

Minimum 50% game time recommendation for Secondary School Netball

Background

Netball New Zealand has developed this recommendation as part of Youth Development, supported by findings from the Voice of Participant and Sport New Zealand Rangatahi Voice surveys. This player-centered approach aims to be implemented in 2026.

Why

The 50% game time recommendation fosters a balanced and inclusive netball environment by ensuring all players receive meaningful playing time. This approach helps:

Develop skills and sustain player motivation.

Address declining teenage participation through the Balance is Better philosophy.

Support a cultural shift to provide quality sport opportunities for rangatahi (ages 12-18).

Applicability

The recommendation applies to ALL secondary school netball, Senior A and Premier League players, UNISS, LNISS, SISS.

Key Requirements

Players must play at least 50% of the total game time in any competition.

Competition-Specific Recommendation Table

| TYPE of COMPETITION | MAXIMUM PLAYING TIME |
|---------------------------------------|--|
| Longitudinal e.g. regular Centre comp | Players must play a minimum of 20 minutes in a standard 40-minute game (excluding semi-finals and finals). |
| One day Tournament | Maximum playing time per player per day: 120 minutes. Players must receive at least 50% of scheduled game time. |
| Multi-day tournament | Maximum playing time per player per day: 120 minutes. Players must receive at least 50% of scheduled game time across the tournament. |

Player Development recommendations

No player should exceed the maximum recommended game time.

All players should have equal opportunities to participate and develop their skills.

Considerations

Adjustments may be made for injuries or illnesses.

Refer to NetballSmart resources for smart injury management.

Netball New Zealand encourages all centres, coaches, and competition organisers to adopt this recommendation, add it to their rules and regulations to promote equitable participation and player development in secondary school netball.