

Hamilton City Netball Centre

2022 futureFERNS Structure & Guidelines

Approved
March 2022

Review
November 2022

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Covid-19

Covid-19, at the time of publishing this document, is still a global pandemic with the Omicron variant active in New Zealand. We are currently under the Covid Protection Framework (CPF) set by the Government with Red, Orange and Green settings. The requirements of each setting can be changed at any time and New Zealand can move between settings at any time.

Requirements and Restrictions

- 1) Each setting has requirements, restrictions, and guidelines which as a sport, as an employer and as a centre we must follow. The requirements, restrictions and guidelines are set and can be changed at any time by the following bodies. There may also be other bodies who set requirements, restrictions, and guidelines.
 - New Zealand Government
 - Ministry of Health
 - Hamilton City Council
 - Sport New Zealand
 - Netball New Zealand
 - Netball Waikato Bay of Plenty
 - Sport Waikato
 - Waikato Secondary School Sports
 - Hamilton City Netball Centre Board
- 2) The Hamilton City Netball Centre Board has implemented the **2022 Covid Protection Framework Policy** - *From 08 February 2022 only workers, members, participants, and spectators who have a current valid My Vaccine Pass will be able to access the Centre at 6 Moore St, Minogue Park unless they are exempt due to being under the age of 12 years and 3 months or are exempt under clause 5.4 of the policy.*
- 3) Failure by the Centre and any person within the Centre, to follow the requirements and restrictions set, means that the Centre can be shut down at any time.
- 4) The Centre will require a minimum of 48 hours to move between settings before being operational again. This time allows the Centre to put in place the processes and procedures to meet the requirements and to be able to communicate out to the community the changes.
- 5) Any games/programmes/courses scheduled to be held within 48 hours of a level change will be cancelled or rescheduled if possible.
- 6) Any credits or refunds will be determined and credited/paid out at the end of the season.
- 7) Full details of procedures and plans under each setting and any changes, will be available on the website and emailed to all Club Managers. www.netballhamilton.org.nz

2022 Season under the Covid Protection Framework





The intention is to complete a full season in 2022. The Competition Structure and Guidelines document is written as though a full season will occur.

- 1) HCNC Reserve the right to change and adapt the Competition Structure and Regulations at any time to meet the Covid Protection Framework requirements and restrictions and for the benefit and safety of the netball community.
- 2) Changes may include but are not limited to:
 - i) Shortening of the competition weeks
 - ii) Changing of published playing days and times
 - iii) Cancellation of a competition
 - iv) Rescheduling of a competition
 - v) Shortening or lengthening of breaks in games

Covid Protection Framework Quick Guide



08 February 2022

	Red	Orange	Green
Vaccination Status 	My Vaccine Pass Required	My Vaccine Pass Required	My Vaccine Pass Required
Vaccine Passes 	Vaccine passes must be uploaded to Friendly Manager Spot Checks of individuals passes on entry	Vaccine passes must be uploaded to Friendly Manager Spectators Vaccine passes scanned on entry	Vaccine passes must be uploaded to Friendly Manager Spot Checks of individuals passes on entry Spectators Vaccine passes scanned on entry
Venue Limits	100 per defined space	No limits – group separation required	No limits
Mask Requirements 	Masks required except when playing or umpiring	Masks required except when playing or umpiring	Masks encouraged except when playing or umpiring
Contact Tracing 	QR Code scanning required, and Contact Tracing Form completed per team	QR Code scanning required, and Contact Tracing Form completed per team	QR Code scanning required
Spectators	No Spectators	Spectators on Grass Bank	Spectators allowed throughout Centre
Tournaments	No tournaments	Tournaments with no spectators	Normal tournaments
Programmes	Limited to 100 per programme	No limits	No limits
Courses	Limited to 100 per course Seated only indoors	No limits	No limits
Private Bookings	Limited to 100 people in the Centre	No limits	No limits
Competition Format	Extended Timetable	Time Groups Timetable	Normal Timetable
Bathroom Facilities	Each defined area has an allocated Bathroom Facility	Bathroom facilities open to all in Centre. No spectator toilet facilities	Bathroom facilities open to all



Stay at Home if you are:

