



NETBALL
NEW ZEALAND
POITARAWHITI AOTEAROA

Secondary School Netball Guide

We live this game.



Contents

Papa Wehewehe

3	Our Southern Cross	<i>Te Pae Mahutoka</i>
4	Introduction	<i>Te Timatanga</i>
5	Balance is Better	<i>Mauri Tau</i>
7	Partnership	<i>Mahitahi</i>
8	Role in our Partnerships	<i>Whaingā Kotahi</i>
9	Youth Advocacy	<i>Taki Taiohi</i>
10	Game	<i>Tākaro</i>
10	Ensuring a Positive Experience for All	<i>Me Ngākau Tapatahi</i>
11	Netball Development	<i>Poitarawhiti Whakawhanake</i>
12	Formats of the Game	<i>Kawau Māro</i>
12	Player Development Guidelines	<i>Kaiwhakawhanake Poitarawhiti</i>
12	Participation Guidelines	<i>Tuitui Tuku Poitarawhiti</i>
14	The Netball Season	<i>Ngahuru Tuku Poitarawhiti</i>
14	Age-group Guidelines	<i>Reanga Tohotohu Poitarawhiti</i>
15	Male Participation	<i>Poitarawhiti Tāne</i>
16	Transgender	<i>Ira Whiti</i>
17	Trial and Selection Guideline	<i>Te Urunga Whakamātautau</i>
17	Key Quality Coaching Principles	<i>Ngā Toi Taki Matua Poitarawhiti</i>
18	Umpiring	<i>Kaiwawao</i>
18	Talent Development	<i>Whakatautau Poitarawhiti</i>
20	Health, Safety and Well-being	<i>Hauora, Haumarū me te Toi Ora</i>
20	Smart Player Welfare	<i>Ora Kokoi Poitarawhiti</i>
21	Child Safeguarding	<i>Poipoi Poniponi Poitarawhiti</i>
21	Privacy Policy	<i>Ngā Taunga Tika</i>
21	Health and Safety	<i>Toi Oranga</i>
21	Risk Management	<i>Ngā Whakatūpato Whakahaere</i>
22	Weather Conditions	<i>Ngā Tohu Huarere</i>
22	Facilities	<i>Whare Hākina</i>
23	Uniform	<i>Kākāhu</i>
23	Player Safety Concussion	<i>Atawhai Whara Ūpoko</i>
24	Return to Play after covid-19 or other Infectious Diseases	<i>Mate Uruta Te Hokinga Me Ngā Hora Kōwhiuwhiu</i>
25	Preventing Infectious Diseases	<i>Ārai I Te Mate</i>
26	Smart Injury Management	<i>Kokoi Ora Tinana</i>
27	Clean Sport	<i>Tahitahi Pono Poitarawhiti</i>
28	Social Media Code of Conduct	<i>Kawa Tikanga Paetukutuku</i>



Our Southern Cross | Always moving towards

Inspiring our rangatahi through learning and developing a lifelong love for Netball

Embodying the wairua of youth and their whānau

Embracing all New Zealand's diversity within fun, safe and welcoming environments

Empowering dynamic leadership, innovation and operational excellence

Introduction

Te Timatanga

Building on the successful Junior Netball Policy providing guidance for primary school (Year 1 – 8) Netball, we are pleased to bring you the next step, the Secondary School Netball Guide (Year 9 – 13).

It is widely accepted that sport, particularly team sport, is an important vehicle by which our young people learn many of the values critical to becoming great New Zealand citizens. It is an important tool in the physical and mental health of our rangatahi (young people) and the social well-being of our schools and communities. Secondary schools are at the interface between education and sport, and with their focus on learning are ideally placed to deliver on the potential of sport to positively influence the lives of young people.

Secondary schools are the primary setting for Netball for those aged 13 to 18. As one of the most popular sports in secondary schools, Netball can therefore significantly contribute to and positively impact the lives and well-being of our rangatahi and keep them connected to Netball for life. With this opportunity comes responsibility. We must ensure everything about Netball is done well – that Netball in secondary schools places the student at the centre in providing positive, quality experiences for all involved.

The Secondary School Netball Guide aims to be the 'go to' for all matters associated with Netball in the secondary school space. It is where best practice can be found, a range of offerings explored, rules and regulations checked and development opportunities made available. It is where coaches, teachers, managers, school and Netball administrators, principals, umpires, parents and players can find answers, be exposed to new ideas and access a multitude of resources.



Balance is Better

Mauri Tau

Underpinning this guide and the design and delivery of secondary school Netball is the Balance is Better philosophy. Sport New Zealand developed the philosophy to support the culture change needed to provide quality sport opportunities for tamariki [5 to 11 years] and rangatahi [12 to 18 years], regardless of their ability, needs and motivations.

Youth sport experiences should:

- Encourage young people to stay involved in sport for life
- Support young people to realise their potential at the right time
- Enable wider well-being outcomes to be generated for young people in and through sport.

These nine Balance is Better principles are relevant to the whole sport system [sport leaders, administrators, coaches, parents, whānau].



WHAT DOES BALANCE IS BETTER LOOK LIKE IN THE NETBALL SYSTEM?

Culture change takes time, and Netball New Zealand (NNZ) is committed to support the netball system to ensure a quality experiences to all secondary school participants.

Balance is Better in action looks like this:

- Rules and regulations – ensure to allow competition delivery (uniforms, timing, structure), season length and flexibility to meet the range of motivations of our youth
- Team selections – ensure a fair and safe environment for trials and team selections
- Award structures – celebrating more than just the finals winners
- Climate of Development vs Climate of Performance – creating age and stage appropriate development programmes; Netball’s first national tournament is at Under 18 level
- Putting the young person at the centre – taking the time to ask youth what they want their experience to look like; working with youth to design their experiences
- Boards and senior managers/administrators – showing commitment on strategic priorities to drive the changes needed
- Cross Code Collaboration – working with other codes to drive changes to competition structures and programmes.

