

Up & At Em

5-a-side Netball - Basic Rules

About Up & At Em

- The target age group for Up and At Em is 16-24 years of age
- 4 out of 5 players must be in the age bracket of 16-24 years of age (i.e. teams can have 1 oldie (24 years +))
- Teams can be mixed or single sex

Players:

2x Shooters – Areas 1, 2 & 3

2x Defenders – Areas 3, 4 & 5

1x Centre – 2, 3 & 4

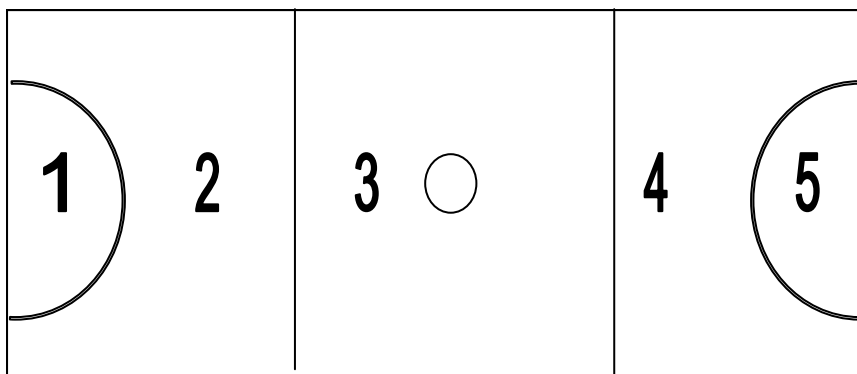
(Vice Versa for the opposition)

- No physical contact – you cannot restrict any player and must be a minimum of 0.9m away at all times
- The ball must be passed within 3 seconds of catching a pass
- Ball must be touched by a player in each third of the court
- All players must be on court while a throw in from the sideline takes place

Points:

Goal shot inside goal circle = 1 point or 2 points in power play quarter

Goal shot outside the goal circle = 2 points or 4 points in power play quarter



To start the game:

- Centres in both teams are in the centre third with defenders and shooters in their appropriate goal third ends of the court
- Game starts as soon as the Centre with possession places one foot in the circle
- After a goal is scored, the game restarts from a Centre Pass taken by the team who conceded the last goal.

Power Play:

- Each team will elect one quarter as Power Play when any goals scored will be doubled. The elected Power Play quarter must be notified to the umpire/scorer before the quarter starts, by the team demonstrating a chant or dance on the court.

Umpire (One umpire controls the whole court)

- If umpire blows whistle for infringement the non-offending team takes the pass from where the infringement took place
- The umpire blows the whistle at the Centre passes and when an infringement takes place

Substitutions:

- Player substitutions can be made at any time providing the player on court leaves before the replacement goes on court.

Duration of Game:

- 4 x 9 minute halves
- 1 minute break between quarters and a 2 minute break at half time

Cost:

- \$5 per player per game (\$25 per team)
- Payment is to be made prior to your game commencing

Defaults:

- Teams are not expected to default and will be charged a default fee of \$25 per game.

Competition dates:

- The competition begins on Sunday 12 February and runs for 6 weeks
- Games will be held at Surrey Park, and in the case of wet weather, at Aurora College
- The first round begins at 2:30pm

Competition format:

- The competition will have a round robin competition followed by a finals week.

Draws and results:

- The draw and an up to date points table will be available from www.sportsouthland.co.nz and on the Up & at Em Facebook page

To enter a team:

- Contact Sport Southland on 03 2112150 or Tracy.Simpson@sportsouthland.co.nz
- Entries close at 4pm on Tuesday 7 February.