- Feeling ill/unwell or have cold/flu symptoms
- Have tested positive for Covid-19
- Have been asked to isolate
- Are waiting for the results of a Covid-19 test
- Been in contact with someone returning from overseas in the last 14 days

futureFERNS Programme Dates 2022

Year	Dates	No Play Dates	Festival Date	Session Time	Registration Fee	Registration Close
1-2 Thurs	May 12, 19, 26 June 2, 9, 16, 23, 30 July 7	N/A	Sat 3 Sep	4pm	\$225	Fri 8 April

3; 4 Tues	May 17, 24, 31 June 7, 14, 21, 28 July 5, 26 August 4, 11, 18	July 12, 19	Sat 3 Sep	4pm 5:15pm	\$360	Fri 8 April
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5; 6 Weds	May 18, 25 June 1, 8, 15, 22, 29 July 6, 27 August 3, 10, 17, 24	July 13, 20	Sat 3 Sep	4pm 5pm 6pm	\$400	Fri 8 April
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futureFERNS Programme Summary

What is the futureFERNS Programme

- The futureFERNS programme is Netball New Zealand's official Junior Netball programme. It is a programme that grows with the player and meets the players' social, physical, and cognitive needs and abilities, focused on enjoyment.
- Benefits are as follows:
 - More touches on the ball which means more opportunities for development.
 - Emphasise on learning to develop the fundamental movement skills.
 - Less players on the court, therefore, less complicated decision making.
 - Modified equipment and court size- scaled down from the adult version to fit children.
 - More attempted and successful shots on goal.
 - Developing a lifelong love of netball

What is included in the programme

- Years 1-2: 9 weeks of skills and games, including a Festival Day.
- Years 3; 4: 13 weeks of skills and games and a Festival Day.
- Years 5; 6: 13 weeks of skills and games and a Festival Day.

Registration

- To register a team follow the steps outlined on our website.
- Year groups:
 - Teams with more than 2 players of a different Year group will be placed in Year group of oldest player in team.
 - Team to indicate on registration if there 2 or less players of different Year group.
 - Players are to play in appropriate year level programme, player may apply for grade dispensation if there is a valid reason for not being able to play in appropriate year level.

- Teams will have 3 options when registering. Please put team in the group that best describes the majority of the team players. This will give indication to convenors of which pool maybe suitable for the team's skill level. Groups: Teams Learning Netball, Teams Developing their Netball & Teams Understanding their Netball.
- Any requests for Time Exclusions for teams must be done before registration closes. Any requests received after registration close date may not be considered.

Coach, Manager and Umpire Workshops:

- Any person who is going to be a coach, manager and umpire, is encouraged to attend workshops prior to the start of the season.
- Workshops are for all experience levels and provide information HCNC programmes. Workshops will include practical sessions for coaches and umpires.

Who is available to assist you on game day and throughout the season?

- The Hamilton City Netball Centre Junior Co-ordinator will be available on game day and throughout the week to answer questions about the overall programme, provide skill session activities suggestions prior to game day, updates on draws, and other programme aspects.
- Junior Coaches have gone through futureFERNs training and coaching workshops. They will be available in the registration office and around court area to assist coaches and umpires on game day.
- The Hamilton City Netball Centre Administrator will be available throughout the week during office hours to assist with administration. For example payments and player registrations.

futureFERNs Year 1&2 2022

Programme Dates

Year Group	Dates	No Play Dates	Festival Date	Session Time	Registration Fee	Registration Close
Year 1-2	Thursday: May 12, 19, 26 June 2, 9, 16, 23, 30 July 7	N/A	7 July	4pm	\$225	Friday 8 th April

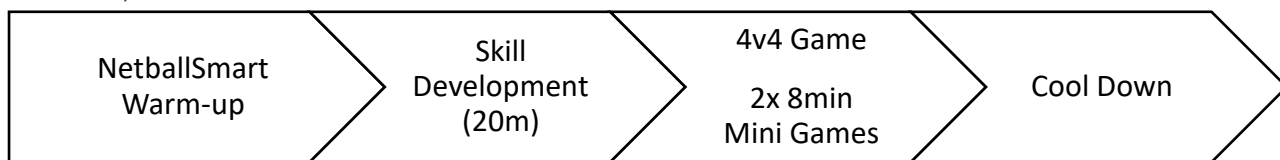
- Individual player registrations will be accepted if schools are unable to provide a team for the player. HCNC will create teams from these individual players.