For more information follow these links:

sportnz.org.nz/balance-is-better-resources/overview/

balanceisbetter.org.nz/

Partnerships

Mahitahi

NNZ's strategy, Poipoia, is participant focused and inclusive, providing opportunities for all ages, ethnicities and genders to be involved in Netball.

Successful partnerships inside and outside of Netball strengthen all aspects of our game.

Netball is strongest when we work together, and the love of Netball is developed within schools, clubs and Netball Centres. Secondary school Netball is facilitated by many volunteers, resolute administrators, and providers; this means that our youth will encounter a diverse range of people who will influence their involvement in Netball.

NNZ acknowledges and appreciates the many partners and providers who support the delivery of the secondary school Netball programmes for youth and engage in Netball as coaches, players and officials.



Netball Centre *Parents/Guardians* *YAG* *Coach/Manager*
Teachers *NNZ and Zones* *School* *Regional Partners*

The contribution and quality of the leadership provided plays a significant role in the quality of experience for our young players.

ROLE IN OUR PARTNERSHIPS *Whaingā Kotahi*

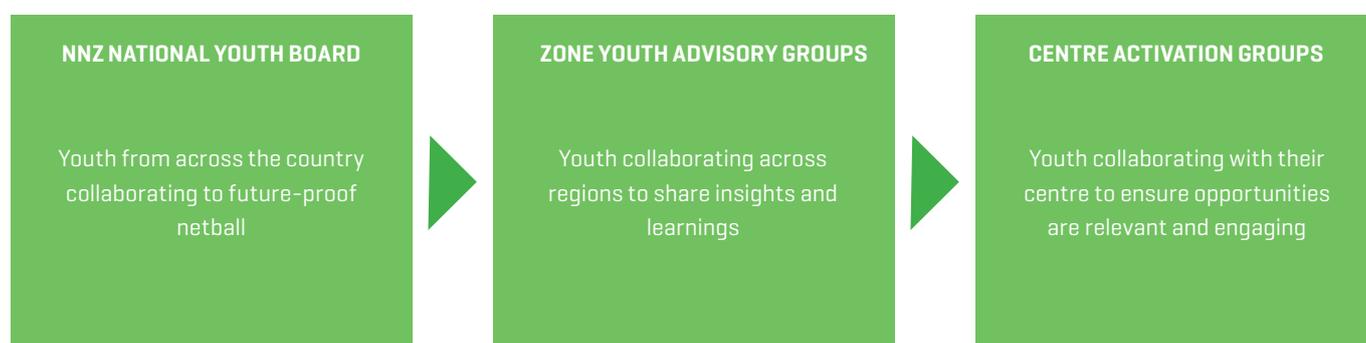
SCHOOLS AND CLUBS	NETBALL CENTRES	ZONES	REGIONAL SS COMPETITIONS	YOUTH ADVOCACY	NETBALL NEW ZEALAND	SCHOOL SPORT NZ
Provide	Deliver	Enable	Enable	Enable	Create	Create
<ul style="list-style-type: none"> Actively promote and encourage Netball participation Provide appropriate facilities and resources for safe and effective delivery Actively implement the minimum half game policy, fostering Netball for life Support coaches, players, officials and managers involved with school teams Support and encourage participants to attend development opportunities Endorse and actively implement Balance is Better and NetballSmart principles. 	<ul style="list-style-type: none"> Foster Netball for life Actively deliver quality programmes and competition in a fun, safe and welcoming environment Provide affordable programmes, making Netball accessible to all Provide a variety of game formats to meet the needs of the participants, retaining and growing Netball participation Actively promote the minimum half game policy Provide and promote development opportunities for coaches, players, officials and volunteers Match participants with competition structures and tiers appropriate to ability Proactively seek funding affordable to all. 	<ul style="list-style-type: none"> Lead/support the co-ordination of opportunities for development and extend capability in all aspects of secondary school Netball Work with Netball Centres to provide a variety of Netball formats and competitions Implement, monitor and review all policy and procedures Endorse and support Balance is Better, NetballSmart principles and the minimum half game guideline. 	<ul style="list-style-type: none"> Co-ordinate and deliver inter-school competitions, e.g., UNISS, LNISS, SISS and tournaments Promote and foster Netball participation and development Endorse and actively promote Balance is Better, NetballSmart principles and the minimum half game guideline. 	<ul style="list-style-type: none"> Consult with NNZ on aspects of Netball and how they affect young people/ youth Provide youth perspective on a range of issues covered by NNZ Discuss and develop any issues/needs relating directly to youth and Netball and how these can best be met Build young people's knowledge of Netball in New Zealand Enable Youth Advisory Representatives to participate in the decision-making processes within the New Zealand Netball community. 	<ul style="list-style-type: none"> Provide advocacy and strategic leadership for Netball Provide policy and procedures that reflect best practice Develop Netball resources and development opportunities for the delivery network Provide a NetballSmart programme in conjunction with ACC Build strong relationships with World Netball, Ministry of Education, Ministry of Sport, Sport NZ and other national entities Ensure Netball participation is commercially viable Deliver quality national tournaments Research, develop and implement national programmes. 	<ul style="list-style-type: none"> Provide effective governance, leadership, advice and guidance for schools, sports organisations and other agencies in the school sport sector Co-ordinate a programme of National and Island-based inter-school sporting opportunities Encourage development of informal school sport opportunities and intraschool sport Establish positive, effective working relationships with schools, sports organisations and other agencies in the school sport sector.

