



Sub Junior Rules: 7, 8 and 9 year olds

All players are to be coached in accordance with the standard rules of netball, including Netball Australia rules regarding the substitution, rotation and playing requirements of sub junior players. Rolling Substitutions will follow the NSW guidelines.

The Standard Rules of Netball shall only be adjusted for all games as follows:-

1. 7 & 8 years groups shall use a size 4 netball – 9 year olds shall use a size 5 netball.
2. For 7 years and 8 years grades, one coach may enter the field of play to provide players with immediate feedback to a player from Game 1 to Game 7 inclusive.
3. A team may interchange players at $\frac{1}{4}$ time, $\frac{1}{2}$ time and $\frac{3}{4}$ time intervals and perform substitutions using the rolling substitutions rules at any time throughout each quarter. Each player MUST play at least two (2) quarters.
4. All games are 'Umpire your Own' and each team shall supply a COMPETENT UMPIRE, (who is not the Coach), and who should where possible, be the same person each week to provide a measure of consistency.
5. UMPIRES should use:
 - Simple language and explain decisions with minimal disruption to play.
 - Adopt an encouraging and pleasant manner to ensure an open and free-flowing game, particularly in the setting up of penalties and throw-ins.
6. There are NO POINT SCORES for Sub-Junior Rules groups.
7. NO FINAL MATCHES will be played.
8. NO TROPHIES will be awarded, however each player in every team will receive a memento of participation.
9. Scoresheets used for 9 year olds will be kept for grading purposes for the following year.