Programme Information:

Coach Workshops: Coaches are encouraged to attend one of the sessions below.

Dates	Times	Location	Registration Deadline
Saturday 30 th April	9am-11am	Hamilton City Netball Centre	Thursday 28 th April
Thursday 5 th May	6pm-8pm	Hamilton City Netball Centre	Tuesday 3 rd May

Game Day Format



Skill Development

- Teams will be assigned to Pods. Each Pod will be assigned one-two Junior Coaches.
- Junior Coaches will lead warm up while team coaches attend brief overview at registration office with Junior Coordinator. Skill sessions will be led by team coaches with assistance from Junior Coaches.
- Skill session sheets will be sent to all coaches prior to game day and will also be available at the registration office. Attending workshops will give access to further online coaching resources.

Mini Game

- Each team will play two mini games. 5mins interval between each game. Games will be assigned on weekly draw.
- Teams will rotate after first 8min game where possible so teams have the opportunity to play more than one team per session.
- Junior Coaches will assist with team rotation and be on hand to assist coaches during games.

Rules of the Game

Equipment:

- Court: played across one third of the court. Parents/Team spectators will hold hula hoops provided by the Centre at end of each court to simulate goals. Goals should be 2.1m in height.
- Ball: A 20cm textured ball should be provided by each team.
- Bibs: Coloured bibs will be used and should be provided by each team.

Coaches

- Team coaches will assist players on the court with direction. No whistles will be used.
- Only one team coach on court with players at a time.

Team, Players on the Court & Substitutions

- The game is 4v4 format.
- Teams typically have 5-6 players per team.
- Both boys and girls can play without restriction.
- Rolling substitutions are allowed anytime during the game.

Start of Play

- Players use Paper, Scissors, Rock to determine which team will start each game.
- Play starts with throw-in behind the opposition's goal line.
- After a goal is scored, play continues with a throw-in behind goal by non-scoring team. Team who scored, should retreat to mid court allowing for quicker and fair play.

Playing Areas

- Players can move freely anywhere on the court.
- There are no offside limits.

Playing the Ball

- Coaches should encourage players to pass or shoot within 5 seconds (count down 5-4-3-2-1).

Footwork

- Coaches should encourage players to be stationary once they have received the ball.
- Players can take additional steps to gain balance but walking with the ball should be discouraged.

Scoring a Goal

- A goal may be scored by any player at their attacking end.

Defence

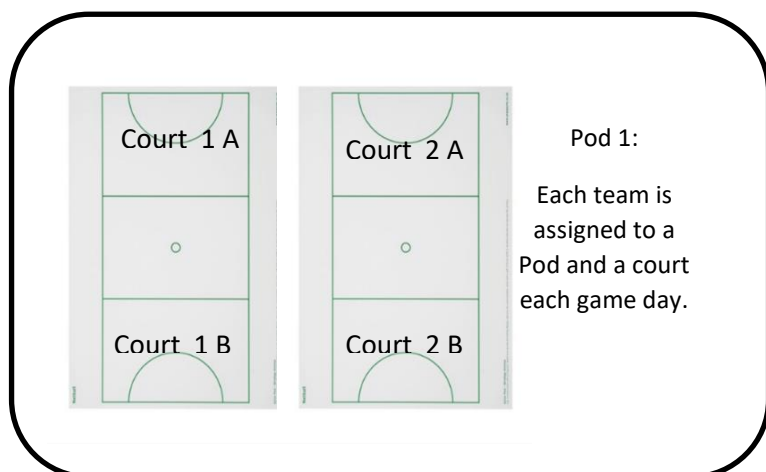
- Players must stand back at least one metre from player with ball.
- Players are not allowed to defend or mark ball thrower, allowing space to pass and vision.
- Players can defend players awaiting passes and intercepting the ball is encouraged.