YOUTH ADVOCACY *Taki Taiohi*

Youth participants are at the heart of our Netball system. NNZ encourages youth to share their insights, experiences and perspectives on their participation in Netball to help shape and improve Netball in New Zealand. NNZ has youth representation on the Netball New Zealand Board and there are opportunities for participation at National, Zone and Centre level.

Since 2001 there have been several iterations of youth voice and participation over the years including the revamp of junior Netball and the introduction of youth on boards and committees. This is the current Youth Advisory involvement within the Netball system.

Youth Engagement Framework



Game

Tākaro

ENSURING A POSITIVE EXPERIENCE FOR ALL *Me Ngākau Tapatahi*

All partners involved in the delivery of secondary school Netball seek to provide a safe, fair and inclusive environment for everyone involved, wrapping around the youth.

The NNZ General Code of Conduct and Ethics outlines the standards of behaviours for those involved in Netball.

NNZ strives to provide a safe, inclusive and enjoyable environment for everyone involved in Netball.

PROVIDING A POSITIVE ENVIRONMENT

Ensure a positive environment and experience

Emphasise enjoyment, have fun.

Operate within the rules and spirit of Netball.

Foster Netball for Life.

Avoid practices that affect performance - alcohol, drugs, vaping and tobacco.

The safety and well-being of each individual is paramount.

Be ethical, fair, considerate and honest.

Lead by example, treating others like you would like to be treated yourself.

Accept and respect each individual and the decisions they make.



NETBALL DEVELOPMENT *Poitarawhiti Whakawhanake*

NNZ's strategy, Poipoia, strives to achieve a lifelong love of Netball.

It is important to recognise that participant development is fluid: participants enter, leave, progress or remain at a particular stage accordingly to their ability, maturation, interest, opportunities, personal; circumstances and/or goals.

Participants must first develop their skills and ability before determining a long-term level of involvement. Secondary school Netball is a critical stage and we encourage you to promote a holistic approach to the development of all youth ensuring they fulfil their potential.

The number of youth who can expect to successfully follow the pathway from grassroots youth sport to elite professional Netball is relatively small.

There are several different game formats and opportunities [e.g., umpiring and coaching] offered in secondary school netball. It is important to keep doors open between the opportunities as our participants develop.

Players

- Zone Development Programme
- Zone Performance Programme
- Community Netball Competitions
 - Year 9 – Senior
- National Development Camp
- U18 Nationals
- NZSS Team
- NZSS Nationals

Umpires

- Learning to Umpire
- Practices and informal learning
 - Zone Award
 - NZ A Award
 - NZ B Award
 - NZ C Award

Coaches

- Community Coach Awards
- Skill Analysis
- Team Culture
 - Attack
 - Defence
 - Shooting
- Mental Skills
- Tactical Situations
- Informal Learning
 - Planning
 - Game Analysis

Format of the Game

7 v 7

Fast5

Beach Netball

Walking Netball

FORMATS OF THE GAME *Kawau Māro*

Since Netball's invention in 1893, several versions of Netball have been created to meet the needs of our community. Most recently, for example, we have seen the development of futureFERNs Netball to make it easier for our junior players to learn, Fast5 to have a faster-paced game, and Beach Netball and Walking Netball to provide more opportunities for everyone to play, coach and umpire.

The implementation of these different versions of Netball allows participation for life in a game that suits a participant's current situation.

To find out more about these different formats of the game, Innovation resource [here](#).

PLAYER DEVELOPMENT GUIDELINES *Kaiwhakawhanake Poitarawhiti*

Youth continue to develop and grow through their secondary school years. Physical activity is essential for normal growth and development. However, excessive involvement can compromise a young player's health and well-being and can adversely affect their performance in Netball and other sports.

Over-training, over-competing and early specialisation can result in serious outcomes affecting the dynamics and timing of growth and physical maturation, injury, illness, negative psychological effects, and burnout. During growth spurts, training and competitions for developing and growing players need to be carefully planned to avoid injury. The risk of bone fracture, growth plate injuries and soft tissue injuries increases during rapid growth. Ongoing development of Fundamental Movement Skills is vital during the growth phase.

The [Player Development Guidelines](#) have been developed to nurture the players through this growth and development stage and allow for participants to be involved a variety of sports.

PARTICIPATION GUIDELINES *Tuitui Tuku Poitarawhiti*

Background

Following the development and implementation of the NNZ Participation Strategy and evidence gathered from Voice of Participant and Sport NZ Voice of Youth surveys, NNZ proposes to trial the following guidelines nationwide in 2023, followed by a review and implementation in 2024.

Why

The guidelines will develop a Netball system that acts on and encourages a balanced approach for all our participants. The introduction of the minimum game time rule will ensure all players are provided with the opportunity to develop their skills and maintain motivation to continue their Netball participation.

The Balance is Better philosophy has been developed for organisations, Zones, Centres, schools and clubs to support the culture shift needed to provide quality sport opportunities for our youth, since the decline in participation since 2019

Game time

All secondary school players, regardless of grade or competition, should PLAY AT LEAST HALF A GAME allowing all players to develop their skills and love of the game

NNZ Player Development Guidelines provide guidelines for maximum participation time in a day and tournament situations.

NNZ recommends no participant exceeds the maximum timeframe of game involvement and all players have an opportunity to play 50 per cent of the game time available in a day or across a tournament.

Below are recommendations and examples of what this could look like in various competition formats.

