Year 7 & 8 – Play, Explore, Develop

Overview	Netball Modifications
Game format	7 v 7
Game Day format	4 x 10-minute quarters
Goal height	3.05 metres
Ball size	Size 5
Umpire/Coach	Umpire
Use of whistle	Whistle
Rules of play:	
· Time with ball	· Ball can be held for up to 3 seconds.
· Footwork	· The player must not re-ground first grounded foot.
· Defending player	· Must retreat 0.9 metre.
Substitutions	Substitutions can be made at an interval or when play has stopped for injury or illness.
Positions	GK, GD, WD, C, WA, GA, GS
Rotations	Continue to provide opportunities for players to play a variety of positions.
Player participation time	Minimum of half a game.
Court size	Full court
Competition	· Competitive and social competitions with focus on all-round development and equal opportunities to play all positions. · Scores are taken and teams are graded. · No representative teams. · Tournaments – school based teams.