



Issued:

July 2026

Our 9/U competition should focus on developing netball specific skills in modified rules, non-competitive environment through netball matches with player rotations and no finals.

Netball Australia endorses the rotation of playing positions in the 9 & 11/U comps, as evidence suggests that children:

- a. Have more fun with variety and do not get bored
- b. Learn and /or improve skills in every area of the court

The emphasis for the 9 & 11/U competition is to encourage player development, participation and having fun.

Everyone has an important part to play in the 9/U competition.

We must all:

- **Be a positive role model**, praise effort, improvement, and good sportsmanship over the final score. Never yell at players or umpires.
- **Respect the Officials**: Accept all umpire decisions without comment. Umpires at this level are often minors (under 18 years old) and learning too.

At this level, coaches are educators, motivators and facilitators.

The role of the coach is to:

- **Prioritise equal opportunity**, ensure equal playing time for all team members regardless of their skill level over the season. rotate players and ensure each player plays a minimum of two positions per game.
- **Focus on the fundamentals**, teach basic motor skills like catching, landing on one foot (stepping rule), throwing and finding space. Teach each child the skills needed for lifelong participation in the game of netball. Focus on skill development and not the score of the game
- **Keep instructions simple**, give one or two clear coaching points during breaks.

Parents serve as the ultimate support system and emotional anchor for the players.

The role of the parents, spectators and team officials;

- **Provide Positive Encouragement**: Celebrate for effort, great passes, and teamwork for *both* teams. Avoid focusing only on goals scored.
- **Drop the Coaching**: Do not shout instructions from the sidelines (e.g., "Pass it to Emily!" or "Run there!").
- **Focus on the Experience**: On the drive home, ask "Did you have fun?" or "What was your favourite part?" instead of "Why did you lose?" or "How many goals did you get?"
- Foster a fun, safe, and positive learning environment



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Competition rules and information

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 times in Netball Connect

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

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

SCORING – The home team is responsible for scoring the game

TEAM ATTENDANCE – Each team must complete the team attendance each playing week

CENTRE PASS – 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 – Up to 5 seconds.

STEPPING – Shuffling on the spot to regain balance allowed without moving down the court.

DEFENDING – Strict “one-on-one” defence. Players may defend a shot at goal.

OBSTRUCTION – A player must defend from a distance no less than 1.2m (4 ft).