



Bee Stingers High 5 Netball Rules



CHORLEY[®]
SCHOOL SPORTS PARTNERSHIP

Year	Years 5 & 6 (Y3&4 can play up if short)
Team Size	5 a side
Squad Size	Max of 9 min of 7
Gender	Mixed
Gender Criteria	Max of 3 Boys, 2 on court at once but not in the same shooting circle
Format	England Netball High 5 Rules
Duration	4 quarters x 5 minutes, with 2 minute interval for rotations & switch ends
Scoring	3 points for a win, 1 point for a draw.
Equipment	You must bring high 5 bibs for team
Awards	Certificate for all participants, medals for top 3 at finals.
Level 3	Lancashire School Games County Finals

Competition Rules

- Normal Netball Court Markings
- Post 2.74m (9ft)
- Player rotation Scorers, Timekeepers, Centre Pass Markers

A player must;

- Pass or shoot within 4 seconds.
- Obey the Footwork Rule.
- Must observe the 1m Distance Rule
- Not defend the ball in a player's hand by outstretching the arms
- Not jump up and down in front of a player
- A free pass is awarded to a team for any infringement of the rules

When taking part in any Chorley SSP Competition, all participants, teachers and spectators should adhere to the Fair Play, Friendship, Honesty & Respect Charter. A copy of this can be downloaded from our website: www.chorleyssp.co.uk
PLEASE RESPECT THE REFEREE. If a member of your staff or supporting party are deemed to be offending players, referees or members of the opposition then you, as the school representative, will be asked to resolve the incident in the first instance. If this matter is still not resolved then the organising committee (Chorley SSP) have the right to remove the offender/s from the tournament.



England Netball: High 5 Rules

Start of play

- Team captains toss a coin to determine who takes the first Centre Pass. Subsequent centre passes must be taken alternately.
- Play is started by a pass from the C, who stands with one foot in the centre circle.
- At the start of play, the GS, GA, GD and GK may be anywhere in the goal third, which is part of the playing area. The opposing C shall be in the centre third and free to move.
- The umpire blows the whistle, the Centre must pass the ball within 4 seconds and obey the Footwork Rule. The ball must be caught or touched in the centre third.
- Everyone must observe the 1m Distance Rule.

Footwork

- A player may receive the ball with one foot grounded or may jump to catch & land on 1 foot. While that landing foot remains on the ground the other foot may be moved in any direction and any number of times, pivoting on the landing foot if desired. Hopping is not allowed.
- A player may receive the ball while both feet are grounded, or may jump to catch & land on both feet simultaneously. The player may then choose to move either foot, & the remaining foot shall then be considered to be the landing foot.

Playing the ball

A player must;

- Pass or shoot within 4 seconds.
- Obey the Footwork Rule.

A player must not:

- Deliberately kick the ball.
- Bounce the ball at all.
- Hand or roll the ball to another player.
- Place their hands on a ball held by an opponent.
- Throw the ball while sitting/lying on the ground.
- Use the goalpost as a support in receiving a ball going out of court to gain balance.
- Throw the ball over a complete third without it being touched or caught by another player in that third.
- Regain possession of the ball, having dropped or thrown it, before it has been touched by another player.

Defending, obstruction and contact

- Players must be at least 1m away from the person with the ball.
- Defending the ball in a player's hand by outstretching the arms is not permitted.



- 1 jump to intercept a throw or shot is permitted, provided the player is at least 1m away. Arms may only be raised as part of the vertical jump in an attempt to intercept the ball.
- Jumping up and down in front of a player is not permitted.

Scoring a goal

A goal is scored when the ball passes completely through the ring from the top to bottom. A goal may only be scored by the GS or GA from within the shooting circle.

Out of court

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. A throw-in is then awarded to the opposing team. If the ball hits the post and bounces back into the court, it is still in play.

The throw-in

The throw-in is taken at the point where the ball crossed 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. When the player taking the throw-in has checked that all other players are on court, they must release the ball within four seconds.

Offside

A player is offside if they enter an area of the court in which they are not allowed.

Penalties – Penalty = Free pass.

A free pass is awarded to a team for any infringement of the rules i.e. footwork except obstruction and contact. A player may not shoot directly from a free pass. A penalty pass or shot is awarded to a team against any player causing obstruction or contact. A player may shoot if the penalty is awarded inside the circle. The offending player must stand still beside the player taking the pass or shot. The free pass, or a penalty pass or shot, is taken from the point where the infringement occurred and may be taken by any member of the team allowed in that part of the court.

Toss-up

The umpire takes a toss-up when two opposing players simultaneously:

- Gain possession of the ball
- Knock the ball out of the court
- Are offside with the ball
- Contact each other

Or when they are unsure about which player is responsible for an infringement or has possession of the ball when the game was stopped for injury. The two players stand facing each other and the goal into which their team is shooting. They stand with their arms at their sides and their feet in any position, with 1m between one player's front foot and that of their opponent. The umpire flicks the ball not more than 60cm (2ft) into the air from a



point midway between the players and just below shoulder level of the shorter player's normal standing position. The whistle is blown as the umpire releases the ball. The ball is now in play.