COMPETITION FORMAT	GAME LENGTH	RECOMMENDED MINIMUM PLAYING TIME PER PLAYER	MAXIMUM PLAYING/UMPIRING TIMES
1 game per day including semis and finals	4 x 10-minute quarters 4 x 15-minute quarters	20 minutes 30 minutes	120 minutes per day playing or umpiring
1-day tournament	4 x 10-minute quarters 4 x 15-minute quarters	60 minutes	120 minutes per day playing or umpiring
3-day tournament	4 x 10-minute quarters	Day 1 – 50 minutes Day 2 – 30 minutes Day 3 – 30 minutes	Players – Day 1 100 minutes Day 2 60 minutes Day 3 60 minutes Umpires – 120 minutes
4 or 5-day tournament	4 x 10-minute quarters	40 minutes	Players – 7 of the 8 quarters per day Umpires – 120 minutes

Considerations

The above game time recommendations may be adapted for injury and illness.

Learn more about Smart Injury Management [here](#).

These guidelines will be reviewed at the end of 2024.

THE NETBALL SEASON *Ngahuru Tuku Poitarawhiti*

Pre-Season

When should the Netball season start. There are many considerations and demands on our participants that need to be considered then deciding when the competition starts and when to hold trials and start trainings.

Refer to the [Navigate the Pre-Season Environment](#) resource developed by Nuku Ora which poses useful questions in a variety of areas for consideration to assist you in establishing your start dates.

Season Length

Netball Netball is a sport played predominantly in winter. When establishing season dates it is important to avoid overlapping with summer sports. Aligning with the Balance is Better philosophy this allows recovery between seasons, the opportunity to experience and play multiple sports and reduce overuse injuries.

Winter sports should be played between last week of April/first week May and last week August/first September. By doing this it provides two-to-four weeks of recovery between summer and winter sports.

AGE-GROUP GUIDELINES *Reanga Tohutohu Poitarawhiti*

As with many sports, Netball involves benefit and an element of risk to the physical well-being of participants. NNZ is committed to making the game as safe as possible for all participants, ensuring they continue to enjoy playing Netball and have a lifelong love of the game.

NNZ recommends

- Players play in their age group or year group
- Senior secondary school teams are made up of senior school (Year 11 – 13) players where possible
- Playing in a grade appropriate to their level of ability depending on the competitions available.

U18s is the first NNZ-sanctioned representative competition.

Development programmes are preferential prior to U18 to widen and improve the skill and tactical base and opportunities for youth as they progress towards specialisation from age 19.

Age-group tournaments and development programme age guidelines:

U18 age group

- Players must be under the age of 18 years on 1 January in the year in which the competition is held
- Players may be eligible for dispensation on a case-by-case basis.

U16 age group

- Players must be under the age of 16 years on 1 January in the year in which the competition is held
- Players may be eligible for dispensation on a case-by-case basis.

U14 age group

- Players must be under the age of 14 years on 1 January in the year in which the competition is held
- Year 8 players are not eligible to play in these teams/grades.

Without dispensation, players cannot be considered for an older age group. Players are only eligible for dispensation for one age group above their current age.

Exceptions to the rule will be for smaller and/or rural Netball Centres that do not have enough players in a certain age group to send a team to a competition or tournament.

NNZ encourages small centres to combine to ensure participation opportunities for all.

NNZ recommends a holistic approach when considering playing a player out of their age group. Key considerations should include age and stage of the player, and social and emotional implications.

MALE PARTICIPATION *Poitarawhiti Tāne*

NNZ aims to develop, foster and encourage the participation of men and boys in Netball, while protecting and continuing to nurture the unique position that Netball holds as the leading sport for women and girls in New Zealand.

This will be done by continuing to provide participation opportunities that cater for females only, while developing and fostering more playing opportunities for men and boys, by encouraging the provision of male and mixed competitions at National, Zone and local level.

It is illegal to discriminate by sex prior to 12 years of age. This means that boys may play Netball alongside females till the age of 12. Over 12, if participating in any competitive sporting activity where the strength, stamina and physique of the competitor is relevant, discrimination based on a person's sex is permitted.

Stakeholders providing participation opportunities must include clear guidelines on the eligibility of participants with specific reference to female, male or mixed competition. Eligibility criteria for participation opportunities must be set and clearly communicated to the participants by the competition provider.

Male Participation in Netball

AGE	YEAR 1 – 8 UP TO 12 YEARS	SECONDARY SCHOOL 12 – 18 YEARS	18+ YEARS
PARTICIPATION OPPORTUNITIES FOR MEN AND BOYS	futureFERNs programme	Centre competitions School and club teams with male and/or mixed players play in a male and/or mixed competitions Celebration Box Netball NZ U18 Championships (U17 Male grade)	Centre competitions Club teams with male and/or mixed players for male participation playing in Male and/or mixed competitions NZMMNA Men’s National Championships. NZMMNA Mixed National Championships.

For more practical advice and clarity on how NNZ, NZMMNA, Zones and Centres will work together to support and increase playing and development opportunities for boys and men in male and mixed competitions follow this [link](#).

Mixed gender

In tournaments where there is a mixed-gender grade, NNZ encourages entry of mixed teams in the appropriate age group(s). It is recommended that mixed-gender teams only participate in the mixed grades.

TRANSGENDER *Ira Whiti*

NNZ proactively promotes inclusivity in Netball. The NNZ Rules and Regulations state our policy against any form of harassment and/or discrimination against those who participate in Netball on the basis of an attribute or personal characteristic including sex and gender.

Discrimination is permitted under the Human Rights Act 1993 for reasons of health and safety. Discrimination because of a person’s disability is permitted if there would be risk of harm to that person or to others if they were to take part in the competitive sporting activity, and it is not reasonable to take that risk (for example, risk of infecting others with an illness).

