

MATCH DURATION

4 x 7-minute quarters.
2 minute intervals for $\frac{1}{4}$, $\frac{1}{2}$ and $\frac{3}{4}$ time
Games are centrally timed

UMPIRES

Each team supplies their own umpires for every game.
Coaches are encouraged to umpire the game rather than official umpires.
Umpire/coach can walk onto the court throughout the game to assist players on both teams to learn the rules.

BALL SIZE

Size 4

COMPETITION RULES NEW PROGRAM CONTENT FOR 8 – 9 YEAR OLDS

The modified rules for the skill + competition only have been designed to make the game more fun.

NETSETGO!

SCORING CENTRE PASS

At WDNA there is no scoring or ladders for the 9/u competition.
The initial Centre Pass will be taken by the first named team and all other Centre Passes shall be taken by the team that did not score the last goal.

SUBSTITUTIONS

The game time should be evenly distributed amongst all players.
A team can make unlimited substitutions at intervals.
Players should experience all positions over the course of the season

TIME TO PASS BALL STEPPING

Up to 5 seconds.
Shuffling on the spot to regain balance allowed without moving down the court.

DEFENDING OBSTRUCTION

Strict "one-on-one" defence. Players may defend a shot at goal.
A player must defend from a distance no less than 1.2m (4 ft).