

FUTURE FERNS NETBALL

INTRODUCTION:

Future Ferns Netball is a modified game of netball, designed to introduce young players to the enjoyment of the sport. There are some important differences from normal 'positional' or conventional netball.

One of these is the **rotation** process – a rule designed to allow young players to experience playing in different positions, to learn skills of both attacking and defending, familiarising themselves with various dynamics of the game, and to provide a coaching opportunity for coaches to focus on specific skills. It is particularly important that young players are not channelled, or stereo typed into positions because of height or other physical reasons.

Netball is a skill-based game in which success and personal development (in the widest sense) is encouraged through active participation. The modified equipment such as smaller ball and lower goal post, are designed to aid the development of young players – that is, the equipment is fitted to suit the physical make up and abilities of young children.

LOCAL MODIFICATIONS:

We have Future Ferns Netball from Year 3 to Year 4 inclusive.

The grading of teams will reflect the year level of schools accordingly.

Required rotations have been modified to suit teams with 8 or 9 players.

EQUIPMENT:

The same court is used as for conventional netball. The goal ring remains the same diameter (380 mm) but the height of the goal ring is as follows:

Years 3, 4, 5, 6	2.6 m
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Different ball sizes are to be used:

Years 3, 4, 5, 6	size 4 ball (450 – 500 mm circumference)
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RULES:

The rules of Future Ferns Netball should be applied with discretion and flexibility. The more technical rules should be relaxed at Year 3 to allow play to flow while skills are being learned. At Year 4, players should be introduced to more technical rules and thus be encouraged with flexibility during game time, again with discretion. It is predicted that at Year 5, players will be at a skill level that would reflect a more rigid observation of conventional rules, in preparation for Year 6 level of netball.

The rules that govern the spirit of the game by outlawing unsporting play should be vigorously applied at all times.

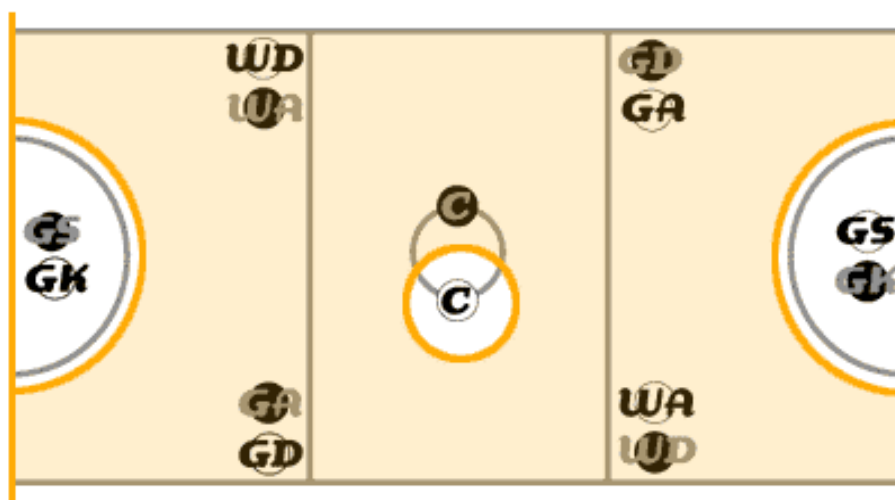
TIME:

The game is played in **4 quarters of 8 minutes each**, with **quarter time breaks**.

The pass-off will be determined by way of a 'toss' taken prior to the starting whistle. The pass-off to commence the second half will be determined according to the odds and evens system described in the '**how to score section**' of this handbook.

PLAYERS:

7 players take the court at any time. In the spirit of participation and equal opportunity to court time, it is recommended that teams consist of no more than ten (10) registered players.



SUBSTITUTION:

An ill or injured player may be substituted at any time. The substitute player must always take the position of the player being replaced.

Substitution of players for the **purpose of rotation** will occur **at half time**. Substituted players must re-enter the court at the same position they were substituted from the week before.

