



Woolworths NetSetGO

NetSetGo tiers are open to **boys and girls** to participate of all playing levels and is about participation, therefore no scores will be kept by the Association.

- **Net** - aimed at 5 to 6 year old, Member clubs provide the fundamental skills and activities through training then play a modified game each Saturday in our **Under 6s' competition**
- **Set** - aimed at 7 to 8 year old, Member clubs will focus on refining playing skills through training and the kids will play games each Saturday in our **Under 8s competition**
- **Go** - aimed at 9 to 10 year old, Member clubs will focus on developing natural specific skills, games will be played each Saturday in our **Under 10s competition**

PSNA NetSetGo modified rules are outlined in the below table.

- Whilst we encourage all children (and their parents or carers) to be taught the proper rules of netball from the very beginning the adjustments below are reasonable adjustments whilst the children are developing their skills in the game.
- It is important that everyone is aware of the reasonable adjustments and all players, parents and carers should be provided with guidance on the rules that apply to their tier, and the allocated umpires will umpire accordingly to these tiers.
- As children move to the Go Tier U10s the rules are more aligned to Junior competition with some discretion applied as outlined below, this is to assist with the transition from NetSetGo to Juniors.
- Importantly NetSetGo across all tiers is about participation and fun and coaches, parents and carers are reminded of the role they play to create an inclusive and fun playing experience.

Rule	Net Tier – U6s	Set Tier – U8s	Go Tier -U10s
Game Duration	2 x 15 mins	4 x 15 mins	4 x 15 mins
Goal Post	As per courts	As per courts	As per courts
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	Ball must be thrown not handed to another player	Ball must be thrown not handed to another player	Ball must be thrown not handed to another player
Replay	A player who fumbles the ball whilst gaining possession will NOT be	The usual rules for replay apply, BUT consideration should be given to the skill level of the player to	The usual rules of replay apply



	<p>considered to replay the ball</p> <p>A player may bat or bounce ball up to 2 times to gain possession</p>	<p>determine if the player has control so some fumbling of the ball should be expected and allowed</p>	
Footwork	<p>Shuffling on the spot or taking one or two steps to regain balance is allowed</p>	<p>Shuffling on the spot to regain balance is allowed, without moving forward down the court</p>	<p>Encouraged to land on two feet with no shuffling the umpires may apply some discretion</p>
Centre Pass	<p>Alternate Centre Pass</p>	<p>Alternate Centre Pass</p>	<p>Alternate Centre Pass</p>
Offside	<p>A player who moves into the offside area and corrects themselves should not be penalised</p> <p>Where to players go offside play can continue rather than a toss up</p> <p>Where a player goes offside the umpire will provide on court guidance and using discretion will determine if a penalty is awarded</p>	<p>A player who moves into the offside area and corrects themselves should not be penalised</p> <p>Where to players go offside play can continue rather than a toss up</p> <p>Where a player goes offside the umpire will provide on court guidance and using discretion will determine if a penalty is awarded</p>	<p>Usual offside rules apply but consideration may be given pending the skill level of the players</p> <p>Where a player regularly goes offside (and does not appear to aware they are going offside) they should be provided with guidance about the correct playing areas for their position when they are penalised</p>
Breaking	<p>A player who breaks on the centre pass should not be penalised and the rule explained</p>	<p>Players should be given guidance if they break on the centre pass and should not be penalised on the first instance. If a player regularly goes offside even after guidance,</p>	<p>Guidance should be provided where a player goes offside, and they may be penalised</p>



		they may be penalised	
Defending	<p>Players should defend their opposing player only</p> <p>Players may defend a shot of goal where they are 1.2m or 4 ft from the player shooting the ball</p>	<p>Players should defend their opposing player only</p> <p>Players may defend a shot of goal where they are 1.2m or 4 ft from the player shooting the ball</p>	<p>Other forms of defence may be introduced, and players are able to defend the shot of goal where they are 1.2m or 4ft from the opposing player.</p>
Contact	<p>Players should not deliberately contact another player – umpire will provide guidance and may set the penalty with the offending player either standing out of play or positioned at 1.2m or 4ft to defend the pass</p>	<p>Players should not deliberately contact another player – umpire will provide guidance and may set the penalty with the offending player either standing out of play or positioned at 1.2m or 4ft to defend the pass</p>	<p>Players should not deliberately contact another player –the umpire will set the penalty with the offending player standing out of play</p>
Obstruction	<p>Players should be given guidance on being 1.2m or 4ft away and should not be penalised in the first instance</p> <p>Where a player regularly obstructs provide guidance and set them 1.2m from the player and encourage defence of pass or shot</p>	<p>Players should be given guidance on being 1.2m or 4ft away and should not be penalised in the first instance</p> <p>Where a player regularly obstructs provide guidance and set them 1.2m from the player and encourage defence of pass or shot</p>	<p>Players must defend from 1.2m or 4 ft and where penalised will be required to stand out of play.</p>
Substitution	<p>Unlimited substitutions are allowed at any time</p>	<p>Unlimited substitutions are allowed at any time</p>	<p>Unlimited substitutions are allowed at any time</p>



	Players should rotate across positions over the season	Players should rotate across positions over the season	Players can now stick to shooting, defence, centre court or move between based on player ability
Penalty Pass	The player taking the penalty must stand in the position indicated by the umpire the umpire may use discretion to determine if the player stands out of play or is positioned to defend	The player taking the penalty must stand in the position indicated by the umpire the umpire may use discretion to determine if the player stands out of play or is positioned to defend	The player taking the penalty must stand in the position indicated by the umpire and the player stands out of play
Advantage	The advantage rule should not be applied except to award the scoring of a goal	The advantage rule should not be applied except to award the scoring of a goal	The umpire may use discretion and start to introduce the advantage call based on the player ability on court
Umpiring and Game Management	One on court umpire will support and guide players through the game Where a game is one sided the umpire may choose other actions to allow play to move to the other end of the court in the spirit of fun and positive experience	One off court umpire will support and guide players through the game Where a game is one sided the umpire may choose other actions to allow play to move to the other end of the court in the spirit of fun and positive experience	Two off court umpires will support and guide players through the game
Coaching	The coach may enter the court to provide players with immediate positive feedback	The coach may move along the sideline to provide positive guidance but cannot	The coach may move along the sideline to provide positive guidance but cannot



	Where the game is one sided the coach should rotate players to ensure all players on court have a positive on court experience	interfere with the umpire Where the game is one sided the coach should rotate players which may include into positions they don't usually play to ensure all players have a positive on court experience	interfere with the umpire Where the game is one sided the coach should rotate players which may include into positions they don't usually play to ensure all players have a positive on court experience
Scoring and Awards	No scores should be kept No finals will be played All players will receive a participation award at the end of the season	No scores should be kept No finals will be played All players will receive a participation award at the end of the season	No scores should be kept No finals will be played All players will receive a participation award at the end of the season