



CCNA Modified Rules



Rule	Explanation
<i>Match Duration</i>	4x12 minute quarters
<i>Goal Post</i>	2.4m high- 8 Foot
<i>Ball</i>	Size 4
<i>Time to Pass the Ball</i>	Up to 5 seconds
<i>Short Pass</i>	<ul style="list-style-type: none"> Ball must be thrown -not handed to another player. If two players from the same team gain possession of the ball in quick succession, <u>this is not considered a short pass</u>
<i>Replayed Ball</i>	<ul style="list-style-type: none"> A player who fumbles while gaining possession of the ball will not be considered to have replayed the ball. A player may bat or bounce the ball up to 2 times to gain possession.
<i>Footwork</i>	<ul style="list-style-type: none"> 1-2 steps to regain balance are allowed without moving down the court.
<i>Centre Pass</i>	<ul style="list-style-type: none"> To be alternated between the teams.
<i>Offside</i>	<ul style="list-style-type: none"> 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.
<i>Breaking</i>	<ul style="list-style-type: none"> A player who breaks on the centre pass should not be penalised for breaking. Players should be given guidance if continually breaking occurs.
<i>Defending</i>	<ul style="list-style-type: none"> Strict one-on-one defence. Players may defend the shot from a distance of no less than 1.2 m (4 feet) A player who is within the 1.2m of an opponent cannot use movements that take the arms away from their body to limit the movement of an opponent.
<i>Substitutions</i>	<ul style="list-style-type: none"> The game time should be evenly distributed amongst all players. 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. Players should experience all positions over the course of the season.
<i>Penalty Pass</i>	<ul style="list-style-type: none"> Player taking the penalty pass must stand in the correct position and wait for the offending player to stand out of play before passing the ball.
<i>Advantage Rule</i>	<ul style="list-style-type: none"> The advantage rule should not be applied up and down the court. The only exception is when calling Advantage Goal
<i>Coaching</i>	<ul style="list-style-type: none"> 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: <ol style="list-style-type: none"> Rotation of players into position they don't usually play. Rest more skilled players
<i>Scoring</i>	<ul style="list-style-type: none"> Scores can be kept but the minis 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.
<i>End of Game</i>	<ul style="list-style-type: none"> Encourage all players to shake hands and say good game etc.