

Modified Rules for NetSetGO Summary

As per Rule 15 of the International Netball Federation Rules of Netball, variations to the rules may be made for matches that are not international play.

NetSetGO provides a staged introduction to netball by focusing the development of fundamental motor skills and introducing children to the game of netball using rule modifications that are developmentally suitable. The use of modified rules and equipment reduces competitive stress, allowing children more time and space to practice and develop their skills.

Rule	Set Tier (7-8 year olds)	Go Tier (9-10 year olds)	Netball
Match Duration	<ul style="list-style-type: none"> 4 x 8 minute quarters. 	<ul style="list-style-type: none"> 4 x 10 minute quarters. 	<ul style="list-style-type: none"> 4 x 15 minute quarters.
Goal post	<ul style="list-style-type: none"> 2.4m high. 	<ul style="list-style-type: none"> 2.4m – 3.05m high. 	<ul style="list-style-type: none"> 3.05m high.
Ball	<ul style="list-style-type: none"> Size 4. 	<ul style="list-style-type: none"> Size 4. 	<ul style="list-style-type: none"> Size 5.
Time to pass ball	<ul style="list-style-type: none"> Up to 5 seconds. 	<ul style="list-style-type: none"> Up to 4 seconds. 	<ul style="list-style-type: none"> Up to 3 seconds
Short Pass	<ul style="list-style-type: none"> Ball must be thrown (not handed) to another player. If two players from the same team gain possession of the ball in quick succession, <u>this is not considered a short pass.</u> 	<ul style="list-style-type: none"> Ball must be thrown (not handed) to another player. If two players from the same team gain possession of the ball in quick succession, <u>this is not considered a short pass.</u> 	<ul style="list-style-type: none"> Rule 9.5.1 Short Pass (Rules of Netball Page 50)
Replayed ball	<ul style="list-style-type: none"> A player who fumbles while gaining possession of the ball <u>will not be considered to have replayed the ball.</u> A player may bat or bounce the ball up to 2 times to gain possession. 	<ul style="list-style-type: none"> While the usual rules for replayed ball apply, consideration must be given to the age and skill level of the players in determining whether a player has control of the ball (i.e. – some fumbling should be expected and allowed). 	<ul style="list-style-type: none"> Rule 9.4 Playing the Ball (Rules of Netball Page 48)
Footwork	<ul style="list-style-type: none"> 1-2 steps to regain balance allowed. 	<ul style="list-style-type: none"> Shuffling on the spot to regain balance allowed, without moving down the court. 	<ul style="list-style-type: none"> Rule 9.6 Footwork (Rules of Netball Page 51)
Offside	<ul style="list-style-type: none"> A player who moves into an incorrect playing area and self-corrects <u>should not be penalised for offside.</u> 	<ul style="list-style-type: none"> Usual offside rule applies, with consideration given to the age and skill level of the players. 	<ul style="list-style-type: none"> Rule 9.7 Offside (Rules of Netball Page 53)