Contact

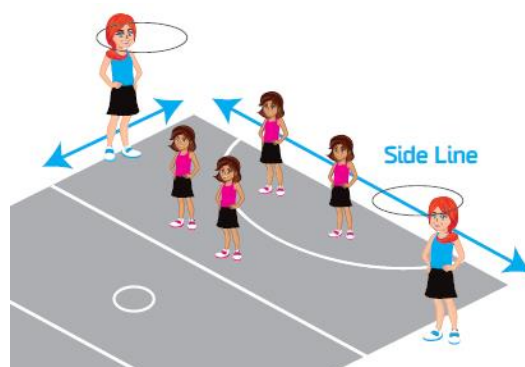
- A player may not push, trip, knock, bump or hold an opponent, whether the move is deliberate or accidental. If contact does occur, the contact should be called. After a brief explanation (if needed), play will continue.

Diagrams

Example of Playing Pods:



Playing Area & Positions:



futureFERNs Year 3&4 2022

Programme Dates:

Year Group	Dates	No Play Dates	Registration Fee	Session Times	Festival Date	Registration Close Date
Year3 Year4	Tuesday: May 17, 24, 31 June 7, 14, 21, 28 July 5, 26 August 2, 9, 16, 23	July 12, 19	\$360	4pm 5:15pm	Sat 3 Sep	Friday 8 th April

- Individual player registrations will be accepted if schools are unable to provide a team for the player. HCNC will create teams from these individual players.

Programme Information:

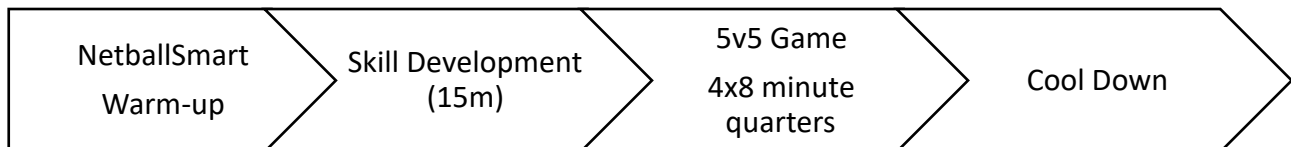
Coach Workshops: Coaches are encouraged to attend one of the sessions below.

Dates	Times	Location	Registration Deadline
Saturday 30 th April	12pm-2pm	Hamilton City Netball Centre	Thursday 28 th April
Tuesday 10 th May	6pm-8pm	Hamilton City Netball Centre	Friday 6 th May

Programme Format

- 3 Rounds
 - 1st Round: 3 weeks grading (May 17, 24)
 - 2nd Round: 5 weeks round robin (May 31, June 7, 14, 21, 28)
 - 3rd Round: 5 weeks round robin (July 5, 26, August 2, 9, 16, 23)

Game Day Format



Skill Development

- Teams will be assigned to a court.
- Teams will use half of the court to conduct skill sessions. Court halves are not assigned. The team who arrives first to the court will have the pick of which halve they want to use.
- Skill session sheets will be emailed to coaches prior to game day and will also be available on site.
- Junior Coaches will be available to assist coaches during skill development.

Games

- Each team will play one game consisting of 4x8 minute quarters with 2 minute intervals and a 3 minute half-time.
- Teams change goal ends at half-time.
- Coaches or a representative who has attended a coaching workshop should officiate.
- Junior Coaches will be available to assist coaches during games.
- Score will be taken for grading purposes only and will NOT be posted online.

Rules of Game

Equipment

- Court: Two-thirds of a Netball court. Two marked goal circles, using one goal circle in the goal third and marking the same on the second transverse line.

- Goal Posts: 2.6 metre, portable goalposts. These will be provided by Centre.
- Ball: A size 4 Netball provided by each team.
- Bibs: 2xA, 1xC, 2xD bibs can be used and are provided by each team.

Coaches

- Team coaches will assist players on the court with direction. No whistles will be used

Team, Players on Court, & Substitutions

- The game is a 5v5 format.
- Teams typically have 6-8 players.
- Both boys and girls can play without restrictions.
- Rolling substitutions are allowed anytime during the game. Players are encouraged to meet at on side-line and high five one another.
- There is no limit to the number of substitutions which can be made.
- Players must rotate position at least once in each game (i.e 1 player plays 2 positions each game)

Start of Play

- The Centre from each team will use Paper, Scissors, Rock to determine who will start with the ball at the start of every quarter.
- Play starts from halfway (transverse line) in the middle of the court.
- After a goal is scored, play restarts from halfway by the non-scoring team.

