



Cap Coast Netball Association

Mini's Modified Rules

2024




The illustration shows a netball game in progress. On the left, a goalpost stands with a net. A player in a yellow jersey with 'GK' on the back is jumping towards the goal. Another player in a green jersey is also jumping, holding the ball. On the right, two players in white jerseys are shown in a passing sequence, with one player throwing the ball to the other.

1

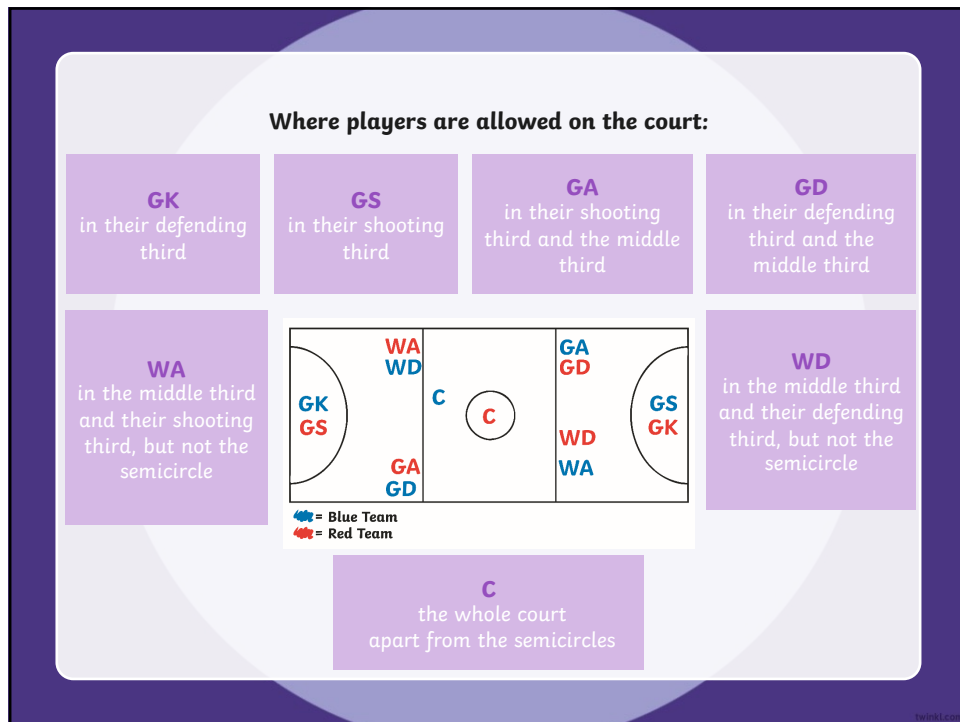
Each quarter of the game will be **12 minutes** long.
You will have a break of **2-3 minutes** in-between each quarter.

