

Junior & Senior Netball

2025



Current rules for Netball Australia, except where stated otherwise below. Any modifications listed here are the rules of the game at Lansdowne Zone matches, any rules not listed automatically default to Netball Australia rules.

[Parent Body - World Netball Rules Book 2024 Edition](#)

GENERAL RULES

- A team **can** be made up of **both boys and girls. There can be no more than 3 boys on the court at any one time.**
- Before a game can commence, a team must have at least 5 players, a team with less than 5 must forfeit the game.
- A senior is any student turning 11, 12, 13 yrs of age in the calendar year, a junior is any student turning 8, 9, 10 years of age.
- Umpires monitor half a court each, to their right from the centre circle.

EQUIPMENT

- Seniors shall use a size 5 netball, Juniors shall use a size 4.
- Court size as per the Netball Australia rules

SENIORS

- The game will be 4 x 10 minute quarters. The half time break shall be no longer than 5 minutes and the quarter time breaks no longer than 2 minutes each.
- Seniors must follow all rules as outlined in the Official Rulebook of Netball Australia.
- Players may be interchanged at any break throughout the game with no limit on interchanges.

JUNIORS (Modifications to be followed)

- The game will be 4 x 8 minute quarters. The half time break shall be no longer than 5 minutes and the quarter time breaks no longer than 2 minutes each.
- Players are allowed 6 seconds with possession of the ball.
- Players are allowed minimal shuffling to gain their balance before throwing, but without moving down the court.
- A defending player's nearer foot must be at least 120cm(4 feet) from the landed foot of the player in possession of the ball.
- A goal shooter or goal attack player may replay the ball after an unsuccessful attempt at goal, even if the ball has not touched some part of the goal or another player.
- Strict "one on one" defence will apply for all play.
- If a player obstructs or contacts, a penalty pass is awarded to the opposing team. If the contact or obstruction occurred within the goal circle, then a penalty pass or shot is awarded.
- The umpire must explain a penalty decision and the offending player must stand out of play until the penalty is taken.
- In the event of a throw in, the player must be instructed to wait until "play" is called before throwing the ball. The player must come close to the line and throw the ball within 6 seconds of being directed (the umpire may help by directing the player to throw in during the Junior game.) If the player throws the ball before play was called, the ball is brought back and play is re-called. There is no change in possession.

RESULTS

- 1 point to be awarded per goal
- The Zone results table shall show 2 points awarded for a win, 1 point for a draw and 0 points for a loss.

Any threats or acts of violence must be reported to the Lansdowne Zone Executive, the Principals of both schools involved and if necessary, the Police.

A reminder that the Code of Conduct also applies to coaches and not just to players and spectators. Coaches should not be refereeing from the sideline and should always be setting a positive example to their team or teams. Code of Conduct breaches may result in games being stopped and warnings issued (to students, coaches or spectators) by the referee/umpire. If continued breaches occur, games should be stopped completely.