



## Playing the Game

# Rule adaptations for Stingers explained



Bee Netball is a programme that enables children to learn the game in a way that is just right for their stage of development. This is then applied when they play the game.

There are 3 stages to Bee Netball;



**Buzzer**

5–7 year olds  
(years 1 & 2)



**Flier**

7–9 year olds  
(years 3 & 4)



**Stinger**

9–11 year olds  
(years 5 & 6)

In Bee Netball, the rules used to play the game are based on adapting the rules of netball to make them appropriate to each stage. A summary of these adaptations is detailed on the table overleaf followed by Stinger specific guidance on the following pages.

**The over-arching principle however is that the rule adaptations are designed to support the learning of the game, not restrict the playing of the game.**

**Guidance for Umpires:**

Umpires are key to supporting the Bee Netball philosophy and have a key influence on the child's learning and enjoyment of their early netball experiences.

Top tips to remember:

- The rules support the learning of the game, not restrict the playing of the game.
- The style of umpiring needs to be appropriate for Stingers (9-11 year olds).
- The Beliefs are important and umpires can help bring these to life during games.
- Children are motivated to be active when they are having fun and Bee Netball aims to do this.



To play Bee Netball some of the rules of netball need to be adapted to ensure that the game is played appropriately for each stage of development.

The rule adaptations are designed to support the learning of the game, not restrict the playing of the game. It is really important to deliver fun and flexible Bee Netball sessions.

Some competitions may have additional adaptations or scoring procedures to make the competition really child centred in line with the competition format they are using.

Rule Adaptions	Buzzer	Flier	Stinger
<b>Player</b> 	<b>Small groups</b>	<b>4 Mixed</b>	<b>5 Mixed or girls only</b>
<b>Court size</b> 	<b>1/3 of full size netball court</b> Width: min 8m max 10m Length: min 12m max 15m	<b>1/3 of full size netball court</b> Width: min 8m max 10m Length: min 12m max 15m	<b>Full size netball court</b>
<b>Post height</b> 	<b>Target</b>	<b>8ft</b>	<b>9ft</b>
<b>Ball size</b> 	<b>Mini netballs size 4</b>	<b>Size 4</b>	<b>Size 5</b>
<b>Rule adaptations</b>	<b>No formal positions</b>	<b>Attack &amp; Defence</b>	<b>No WA, WD</b>
<b>Positions</b>	Pass within approx 4 seconds Defend player & intercept ball Take an extra step	Rotate positions during game	Standard positions Encourage trying all positions
<b>Passing</b>	Pass within approx 4 seconds	Pass within approx 4 seconds	Pass within 4 seconds
<b>Defending</b>	Defend player & intercept ball	Defend player & intercept ball	Encourage trying all positions
<b>Footwork</b>	Take an extra step	Take an extra step	Encourage trying all positions



**Stinger**

## **Rule Adaptions for Stingers Explained**

The focus at this stage of the U11 framework is to build upon strong physical literacy skills. The Stinger stage will further develop invasion principles whilst also developing netball specific and position specific skills e.g. attack & defence.

Bee Netball for Stingers is 5 a side netball

### **Court:**

A full size netball court is 30.5m x 15.25m. Courts throughout the country do vary in size with many being smaller than this.

With this in mind, Bee Netball uses maximum and minimum sizes. Courts for Bee Netball games should be within the following ranges to ensure it is both appropriate and safe.

For Stingers the following should be used:

Minimum: 20m x 10m

Maximum: 30.5m x 15.25m

It is important that if the size of the court is reduced, the proportions remain the same as the full size court.

Normal courts markings should be used. On smaller courts the centre & shooting circles should remain full size.

The court should be level & flat. Make sure that there are no loose objects, such as grit or wet leaves, on or around the court which could cause injury.

### **Posts:**

These should be placed on the centre point of each goal line with none of the base protruding onto the court. The ring should be 2.74m (9ft) from the ground and fitted with a net.

### **Ball:**

A size 4 netball. The official Bee Netball is available from England Netball shop

