**TAMESIDE SSP PRIMARY NETBALL EXCEL COMPETITION**

INTENT: This is an EXCEL competition where your most competent and confident pupils should be participating. Players should have a good awareness of the game and its rules. You should enter your A or B team.

TEAMS: This is High Five so you should have a squad of 7, 8 or 9 players. They will rotate after every half time and full time.

RULES:

* 2 x 3 min halves and 30 secs change round time at half time
* 5 on a court with 7/ 8 or 9 in a squad
* Maximum of 2 boys on court (3 in a squad)
* Please follow the rotation
* Anyone not following the rotation will be disqualified
* Top team in each group to qualify for the finals

**Referees will blow the whistle for:**

Penalty - Obstruction (marking the ball less than 1 metre or marking with the arm before ball is released)

Penalty - Contact (knocking the player/ ball in a players hand)

Free pass- Held Ball (4 secs max with the ball)

Free pass - Footwork (we will allow 1 step in the heats but no more)

Free pass- Offside (player not allowed in the area)

Free Pass – Replaying the ball (playing the ball to self or catching/ dropping/ catching) Throw ins etc & Centre passes