Playing the Ball

- Players are encouraged to pass or shoot within 5 seconds (count down 5-4-3-2-1).

Footwork

- Players are encouraged to be stationary once they have received the ball by landing on one or both feet.

Scoring a Goal

- A goal may only be scored by A's in goal circle area.

Defence

- Players must defend at least one metre from player with ball.
- Players can defend or mark ball thrower but must allow space to pass and vision (1m from player with ball).
- Players can defend players awaiting passes and intercepting the ball is encouraged.

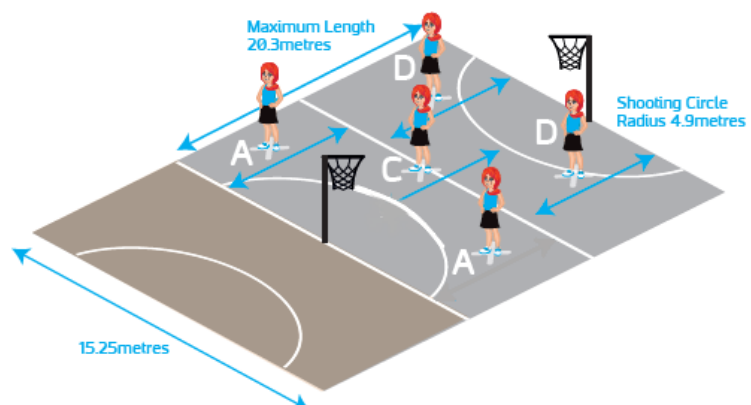
Contact

- A player may not push, trip, knock, bump, or hold an opponent, either deliberately or accidentally. If contact occurs, it will be identified and after a brief explanation, play will continue.

Diagrams

Playing Area & Positions

All players have specific areas of the court where they are allowed to play. These are outlined below.



futureFERNs Year 5&6 2022

Programme Dates:

Year Group	Dates	No Play Date	Registration Fees	Session Times	Festival Date	Registration Close
Year 5 Year 6	Wednesday: May 18, 25 June 1, 8, 15, 22, 29 July 6, 27 August 3, 10, 17, 24	July 13, 20	\$400	4pm 5pm 6pm	Sat 3 Sep	Friday 8 th April

Programme Information:

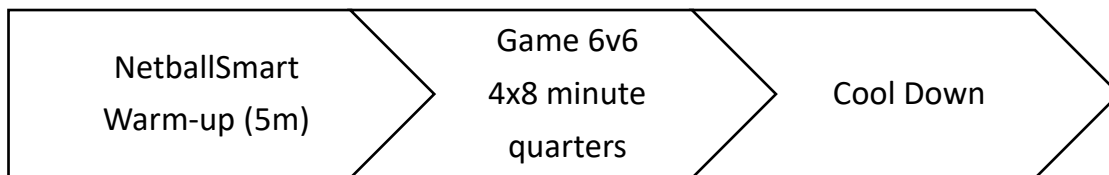
Coach & Umpire Workshops: Coaches and team Umpires are encouraged to attend one of the sessions below.

Dates	Times	Location	Registration Deadline
Saturday 30 th April	3pm-5pm	Hamilton City Netball Centre	Thursday 28 th April
Wednesday 11 th May	6pm-8pm	Hamilton City Netball Centre	Monday 9 th May

Programme Format

- 3 Rounds
 - 1st Round: 3 weeks grading (May 18, 25, June 1)
 - 2nd Round: 5 weeks round robin (June 8, 15, 22, 29, July 6)
 - 3rd Round: 5 weeks round robin (July 27, August 3, 10, 17, 24)

Game Day Format



Games

- Each team will play one game consisting of 4x 8 minute quarters with 2 minute intervals and a 3 minute at half time.
- Each week a 'Rule of the Week' will be introduced as a focus for players, this will enable players to be able to build more understanding of the Game & Rules:
 - Coaches are encouraged to focus on that rule for the week prior to game.
 - Umpires will be encouraged to focus on this rule for the week during game, ensuring to check players for understanding and explanation if needed.
- Two umpires are to officiate the game (1 Umpire from each team). Umpires are encouraged to attend one of the workshops at the start of the season for 6v6 rules.
- Teams will change goal ends at half time.
- Junior Coaches will be available to assist coaches & umpires during games.
- Score will be taken for grading purposes only and will NOT be posted online.

