalise if no attempt is being made to correct)
- Players must rotate every second week. (That is they will play Centre twice, Defence twice and Attack twice, over six weeks.)
- Substitutions can only be made at half time when a player is on a half game. Substitution players must go into the position vacated by the person leaving the court. Players can not move positions during a game.
- Bibs are supplied by KidzplayNetball

Court layout diagram:

