

Trust Power Maniapoto Netball Centre

NEWSLETTER 06 JUNE 2022

Welcome to week 6 of 2022 winter netball. These weeks are just flying by and there have been some great games had along with a few upsets already!

Check out our Facebook page to see some young stars being awarded player of the day and fair play awards thanks to New World Te Kūiti and Cadbury. Ka rawe!

Also, Pat is organising teams for this week's walking netball so get in touch with her, message our Facebook page or just show up on the night!

Reminder: Please stay home if you feel unwell

Umpires tip of the week

7.1 Types of Sanctions

During a match the umpires may penalise an infringement and award a sanction to the non-infringing team as follows:

- i) Free Pass – awarded for minor infringements.
- ii) Penalty Pass – awarded for major infringements.

7.1.1 Conditions for all Sanctions

Sanctions are awarded to a team and may be taken by any player allowed in the area. The player taking the sanction must:

- i) Take up the position indicated by the umpire as follows:
 - a. For a free pass: the position is where the infringement occurred.
 - b. For a penalty pass: the position is where the infringer was standing unless this disadvantages the non-infringing team.
- ii) Obey the footwork rule. The foot placed at the point indicated is considered as equivalent to a 'one foot landing'.
- iii) Release the ball within 3 seconds of the sanction being set.

Download the Rules of Netball App from your App store



Rules of Netball

Key dates:

9 June – Walking Netball 6.45pm
10 June – Under 16 Rep Wānanga
12 June – U 16 Rep Tournament – Rotorua
23 June – No Netball (Matariki Weekend)

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Coach Connect a Huge Success

On Saturday 4 June Netball WaiBop hosted a Coach Connect session in Hamilton.

Myself and seven of our centres coaches were able to meet coaches and presidents from other netball centres, share ideas, generate discussion, learn from peers along with WaiBop Staff and get the inside scoop to Magics team

goals for their game against the Steel. We observed and analysed the Magic vs Steel game and then off the back of an exciting win Magic Coach, MJ, and Assistant Coach, Helena, joined us to korero about their experience, share



their knowledge and answer our questions. The day was a great success for us and we were all able to come away with amazing knowledge to add to our baskets. – Sasha Rickit



Did you know...

You may have seen that our logo has been updated. But do you know the meaning behind the logo?

- The central figurine depicts a netball player in action, on the move, aiming to get to the top, striving for excellence.
- The koru pattern on the left pays homage to past members, acknowledging their contribution to the club. It also highlights the importance of knowing where you come from.
- The koru pattern on the right represents the players and members of the future. It refers to the importance of nurturing the generations to come, ensuring success in whatever they choose to pursue.
- The strip which runs through the middle of the central figure is called the Manawa line (heart line). This is often seen in the kowhaiwhai patterns (painted ceiling rafters) of our whare tupuna (ancestral meeting house).
- The Manawa line represents our connection to the foremost ancestor we can whakapapa (connect genealogically) to.
- Maniapoto was a great leader in his time. So much so, he is still able to bring people together and inspire them to strive for excellence.

Whaowhia te kete mātauranga
– Fill the basket of knowledge



Walking Netball

Benefits of playing

Walking Netball provides a fun, safe environment and encourages adults to have a more gradual introduction to physical activity by regaining necessary motor skills, helping balance, coordination, and better footwork. Other benefits include improved strength, flexibility and circulation, along with long-term fitness and weight maintenance benefits.

Walking Netball is also a fabulous opportunity to develop team spirit and encourages social interaction – it's a great way to make friends or even spend time with old friends on a regular basis. Everyone is welcome to enjoy Walking Netball regardless of physical fitness, age or previous netball experience.

Walking Netball Rules

The Court & Team

Walking Netball uses the regular netball court and seven playing positions: · Goal Shooter (GS) · Goal Attack (GA) · Wing Attack (WA) · Centre (C) · Wing Defence (WD) · Goal Defence (GD) · Goal keeper (GK)

Recommended Timing

A warmup is taken, this needs to be included in your game time.

Each game of Walking Netball includes:

- Four quarters, six minutes each
- One-minute break at quarter time and three-quarter time
- Three-minute break at halftime

*Can be shorter or longer games depending on the competition

No Running or Jumping

A player must never have both feet off the ground at once (i.e. no jumping, running).

1-2 Steps with Ball

When a player receives the ball, they can take 1-2 steps while in possession before they must pass or shoot.

Possession

A player may keep possession of the ball for up to 4 seconds before they must pass or shoot.

Rolling Substitutions

Substitutions may be made at intervals or during play. There is no limit to the number that can be made.

Distance

When defending, a player must be 3 feet (0.9 metres) away from the opposition player.