

MODIFIED RULES – NETSETGO GAMES ONLY

1. Goal posts should be 2.4 metres in height (8 feet).
2. Size 4 balls to be used.
3. After catching the ball, a player must throw within 5 seconds.
4. Strict “one on one” defence. **Players may NOT defend a shot on goal.**
5. Players to defend an opponent from a distance of 1.2 metres (4 feet)
6. A player who contacts or obstructs **will not** be stood out of play.
7. A team of up to 10 players may change player positions at quarter, half and third quarter intervals.
8. **All playing positions to be rotated during the game so that no player plays more than half the game in the same position. Players must rotate through all positions during the season.**
9. All players to play a minimum of two quarters unless injured or ill.
10. NetSetGo matches will consist of 4 x 12-minute quarters, with a two minute interval at first and third quarters and a three-minute interval at half time.
11. NetSetGo matches will time themselves, no mobile phones to be used.
12. Positions played must be listed on the score card and the score card must be handed into the Match Office by the **scoring team**.
13. Games are for participation **only**. No points awarded.
14. All other netball rules apply e.g., contact, replay, holding, stepping
15. When the ball comes into contact with the post above the NetSetGo ring, the ball is deemed to be **out of the court** and a throw in is awarded to the opposition.

NETSETGO NETT UMPIRES

1. Use simple language and explain decisions.
2. Adopt an encouraging, pleasant manner at all times to ensure an open and free flowing game, particularly in the setting up of penalties and throw ins.
3. Equipment/skills are modified but netball rules apply e.g., holding, contact, stepping.