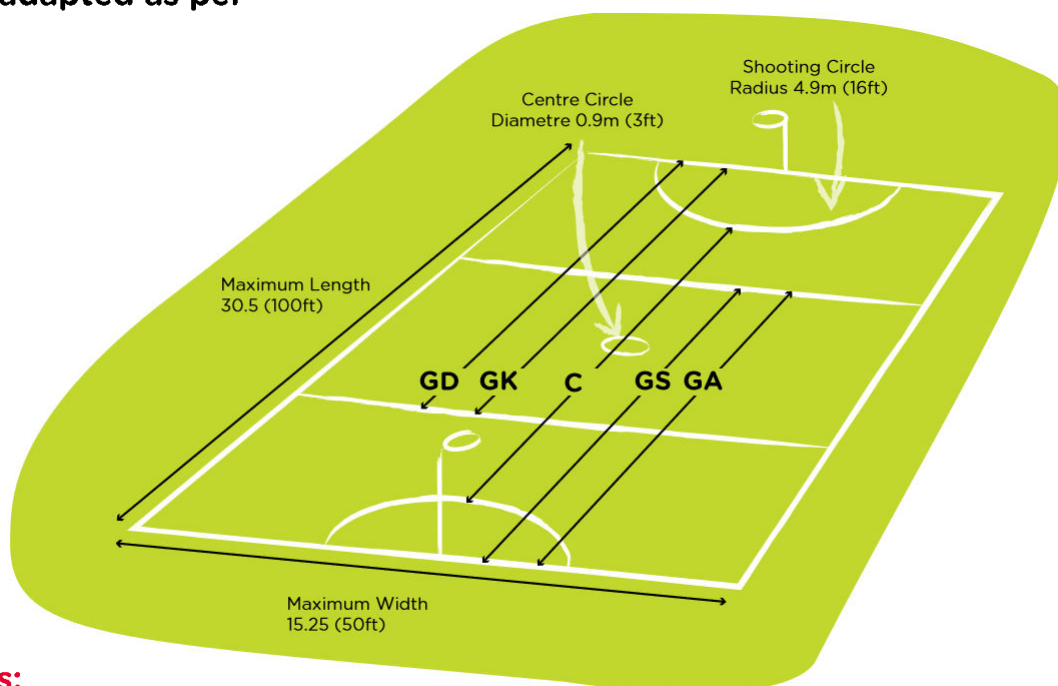
<https://www.Englandnetballstore.co.uk/beenetball>

### **Bibs:**

The GS, GA, C, GD, GK bibs should be used. The official Bee Netball bibs are available from the England Netball shop



The areas that each position can move are slightly adapted as per the diagram.



### Length of matches:

- Games can be split into either halves or quarters. This will be determined by the local competition organiser and could vary depending on the type of competition i.e a game or tournament format.
- Consideration to the welfare of the children is paramount and essential.  
[www.EnglandNetball.co.uk/governance/safeguarding/](http://www.EnglandNetball.co.uk/governance/safeguarding/)
- If attending matches, all children must take to the court and the rotations enable this (unless illness or injury occurs).

### Squads:

- Bee Netball is designed to enable and encourage all children to be physically active and enjoy netball. To enable learning and encourage team work, squads should consist of a minimum of 7 players and a maximum of 9 players. There will be 5 players on court at any one time.
- Squad members not on court should take part in the various tasks to support the team. These are all aligned to the Bee Netball Beliefs. Coaches, teachers or team managers can identify the most appropriate of the off court roles, for teams or individuals, from the menu of off court roles.
- As in standard netball, substitutions may be made at any time in the event of illness, injury or blood.
- Local competition organisers will determine if the competition is mixed or single gender.



## Rotations:

The Bee Netball rules for Stingers require players to rotate positions, this is to ensure that children learn and develop both attack & defence skills and maximise activity levels.

Requirements around frequency of rotations will be determined by local competition organisers. Often this will be at each half of the game although this will be determined by the type of competition. i.e a single match maybe different to a tournament.

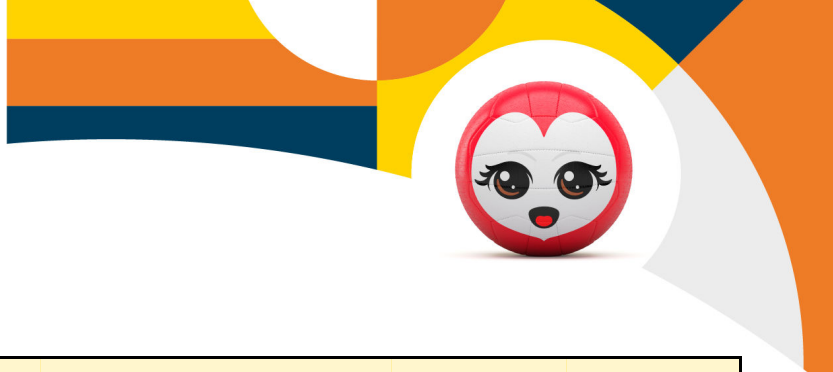
*Rotation sheets are available to help coaches, teachers and team managers organise the rotations within the team, some competition organisers may ask for copies of these.*

### Rotation for squad of 9

Girl	Off	GA	Off	GD	Off	C	GS	Off	GK
Girl	GA	Off	GD	Off	C	GS	Off	GK	Off
Girl	Off	GD	Off	C	GS	Off	GK	Off	GA
Girl	GD	Off	C	GS	Off	GK	Off	GA	Off
Girl	Off	C	GS	Off	GK	Off	GA	Off	GD
Girl	C	GS	Off	GK	Off	GA	Off	GD	Off
Boy/Girl	GS	Off	GK	Off	GA	Off	GD	Off	C
Boy/Girl	Off	GK	Off	GA	Off	GD	Off	C	GS
Boy/Girl	GK	Off	GA	Off	GD	Off	C	GS	Off

