

GENERAL INFORMATION



February 2017

HILLARYS NETBALL CLUB

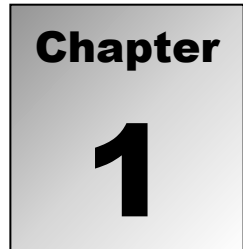
Players Handbook

HILLARYS NETBALL CLUB

Players Handbook

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Key Resources

Hillarys Netball Club is run by dedicated volunteers and is made up of Netball Co-ordinator/s, Coaches, Managers, Players and Umpires.

The Netball Co-ordinator for 2017 is:

Name: Taryn Murphy

Mobile: 0415 675 916

Email: hillaryspsnetballclub@hotmail.com

It is important to note that this document be read in conjunction with information on the Wanneroo Districts Netball Association (WDNA) website, www.wdna.net.au. Where conflict between the two sets of information exists the WDNA information prevails.

GENERAL INFORMATION

The Coach

Coaches are called for each year and volunteer their time and skills. Coaches make every effort to ensure fair court time during the season and that players are rotated among all the positions. It is the Coaches decision who to play and where.

All NSG Set and 10 & under players are required to be rotated through all positions during a season. No player may play more than two quarters in any one position in any one game. Please see the Wanneroo District Netball Association website for rules on rotating positions for each age group above.

Coaches will determine training times and days considering other teams and school commitments for facilities.

Refer to *Appendix A*, for more detail on a Coaches responsibility.

Managers

Managers are also volunteers and are responsible for ensuring all team members are given any information relating to WDNA and Hillarys Netball. They also organise communication between the Netball Co-ordinator and the team, ensuring all relevant paperwork is completed accurately.

Appendix B, provides more information on the Managers responsibilities.

GENERAL INFORMATION

Uniform

The following lists the registered uniform for Hillarys NC

- Hillarys red polo t-shirt
- Black netball skort (not the one sold by the uniform shop, must consist of a plain A-line skirt with built in bike shorts)
- Black shorts for boys
- White socks
- NSG Set may wear a long sleeve red top under their polo t-shirt.

Proposed NEW UNIFORM 2017



- Pending approval from WDNA- TBC
- Cost - \$50-\$60
- COMPULSORY FOR ALL PLAYERS
- BLACK netball knicker/shortie underneath

Selection Process

All players in NSG Set through 12 & Under will be required to attend a grading session/s. Players will be assessed by graders and placed in a suitable team. Once grading has been completed there will be no changes allowed across teams.

Grading

Trials for teams are conducted on a similar format to that used by the Association, Region and Netball WA. Grading will be for each age group:

- 12 & Under – Born 2005
- 11 & Under – Born 1 Jan 2006 -30 June 2007
- NSG Set Year 4 – Born 1 July 2007 – 30 June 2008
- NSG Set Year 3 – Born 1 July 2008 – 30 June 2009
- NSG Set Year 2 – Born 1 July 2009 – 30 June 2010

WDNA HAVE ADJUSTED THE NSG AGE GROUPS FOR THE 2017 WINTER SEASON TO TRY AND FIND A WORKABLE SOLUTION FOR PLAYERS WISHING TO PLAY WITH THEIR SCHOOL FRIENDS.

GENERAL INFORMATION

Grading Format

All players are issued with a number at the beginning of the grading session. This number remains with them throughout the entire grading process and must be written down the outside of both legs with a black marker in big writing. This ensures that players are not accidentally missed off a list and makes grading the players a lot easier when looking at them on court.

Bibs will be lined up from GS to GK. Players are asked to line up behind their preferred playing position. This continues until we have several teams made up.

Players are responsible for rotating their positions and playing in their 1st and 2nd preferred positions. It is important to note this does not ensure the player will play in this position for the season but it gives the player a chance to show their best play for selection.

Players may be required to rotate between courts and this ensures each player is seen by more than one selector.

There will be a maximum of 10 players per team.

The Selector

There will be a minimum of two selectors with at least one of these selectors being independent. If Coaches have been appointed before selection they will have an opportunity to have input into the team selection.

Chapter
3

Location of Courts

All matches are played at the Kingsway Sporting Complex, home of the Wanneroo Districts Netball Association (WDNA). Address and directions have been provided below:



Kingsway Sporting Complex
Kingsway Reserve
Off Kingsway Road
MADELEY WA 6065
Ph 9409 9950

Game Rules

There are a number of WDNA rules that players and parents should be aware of. This handbook only covers a few of them. Players and parents are encouraged to familiarise themselves with all WDNA game rules (see www.wdna.net.au, select Forms & Downloads → WDNA Rules & Regulations → Policies & Procedures)

NSG Set

NSG Set is played as per WDNA rules. Please see *Appendix C* for details.

