



### **SDNA 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 throughout the court area permitted.
5. Players may NOT defend a shot on goal in accordance with NetSetGo guidelines from Netball Australia. This applies to the “Set” tier which is designed for players aged 7 and 8 years currently playing in NSG divisions Three, Four, Five and Six.
6. Players may defend the shot in accordance with Netball Australia guidelines for the “GO” tier which is designed for players aged 9 and 10 years and playing in NSG divisions One and Two only.
7. Players to defend an opponent from a distance of 1.2 metres (4 feet).
8. A player in NetSetGo Divisions One and Two who contacts or obstructs will be stood out of play.
9. A team of up to 10 players may change player positions at quarter, half and third quarter intervals.
10. All playing positions should be rotated during the game so that no player plays more than half the game in the same position. Players should rotate through all positions during the season.
11. All players to play a minimum of two quarters unless injured or ill.

12. NetSetGo match times will consist of:  
**Winter Season** 4 x 12-minute quarters, two minutes at quarter and three-quarter time with three minutes at half time. All teams time their own games.  
**Spring Season** all games centrally timed by match office.
13. Mobile phones cannot be used as timing device.
14. Positions played must be listed on the score card which must be returned to the Match Office by the **scoring team** (the team that originally collected it). The scoring team must also ensure that the opposing team has completed all the players' positions for each quarter, before handing the scorecard back to the match office. **ONLY black or blue pens are to be used. NO PENCIL AT ANY TIME.**
15. Games are for participation **only**. No points awarded.
16. All other netball rules apply e.g.: contact, replay, holding, stepping.
17. When the ball comes into contact with the post above the NetSetGo ring, the ball is deemed to be **out of court** and a throw in is awarded to the opposition.
18. Boys may play in NetSetGo Set and Go Divisions, preferably in different thirds.

### **NETSETGO NET UMPIRES**

1. Use simple language and explain decisions.
2. Umpires should take care not to walk 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. For example, holding the ball, contact and obstruction. Defence of the shot in the lower NSG divisions (3 – 6) is not permitted, however in NSG division 1 -2 defense of the ball on the shot is allowed.