### Rotation for squad of 8

Boy/Girl	Off	C	GA	Off	GD	Off	GS	GK
Girl	C	GA	Off	GD	Off	GS	GK	Off
Girl	GA	Off	GD	Off	GS	GK	Off	C
Girl	Off	GD	Off	GS	GK	Off	C	GA
Girl	GD	Off	GS	GK	Off	C	GA	Off
Girl	Off	GS	GK	Off	C	GA	Off	GD
Boy/Girl	GS	GK	Off	C	GA	Off	GD	Off
Boy/Girl	GK	Off	C	GA	Off	GD	Off	GS



## Rotation for Squad of 7

Boy/Girl	Off	GA	GD	Off	C	GS	GK
Girl	GA	GD	Off	C	GS	GK	Off
Girl	GD	Off	C	GS	GK	Off	GA
Girl	Off	C	GS	GK	Off	GA	GD
Girl	C	GS	GK	Off	GA	GD	Off
Boy/Girl	GS	GK	Off	GA	GD	Off	C
Boy/Girl	GK	Off	GA	GD	Off	C	GS

### Start of Play:

- A coin is tossed to determine who takes the first centre pass.
- Subsequent centre passes are taken alternatively.
- Play is started by a pass from the Centre, who stands with at least one foot wholly within the centre circle.
- At the start of play, the GS, GA, GD and GK may be anywhere in their respective goal thirds. The opposing Centre shall be in the centre third and free to move.
- When the umpire blows the whistle, the Centre must pass the ball within 4 seconds and obey the footwork rule. The ball must be caught or touched in the centre third.

### Playing the Ball:

- A pass must be made within 4 seconds. This is slightly longer than standard netball rules.
- The footwork rule applies as per standard netball and should be obeyed.
- The ball cannot be passed the complete length of the court and must be touched at least once in each of the thirds as per standard netball rules.

### Defending, obstruction and contact:

- Netball is a non-contact game.
- When defending a player with the ball, the defender must be at least 3ft (0.9m) away from the person with the ball.
- Everyone must observe this 3ft (0.9m) obstruction rule.
- Players are also able to mark other players and intercept the ball during a pass as in standard netball rules.



### **Scoring a Goal:**

A goal is scored when the ball passes completely through the ring from top to bottom.

In some competitions, the competition organisers may include additional ways in which points can be scored. When competition organisers do this, it must be to encourage learning and support participation; e.g. a period of Powerplay where points are doubled or additional points are awarded for hitting the ring. Any additions will be clearly outlined in the local competition rules provided by local competition organisers.

### **Netball rules that have NOT been adapted for Bee Netball should be played to:**

- Players defending must be at least 0.9m away from the person with the ball.
- Players must not deliberately kick the ball- accident or otherwise is irrelevant.
- Players must not bounce the ball.
- Players should not place their hands on the ball held by an opponent.
- Players should not throw the ball while sitting/lying on the ground.
- The ball must be touched in each third before a goal can be scored.
- Having dropped or thrown the ball, a player cannot regain possession of the ball, before it has been touched by another player.
- A ball is out of court when it, or the player touching it, is outside the court area. A throw in is taken by the opposing team and should be taken where the ball crossed the line. Any player allowed in that part of the court can take the throw in. They must be behind the line and pass the ball within 4 seconds of play restarting.
- A player is offside if they enter an area of the court which they aren't allowed in.
- The umpires will award either a free pass or a penalty pass where the infringement takes place.
- When a free pass is awarded the infringing player is not required to stand out of play. For a penalty pass, the infringing player is required to stand out of play.





<b>Infringement</b>	<b>What will happen</b>
The footwork rule not obeyed	Free pass to opposition
The ball goes out of court or the player touching the ball is out of court	Throw in to the opposition taken where the ball crossed the line. Any player allowed in that part of the court may take the throw-in and must stand outside the court with both feet behind the line.
A player is in an area of the court they should not be in—they're off side	Free pass to opposition
A defending player is not 0.9m away from the player with the ball marking with their arms raised and obstructing a pass or shot	Penalty Pass (or shot if in shooting circle) to opposition
The ball travels over a third untouched	Free pass to the opposition where the ball first entered a third incorrectly except if the ball goes out of court over the goal line a throw in is awarded
The ball is not passed within 4 seconds—held ball	Free pass to opposition where the ball was held.
Rotations intentionally not followed	Local competition organisers to determine. They may deduct points or add closer checks. All Competition organisers, coaches, teachers and team managers are reminded of the Philosophy of Bee Netball



## Menu

### Off Court Roles

You can choose which of the off court roles are most appropriate to the children you are involving. They should however be engaged in the game whilst not playing on court. This approach maximises engagement and also embeds the Bee Netball Beliefs



**Bee**  
fair.

Monitor the rotations to make sure players move correctly and in line with the rotation pattern and everyone in the team has their fair share of time on court playing.

Keep time during the game using a stopwatch. To make sure the game is fair players must keep an eye on the time and let the umpire know when it is the end of that quarter or half of the game.

Keeps a note of the score ensuring that the goals are recorded fairly.



**Bee**  
together.

Lead the support and encouragement of the team by concentrating on the positives



**Bee**  
proud.

Review the team's game and jot down the good points and the areas that could be improved. Feed this back to the team at half or quarter time



**Bee**  
strong.

Identify or complete a personal activity challenge that shows determination to improve and to keep trying.