



## **Moving Matters Year 5 /6 Netball**

### **DETAILS**

Who: Year 5 & 6 (Boys and Girls)

When: October 16th 2019

Where: Kennington Park

Time: 09:30-14:30

Match time: 6 – 8 minute games

Team: 5 a side – Players must be rotated. (Please see England netball for rotations)

Squad Size: Maximum of 9 players

### **Team & Player Requirements**

- Teams can be mixed (min of 3 Girls on the court at all times)
- Teams can consist of a maximum of 9 children
- All competitors must be in Year 5 and 6
- Each player should be suitably equipped for this outdoor competition i.e trainers only.
- Water **MUST** be brought by each team.
- No Jewellery
- Toilets and limited changing room space will be available on the day

### **Event Format**

- Each fixture will be timed as 8 minutes straight through, without half time.
- Round Robin Structure- top 2 qualify for knockout stages

## **Rules of Play & Organisation**

### **Attacking:**

- Pass or shoot within 4 seconds.
- Footwork Rule:
- Player must catch the ball with one foot grounded / may jump, catch and land on one foot.
- If the player catches the ball with both feet grounded they may choose a pivot foot.
- Pivoting is allowed. Hopping is not allowed.

### **Loss of possession:**

- Deliberately kick the ball.
- Bounce the ball more than once.
- Hand or roll the ball to another player.
- Throw the ball while sitting/lying on the ground.
- Use the goalpost as a support in receiving a ball going out of court to gain balance.
- Throw the ball over a complete third without it being touched or caught by another player in that third.
- Regain possession of the ball, having dropped or thrown it, before it has been touched by another player.

### **Defending:**

- Jumping up and down in front of a player is not permitted.
- Players must be at least 1m away from the person with the ball.
- Defending the ball with outstretched arms is not permitted. (Except when making an attempt to intercept vertically).
- One jump to intercept a throw or shot is permitted provided the player is 1m away.

High 5 netball is a development sport, please try and adhere to a rotation (example below) so players experience every position.

The High 5 squad rotation system will NEED to be used by ALL schools – to download a guidance sheet on this please see this link

<https://www.englandnetball.co.uk/high5/resources-downloads/>

To download the full High 5 rulebook please follow this link -

<https://www.englandnetball.co.uk/high5/resources-downloads/>