Goal Post Height: **2.4m high** (8 Foot)
Ball: **Size 4**

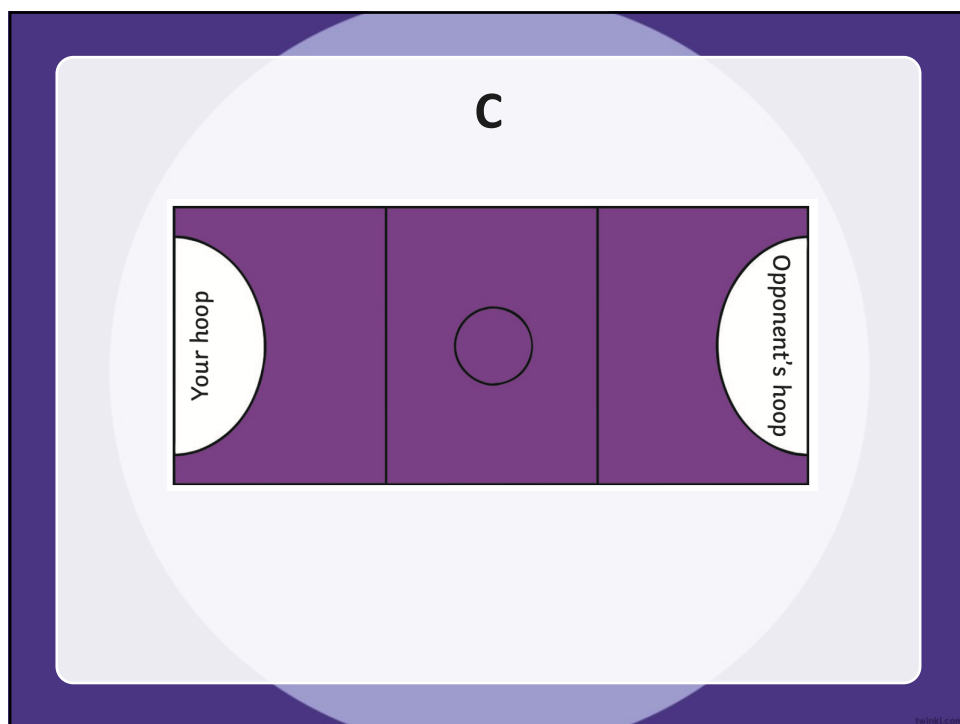


The illustration shows a black digital stopwatch with a green display screen showing '0:30:00'. Two grey cables are attached to the bottom of the stopwatch.

