

Woolworths 
futureFERNS

Hamilton City Netball Centre

2025 futureFERNS Structure & Guidelines



Reviewed & Amended
February 2025

Review
November 2025

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futureFERNs Structure and Guidelines

- 1) The structure and rules stated below, and rules outlined in the World Netball Rule Book, will be used for all competitions, except where stated on registration.
- 2) If there are disputes on the structure and rules that are ambiguous, decisions will be made by HCNC Events staff and will be made in the best interest of the competition.
- 3) Any matter or concern not outlined in this document will go to HCNC staff and/or Board via the Complaints Policies and Procedures. HCNC staff/Board will use futureFERNs Structure and Guidelines, Constitution, and Netball New Zealand Constitution to resolve matters or concerns.
- 4) The futureFERNs Structure and Guidelines document is written as though a full season will occur.
- 5) HCNC Reserve the right to change and adapt the futureFERNs Structure and Guidelines at any time for the benefit and safety of the netball community.
- 6) 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

No Limits Netball

For the 2025 season, we are continuing with the Netball New Zealand No Limits Netball Programme.

Hamilton City Netball Centre strives to create an inclusive environment where all people are treated with dignity, respect, and courtesy. In futureFERNs netball there are NO restrictions for ANY children that may have access, disability, or neurodiverse needs. ALL children can participate in futureFERNs netball.

If you would like to discuss how your child can be involved, contact Aoife for more information:

junior@netballhamilton.org.nz

Uniform

Hamilton City Netball Centre is committed to supporting Netball uniforms that adhere to the official World Netball Rules of Netball, as well as those that promote safety, inclusivity, practicality, and affordability.

Refer to *Hamilton City Netball Centre Uniform Policy* for full details.

World Netball Rules of Netball

Footwear	Suitable sports footwear must be worn (5.1.1 (i)(a))
Playing positions	Playing position initials 15cm high must be clearly visible and worn above the waist, front and back. (5.1.1(i)(b))
Extra items	Players may not wear anything that could endanger themselves or other players (5.1.1(iv)). For example, zips, hoods or large hair clips.
Adornment/ jewellery	No adornment or jewellery may be worn other than a wedding ring which shall be securely covered with tape. (5.1.1(iv)(a)).
	A medical alert bracelet may be worn provided it is covered with tape (5.1.1(iv)(b)).
Fingernails	Fingernails must be short and smooth (5.1.1(iv)(c)).
Hair	Hair should be suitably tied back (5.1.1(iv)(d)).

Uniform Policy Summary

- FutureFERNs **DO NOT** require a playing uniform. This is to encourage participation and minimise playing barriers.
- Playing bibs are enough at this level to distinguish between teams.
- Clothing worn by futureFERNs teams can take into consideration the weather and comfort of the players e.g., wearing thermals, beanies, sunhats, raincoat without zips or buttons and with hoodie tucked inside. Safety must still be the priority.



futureFERNS Programme Dates 2025

Year	Dates	No Play Dates	Festival Date	Session Time	Registration Fee	Registration Close
1-2 Thurs	May: 1, 8, 15, 22, 29 June: 5, 12, 19, 26	N/A	Sun 24 August	4pm	\$230	Fri 11 April
3-4 Tues	May: 6, 13, 20, 27 June: 3, 10, 17, 24 July: 15, 22, 29 August: 5, 12	July: 1, 8	Sun 24 August	4pm, 5:15pm	\$405	Fri 11 April
5-6 Weds	May: 7, 14, 21, 28 June: 4, 11, 18, 25 July: 16, 23, 30 August: 6, 13	July: 2, 9	Sun 24 August	4pm, 5pm & 6pm	\$460	Fri 11 April

futureFERNS Programme Summary

What is the futureFERNS Programme

- The futureFERNS programme is Netball New Zealand's official Junior Netball programme. This programme grows with the player and meets the players' social, physical, and cognitive needs and abilities. The programme has a focus on enjoyment.
- Benefits of the programme are as follows:
 - More touches on the ball, which means more opportunities for player development.
 - Emphasis 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 (Term 2) of skills/games and a Festival Day.
- Years 3-4: 13 weeks (Term 2 & 3) of skills/games and a Festival Day.
- Years 5-6: 13 weeks (Term 2 & 3) of skills/games and a Festival Day.

