MODIFIED 7/8s and 8/9s – RULES

1. Goal posts to be 2.4 m (8 ft).
2. Size 4 netball only to be used.
3. After catching the ball a player must throw within six (6) seconds.
4. Teams may change player positions at either quarter, half and third quarter intervals.
5. All playing positions to be rotated during the game so that no player plays more than half the game in the same position. Players must rotate through all positions during the season.
6. Positions played must be listed on the scorecard.
7. All players to play a minimum of two quarters unless due to injury or illness.
8. Teams are to swap scoring ends each quarter.
9. Modified 7/8s and 8/9s matches will consist of 4 x 10 minute quarters, with a 3 minute interval at quarters and a 5 minute interval at half time. Normal injury time applies (up to 2 minutes per team per quarter)
10. Games are for participation ONLY. No points are awarded.

MODIFIED 7/8s AND 8/9s

Use simple language and explain decisions.

Adopt an encouraging and pleasant manner to ensure an open free flowing game, particularly in the setting up of penalties and throw ins. Umpires to direct scorer and timer.

MODIFIED 7/8s and 8/9s

Coaching by the coaches ONLY is permitted in Modified 7/8s and 8/9s games, and it is to be from a stationary position. A second coach is allowed to coach from a fixed position on the opposite corner of the court from the first coach (see diagram below).