



PINE RIVERS MODIFIED RULES 2023

RULE	7 years	8 years	9 years
Match Duration	4x 10 min quarters	4x 10 min quarters	4 x 15min quarters
Goal post	Can use 2 height hoops to shoot at	Can use 2 height hoops to shoot at	Can only use 3.05m
Ball	Size 4	Size 4	Size 5
Time to Pass	Up to 6 seconds	Up to 6 seconds	Up to 4 seconds: r1-7 As per rules: r8-15
Footwork	Shuffling on the spot No more than 3 steps in any direction The player is corrected; the ball is not overturned	Shuffling on the spot No more than 3 steps in any direction The player is corrected; the ball is not overturned	Little shuffling: r1-7 The player is corrected; the ball is not overturned: r1-7 As per rules: r8-15
Obstruction	6 feet away Infringing player is not out of play just adjusted	4 feet away Infringing player is not out of play just adjusted	4 feet away: r1-7 As per rules: r8-15
Defending Shot	No defence of shot One on one defence	No defence of shot One on one defence	4 feet away: r1-7 As per rules: r8-15
Centre passes	No double defending One on one, only 6 feet away	No double defending One on one, only 4 feet away	No double defending One on one, only 4 feet away: r1-7 As per rules: r8-15
Substitutes	As for normal rules	As for normal rules	As for normal rules
Scoring	Not recorded NC used to sign in	Not recorded NC used to sign in	Not recorded: r1-7 NC used to sign in Recorded from : r8-15
Rotations	All players must rotate to a different position each quarter	All players must rotate to a different position each quarter	As per 7&8: r1-7 Half game rotations from: r8-15
Rotation of Ends	Ends are changed at half time	Ends are changed at half time	As per rules: r1-15
Coaching position	Coaches to umpire and coach on court	Coaches to umpire and coach on court	Coaches to umpire on side lines: r1-7 Club umpire allocation: r8-15
Make up of team	Max of 3 x8yrs	Max of 3 x9yrs or Max of 3 x 7yrs	Max of 3x 10yrs (as approved by PRNA) Max of 3 x 8yrs
Additional info	Coaches are to help both teams to keep the game moving and all players involved.	Coaches are to help both teams to keep the game moving and all players involved.	Last 7 weeks are full normal netball rules with own club umpire.

UMPIRING

- **Umpiring Modie 7 & 8** – it is more a coaching role NOT umpiring role. Only one coach to umpire, co-coach to stand in coaches box.
- **Modie 8 & 9** please note if an infringement occurs play is stopped the player retains the ball explained the rules and allowed to continue play
- **Modie 9** full netball rules for last 7 weeks- with own club umpire
- **Modie 9** our modified players, we would like each team to focus on one rule per week to allow our players to get an understanding of the rules

Week 1	Netball Positions and where they can go on the court
Week 2	Footwork
Week 3	Obstruction
Week 4	Contact



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Week 5	Breaking
Week 6	Offside
Week 7	All of the above to prepare for umpires