Registration

- To register a team, follow the steps outlined on our website: <https://netballhamilton.org.nz/futureferns>
- Year groups:
 - Teams with more than 2 players of a different Year group will be placed in the Year group of the oldest player in the team. E.g., 3 Year 6's and 4 Year 5's, will be placed in the Year 6 Grade.
 - Teams to indicate on registration if there are 2 or less players of different Year groups.
 - Players are to play in the appropriate year level programme. Teams may apply for a grade dispensation for a player if there is a valid reason for not being able to play in the appropriate year level.
- Year 3-6 teams will have 3 options when registering. Please put the team in the group that best describes the majority of the team players. E.g., 5 players who played last season and have a basic understanding of the game and 2 players who are new to netball would enter Developing their Netball. This will give indication to convenors of which pool may best suit the team's skill level.
- Groups:
 - Teams Understanding their Netball.

- Players who have played previously and have an understanding of netball skills and the game.
 - Teams Developing their Netball.
 - Players who may have played previously but are still developing their Netball knowledge.
 - Teams Learning Netball.
 - Players who are beginning to learn 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, or umpire, is encouraged to attend workshops prior to the start of the season.
- Workshops are for all experience levels and provide information regarding 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. The Co-ordinator can answer questions regarding the overall programme, provide skill session activity suggestions prior to game day, provide updates on draws, and other programme aspects.
- Junior Coaches have undergone futureFERNs training and coaching workshops. They will be available in the registration office and around the court area to assist coaches and umpires on game day. Junior Coaches will be wearing a Red vest or Red hoodie/tee.
- 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 2025

Programme Dates

Year Group	Dates	No Play Dates	Festival Date	Session Time	Registration Fee	Registration Close
Year 1-2	Thursdays May: 1, 8, 15, 22, 29 June: 5, 12, 19, 26	N/A	Sun 24 August	4pm	\$230	Fri 11 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
Thursday 10 th April	6pm-8pm	Hamilton City Netball Centre
Tuesday 29 th April	6pm-8pm	Hamilton City Netball Centre

How to register

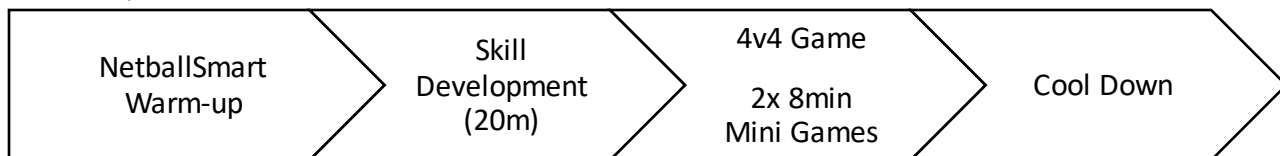
To register for a coaching workshop:

- Follow this link: <https://netballhamilton.org.nz/futureferns/coaching-workshops>
- There is a register button on the page, follow the instructions and choose the workshop you wish to join.
- Registration is not essential; but is preferred. You are welcome to turn up on the day.

Coach Drop-In Sessions: These are online sessions that coaches can join if they have any questions about the Year 1-2 programme. Coaches are encouraged to attend one of the sessions below.

Dates	Times	Location
Wednesday 30 th April (pre-season)	6pm-7pm	Online
Monday 16 th June (in-season)	6pm-7pm	Online
Monday 14 th July (in-season)	6pm-7pm	Online
Monday 18 th August (post-season)	6pm-7pm	Online

Game Day Format



Skill Development

- Teams will be assigned to Pods. Each Pod will be assigned one-two Junior Coaches.
- Junior Coaches will lead the warmup while team coaches attend brief meetings outside the Registration Room with the Junior Coordinator. Skill sessions will be led by the 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. 5-minute intervals between each game. Games will be assigned with a weekly draw.