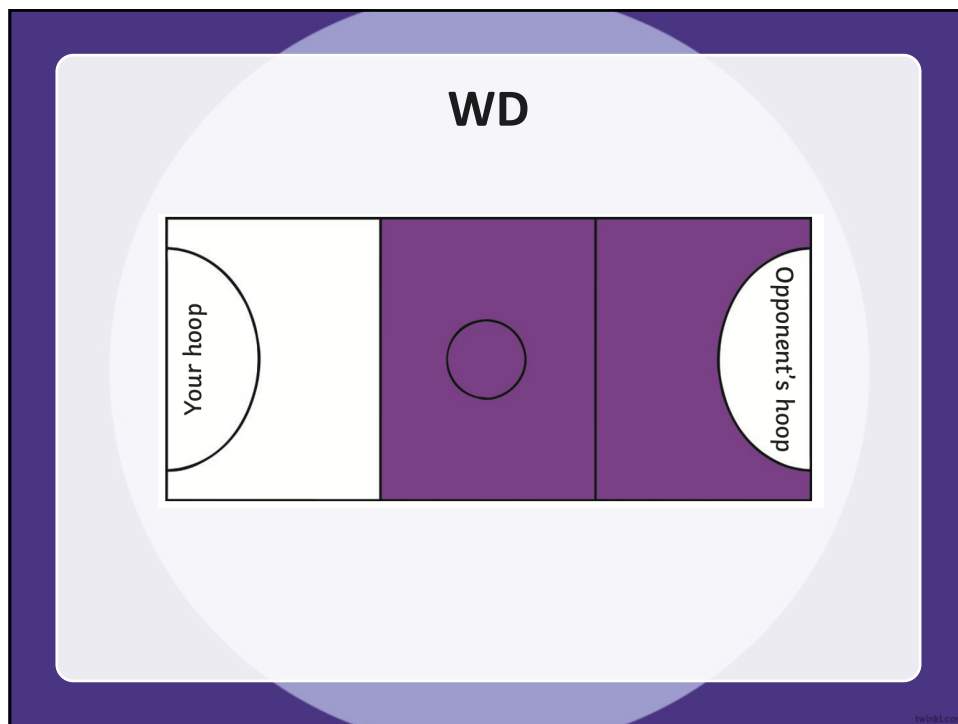
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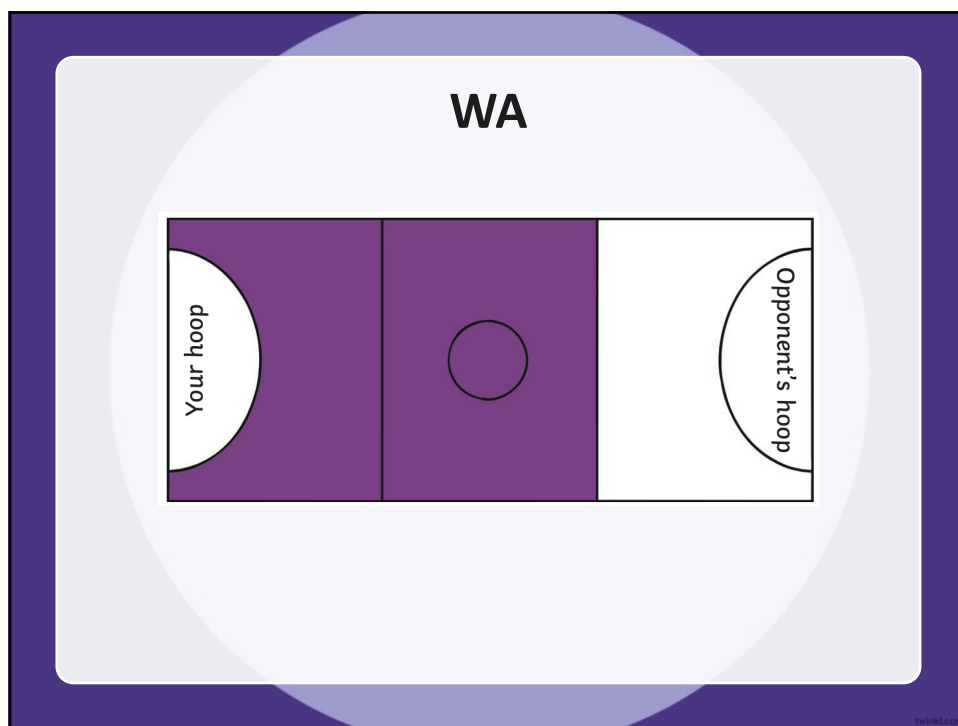
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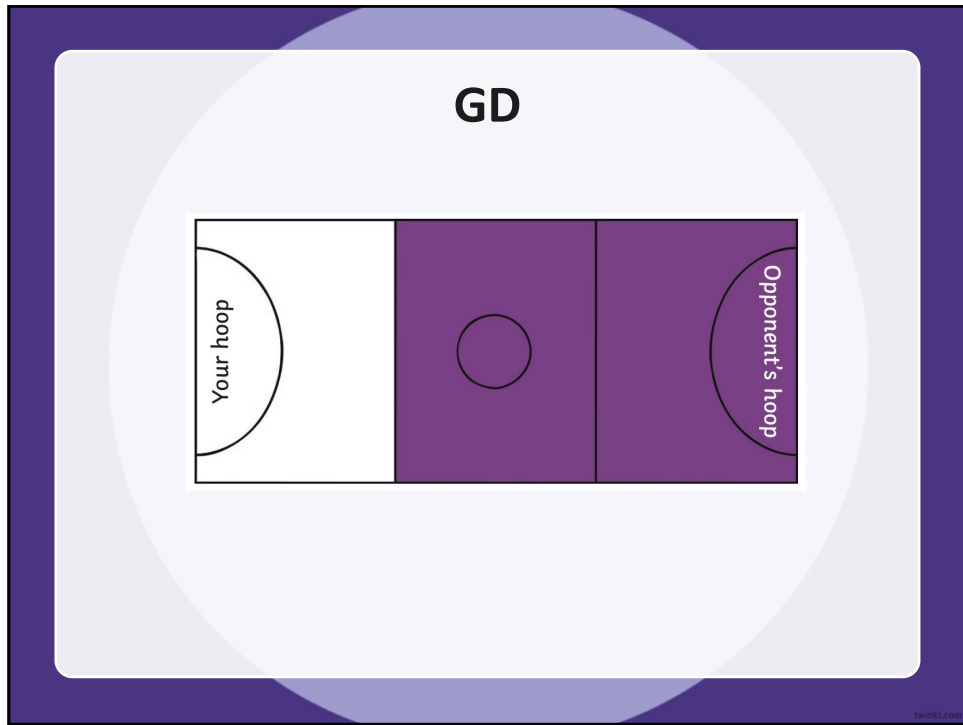
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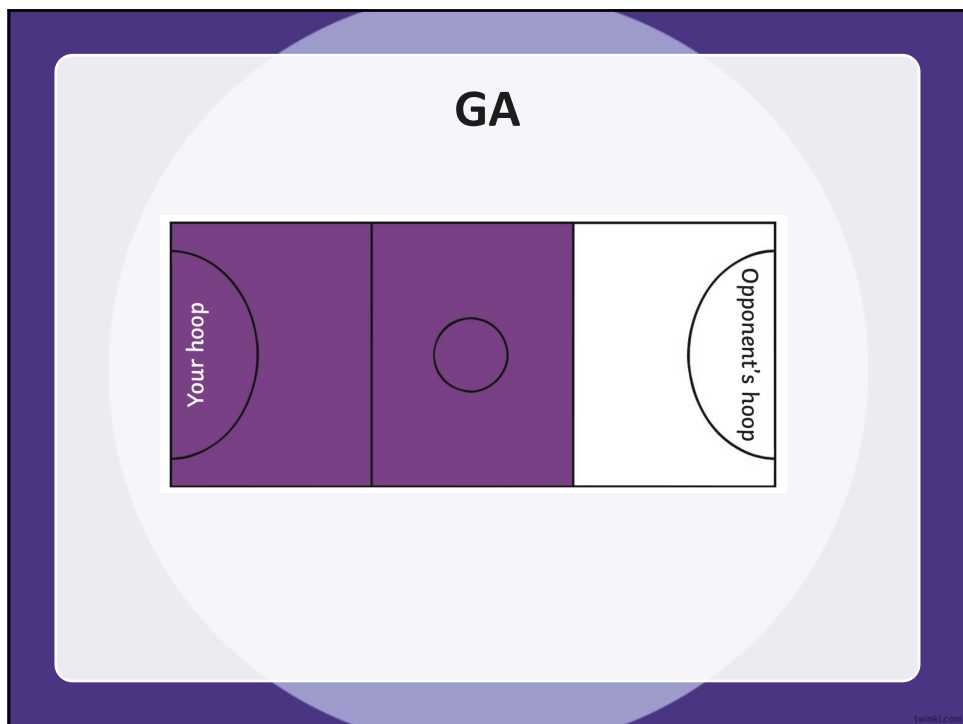
