

CSSA Netball Rules

High 5's Netball rules apply. Basically, adult rules except -

- There are no WA or WD positions
- GS and GK are allowed in the middle third as well
- 9ft Posts (not 10ft)
- 4 seconds to pass (rather than 3 seconds)

All players must change position at half-time.

The teams are to consist of 5 players on the pitch at one time – 3 must be girls.

Positions: Girls play: GK, C & GS. Boys play GD & GA.

CSSA specific rotation pattern: At half time everyone moves a position forward –

Girls: new player comes on as GK, GK moves to C position, C moves to GS, GS off.
Boys: new player comes on as GD, GD moves to GA, GA off.

Unfair Advantage. If you do not have enough players to follow the rotation (minimum 7, including 4 girls and 3 boys) you can either:

- play the game as a friendly (and concede the points) OR
- play to the correct positions and rotation (this may mean you only have 3 or 4 players)

Once the league has started, any player that has represented the A team can NOT play on the B team. Flexibility will be shown if you are short of A team players and need to “promote” a B team player – however, they are then committed to A team only.

CSSA Netball League Competition format

There are usually 2 leagues of approximately 6 teams for both A and B teams (24 teams total).

Your teams will play all other teams in their league – ie 5 games. These games are usually played on 2 dates of the 4 league match weeks.

If your team comes 1st or 2nd in their league they will return for the play-offs on the 6th (last) week. Here they will play a 4 way league (3 matches) to decide 1st to 4th positions (medals for all teams).

4pts for a win, 2 for a draw, 1 for a loss.

