

NETTA Netball Rules (as taken from the Netball Australia site)

Match Duration	4 x 10 minute quarters.
Goal Post	2.4 metres (8 feet) in height.
Ball	Instead of using a full sized (size 5) ball, a smaller one (size 4) is used. This helps develop throwing and catching skills.
Time to pass the ball	Up to six seconds is allowed between catching a pass and throwing the ball to a team mate. This gives extra time to decide who to throw to and allows for concentration on correct passing technique.
Stepping	A little shuffling of the feet to regain balance after catching a pass is allowed, however an attempt at correct footwork must be made.
Defending	Opponents are not allowed to defend when an attempt at goal is being made. This makes it easier to practise the correct technique for goal shooting. Strict "one on one" defence.
Obstruction	Opposition players have to be 1.2 metres (4 feet) away from the player with the ball when they are defending a pass. This gives players a clear view of where they want to throw the ball.
Obstruction / Contact	The players do not have to stand out of play. The umpire puts the player at the correct distance, provides a brief explanation and play continues.
Substitutions	Up to ten children can play in the game and changes can be made at the 1/4, 1/2 and 3/4 time intervals. NETTA Netball is designed to give everybody a turn. Rotation of positions at the end of each quarter ensures that everybody learns how to play each position. All players must play a minimum of two quarters.
Awards & Scoring	No scores are kept and no final matches are played. This maintains a fun, learning environment. Each participant in the competition should be given a memento of participation.