Substitution at half time will be made at strategic court positions to affect a working rotation depending on the total number of players in a team.

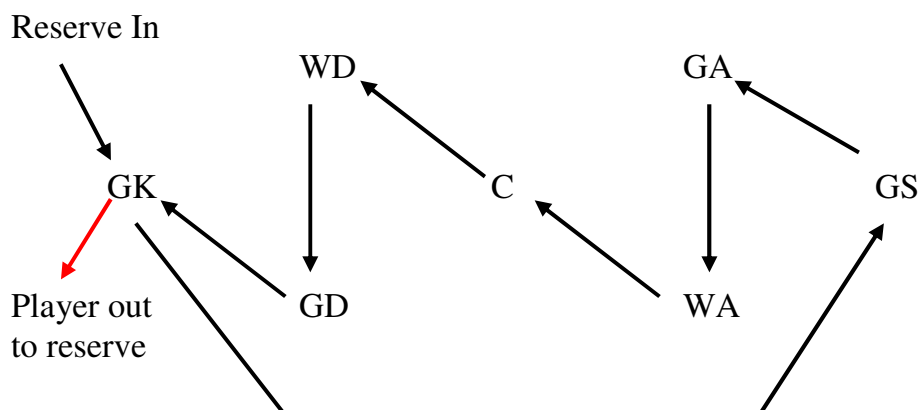
ROTATION:

The rotation process has been restructured to provide the most effective and compatible changes on court from one position to another.

A player may play half a game and be substituted at the break at set positions, depending on how many players there are on a team. On the following week, the same player will re-enter the game at the position she/he was in when she was substituted out at half time. The **player(s) that end a game will be the same seven players that will rotate to new positions to start the court the following week.**

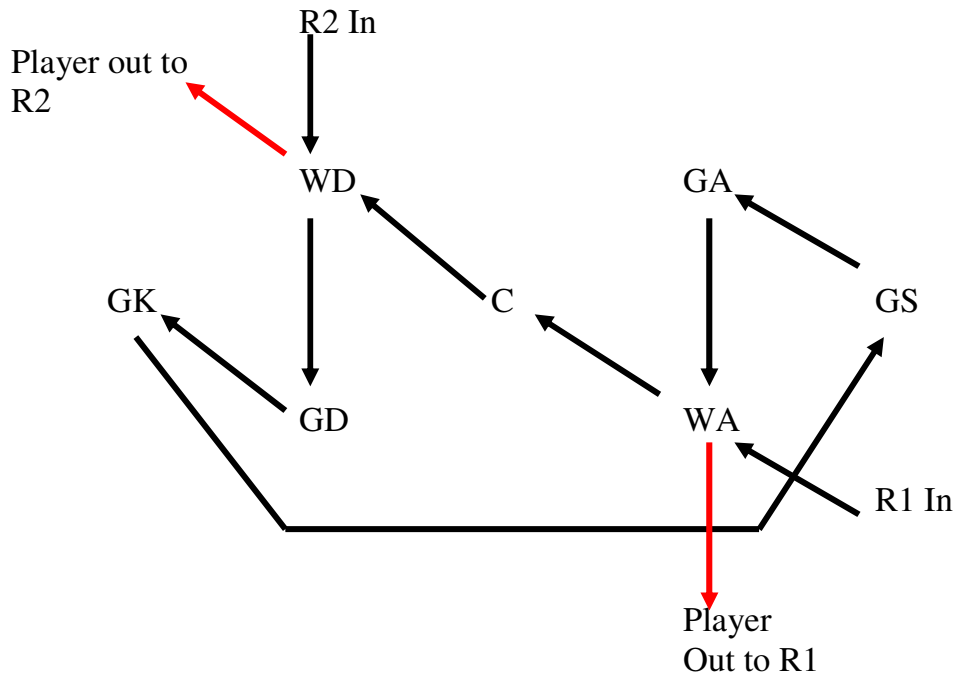
Substitution and rotation structure for teams of 8 players

- Rotation is anti clockwise.
- Reserve player **enters** game at **GK** when ends have changed.



