



Woolworths NetSetGO: Modified Rules

Children should be taught the proper rules of Netball from the very beginning of their netball journey (3 seconds etc. with the exception of rules like 3 feet where there is a noted difference for participants in Woolworths NetSetGO). The modified rules should be used by umpires as they umpire the game and allow for participants to learn and refine skills while experiencing success.

- Teaching the rules this way means less confusion for participants than if we change the time they can hold the ball from 5 second to 4 seconds and then finally to 3 seconds. They always learn 3 second but umpires can allow them up to 4 or 5 seconds during a game.
- In the second stage of the GO tier it is important that across the season the rules are gradually tightened up in preparation for Junior Netball.
- Associations should take the lead in making sure all centres and umpires are on the same page with the rules before the start of a modified competition.

Rule	Set Tier	GO Tier	Netball
Match Duration	4 x 8 minute quarters	4 x 10 minute quarters	4 x 15 minute quarters
Goal post	2.4m high	2.4m – 3.05m high	3.05m high
Ball	Size 4	Size 4	Size 5
Time to pass ball	Up to 5 seconds	Up to 4 seconds	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, this is not considered a 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, this is not considered a short pass. 	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 will not be considered to have replayed the ball. 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). 	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. 	Rule 9.6 Footwork (Rules of Netball Page 51)
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. 	Rule 8.2 Centre Pass (Rules of Netball Page 36)

Offside	<ul style="list-style-type: none"> • A player who moves into an incorrect playing area and self-corrects should not be penalised for offside. • 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"> • Usual offside rule applies, with consideration given to the age and skill level of the players. • 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. 	<p>Rule 9.7 Offside (Rules of Netball Page 53)</p>
Breaking	<ul style="list-style-type: none"> • A player who breaks on the centre pass should not be penalised for breaking. 	<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. 	<p>Rule 8.2.1 Positioning of Players for Centre Pass (Rules of Netball Page 36)</p>
Defending	<ul style="list-style-type: none"> • Strict one-on-one defence. • Players may not defend a shot at goal. 	<ul style="list-style-type: none"> • Strict one-on-one defence. • Players may not defend a shot at goal. 	<p>Other forms of defence may be introduced.</p>

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> <u>If a player regularly obstructs, even after guidance is given, they may be penalised.</u> 	<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. 	Rule 11 Obstruction (Rules of Netball Page 57)
Substitutions	<ul style="list-style-type: none"> The game time should be evenly distributed amongst all players. 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"> The game time should be evenly distributed amongst all players. A team can make unlimited substitutions at any time. Players should experience all positions over the course of the program/season. 	Rule 9.1 Substitutions and team changes (Rules of Netball Page 44)
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. 	Rule 7.1.3 Conditions for Penalty Pass (Rules of Netball)
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. 	Rule 7.2 Advantage (Rules of Netball)
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. 	Rule 13 Game Management (Rules of Netball)

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. 	Rule 5.1 Team (Rules of Netball)
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 may be awarded.
Making substitutions during play	<ul style="list-style-type: none"> • Coaches are able to make unlimited substitutions. • The substitute shall tag the player leaving the court • The must not interfere with play during the substitution process and observe the Offside rule. 	<ul style="list-style-type: none"> • Coaches are able to make unlimited substitutions. • The substitute shall tag the player leaving the court • The must not interfere with play during the substitution process and observe the Offside rule. 	Rule 9.1 Substitutions and Team Changes (Rules of Netball)

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