	<ul style="list-style-type: none"> • Players may “play on” in the case of simultaneous offside (one player touches the ball), rather than a toss up being taken. • Players should be given guidance if they move into offside areas and should not be penalised at the first instance. If a player regularly goes offside, even after guidance is given, they may be penalised. 	<ul style="list-style-type: none"> • Players may “play on” in the case of simultaneous offside (one player touches the ball), rather than a toss up being taken. • If a player regularly goes offside (and does not seem aware that they are breaking the rules), they should be given guidance about the correct playing area/s for their position when penalised. 	
Breaking	<ul style="list-style-type: none"> • A player who breaks on the centre pass <u>should not be penalised for breaking.</u> 	<ul style="list-style-type: none"> • Players should be given guidance if they break on the centre pass and <u>should not be penalised at the first instance.</u> If a player regularly goes offside, even after guidance is given, they may be penalised. 	<ul style="list-style-type: none"> • Rule 8.2.1 Positioning of Players for Centre Pass (Rules of Netball Page 36)
Defending	<ul style="list-style-type: none"> • Strict one-on-one defence. • Players <u>may not defend a shot at goal.</u> 	<ul style="list-style-type: none"> • Strict one-on-one defence. • Players may defend a shot at goal. 	<ul style="list-style-type: none"> • Other forms of defence may be introduced.
Obstruction	<ul style="list-style-type: none"> • Players should be given guidance if they are obstructing (i.e. defending from a distance of less than 1.2m or have arms away from the body so as to limit the movement of an opponent and <u>should not be penalised at the first instance.</u> • If a player regularly obstructs, even after guidance is given, they may be penalised. 	<ul style="list-style-type: none"> • A player must defend from a distance of no less than 1.2m. • A player who is within 1.2m of an opponent cannot use movements that take the arms away from the body so as to limit the possible movement of an opponent. 	<ul style="list-style-type: none"> • Rule 11 Obstruction (Rules of Netball Page 57)
Centre Pass	<ul style="list-style-type: none"> • Centre pass is taken by the non-scoring team. 	<ul style="list-style-type: none"> • Alternate centre pass. 	<ul style="list-style-type: none"> • Rule 8.2 Centre Pass (Rules of Netball Page 36)
Substitutions	<ul style="list-style-type: none"> • The game time should be evenly distributed amongst all players. 	<ul style="list-style-type: none"> • The game time should be evenly distributed amongst all players. 	<ul style="list-style-type: none"> • Rule 9.1 Substitutions and team changes (Rules of Netball Page 44)



	<ul style="list-style-type: none"> • A team can make unlimited substitutions at any time. • Players should experience all positions over the course of the program/season. 	<ul style="list-style-type: none"> • A team can make unlimited substitutions at any time. • Players should experience all positions over the course of the program/season. 	
Penalty Pass	<ul style="list-style-type: none"> • Player taking the penalty pass must stand in the correct position and wait for the offending player to stand out of play before passing. 	<ul style="list-style-type: none"> • Player taking the penalty pass must stand in the correct position and wait for the offending player to stand out of play before passing. 	<ul style="list-style-type: none"> • Rule 7.1.3 Conditions for Penalty Pass (Rules of Netball Page 32)
Advantage	<ul style="list-style-type: none"> • The advantage rule should not be applied, with the exception of advantage goal. 	<ul style="list-style-type: none"> • The advantage rule should not be applied, with the exception of advantage goal. 	<ul style="list-style-type: none"> • Rule 7.2 Advantage (Rules of Netball Page 34)
Game Management	<ul style="list-style-type: none"> • Game Management section does not apply. 	<ul style="list-style-type: none"> • Game Management section does not apply. 	<ul style="list-style-type: none"> • Rule 13 Game Management (Rules of Netball Page 62)
Coaching	<ul style="list-style-type: none"> • The coach may enter the field of play to provide players with immediate feedback as required. • If the game is one-sided, coaches should use any means necessary to ensure a good experience for all players. This could include: <ul style="list-style-type: none"> ○ Rotation of players into positions they don't usually play. ○ Rest more skilled players. 	<ul style="list-style-type: none"> • The coach may move along the sideline (but may not interfere with the umpire) to provide players with immediate feedback as required. • If the game is one-sided, coaches/umpires should use any means necessary to ensure a good experience for all players. This could include: <ul style="list-style-type: none"> ○ Centre pass is taken by non-scoring team. ○ Rotation of players into positions they don't usually play. ○ Rest more skilled players. 	<ul style="list-style-type: none"> • Rule 5.1 Team (Rules of Netball Page 20)
Awards and Scoring	<ul style="list-style-type: none"> • No scores should be kept and no finals are played. • No best and fairest awards should be awarded. 	<ul style="list-style-type: none"> • Scores may be kept but no ladder produced; no finals are played. • No best and fairest awards should be awarded. 	<ul style="list-style-type: none"> • Scores and ladders may be kept and finals played. • Best and fairest awards maybe awarded.