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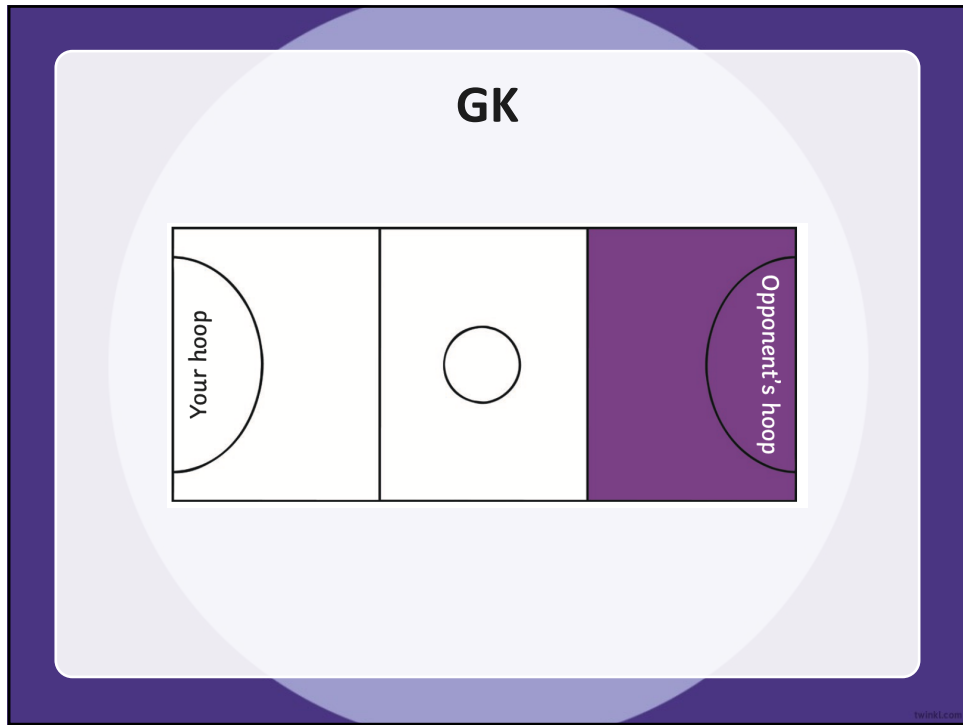
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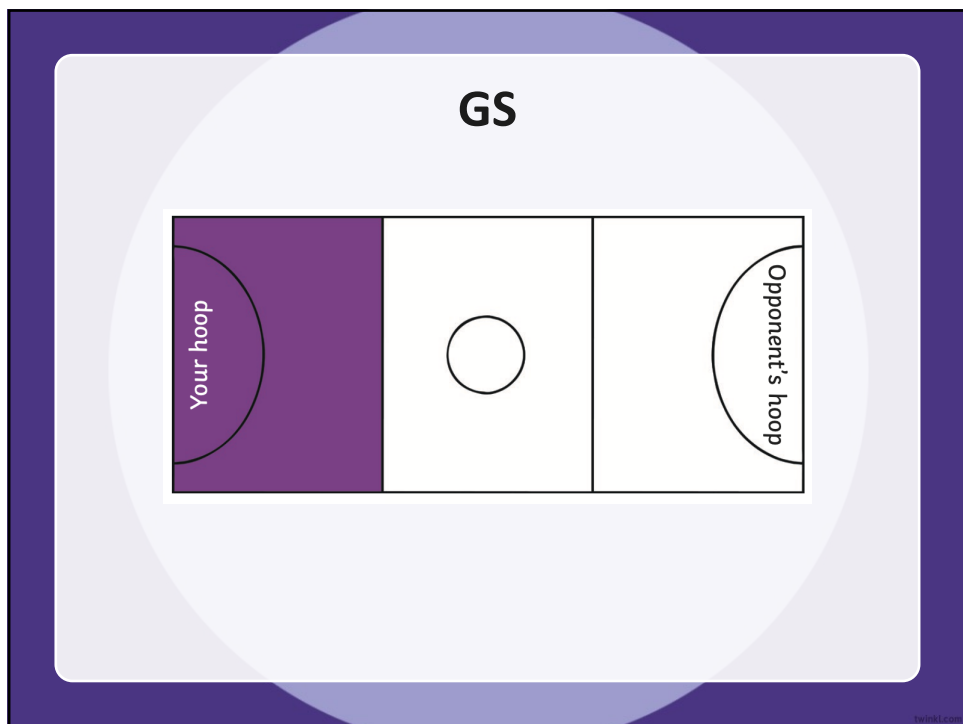
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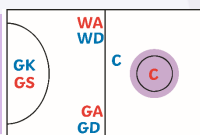


