



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. Centre passes are taken alternately as per normal INF rules.
4. After catching the ball, a player must throw within 5 seconds.
5. Strict “one on one” defence throughout the court area permitted.
6. **Defence in the goal circle**

In NSG Divisions RED and WHITE the athletes are permitted to defend the shot for goal. The distance must be 1.2 mts and must be one to one only. Throughout the court again one to one defence. Players will be stood out of play should they receive an obstruction call.

In all other grades – BLUE, GREEN AND PURPLE there will be no defence on the shot

7. Players to defend an opponent from a distance of 1.2 metres (4 feet)
 - a. A player who contacts or obstructs **will not** be stood out of play in the BLUE, GREEN AND PURPLE division
 - b. In the RED and WHITE divisions players will be required to stand out of play beside and away as per normal INF Netball rules
8. A team of up to 10 players may change player positions at quarter, half and third quarter intervals.
9. **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.**

10. All players to play a minimum of two quarters unless injured or ill.
11. 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.
12. NetSetGo matches will time themselves, **no mobile phones** to be used.
13. Positions played must be listed on the score card and the score card must be returned to the Match Office by the **scoring team**. (the team that originally collected it). The scoring team must also ensure that their opposition team has completed all the players positions for each quarter, before handing scorecard back to the match office.

ONLY black or blue pens are to be used NO PENCIL OR COLOURED PENS TO BE USED AT ANY TIME.

DO NOT UNDER ANY CIRCUMSTANCES COMPLETE ALL THE QUARTERS AT THE START OF THE GAME – THIS MUST BE DONE AT THE START OF EACH QUARTER

14. Games are for participation **only**. **No points awarded, no ladder is kept.**
15. All other netball rules apply e.g., contact, replay, holding, stepping.
16. 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.

COACHES AND MANAGERS – THERE MUST BE NO PACING UP AND DOWN THE SIDELINE OR GOAL LINE UNDER ANY CIRCUMSTANCES



NETSETGO NETBALL UMPIRES

1. Use simple language and explain your decisions.
2. Umpires should take care not to walk all over the court however, if a player is unsure, about a decision that has been made use your judgement and if necessary, go over and show them what you would like them to do.
3. Please adopt an encouraging, pleasant manner at all times, this will ensure an open and free flowing game, especially when setting up penalties and throw ins.
4. Equipment/skills are modified but netball rules apply e.g., holding the ball, contact, and obstruction, defence of the shot for goal in the lower NSG divisions (Blue, Green and Purple) is not permitted but in NSG Red and White division's defence of the ball on the shot is allowed.