Transgender Players

Exemptions to play may be granted for NNZ non-elite competitions and Zone or Centre competitions on the basis that:

- I. The applicant can provide a medical certificate verifying legal female status (Proof of Gender reassignment surgery) or
- II. The applicant can provide medical documentation that hormone therapy has brought blood-measured testosterone levels within the range of the participant's affirmed gender.

1 NNZ Regulations

TRIAL AND SELECTION GUIDELINES *Te Urunga Whakamātautau*

The ultimate goal at the end of the season is the player wishes to continue playing Netball.

We need to understand the players' motives for involvement and try to meet these through team placement.

It is important to:

- Ensure a fair and transparent process
- Review your Selection Policy and Procedures annually and include team formation (what/where is this) methods for each team purpose
- Align team selection with competition regulations and NNZ and Sport NZ philosophies and guidelines.
- View the Team Formation and Selection Resource for more information and templates [here](#).

KEY QUALITY COACHING PRINCIPLES *Ngā Toi Taki Matua Poitarawhiti*

By utilising the following coaching tools, you will be enhancing the players' understanding and providing a positive learning environment which will contribute to their enjoyment and retention in Netball.

- **Make it GAME-like** – include activities that resemble the game and intensity. This helps to develop skills, physical fitness, tactically awareness and enthusiastic players.
- **EMPOWER the players** – provide an environment for the players to lead and create change on and off the court. Adapt to the players' needs – be player centred and adjust activities when needed.
- **TIME on TASK** – maximise activity and touches on the ball providing repeated opportunities to practice the skills. Talk less, providing succinct instructions and feedback and minimise non-active times e.g., standing around waiting their turn.
- **Use DO not don't** – it is important to focus on what you would like the players to do while providing the opportunity for them to see and feel the ideal performance.
- **Acknowledge the GOOD** – reinforce and acknowledge good behaviours and practice efforts. Implement the 80 / 20 rule – 80 % positive reinforcement and 20% what might help to improve the performance. Ensure feedback is specific and timely to assist with improvement and enjoyment by the participants.
- **Find the COACHABLE MOMENT** – it is important that we read the players and see when they need our help. Allow players the opportunity to evaluate their own skill or tactical execution and pick the moment when the players need you to help through the use of problem solving, questioning and feedback. Maintain session flow by keeping interruptions to a minimum.

To find more coaching tools and resource, visit NNZ's Sport Tutor Online platform [here](#).

UMPIRING *Kaiwawao*

Umpiring is often a requirement of secondary school players, and some players will find it extremely rewarding and a wonderful way to contribute to the game, as well as to meet and connect with others involved in the sport we love.

Umpiring also provides an opportunity for youth to develop and continue their involvement in the game.

NNZ recommends all umpires have access to an umpire coach who can support their development in an umpire-centred learning environment.

Resources to help increase umpiring knowledge and confidence include:

- [Learning to Umpire](#) – NNZ recommends all players, coaches and umpires complete the Learning to Umpire module. Available [here](#).
- [Starting out Umpiring](#)
- [Rules of Netball](#) – Download a free copy of the rules via the Rules of Netball in your app store
- [NETFIT NZ](#) also has some short informative videos as part of its 'Easy as 1-2-3' umpiring campaign. A great way for a new umpire to enhance their umpiring skills is to observe training sessions and how skills are coached and develop their game awareness.

All umpires should apply the Rules impartially, fairly and consistently. This keeps the game safe and fun!

TALENT DEVELOPMENT *Whakatautau Poitarawhiti*

Netball is classified as late specialisation sport. This means a more generalised approach to training, with the emphasis on the development of general, fundamental movement skills and technical/tactical skills as more advantageous to the players.

Talent development may occur at Centre, Zone, Regional and National level, but we encourage these entities to be mindful that players develop differently and at different rates [early vs late development].

Research evidence has clearly shown that at youth level it is often the early developer [taller, bigger, stronger kid] who is selected over the late developer. However, it doesn't always stay like this when maturation evens out and youth become adults. Those who mature early are viewed as talented as a youth yet may not be as talented or able to maintain this advantage when growth and development has been reached by all. Therefore, talent identification programmes and tournament structures should allow a broad base of opportunities for participant development.

NNZ talent development opportunities occur at:

- New Zealand Secondary Schools Netball Champs
- NNZ National Development Camps
- Regional Secondary School competitions – UNISS, LNISS and SISS
- National and Regional U18 representative tournaments.

NZ SECONDARY SCHOOLS SQUAD AND NEW ZEALAND SECONDARY SCHOOLS TEAM (NZSS TEAM)

Annually, an NZ Secondary Schools Squad will be selected by the NZSS Coach, Convenor of Emerging Talent Selectors, and a minimum of two Emerging Talent Selectors.

The number of players selected in this squad shall be determined by the selection panel.

To find out more about the NNZ Selection Policy click [here](#).

Aotearoa Māori also provide development opportunities through the national Māori Netball Tournament and the selection of an Aotearoa Māori Netball Secondary School Squad.



Health, Safety and Well-being

Hauora, Haumaru me te Toi Ora

SMART PLAYER WELFARE *Ora Kokoi Poitarawhiti*

Smart Player Welfare highlights the importance of a holistic awareness and approach to a player and umpire's health, well-being and hauora.

Smart Player Welfare

Smart Player Welfare is ensuring there is an holistic awareness and approach to a player's health, wellbeing and hauora.