10


To start the game, team captains will toss a coin or do paper, scissors, rock to see who will have first centre pass.



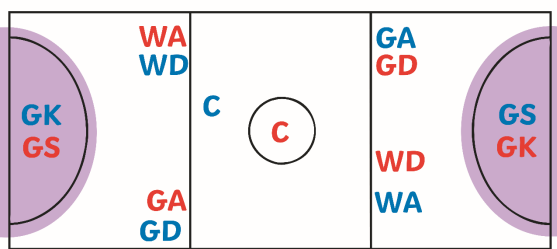
The game is started by a centre pass by the **C player**, who will be standing inside the middle circle while all other players stand outside.



When the umpire blows the whistle to start play, the centre may pass to someone inside the centre third. **GA, GD, WA** and **WD** may run into this third where the **C** is to receive the pass.



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To score a goal, **GA** or **GS** must shoot from inside the semicircle.
A goal occurs when the netball passes completely through the ring.

Only players with a **G** on their bib are allowed in the goal circle

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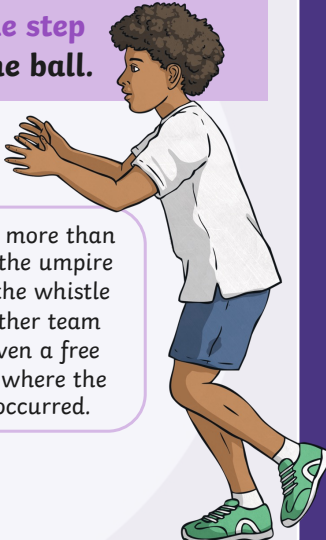
You are only allowed **one step once you have caught the ball.**

If you land on one foot while receiving a pass, this foot will be your landing foot and cannot move. You will use your other foot to rotate and balance.

If you land on both feet, you can pick which one will be your landing foot.

You are allowed to take 1-2 steps to regain balance.

If you take more than two steps, the umpire will blow the whistle and the other team will be given a free pass from where the penalty occurred.



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Each time you catch the ball, you have **5 seconds to throw it.**

If the ball is not thrown in 5 seconds, the umpire will blow the whistle and the other team will be given a free pass from where the penalty happened.