- Teams will rotate after the first 8-minute game, therefore 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 the 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. Bibs do not need to have positions on them (e.g., A, C, D)

Coaches

- Team coaches will assist the players on the court with direction. No whistles will be used.
- Only **one team coach** per team on the court with players at any one time. Parents should support and encourage from the sideline.



Team, Players on the Court & Substitutions

- The game is a 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 a throw-in behind the opposition's goal line.
- After a goal is scored, play continues with a throw-in behind the goal by the non-scoring team. **The team who scored, should retreat to mid court allowing for quick and fair play.** E.g., If team A gets a goal, team B takes a throw in behind the goal. Team A should retreat to mid court.

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

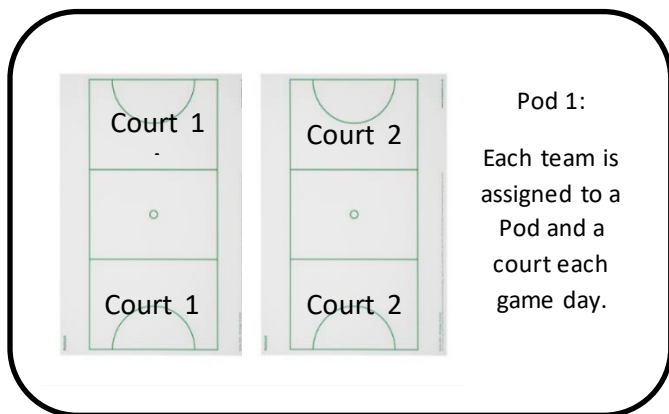
- **Players must stand back at least one metre from the player with ball.**
- Players are not allowed to defend or mark the ball thrower, allowing space to pass the ball and for vision.
- Players can defend players awaiting passes and intercepting the ball is encouraged.

Contact

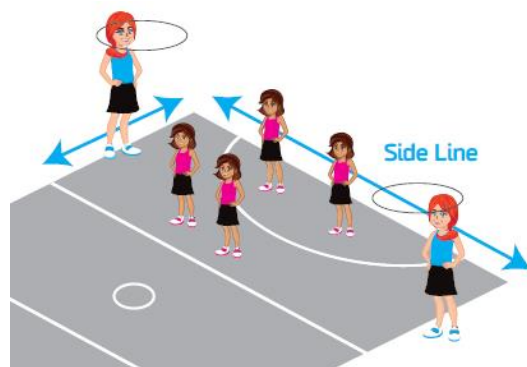
- A player may not push, trip, knock, bump or hold an opponent, whether the move is deliberate or accidental. If contact does occur, the contact should be called. After a brief explanation (if needed), play will continue. E.g., "In netball, we can't hold onto the other team, so we need to give them the ball".

Diagrams

Example of Playing Pods:



Playing Area & Positions:



futureFERNs Year 3-4 2025

Programme Dates:

Year Group	Dates	No Play Dates	Registration Fee	Session Times	Festival Date	Registration Close Date
Year 3-4	Tuesday: May: 6, 13, 20, 27 June: 3, 10, 17, 24 July: 15, 22, 29 August: 5, 12	July: 1, 8	\$405	4pm & 5:15pm	24 th August	Friday 11 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
Tuesday 8 th April	6pm-8pm	Hamilton City Netball Centre
Saturday 3 rd May	9am-11am	Hamilton City Netball Centre

How to Register

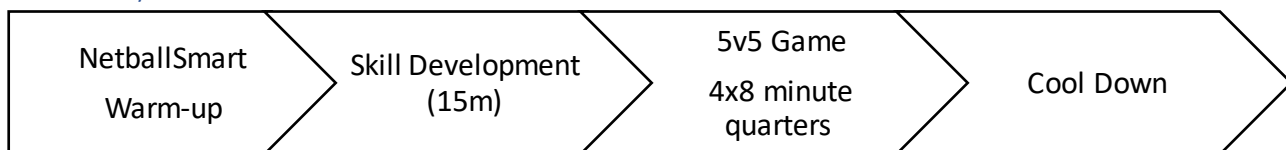
To register for a coaching workshop:

- Follow this link: <https://netballhamilton.org.nz/futureferns/coaching-workshops>
- There is a register button on the page, follow the instructions and choose the workshop you wish to join.
- Registration is not essential; but is preferred. You are welcome to turn up on the day.

