



MBA UNDER 8'S MODIFIED RULES COMPETITION

Purpose:

The U8 competition is participation- and development-focused. The primary objectives are enjoyment, skill development, confidence, and understanding of the game. Officiating and coaching at this level should align with these principles, prioritising education over outcomes.

Format:

- 4 vs 4 games, full court.
- 2 x 15-minute halves.
- 1 x 3-minute half-time break.
- At the half-time break, each player present shoots one free throw from the top of the no-charge circle or at a place designated by the referee. Where teams have an unequal number of players, players from the team with fewer players may shoot an additional free throw so that the total number of attempts is equal (+1 to team score if successful, unless individual scoring cap applies).

Ball / Size: Size 5

Ring Height: Lowered - 8 foot / 244cm

Scoring:

- Team scores will be displayed on the scoreboard.
- Individual player scoring is capped at 10pt per player.
- Shortened three-point line – Netball arc.

Defence:

- Only match-up defence is permitted.
- Strictly no deliberate double teaming.
- Defensive players will be encouraged to match up (touching distance).
- A mercy rule will apply once a team leads by **10 points** or more. Once the mercy margin is reached, the referee will notify both coaches. While the mercy rule is in effect, the **leading team must retreat to the defensive half of the court** when the opposing team has possession and must not apply full-court or backcourt pressure. The mercy rule remains in place until the score margin is reduced below 10 points

Fouling:

- Individual players **cannot foul out** of the game.
- When a foul occurs, the referee will briefly pause the game to **educate the player(s)** on the breach. Play will then resume from the point of the foul. Shooting fouls will result in a throw in from the baseline.

No Grab Rule:

- Defensive players are not permitted to steal the ball from an offensive player who has possession of the ball.
- Passes and balls in dispute may be intercepted or stolen.

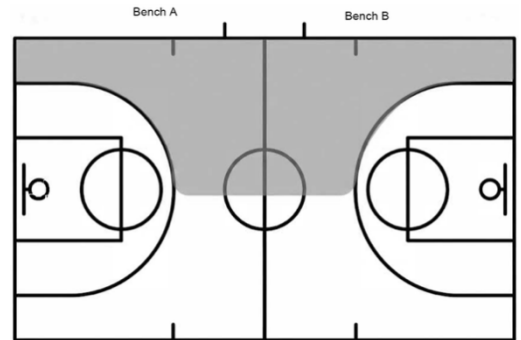


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Coach Positioning & Conduct

Coach Positioning During Live Play:

- Each team may have a maximum of one (1) coach and one (1) assistant coach. Only one coach may be on the court at any time. The assistant coach must remain seated on the team bench and may assist only with substitutions and timeouts.
- Coaches on court must:**
 - remain on the sideline closest to the team benches during live play.
 - Coaches **must not cross the centre (split) line** during live play.
 - During live play, coaches **must not enter the three-point area** on either half of the court.



Communication with Referees :

- Coaches may only address referees during quarter time, half time, or an official timeout.
- Coaches must return to their team bench area before speaking with referees during these breaks.
- Coaches must not address referees during live play.

Coach Misconduct – Sin Bin

- For a breach of coach positioning or conduct rules, referees will issue a **verbal warning** in the first instance.
- Continued breaches may result in a **5-minute sin bin**.

Sin Bin Conditions

- The coach must remain at their team bench for 5 minutes of game time.
- During this period, the coach may only: Coach verbally from the bench, Call substitutions OR Call timeouts
- Once the 5 minutes has elapsed, the coach may return to the approved coaching area on court.

Violations

Leniency will be adopted on many violations at the Under 8s competition, to help the game flow smoothly while players develop the foundational skills to play with standard rules.

Travels & Double Dribbles

- Travels and double dribbles will be **loosely policed**, with emphasis on **education and player development**
- Referees will apply a **consistent interpretation across all players within a game**.
- As the season progresses, referees may **gradually increase enforcement** as player skill and understanding improves.

Backcourt & Time-in-the-Key

- The 8-second backcourt violation and 5-seconds-in-the-key violation will not be called in U8 competition.
- Offensive players will be encouraged to advance the ball into the front court promptly.
- Defensive players will continue to be encouraged to match up.