

## Netta Netball Rules...

### What Rules of Netball are Different for Netta Netball?

Rule	Netball	Netta Netball
<b>Match Duration</b>	4 x 15 minute quarters	4 x 10 minute quarters
<b>Goal Post</b>	3.05 meters (10 feet) in height	2.4 meters (8 feet) in height
<b>Ball</b>	Size 5 of composite leather or all leather	Size 4 of composite leather or all leather
<b>Time to pass the ball</b>	Up to 3 seconds	Up to 6 seconds
<b>Stepping</b>	Strict application of footwork rules	Shuffling on the spot allowed to gain balance before throwing, without moving down the court
<b>Defending</b>	A variety of defending tactics employed	Strict "one on one" defence Undefended shot for goal
<b>Obstruction</b>	A player defending a player from the opposing team in possession of the ball must defend from a distance of 0.9m (3 feet)	A player defending a player from the opposing team in possession of the ball must defend from a distance of 1.2 metres (4 feet)
<b>Obstruction/ Contact</b>	A player who obstructs or contacts a player from the opposing team must stand out of play whilst the penalty pass or shot is taken	A player who contacts or obstructs will not be stood out of play. The umpire will blow the whistle for the infringement but will allow the player to continue after a brief explanation
<b>Substitutions</b>	A team may make unlimited substitutions in any one game at 1/4, 1/2 and 3/4 time intervals, or during an injury time	A team of up to 12 players may make unlimited substitutions at 1/4, 1/2 and 3/4 time intervals.  All playing positions are rotated at the end of each quarter. Each player should experience every playing position.  All player must play a minimum of two quarters
<b>Awards &amp; Scoring</b>		Scores should not be recorded. No final matches should be played.  Each participant in the competition should be given a memento of participation, eg. certificate of participation award