3 Tips!

- Post puberty females change how they land - they need to be taught how to land again
- Sporting diversification improves performance and decreases injury

www.NetballNZ.co.nz

Netball New Zealand Player Development Guidelines

Maturation

Rate of change in height and Peak Height Velocity (PHV)

> This graph highlights that performance will change through puberty. Coordinated and confident players will experience a period of clumsiness and uncoordinated movement.

> Evidence tells us females change their landing strategies post puberty.

> Help players re-learn Fundamental Movement Skills and sport specific skills. i.e. Landing.

On-Court

MINIMISING RISK AND APPROPRIATELY MANAGING INJURIES

MAKE IT FUN. HAPPY MINDS MAKE BETTER PLAYERS

Off-Court

Provide support and advice around issues that are sport specific and have an impact on wider society

Drugs - DrugFree Sport NZ

Understanding load management and wellbeing

Managing injuries

Return to play strategies

Supporting all elements of Hauora

Loading

Load management is about planning training and competition to maximise adaptation to loading, improving performance whilst minimising injury risk.

Young athletes should play a variety of sports.

Specialisation should be delayed until 15-16 years of age.

Sport diversity assists with sporting capability, whilst minimising injury risk.

Off-Court

HAUORA

1. Physical wellbeing.
2. Mental and emotional wellbeing.
3. Social wellbeing.
4. Spiritual wellbeing (personal beliefs).

Player Development Guidelines

REFER TO THE NETBALL NZ PLAYER DEVELOPMENT GUIDELINE TO UNDERSTAND A PLAYER'S WORKLOAD AT EACH LEVEL.

ACC SportSmart

NetballSmart

CHILD SAFEGUARDING *Poipoi Poniponi Poitarawhiti*

Netball New Zealand (NNZ) is committed to safeguarding the welfare of all tamariki and rangatahi within Netball. The NNZ Safe Netball for Children Policy (2022) covers ten sections to ensure we are doing all we can and have strong safeguarding practices and procedures in place. We recognise the shared responsibility for the wider Netball system to promote safe practices that protect tamariki and rangatahi from harm and exploitation while ensuring Netball is kept fun, safe and inclusive for all.

Refer to the Safe Netball for [Children Policy \(2022\)](#) for more details.

PRIVACY POLICY *Ngā Taunga Tika*

Young people's privacy is important too. In collecting personal information, NNZ, Zones and Netball Centres must comply with the Privacy Act 2020 and the NNZ Regulations around privacy, including how we use your data.

Refer to the NNZ Rules and Regulations, Part V – [Privacy Regulations](#) for more details.

HEALTH AND SAFETY *Toi Oranga*

It is important that all Netball partners provide a safe and enjoyable environment for Netball participation.

The New Zealand Health and Safety Act was introduced in 2016 and all providers of Netball must comply with these regulations. This Act was developed because everyone has the right to be safe at work, including paid or volunteer workers or participants.

These requirements range from having a first aid kit available at training sessions and having emergency contact details on hand, to awareness of what to do in the case of an emergency.

Find out more [here](#).

RISK MANAGEMENT *Ngā Whakatūpato Whakahaere*

Risk management is a process of systematically identifying risks and eliminating or reducing the likelihood of an accident occurring. Even with a basic risk management system in place, a Netball provider will be better equipped to provide a safe environment for all players, officials and volunteers.

To help, Sport NZ has developed a [Risk Management toolkit](#) which guides you through a five-step risk management process for managing organisational risk.

Check with your school, club, Centre or Tournament provider for a risk management plan.

WEATHER CONDITIONS *Ngā Tohu Huarere*

Netball is played in a variety of venues and towns with changing environmental factors.

Netball providers have a duty of care to cancel or postpone competition or training if there is a foreseeable risk to participants due to extreme weather conditions, e.g. heat, cold, frost, rain or wind.

Providers must identify if it is too wet or too slippery to continue playing safely. This will depend on the age and skill of the players and the quality of the court surface.

Allow players and umpires to wear additional clothing to keep warm (long sleeved top/leggings). Participants should be encouraged to change into dry clothes as soon as possible.

Provide shelter to protect players and officials from sun, wind and rain during the break.

Do not train or play outdoors during a thunderstorm as there is potential for being struck by lightning.

It is advisable that road conditions are also considered when deciding if play will be cancelled or postponed. Check with Waka Kotahi NZ Transport Agency for updated road conditions.

Participants should be encouraged to wear sunscreen to protect them from the sun.

FACILITIES *Whare Hākina*

Netball courts should be inspected prior to each training session or match to ensure that:

- The court surface is safe for play and is free of litter, water, court debris (gravel, stones, etc.) and slippery agents such as moss or high-polish floors
- Court lines are clearly marked and are non-slip
- Goalposts are firmly secured; goalpost padding covers the length of the goalpost, is of sufficient thickness (60mm) and is secured safely
- Adjustable rings are firmly secured
- There is a run-off space around each court that is clear of obstructions (drainage culvert, chairs, signs, bags, spectators etc.)
- Lighting posts are well clear of the court and appropriately padded
- Lighting is provided during low-light conditions (twilight/night/overcast)
- Any obstructions or objects that cannot be moved but may cause injury – e.g. fire hose boxes, post holes for other sports such as tennis nets – must be either padded or covered
- Changes of surface from the court to the run-off are demarcated and secure, e.g. from wood to carpet, from asphalt to grass/gravel.

Refer to [NNZ Outdoor Court Specifications and Guidelines](#)

UNIFORMS *Kākāhu*

NNZ is committed to supporting Netball uniform guidelines that adhere to the official Rules of Netball as well as those that promote safety, inclusivity, practicality and affordability. Our goal is to ensure that buying, sourcing or wearing a Netball uniform doesn't hinder participation.