Programme Format

- 3 Rounds
 - 1st Round: 3 weeks grading (May 6, 13, 20)
 - 2nd Round: 5 weeks round robin (May 27, June 3, 10, 17, 24)
 - 3rd Round: 5 weeks round robin (July 15, 22, 29, August 5, 12)

Game Day Format



Skill Development

- Teams will be assigned to a court.
- Teams will use half of the court to conduct their skill sessions. Court halves are not assigned. The team which arrives first to the court will choose which half 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. (8, 2, 8, 3, 8, 2, 8)
- Teams will change their 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 the existing circle in the goal third and marking the same circle on the second transverse line.
- Goal Posts: 2.6 metre, portable goalposts. These will be provided by the Centre.
- Ball: A size 4 Netball provided by each team.
- Bibs: 2xA, 1xC, 2xD bibs should be used and are provided by each team.

Coaches

- Team coaches will assist players on the court with direction. No whistles will be used. Coaches should explain the rules if the players don't understand.

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 on the 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., each person plays 2 different 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 beginning 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. (e.g., If team A gets a goal, team B takes the centre pass from halfway).

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 the goal circle area.

Defence

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

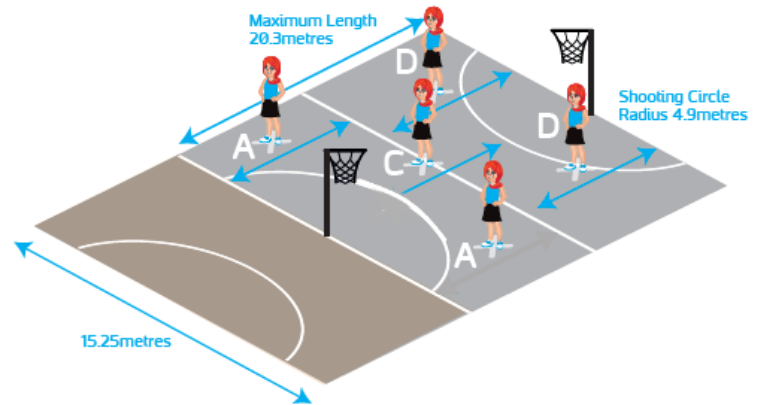
Contact

- 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. E.g., “In netball, we can’t hold onto the other team, so we need to give them the ball”.

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 2025

Programme Dates:

Year Group	Dates	No Play Date	Registration Fees	Session Times	Festival Date	Registration Close
Year 5-6	Wednesday: May: 7, 14, 21, 28 June: 4, 11, 18, 25 July: 16, 23, 30 August: 6, 13	July: 2, 9	\$460	4pm, 5pm & 6pm	24 th August	Friday 11 th April

Programme Information:

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

Dates	Times	Location
Wednesday 9 th April	6pm-8pm	Hamilton City Netball Centre
Saturday 3 rd May	12pm-2pm	Hamilton City Netball Centre

How to Register

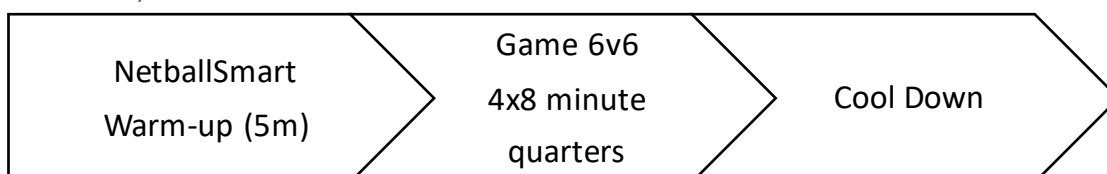
To register for a coaching workshop:

- Follow this link: <https://netballhamilton.org.nz/futureferns/coaching-workshops>
- There is a register button on the page, follow the instructions and choose the workshop you wish to join.
- Registration is not essential; but is preferred. You are welcome to turn up on the day.