NSG Set play for participation only. No finals are conducted for this age group.

10 & Under, 11 & Under, 12 & Under

Matches will consist of 4*15 minute quarters, with a 3-minute interval at quarter time and a 5-minute interval at half time.

All 10 & under players are required to be rotated through all positions during a season. No player may play more than two quarters in any one position in any one game. Please see the WDNA Policies & Procedures Handbook (page 9) for rules on rotating positions.

10 & Under and 11 & Under age groups play for participation only. No finals are conducted for these age groups.

12 & Under play for premiership points and may be required to play finals matches.

GAME DETAILS

Game Times

Year of Birth	Age as at 31.12.17	Category	Winter Timeslot	Spring Timeslot
2012, 2011	5, 6	Net Set Go-Net	4pm/5pm Fri 8am/9am Sat TBC	4.30pm TBC
1 July 2007 – 30 June 2010	7, 8, 9, 10	Net Set Go-Set	8.30am Sat	4.30pm TBC
1 Jan 2006 – 30 June 2007	10, 11	11 & Under	9.45am Sat	5.30pm TBC
2005	12	12 & Under	9.45am Sat	5.30pm TBC

During the Winter season all games are played on a Saturday morning with the exception of NSG NET which may play on a Friday afternoon.

In Spring all games are played on a Wednesday evening.

Winter Season

Sat 29th April – Sat 26th Aug 2017*

Spring Season

Wed 11th Oct – Wed 29th Nov 2017

*** excludes finals**

GAME DETAILS

There are a number of dates and events that occur during the netball season that coaches, managers, players, umpires and parents need to be aware of.

Important Dates

February 6	WDNA AGM
February 3-21	Winter Registrations- ONLINE ONLY
February 28 & March 2	Grading- Modified – U12s @ Hillarys PS Netball Courts- TBC
March	NSG NET Online Registrations Visit www.wdna.net.au
April 10	Winter fixtures available
April 29	First game of winter season NSG Set- Open
May 12	First game of winter season NSG Net
June 4	<u>General Bye</u>
July	Team Photos Date TBC
July 8 & 15	<u>General Bye</u>
August 1-16	Spring Registrations- ONLINE ONLY TBC
August 11	Final game NSG Net
August 26	End of season U11s down
September	Finals Club Windup- Date TBC Spring Registration- Date TBC
October 4	Spring fixtures available
October 11	First game of spring season
November 29	Final game spring season

Parent Involvement

All players are to have one adult available on a rotation basis to score or time a match. Dates available can be worked out with Managers.

WDNA requires volunteers from each team to spend time cooking the BBQ. Managers will advise dates and times and a person from each team will be required for a minimum of one hour. The Manager will ask for volunteers and if no one complies then all families will have their name placed in a hat and the first one drawn out will be required to attend. If the family cannot attend the BBQ they will be required to find another person within the team to fulfill the role. Failure to attend the BBQ results in a WDNA **fine of \$250** (refer WDNA policies and procedures page 14), payable by the selected family.

Player Commitment

All players are expected to turn up on match day unless rostered off. If for some reason players are unable to make the game please advise your Coach in advance. A player must give the Coach at least two hours notice prior to the match to ensure they can find a replacement. Failure to give this notice will result in a **\$10 fine**. A player will not be permitted to take the court again until this fine is paid.

You have probably heard of the saying “Practice makes perfect”. Any additional practice a player can do in their own time will help to improve their game and give them more confidence on match day.

WDNA

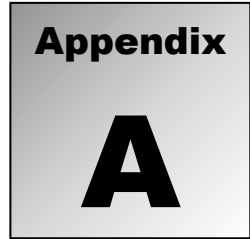
The WDNA website, www.wdna.net.au, provides further information in regard to rules, procedures and any upcoming events. It is advised that each player refer to this site for any further information.

Netball Co-ordinator/s will forward all correspondence from WDNA via email to the Managers. Managers will ensure all players receive a copy of the information. **If the player does not have an email address then it is the players' responsibility to refer to the WDNA site for all current material.** It is also advisable that players regularly visit the WDNA site.

Other Resources

There are a number of online resources that you may find beneficial. Here are just a couple of local sites:

- Netball WA – www.netballwa.com.au
- Netball Australia – www.netball.com.au



Coach Responsibilities

A Coach has the responsibility of organising their allocated team. The key areas of responsibility include the following:

- Coaching;
- Organising player positions as per the handbook rules;
- Ensuring all players adhere to the handbook rules;
- Ensuring equipment is kept in a condition suitable to play with;
- Distribution of trophies;
- Attend **compulsory Beginners Coaching** course if required;
- Attend compulsory Grading Carnival if required, and
- While everyone enjoys winning having fun is even more important.