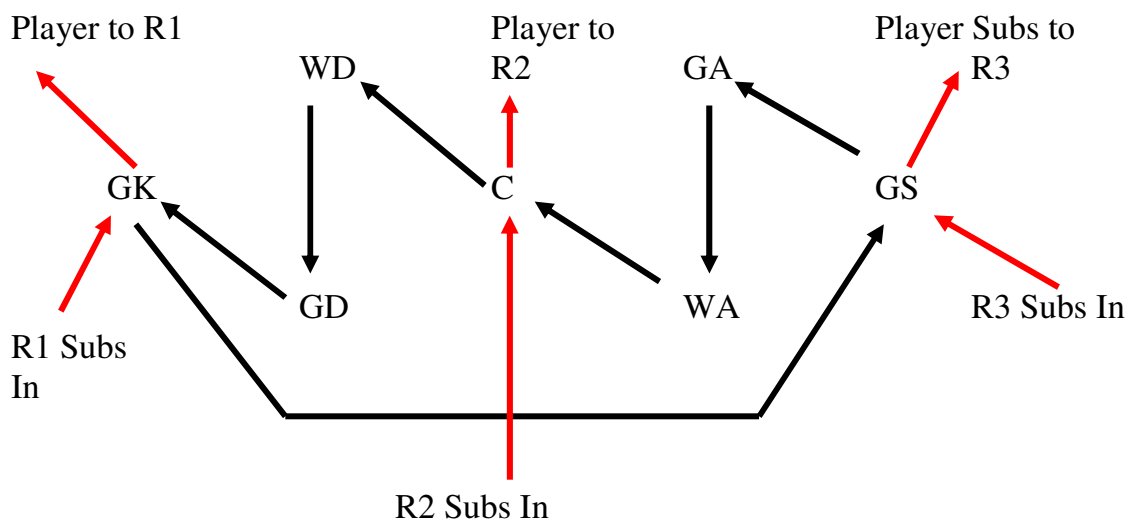
Substitution and rotation structure for team of 9 players

- Rotation is anti clockwise.
- **Substitutions** are made at **WD** and **WA** positions at half time when ends change.



Substitution and rotation structure for teams of 10 players

- Rotation is **clockwise**.
- **Substitutions** are made at **GK**, **C**, and **GS** positions at half time.



NB: Teams of seven players do not make any substitutions at half time. The rotation of players will occur for the beginning of each new game as normal. This will allow each player to play in one position for the duration of the game.

It is recognised that practices and trainings are opportunities for coaches to train the players in their rotated positions for the following game, to coach the skills of the positions that substitutes will enter into, and help players understand that substitution is a normal part of any sporting code, and that in this case, it is an opportunity to learn skills in a new position.

A Guide for Umpiring Future Ferns:

Rationale:

That umpires demonstrate understanding and apply the rules in a gentle, non-aggressive manner that helps young players to learn the rules. This will promote a flowing game with minimal whistle and ensure a fair contest, fair play, and safety of all players.

Note: Umpires need specific training on the rule modifications, as their role is that of both coach and umpire.

Modified Rules:

- Explain umpiring decisions **using simple language**.
- Enforce **contact rule** at all times.
- Enforce **obstruction rule** – distance is **1 metre** for Future Ferns netball (unmodified netball is .9m). This will allow ball handlers to get their passes away to promote a flowing game.
- Encourage quick replacement of an injured player if necessary.
Note: Deal with the injured player. Play should resume as quickly as possible.
- All players who have **blood injuries must be removed** from the court, and can return (as per the unmodified rules).