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Netball is a non-contact sport therefore you are not allowed to come into contact with any other player.

If you do, this is called contact and the umpire will blow the whistle. The other team will be given a free pass from where the penalty happened.

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Everyone must be **at least four feet (1.2m)** away from the person who has the ball.

If you wish to defend them, you can stand four feet away from them and hold your hands up in an attempt to stop the ball.

If a player stands too close to the person with the ball, the umpire will blow the whistle and the other team will be given a free pass from where the penalty happened. The person who was standing too close will stand next to the person who has the free pass until they have passed the ball.

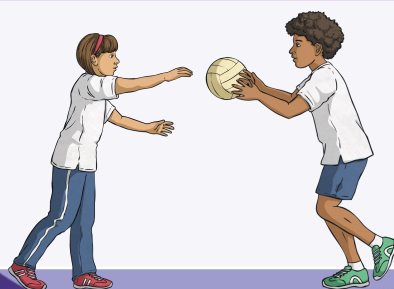


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Short Pass

The ball must be thrown and not handed to another player.

If two players from the same team gain possession of the ball in quick succession, **the is not considered a short pass.**



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Replayed Ball

A player may bat or bounce the ball up to 2 times to gain possession.

A player who fumbles while gaining possession of the ball will not be considered to have replayed the ball.




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Offside


Being offside occurs when you are in an area of the court which you are not meant to be in.

- A player who moves into an incorrect playing area and self corrects should not be penalised for offside.
- Players may “play on” in case of simultaneous offside.
- Players should be given guidance if they move into an offside area and should not be penalised at the first instance. If a player regularly goes offside, even after guidance is given, they may be penalised.



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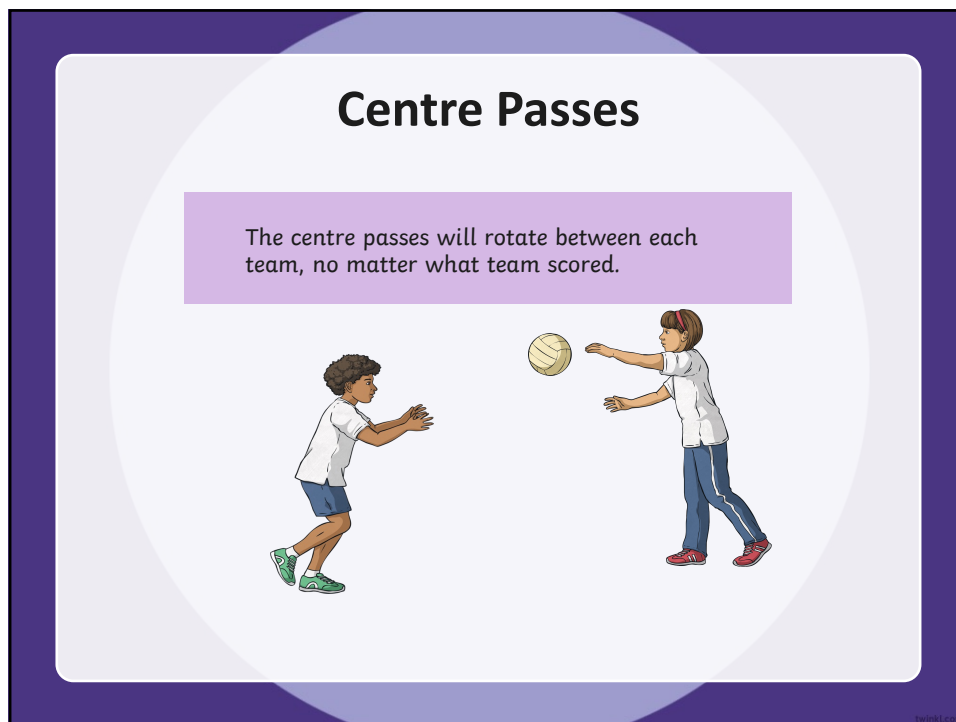
Throw In



