



# WHY NETBALL

## What are the benefits of playing my sport?

When you play netball there is a position to suit everyone! It is a non-contact game and is great for improving fitness. It is also a great way to develop hand-eye co-ordination, spatial awareness, reaction time, team work and a great way to make friends.

## TOP Tip!

A primary school in Devon has been really impressed with the number of non-sporty girls who have taken up netball. Following an after school Netball Club, a number of the players have transitioned to a local club and continue to play and gain confidence outside of school. The coach even set the girls challenges to undertake during lunch times using Playground Buddies to help. The girls were rewarded at the final training session if they could complete 20 chest passes without dropping the ball; even the parents commented how much the girls had enjoyed the small challenge when they had never really been interested in sport before.

# NETBALL

**Spirit of the Games:**  
**Excellence through competition**  
How does your sport exemplify these values?



Show your passion in netball.  
Give 100 per cent and shoot  
for the stars.



Show respect by being courteous to  
your team-mates, the opposition and  
the officials. Don't forget three cheers at  
the end of the game.



Treat the opponent as you would  
like to be treated.



You can do it!  
Don't stop believing.



Whether attacking or defending  
a team must work together to  
outfox their opponents.  
Win or lose, it's done as a team.



Be determined and give everything you've  
got in every game.

## Priority competitions:

- **High 5 Netball:** High 5 Netball is for pupils in years 5 and 6 and is for both boys and girls. It can be run at Intra School Competition (Level 1), Inter School Competition (Level 2) and County Final - Inter School Competition (Level 3) and will run during the autumn and spring terms. High 5 Netball can take place indoors or outdoors, depending on what facilities you can access. Inter School Competition (Level 2) will be organised by your School Games Organiser and you can enter this event through them. The winners/runners-up (as decided locally) will progress to the County Final - Inter School Competition (Level 3).
- **Netball (Year 7 girls):** It can be run at Intra School Competition (Level 1), Inter School Competition (Level 2) and County Final - Inter School Competition (Level 3) and can take place indoors or outdoors. Inter School Competition (Level 2) will be run by your School Games Organiser and you can enter this event through them. Netball for Year 7 girls will run during the autumn and spring terms. The winners/runners-up (as decided locally) will progress to the County Final - Inter School Competition (Level 3).

## Where do young people go next (from school to club/community)?

Contact your Regional Office for local Netball Development Officer details. [www.englandnetball.co.uk/regions/](http://www.englandnetball.co.uk/regions/)  
Netball Development Officers can help transition young people into community sport through Satellite Clubs, Festivals and Tournaments, and Taster Sessions at established Junior Clubs. They have all the local knowledge and links to help young people progress through the netball pathway and find a club suitable for the age, level and ability of all children.

## Young Leader/Officials courses/qualifications available:

If you have students wanting to get involved in volunteering in the School Games then we have our **Young Netball Organiser** and **Into Officiating Award** courses designed specifically to support students wanting to volunteer in events of officiating.

## Embracing the School Games Vision

**Development Competitions** provide an opportunity to engage all young people.  
Utilising the NGB format, consider:

- Identifying targeted participant groups (i.e. gender, physical activity levels, impairment groups).
- Using the STEP principles to condition activities.
- Consider how to reward success – what does it look like?

## Relevant web links:

[www.englandnetball.co.uk/my-game/schools/school-games/](http://www.englandnetball.co.uk/my-game/schools/school-games/)  
[www.englandnetball.co.uk/my-game/high5/high-5-in-schools-2/](http://www.englandnetball.co.uk/my-game/high5/high-5-in-schools-2/)

## Signposted competitions:

### England Netball National Schools Competition U14 and U16

The first entry point is through either an Area or County round (depending on County), followed by the Regional and National round. These events are delivered by County and Regional Netball Associations and England Netball.

Enter by contacting your County Netball Association; details available at [www.englandnetball.co.uk/regions](http://www.englandnetball.co.uk/regions). You must be affiliated to England Netball to compete in the National Schools Competition. To affiliate, visit [www.englandnetball.co.uk/membership](http://www.englandnetball.co.uk/membership)

Enter by Area/County rounds start from the end of September.

During 2017/18 England Netball will be working hard to update our offer to primary school children and how this is incorporated into School Games. There may be occasions where schools or School Games Organisers are contacted to see if they are interested and able to pilot new resources and activities.

# NETBALL

## Competition Card 1

### Primary or Secondary:

Primary

### Name of competition:

High 5 Netball

### Age group:

Years 5 and 6 (boys and girls)

### How to enter:

Via your local SGO

### Tournament format:

Can be played either home and away, or at a central venue depending on your local facilities. If playing in a central venue, teams to play 2-3 matches per night.

### Simple rules:

- Five players on court.
- Seven to nine players in a squad.
- Normal court markings.
- 2.74m (9ft) post.
- Pass or shoot within four seconds.
- Player rotation.
- Scorers/timekeepers/centre pass marker role.