Rules for Year 3 to 5 only:

- **Relax the 3 second rule.** Allow up to 6 seconds to give time for players to gain their balance and make decisions.
- **Relax the stepping rule** to allow players to gain balance and stability, but do not allow **progress** down the court.
- **Relax the ‘off side’ rule** to allow players time to get back “on side”. A penalty is awarded only if the player remains offside and impacts on the other team.
- **Relax the replayed rule**, particularly in wet, cold weather.
- **Do not penalise for incorrect throw ins.** Instead explain to players if needed.
- Ensure the teams are playing with the correct size ball (8’6”).

HOW TO SCORE THE GAME

- **Evens** – Team that chooses the ball at the toss up is **evens** (**write E** on the scorecard next to their team name).
- **Odds** – The other team is odds (**write O** on the scorecard next to their team name).
- The total score is nil – therefore **evens pass first**.
- **Pass off** – Umpire may ask during the game, at any time, whose pass off it is. Total the number of goals for both teams together, if the goals total to an even number then next pass off is the even team and if the total is an odd number then it is odds team pass.
- **End of quarter** – At the end of each quarter when the siren goes, if the **ball is still in play** then change Evens to Odds and Odds to Evens on the scorecard.

OR

- If a goal is scored or the centre is holding the ball ready to pass off as the siren sounds, leave the Odds and Evens teams as they are and make no changes on the scorecard.
- Total the half time score for each team at the half time, and total the full time score for each team at full time. Complete the scorecard before handing it in.

PLAYER'S CODE OF BEHAVIOUR

- ❖ Play for the fun and enjoyment of netball for your own benefit and the benefit of the team.
- ❖ Play by the rules and abide by the umpires' decisions. If you are unsure of a rule, ask your coach or umpire to explain it to you.
- ❖ Respect the umpires and scorers. If you disagree with a decision that has been made, ask your captain or coach to approach the umpires and scorers during a break or after the game.
- ❖ Be a good sport and always demonstrate good sportsmanship behaviour towards players on the opposite team.
- ❖ Support your team members on court in a positive and friendly manner.
- ❖ Co-operate with your coach, teammates and opponents.
- ❖ Bring a positive sporting attitude to each practice and game.
- ❖ Encourage your family and friends to come and watch your games.

COACHES' CODE OF BEHAVIOUR

- ❖ Promote the Player's Code of Behaviour with young players at every opportunity.
- ❖ Teach your players the rules of the game. Help them to understand that they are mutual agreements, which they should stick to at all times.
- ❖ Motivate young players to improve their skills in a positive and encouraging manner.
- ❖ Carry out the substitutions and rotation requirements at each game to ensure all players take the court promoting equal court time.
- ❖ Treat your young players with respect and consideration.
- ❖ Ensure that equipment and facilities meet safety standards and are appropriate to the age and ability of your players.
- ❖ Schedule your training sessions thoughtfully considering young players' time, energy and ability.
- ❖ Develop and promote team respect for the ability of opponents as well as for the judgement of officials and opposing coaches.
- ❖ Make a personal commitment to keep yourself informed of sound coaching principles and the principles of growth and development of children.
- ❖ Endeavour to improve your personal knowledge of activities, philosophies and best practices that will assist you with the development of your players.

PARENTS' and SPECTATORS CODE OF BEHAVIOUR

- ❖ Encourage your child or children to play sport, but not at the expense of his/her comfort level and confidence.
- ❖ Focus on the child's efforts and performance rather than the overall outcome of the event by reducing the emphasis on winning.
- ❖ Encourage children to always play according to the rules and abide by the official's decisions.
- ❖ Enforce the Player's Code of Behaviour at every opportunity.
- ❖ Demonstrate positive courtside support for all players on both teams.
- ❖ Actively acknowledge the good plays and behaviours of young children both on and off the court.
- ❖ Lead by positive example. Demonstrate integrity if disagreements arise with officials, umpires and coaches by seeking advice on the correct pathway and channels to settling grievances.
- ❖ Encourage sportsmanship and fair play among spectators and players.
- ❖ Acknowledge the value and importance of volunteer coaches and umpires, by allowing them to perform their roles, uninterrupted.
- ❖ Motivate young players to improve their performance in a positive encouraging manner.