Rules of Game

Equipment

- Court: Full Court
- Goal Posts: 2.6 metres
- Ball: A size 4 Netball provided by each team
- Bibs: 2xA, 2xC, 2xD provided by each team

Umpire

- Two Umpires (One from each team)
- Each team MUST provide own umpire. Umpire are recommended to attend workshop for 6v6 game rules.

Team, Players on Court, & Substitutions

- The game is a 6v6 format.
- Teams typically have 8-10 players.
- Both boys and girls can play without restrictions.
- Rolling substitutions are allowed anytime during the game. Players are encouraged to meet at on side-line and high five one another.
- There is no limit to the number of substitutions which can be made.
- Players must rotate position at least once in each game (i.e 1 player plays 2 positions each game)

Start of Play

- The Centre from each team will use Paper, Scissors, Rock to determine who will start with the ball at the start of every quarter.
- The Centre in possession of the ball stands with at least one foot wholly within the centre circle.
- The other Centre stands on the side-line of the Centre Third with the opposing teams other Centre. Once the centre pass has been received, these players can enter play.
- After a goal is scored, play restarts with a centre pass by the non-scoring team.
- After each scored goal centre players will swap from side-line to on court before start of play.

Playing the Ball

- Players are must pass or shoot within 5 seconds.

Footwork

- Apply the footwork rule. Players may not reground the first grounded foot.

Scoring a Goal

- A goal may only be scored by A's in goal circle area.

Throw-in

- Player takes turns. For example, if it is a defence throw in in the goal third, one defender throws in and then the other defender takes the next throw in.

Defence

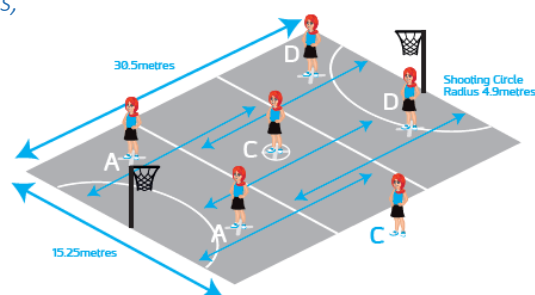
- Players must defend at least one metre from player with ball.
- Players can defend or mark ball thrower but must allow space to pass and vision (1m from player with ball).
- Players can defend players awaiting passes and intercepting the ball is encouraged.

Contact

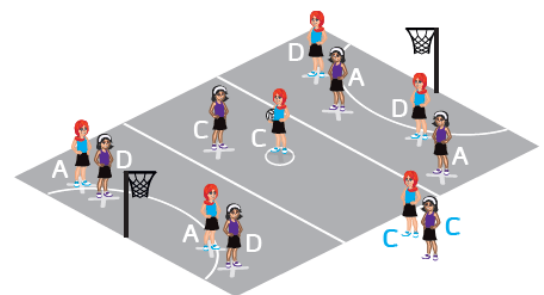
- A player may not push, trip, knock, bump, or hold an opponent, either deliberately or accidentally. Contact should be called by the Umpire.

Diagrams

Playing Areas



Starts of Play



Individual Player Dispensation Request

All dispensation requests will be presented to HCNC staff and conveners. Requests are on a case by case basis for appropriate consideration. Team contact will be notified via email by HCNC co-ordinator.

Email to admin@netballhamilton.org.nz

Club Name	
Team applying for dispensation	
Competition & Grade requesting to enter	
Individual's name	
D.O.B & Age	
Year Level	
Reason for seeking dispensation (Please include Year level of requests out of grade and reason)	
Contact Person	
Contact Number & Email	
Signed	
Date	

Grade Dispensation Request

All dispensation requests will be presented to HCNC staff and grade conveners. Requests are on a case by case basis for appropriate consideration. Team contact will be notified via email by HCNC co-ordinator.

Email to admin@netballhamilton.org.nz

Club Name	
Team applying for dispensation	
Grade requesting to enter	
Reason for seeking dispensation (Please include Year level of requests out of grade and reason)	
Contact Person	
Contact Number & Email	
Signed	
Date	