NNZ has issued a Uniform position statement intended as a guideline for those who offer Netball within New Zealand including Centres, schools and clubs. It is important to note that this is a guideline and not a mandate. Centres may have their own rules and regulations in place, so please be sure to check with your local Centre.

Refer to NNZ Uniform position statement [here](#).

PLAYER SAFETY – CONCUSSION *Atawhai Whara Ūpoko*

Concussion is a mild traumatic brain injury (mTBI). While the incidence in Netball is low, concussion is becoming a significant public health issue and is increasingly more prevalent across all sporting codes. As Netball becomes a faster and more physical sport, specific guidelines are important to protect the well-being and welfare of our players. The highest volume of concussion occurs among those aged 10 to 19. It is important in this developing age group to recognise the symptoms early to ensure treatment and prevent any longer-term consequences.

Concussion (and player well-being and welfare in general) is everyone's responsibility. Players, parents, coaches and officials need to act in the best interests of the player and their well-being/welfare by taking responsibility for recognising, removing and referring to a medical doctor any player who is suspected to have sustained a concussion.

Research shows that early recognition and management are key to a quick and full recovery.

Refer to NetballSmart for more information on [concussion](#).

RETURN TO PLAY AFTER COVID-19 OR OTHER INFECTIOUS DISEASES

Mate Uruta Te Hokinga Me Ngā Hora Kōwhiuwhiu

Returning to a normal level of activity or sport generally takes about three weeks but can often take much longer for those who have had a more severe illness, especially those who have been hospitalised.

As a rule, you should wait seven days after being symptom free before starting to ‘exercise’ again. The important message is that returning to activity and exercise is important for recovery of physical and psychological well-being, but it must be in a step-wise fashion, ensuring you are able to recover well from each exercise bout without ongoing symptoms before progressing to the next level.

Adequate sleep, good nutrition, hydration and social connection are also vital to help you recover well. Some practical tips are to:

- Try to remain active while you are isolating at home (if your symptoms allow)
- Start with a small volume of low-intensity aerobic exercise – walking is an excellent option
- Avoid returning to more intense exercise, e.g. heavy resistance training or running, for at least seven days after your symptoms resolve
- Plan a graded return to activity. For example, start by increasing your walking distance and intensity, progress to include some bouts of running within your walk, then increase the amount of running
- You may feel more tired than normal – listen to your body and make sure that you get enough rest.

GRADUATED RETURN TO PLAY PROTOCOL						
UNDER MEDICAL SUPERVISION						
	STAGE 1 10 DAYS MINIMUM	STAGE 2 2 DAYS MINIMUM	STAGE 3A 1 DAY MINIMUM	STAGE 3B 1 DAY MINIMUM	STAGE 4 2 DAYS MINIMUM	STAGE 5 EARLIEST DAY 17
ACTIVITY DESCRIPTION	MINIMUM REST PERIOD	LIGHT ACTIVITY	FREQUENCY OF TRAINING INCREASES	DURATION OF TRAINING INCREASES	INTENSITY OF TRAINING INCREASES	RESUME NORMAL TRAINING PROGRESSIONS
EXERCISE ALLOWED	WALKING, ACTIVITIES OF DAILY LIVING	WALKING, LIGHT JOGGING, STATIONARY CYCLE. NO RESISTANCE TRAINING	SIMPLE MOVEMENT ACTIVITIES E.G. RUNNING DRILLS	PROGRESSION TO MORE COMPLEX TRAINING ACTIVITIES	NORMAL TRAINING ACTIVITIES	RESUME NORMAL TRAINING PROGRESSIONS
% HEART RATE MAX		<70%	<80%	<80%	<80%	RESUME NORMAL TRAINING PROGRESSIONS
DURATION	10 DAYS	<15 MINS	<30 MINS	<45 MINS	<60 MINS	RESUME NORMAL TRAINING PROGRESSIONS
OBJECTIVE	ALLOW RECOVERY TIME, PROTECT CARDIO-RESPIRATORY SYSTEM	INCREASE HEART RATE	INCREASE LOAD GRADUALLY, MANAGE ANY POST VIRAL FATIGUE SYMPTOMS	EXERCISE, COORDINATION AND SKILLS/TACTICS	RESTORE CONFIDENCE AND ASSESS FUNCTIONAL SKILLS	RESUME NORMAL TRAINING PROGRESSIONS
MONITORING	SUBJECTIVE SYMPTOMS, RESTING HR, I-PRRS	SUBJECTIVE SYMPTOMS, RESTING HR, I-PRRS, RPE	SUBJECTIVE SYMPTOMS, RESTING HR, I-PRRS, RPE	SUBJECTIVE SYMPTOMS, RESTING HR, I-PRRS, RPE	SUBJECTIVE SYMPTOMS, RESTING HR, I-PRRS, RPE	SUBJECTIVE SYMPTOMS, RESTING HR, I-PRRS, RPE

RETURN TO COMPETITION
IN SPORT SPECIFIC TIMELINES

ACRONYMS: I-PRRS (INJURY - PSYCHOLOGICAL READINESS TO RETURN TO SPORT); RPE (RATED PERCEIVED EXERTION SCALE)
NOTE: THIS GUIDANCE IS SPECIFIC TO SPORTS WITH AN AEROBIC COMPONENT

British Journal of Sports Medicine outlining “Graduated Return to Play after COVID-19 infection”.

PREVENTING INFECTIOUS DISEASES *Ārai I Te Mate*

The risk of contracting infectious diseases such as hepatitis, meningitis, skin infections, upper respiratory tract infections (URTI) and other infections increases when people:

- Live and train in close contact with others, thus increasing cross-infection
- Train in environments where germs breed (for example, change rooms)
- Share contaminated items (for example, drink bottles)
- Are exposed to new environments when travelling to compete
- Damage the skin, allowing transfer of germs
- Come in contact with other people's blood.