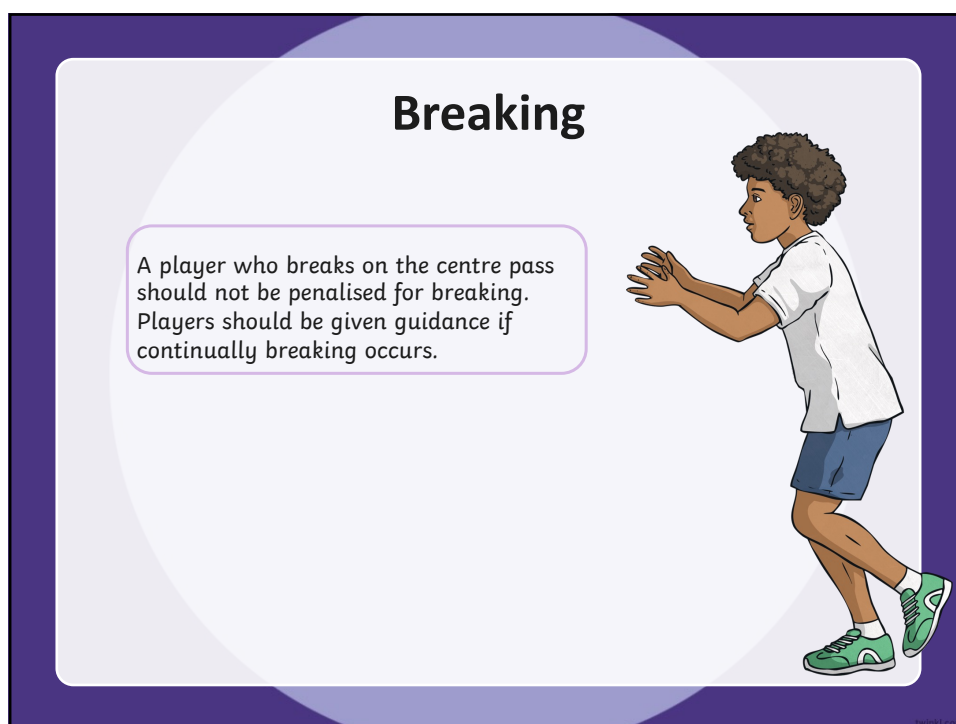
If the ball is out of court, it will be decided who was the last team to touch the ball. The other team will then be given a **throw-in**.

The throw-in will take place close to the line where the ball went out. The player will stand outside the court to throw the ball into the court, their foot must be behind the line and not on the line.

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Advantage Play


The advantage rule should not be applied up and down the court. The only exception is when calling **Advantage Goal**



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Substitutions

- The game time should be evenly distributed amongst all players.
- Players should experience all positions over the course of the season.
- A team can make unlimited substitutions at any time. CCNA use rolling substitutions (meaning you do not have to wait for the breaks to make changes.)
- When using the rolling sub, the substitute player must wait for the player exiting the court to be fully off court before they tag them and run onto the court. They must not interfere with play while subbing. They must also stay on side at all times. You must sub from your player's bench area only. Do not walk up and down the sideline when making substitutions.



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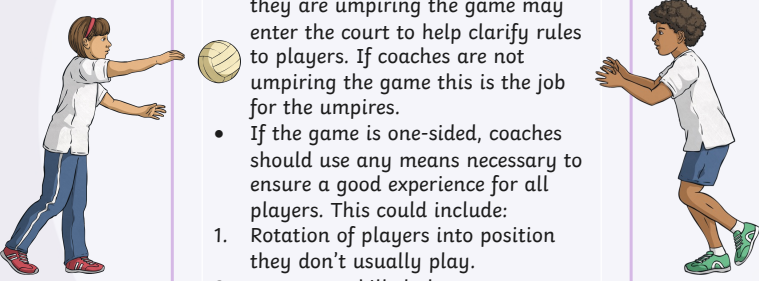
Scoring



- Scores can be kept but the mins are a non - competitive division where no finals are played.
- All participants will receive a trophy at the end of their regular season.
- No Most Valuable player's awards are to be awarded.

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Coaching Points



- Coaches may coach from the sidelines remembering to keep things very positive at all times.
- When needed coaches - especially if they are umpiring the game may enter the court to help clarify rules to players. If coaches are not umpiring the game this is the job for the umpires.
- If the game is one-sided, coaches should use any means necessary to ensure a good experience for all players. This could include:
 1. Rotation of players into position they don't usually play.
 2. Rest more skilled players.

Encourage all players to shake hands and say good game and thank the umpires.

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