Programme Format

- 3 Rounds
 - 1st Round: 3 weeks grading (May 7, 14, 21)
 - 2nd Round: 5 weeks round robin (May 28, June 4, 11, 18, 25)
 - 3rd Round: 5 weeks round robin (July 16, 23, 30, August 6, 13)

Game Day Format



Games

- Each team will play one game consisting of 4x8-minute quarters, with 2-minute intervals and a 3-minute half time. (8, 2, 8, 3, 8, 2, 8)
- 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 the 'Rule of the Week' for the week prior to game day.
 - Umpires will be encouraged to focus on this rule for the game that week, ensuring to check players for understanding and explanation if needed.
 - Rule of the week includes stepping, contact, held ball etc.
- 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. Session times are listed above.
- 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 their own umpire. Umpires are recommended to attend workshop for 6v6 game rules. Session times are listed above.
- If you are using a 7v7 umpire, please ensure they understand the 6v6 game and the purpose of future FERNS.

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 the 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., each person plays 2 different 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 beginning of every quarter.
- The Centre in possession of the ball stands with at least one foot wholly within the centre circle. One of the opposing team's Centre's will be defending this player.
- 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. They must wait for the pass to be made. The purpose of this is for the side-line Centre's to analyse the play and decide where they should enter the game.
- After a goal is scored, play restarts with a centre pass by the non-scoring team. (e.g., If team A scores, team B takes the pass from the centre pass).
- After each scored goal, Centre players will swap from side-line to on court before start of play. This allows each Centre player to complete a centre pass.

Playing the Ball

- Players 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 the goal circle area.

Throw-in

- Players take turns. For example, if it is a defence throw in, in the goal third, one defender throws in. When another throw in occurs, the other defender takes the next throw in. Allowing both defence players to experience a throw in.

Defence

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

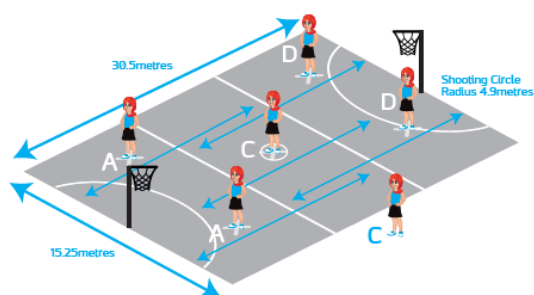
Contact

- A player may not push, trip, knock, bump, or hold an opponent, either deliberately or accidentally. Contact should be called by the Umpire. E.g., "In netball, we can't hold onto the other team, so we need to give them the ball".

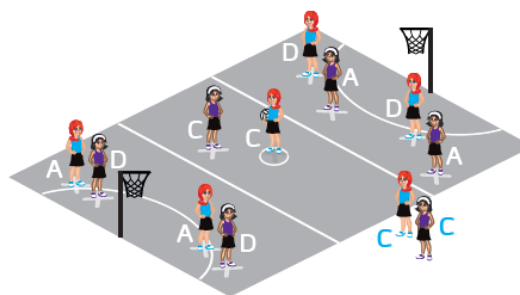
Diagrams

Playing Areas, Positions, & Start of Play

Playing Areas



Start of Play



Individual Player Dispensation Request

The purpose of this dispensation is to request a player to play for a team higher or lower than their year level. E.g., a Year 4 player to play for a Year 5 team.

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 the HCNC coordinator.

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 <small>(Please include Year level of request, grade, and reason) E.g., player is Year 4, wanting to play in Year 5 team due to not enough players for a Year 4 team</small>	
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 coordinator.

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 request, grade, and reason) E.g., Team is predominantly new players, can we play in Year 3 Learning	
Contact Person	
Contact Number & Email	
Signed	
Date	