Appropriate preventative measures can be taken to avoid the spread of infectious diseases, such as:

- Not sharing personal items such as drink bottles and towels
- Adopting and following specific procedures for incidents involving blood and other bodily fluids, including removing or cleaning blood-stained clothing/equipment
- Keeping infected players away from training and competition areas
- Maintaining personal hygiene standards.

It is advisable that if a person is not well (in particular, the illness is affecting the chest), then that person should not train or play.

Smart Injury Management

Smart Injury Management is ensuring injuries are identified, assessed and treated early.

3 Tips!



If in doubt remove player from the court

Knee injury risk can be minimised by learning to land well

Do not return to play until you can do all of the NetballSmart Dynamic Warm-up

Types of Injury

There are two types of injury:

Acute or contact injuries can be difficult to avoid.

Non-contact or overuse injuries can be reduced through performing key movements well and managing player's loading.

- TALK → Significant injury/head injury player in shock
- OBSERVE → Significant deformity, significant swelling
- TOUCH → Severe tenderness, boney tenderness
- ACTIVE → Reluctant to move, painful/loss of range
- PASSIVE → Reluctant to be moved, painful/loss of range
- SKILLS → Inability to perform task, pain/instability
- OBSERVE RTP → Favouring inability to perform task

REMOVE FROM THE COURT

P.R.I.C.E.E.D

APPLY P.R.I.C.E.E.D AS SOON AS YOU CAN



Protect



Rest



Ice



Compress



Diagnose



Elevate

Anterior Cruciate Ligament (ACL)

The ACL is the pivotal ligament in the knee. It is critical for stability and stops the knee from pivoting.

ACL injuries occur in Netball. ACL can be minimised by using the NetballSmart Dynamic Warm Up and practising proper landing technique. See the Landing Skills Resource for more information.

Ankle Injury



- > 50% of players who had an ankle injury will have another injury within two years.
- > Use the NetballSmart Dynamic Warm-Up as a rehabilitation tool - it involves balance and landing.
- > Netball NZ is currently working on an Ankle Injury Prevention Strategy.

Age Related Injury

Sore heels (severs) and knees (osgood schalters) are common during growth phases.



If heels/knees are sore, decrease activity until the pain settles.



These conditions go away once growing stops.



Return to Play

Injured players need to gradually return to training, then progress to games.

Players should graduate through a return to play process, ensuring injury does not worsen.

Use the NetballSmart Dynamic Warm-Up to gauge progress.

If you cannot complete 100% of the NetballSmart Dynamic Warm-Up, then you cannot return to games.



ACC SportsSmart NetballSmart

CLEAN SPORT *Tahitahi Pono Poitarawhiti*

Drug Free Sport New Zealand (DFSNZ) is the organisation responsible for keeping New Zealand sport free from doping. Bringing a clean sport philosophy to secondary school Netball can help youth celebrate wins with dignity, bounce back from setbacks, and have the integrity they need to avoid doping and doping-related behaviours in later life.

Educating youth about clean sport values from an early age lays the groundwork for positive behaviours in the future. DFSNZ's Clean Sport Values Youth Education Programme (YEP) helps youth to:

- Build positive values such as integrity and fair play
- Develop key life skills such as healthy decision-making
- Learn about clean sport tikanga and athlete responsibilities.

The YEP is available for free to all New Zealand schools and sport clubs. It kicks off with a workshop delivered by a current or former New Zealand athlete, followed by e-learning lessons that youth can complete in class or independently. The YEP promotes the well-being concepts of Te Whare Tapa Whā and fits within New Zealand's Health and Physical Education Curriculum.

For more information about clean sport and YEP, check out drugfreesport.org.nz

Smoke and Vape Free Policy

NNZ is committed to ensuring that the requirements and objectives of the Smokefree Environments and Regulated Products Act 1990 are met to prevent, as far as reasonably practicable, the detrimental effects of smoking and vaping on the health of non-smokers or vapers. We will do this by maintaining a smoke and vape free environment at all events and Netball Centres. The following areas must be smoke free:

- All indoor areas
- All outdoor playing/training areas
- All spectator areas (standing and seated, covered and uncovered)
- All canteen, catering and eating and drinking areas.

SOCIAL MEDIA CODE OF CONDUCT *Kawa Tikanga Paetukutuku*

Social media has cemented itself as a crucial part of the wider media, marketing and communications industry as well as daily life in general. Social networking activities conducted online using the likes of Facebook, Instagram, TikTok and YouTube and involving the posting of material, images or comments can be an important and effective communication tool.

It is dynamic, fluid and increasingly powerful in its ability to capture community feelings and shape the conversations we have with each other about brands and people.

With this comes a degree of uncertainty as to what constitutes acceptable behaviour when participating in social media in a personal or commercial capacity.

Our Social Media Code of Conduct aims to provide specific guidance on best-practice behaviour when working and operating within traditional and social media, and guidelines for the purpose of personal or commercial use with regard to NNZ.

Refer to Social Media Code of Conduct [here](#).



Reference and Useful Documents

WEBSITES

[Netball New Zealand](#)

[NetballSmart](#)

[Balance is Better](#)

[NNZ online learning platform Sports Tutor](#)

[Sport New Zealand](#)

[New Zealand Secondary School Sport](#)

[Clean Sport](#)

[World Netball](#)

USEFUL LINKS

[Netball New Zealand Code of Conduct](#)

[Netball New Zealand Regulations](#)

[Netball New Zealand Junior Netball Policy](#)