COACHES INFORMATION

Timeline – Winter Season

February

Coaches, umpires and managers details to be filled out on appropriate forms and returned to the Netball Co-ordinator/s by the 8th March.

March/April

Coach provided with team equipment. Information on availability of courts distributed by the Netball Co-ordinator and training session organised.

April

Training sessions commence.
Season commences

September

Club windup and trophies distributed to team.

Game Details

All games are played at the Kingsway Sporting Complex. Please refer to the Players Handbook for directions (page 8).

Winter games are held on Saturday mornings and Spring games are held on Wednesday evenings. Please refer to the Players Handbook for game times.

Games are not played during the school holidays.

COACHES INFORMATION

Rules

The Coach is responsible for ensuring all WDNA rules are adhered to.

NSG Set

- Games are played under modified rules as per WDNA rule;
- Size 4 ball is used;
- Matches consist of 4 * 10 minute quarters;
- Slightly softer rules are applied to NSG Set. For example, girls can shuffle their feet a bit and they can hold the ball for 5 seconds;
- 8ft (2.4m) netball post;
- All players are required to be rotated through all positions during a season, and
- No player may play more than two quarters in any one position in any one game.

Netball – 11 & Under and above

- Size 5 ball is used, except 10&U which use size 4;
- Matches consist of 4 * 15 minute quarters;
- Stricter rules. For example, girls cannot shuffle their feet and can only hold the ball for 3 seconds;
- 10ft netball post;
- All 10 & under players are required to be rotated through all positions during a season, and
- No 10 & under player may play more than two quarters in any one position in any one game.

COACHES INFORMATION

All spectators, Coaches and Managers must stay behind the yellow line during the game.

Fines

Any fines must be paid for by the team incurring the fine. Fines must be paid **before** the team takes the court again the following week.

COACHES INFORMATION

Training

Coaches will determine training times and days considering other teams and school commitments for facilities.

The format of training sessions is entirely up to the discretion of the Coach and will differ depending on the age and experience of the players.

Training sessions are generally 1 to 1.5 hours long. An example timetable for the younger players has been provided below:

- Warm up (10 mins)
- Games (15 mins) e.g Chinese wall, Tails and Freeze
- Ball skills (10 mins)
- Shooting (5 mins)
- Game Practice (25 mins)
- Cool Down (5 mins)

Other Resources

There are a number of online resources that you may find beneficial. Here are a few example sites:

- WDNA – www.wdna.net.au
- Netball WA – www.netballwa.com.au
- Netball Australia – www.netball.com.au
- Sportplan – www.sportplan.net
- Australian Sports Commission – <https://www.sportingschools.gov.au/resources-and-pd/schools/playing-for-life-resources>

Managers Responsibilities

A Manager has the responsibility of organising their allocated team and communicating with the parents of that team. The key areas of responsibility include the following:

- Distribution of fixtures from WDNA via the Netball coordinator;
- Organise scorers and timers and teach parents how to fulfil this role;
- Organise trophies/medallions via the Netball coordinator;
- Organise end of season activities;
- Support the Coach with any other duties as required;
- Ensure all bibs are washed;
- Organise a volunteer for WDNA BBQ (see Player Handbook page 12);
- Distribute WDNA newsletters to all team members and keep them informed of any relevant WDNA news; and
- On match day ensure players are in the correct uniform, nails are short, and that no jewellery is worn.

Calendar of Events

There are a number of dates and events that occur during the netball season that Managers need to be aware of.

Timeline – Winter Season

February

Coaches, umpires and managers' details to be filled out on appropriate forms and returned to the Netball Co-ordinator by the 8th March.

March/ April

Forms to “Play Up” must be completed and returned to the Netball Co-ordinator by the 18th of March.

Inform parents of game time and court location (refer to the Player Handbook).

Information on availability of courts to be distributed by the Netball Co-ordinator and training session can then be organised.

Code of Conduct form must be completed and returned to the ***Netball Co-ordinator by the 27th April.***

It is up to the Managers to organise a roster system for each parent (except Coaches) to participate in scoring/timing matches.

Inform parents of uniform requirements (refer to the Player Handbook).

MANAGERS INFORMATION

July

Provide the Netball Co-ordinator with a list of names for trophies/medallions and assist in organising team for team photos.

Game Details

All games are played at the Kingsway Sporting Complex. Please refer to page 8 of the Players Handbook for directions.

Winter games are held on Saturday mornings and Spring games are held on Wednesday evenings. Please refer to the Players Handbook for game times.

Games are not played during the school holidays.

Rules

The Manager is responsible for ensuring parents are aware of the following WDNA rules.

NSG Set

- Games are played under modified rules as per WDNA rules;
- Size 4 ball is used;
- Matches consist of 4 * 10 minute quarters;
- Slightly softer rules are applied to Modified. For example, girls can shuffle their feet a bit and they can hold the ball for 5 seconds;
- 8ft (2.4m) netball post;
- All players are required to be rotated through all positions during a season; and
- No player may play more than two quarters in any one position in any one game.