Download the rules, rotation sheets, centre pass marker and score sheets at [www.englandnetball.co.uk](http://www.englandnetball.co.uk) in the High 5 section and view the Introduction to High 5 guide.

### How can depth in competition through extra teams be achieved?

Netball can be offered to more young people through leagues that cater for A, B and C teams.

Alternatively, have a plate and a cup competition to engage more young people. Your Netball Development Officer can offer some different formats like Crazy Catches and other equipment to help run alternative competitions alongside traditional tournaments.

High 5 rules ensure all participants rotate around various positions including off court roles of Scorer, Time Keeper and Centre Pass Marker. Why not consider what students would benefit from taking on the different roles? Rotations need to happen at the end of every quarter/half and the end of every match so you could bring a student along to undertake that task. Visit [www.englandnetball.co.uk/my-game/schools/school-games/](http://www.englandnetball.co.uk/my-game/schools/school-games/) for the full list of rotations and get your students used to them before they attend events.

### Relevant web links:

[www.englandnetball.co.uk](http://www.englandnetball.co.uk) and visit the High 5 section

### Roles for young people:

- If you have students wanting to get involved in volunteering in the School Games then we have our Young Netball Organiser and Into Officiating Award courses designed specifically to support students wanting to volunteer in events of officiating. Roles including scorer/timekeeper/centre pass marker are a good start.

### Think inclusively!

**High 5 Netball** is designed to enable young people to pick up key skills and experiences through flexible, fun play that includes everyone. The rules give lots of freedom around the court and gives players more time to make decisions. A brightly coloured netball can be used for visually impaired players. Zones can be used to support children with additional needs.

### The route from here to County Final - Inter School Competition (Level 3)

Winners and runners-up (decided locally) should progress to County Final - Inter School Competition (Level 3). County Final - Inter School Competition (Level 3) should happen in either the spring or summer term.

### How can regularity be achieved?

Netball can be offered on a regular basis through a league format. This could be home and away fixtures or at a central venue, depending on your local facilities.





# NETBALL

## Competition Card 2

### Primary or Secondary:

Secondary

### Name of competition:

Netball

### Age group:

Years 7 girls

### How to enter:

Via your local SGO

### Tournament format:

Can be played either home and away, or at a central venue depending on your local facilities. If playing in a central venue, teams to play 2-3 matches per night.

### Simple rules:

- Can be played indoors or outdoors.
- Seven players on a court.
- Play is started with a centre pass which must be caught or touched in the centre third.
- A player must pass or shoot within three seconds and obey the footwork rule.
- A ball is out of court when it, or a player touching it, touches the ground or an object outside the court. The line counts as part of the court. If the ball hits the post and bounces back into court, it is still in play.
- The throw-in is taken at the point where the ball crosses the line. Any player allowed in that part of the court may take the throw-in and must stand outside the court with both feet behind the line.
- Obstruction
  - Player with ball: the nearer foot of the defender must be 0.9m (3ft) from the landing foot of the player with the ball, or the spot where the first foot had landed if one has been lifted. The defender may jump to intercept or defend the ball from this 0.9m (3ft) distance.
  - Player without ball: the defender may be close, but not touching, providing that no effort is made to intercept or defend the ball and there is no interference with the opponent's throwing or shooting action.
- A player is offside if she/he enters any area of the court in which she/he is not allowed.
- Full rules can be found at [www.englandnetball.co.uk](http://www.englandnetball.co.uk)

### How can depth in competition through extra teams be achieved?

Netball can be offered on a regular basis through a league format. This could be home and away fixtures or at a central venue depending on your local facilities.

Alternatively, have a plate and a cup competition to engage more young people. Your Netball Development Officer can offer some different formats like Crazy Catches and other equipment to help run alternative competitions alongside traditional tournaments.

Use of student leaders to support B, C, D (and beyond!) teams can be encouraged and workshops such as Young Netball Organiser can help to up skill these students, contact your local Netball Development Officer for more information on this. Use of alternate forms of netball may also suit some students, for example Fast 5 Netball with its exciting and fun variations of the rules.

### Roles for young people:

- If you have students wanting to get involved in volunteering in the School Games then we have our Young Netball Organiser and Into Officiating Award courses designed specifically to support students wanting to volunteer in events of officiating.

### Think inclusively!

A brightly coloured netball can be used for visually impaired players. Zones can be used to support children with additional needs; consider time on the ball and number of steps allowed.

### The route from here to County Final - Inter School Competition (Level 3)

Winners and runners-up (decided locally) should progress to County Final - Inter School Competition (Level 3). County Final - Inter School Competition (Level 3) should happen in either the spring or summer term.

### How can regularity be achieved?

Netball can be offered on a regular basis through a league format. This could be home and away fixtures or at a central venue, depending on your local facilities.

### Relevant web links:

[www.englandnetball.co.uk](http://www.englandnetball.co.uk)

