

KEY RULES

Game Basics: High 5 Netball is a smaller, simplified version of traditional netball designed for primary schools. It is played between two teams of five players on court, with rolling substitutions so everyone gets a turn. The aim is to pass the ball and score goals by throwing it through the opponent's hoop.

Passing and Movement: Players have up to four seconds to pass or shoot once they catch the ball. The ball can be passed using chest, bounce, or shoulder passes, but players cannot run or dribble while holding it. One foot must stay grounded as the landing foot when pivoting to pass.

Scoring and Court Areas: Goals can only be scored by the Goal Shooter (GS) or Goal Attack (GA) from within the semi-circle shooting area. Each player is restricted to certain zones of the court depending on their position. If a player moves into an area they are not allowed in, it is called an offside.

Defending and Fouls: Defenders must stay at least three feet (one metre) away from the player with the ball. Contact, obstruction, or reaching over an opponent is not allowed. Free passes are awarded for minor infringements, while penalties are given for contact or obstruction.

Team Rotation and Roles: In High 5 Netball, every player rotates through all positions during the game, including the scorer and timekeeper roles. This ensures that everyone experiences attacking, defending, and officiating parts of the game. Rotation usually happens after each quarter or half.

Fair Play and Safety: High 5 Netball promotes teamwork, respect, and enjoyment over competition. Jewellery should be removed, nails kept short, and safe footwear worn. Players should support teammates, listen to the umpire, and show honesty throughout every match.

NATIONAL GOVERNING BODY (NGB)

England Netball: Responsible for the development and organisation of netball in England.

Netball Scotland: Governs netball activity and competitions across Scotland.

Welsh Netball: Supports community and school participation across Wales.

Netball Northern Ireland: Manages the growth and development of netball across Northern Ireland.

USEFUL LINKS

England Netball: englandnetball.co.uk

Netball Scotland: netballscotland.com

Welsh Netball: welshnetball.com

Netball Northern Ireland: netballni.org

International Netball Federation: netball.sport

Your School Games Netball: yourschoolgames.com/taking-part/our-sports/netball