MANAGERS INFORMATION

Netball – 11 & Under and above

- Size 5 ball is used, except 10&U which use size 4;
- Matches consist of 4 * 15 minute quarters;
- Stricter rules. For example, girls cannot shuffle their feet and can only hold the ball for 3 seconds;
- 10ft netball post;
- All 10 & under players are required to be rotated through all positions during a season; and
- No 10 & under player may play more than two quarters in any one position in any one game.

All spectators, Coaches and Managers must stay behind the yellow line during the game.

Fines

Any fines must be paid for by the team incurring the fine. Fines must be paid **before** the team takes the court again the following week. (refer to WDNA Policies and Procedures pages 13-15).

Training

Coaches will determine training times and days considering other teams and school commitments for facilities.

Managers are responsible for assisting at training sessions as required by the Coach.

Information Distribution

Important information and newsletters will be forwarded to managers as required. The Manager is responsible for distributing the information to the players.

Further information can be obtained from the WDNA website, www.wdna.net.au. It is recommended that this site be visited regularly.

Appendix

C

NSG SET- MODIFIED RULES

1. Goal posts to be 2.4 m (8ft).
2. Size 4 netball only to be used.
3. Modified 7/8s and 8/9s matches will consist of 4 x 10 minute quarters, with a 3 minute interval at quarters and a 5 minute interval at half time. Normal injury time applies (up to 2 minutes per team per quarter).
4. Players are allowed to defend a player with the ball from a distance of 1.2m (4ft) including when a player is shooting for goal.
5. After catching the ball a player must throw within **five (5) seconds**.
6. Centre Pass- the initial centre pass will be taken by the team that won the toss and all other centre passes shall be taken by the team that did not score the last goal; for first centre pass of remaining quarters alternate teams (ie. The team that won the toss will take first centre pass in quarters 1 and 3 with the opposition taking first centre pass in quarters 2 and 4).
7. Teams **may** make unlimited substitutions (at intervals or at any time during play). Before entering the court, the substitute shall tag the player leaving the court; both the substitute and the player leaving the court shall not interfere with the play during the substitution process; both the substitute and the player leaving the court shall observe the offside rule when leaving or entering the court; players shall be substituted into either only attack or only defence positions for the duration of the game.
8. All playing positions to be rotated during the game so that no player plays more than half the game in the same position. Players **must** rotate through all positions during the season.
9. Positions played must be listed on the scorecard.

WDNA MODIFIED RULES

10. All players to play a minimum of two quarters unless due to injury or illness.
11. Teams are to swap scoring ends each quarter.
12. Players may wear long sleeve tops under the club uniform, providing they are all the same colour, and the colour of the uniform.
13. Games are for participation **ONLY**. No points are awarded.

NSG SET - Umpires

Use simple language and explain decisions.

Adopt an encouraging and pleasant manner to ensure an open free flowing game, particularly in the setting up of penalties and throw ins. Umpires to direct scorer and timer.

NSG SET - Coaches

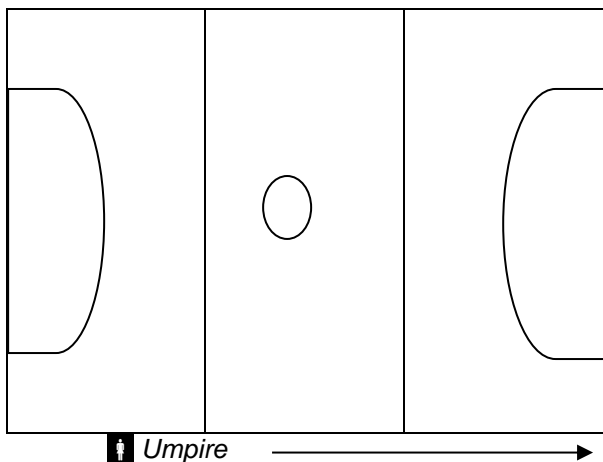
Coaching by the coaches **ONLY** is permitted in Modified 7/8s and 8/9s games. Coaches are to stand behind the yellow line and must remain in the one spot during the game and are not to go on the court during play (if an injury occurs please have your manager or a parent as the care giver). Coaches may talk to the players at end of each quarter and during an injury time (NB. please make sure that players do not leave the court during injury time and the coach must stay off the court). A second coach is allowed to coach from a fixed position on the opposite corner of the court from the first coach (see diagram below).

WDNA MODIFIED RULES

👤 2nd coach 👤 2nd coach

Yellow spectator line

← Umpire 🏠



Yellow spectator line

👤 1st coach 👤 1st coach