



# JNA NetSetGo Summary – Modified Rules

## Modified Rules for NetSetGO Summary

As per Rule 15 of the International Netball Federation Rules of Netball, variations to the rules may be made for matches that are not international play.

NetSetGO provides a staged introduction to netball by focusing the development of fundamental motor skills and introducing children to the game of netball using rule modifications that are developmentally suitable. The use of modified rules and equipment reduces competitive stress, allowing children more time and space to practice and develop their skills.

	SET	GO	NETBALL
Rule	Set Tier (7-8 year olds)	Go Tier (9-10 year olds)	Netball (11+)
<b>Advantage</b>	The advantage rule should not be applied, with the exception of advantage goal.	The advantage rule should not be applied, with the exception of advantage goal.	Rule 7.2 Advantage (Rules of Netball Page 34)
<b>Awards and Scoring</b>	<ul style="list-style-type: none"> <li>No scores should be kept and no finals are played.</li> <li>No best and fairest awards should be awarded.</li> </ul>	9U's: <ul style="list-style-type: none"> <li>No scores should be kept, and no finals are played.</li> <li>No best and fairest awards should be awarded.</li> </ul> 10U's: <ul style="list-style-type: none"> <li>Scores can be kept but no ladder or finals played.</li> <li>No best and fairest awards should be awarded.</li> </ul>	<ul style="list-style-type: none"> <li>Scores and ladders may be kept and finals played (Note: no finals for Spring Competition &amp; no finals for Junior 11&amp;U's during Winter Competition).</li> <li>Best and fairest awards may be awarded.</li> </ul>
<b>Ball</b>	Size 4	Size 4	Size 5
<b>Breaking</b>	A player who breaks on the centre pass should not be penalised for breaking.	Players should be given guidance if they break on the centre pass and should not be penalised at the first instance. If a player regularly goes offside, even after guidance is given, they may be penalised.	Rule 8.2.1 Positioning of Players for Centre Pass (Rules of Netball Page 36)
<b>Centre Pass</b>	Centre pass is taken by the non-scoring team	Alternate centre pass	Rule 8.2 Centre Pass (Rules of Netball Page 36)
<b>Coaching</b>	7U's ONLY - The coach may <b>only</b> enter the court if it is within the area that is not in the direction of play; so as to provide players with immediate feedback as required.  8U's - The coach may move along the sideline (but may not interfere with the umpire) to provide players with immediate feedback as required.	9U's: The coach may move along the sideline (but may not interfere with the umpire) to provide players with immediate feedback as required.  10U's: The coach may move along the sideline (but may not interfere with the umpire) to provide players with immediate feedback as required.	Rule 5.1 Team (Rules of Netball Page 20)
<b>Defending</b>	<ul style="list-style-type: none"> <li>Strict one-on-one defence.</li> <li>Players may not defend a shot at goal.</li> </ul>	<ul style="list-style-type: none"> <li>Strict one-on-one defence.</li> <li>Players may defend a shot at goal.</li> </ul>	Other forms of defence may be introduced.
<b>Fill-ins</b>	<ul style="list-style-type: none"> <li>Players from opposition team can fill in quarter by quarter – Must notify match office first.</li> <li>Players from other teams in these age groups can play across for a full game.</li> </ul>	<ul style="list-style-type: none"> <li>Players can play up from age groups below.</li> <li>Players from other teams in these age groups can play across for a full game.</li> </ul>	See JNA Game Management Handbook

<b>Footwork</b>	1-2 steps to regain balance allowed.	Shuffling on the spot to regain balance allowed, without moving down the court.	Rule 9.6 Footwork (Rules of Netball Page 51)
<b>Game Management</b>	Game Management section does not apply.	Game Management section does not apply.	Rule 13 Game Management (Rules of Netball Page 62)
<b>Goal Post</b>	2.4m high	9U's: 2.4m high 10U's: 3.05m high	3.05m high
<b>Match Duration Winter Season</b>	4 x 10-minute quarters Breaks – 4 minutes, 5 minutes & 4 minutes	9U's: 4 x 10-minute quarters Breaks - 4 minutes, 5 minutes & 4 minutes 10U's: 4 x 15-minute quarters Breaks - 4 minutes, 5 minutes & 4 minutes	4 x 15 minute quarters Breaks - 4 minutes, 5 minutes & 4 minutes
<b>Obstruction</b>	<ul style="list-style-type: none"> <li>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 should not be <u>penalised at the first instance</u>.</li> <li>If a player regularly obstructs, even after guidance is given, they may be penalised.</li> </ul>	<ul style="list-style-type: none"> <li>A player must defend from a distance of no less than 1.2m.</li> <li>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.</li> </ul>	Rule 11 Obstruction (Rules of Netball Page 57)
<b>Offside</b>	<ul style="list-style-type: none"> <li>A player who moves into an incorrect playing area and self-corrects should not be penalised for offside.</li> <li>Players may “play on” in the case of simultaneous offside (one player touches the ball), rather than a tossup being taken.</li> <li>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.</li> </ul>	<ul style="list-style-type: none"> <li>Usual offside rule applies, with consideration given to the age and skill level of the players.</li> <li>Players may “play on” in the case of simultaneous offside (one player touches the ball), rather than a toss-up being taken.</li> <li>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.</li> </ul>	Rule 9.7 Offside (Rules of Netball Page 53)
<b>Penalty Pass</b>	Player taking the penalty pass must stand in the correct position and wait for the offending player to stand out of play before passing.	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 Page 32)
<b>Replayed Ball</b>	<ul style="list-style-type: none"> <li>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.</li> </ul>	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)
<b>Short Pass</b>	<ul style="list-style-type: none"> <li>Ball must be thrown (not handed) to another player.</li> <li>If two players from the same team gain possession of the ball in quick succession, this is not considered a short pass.</li> </ul>	<ul style="list-style-type: none"> <li>Ball must be thrown (not handed) to another player.</li> <li>If two players from the game team gain possession of the ball in quick succession, this is not considered a short pass.</li> </ul>	Rule 9.5.1 Short Pass (Rules of Netball Page 50)
<b>Substitutions</b>	<ul style="list-style-type: none"> <li>Abide by JNA Rotation policy.</li> <li>Players should experience all positions over the course of the program/season.</li> </ul>	<ul style="list-style-type: none"> <li>Abide by JNA Rotation policy.</li> <li>Players should experience all positions over the course of the program/season.</li> </ul>	Rule 9.1 Substitutions and team changes (Rules of Netball Page 44)
<b>Time to pass ball</b>	Up to 5 seconds	Up to 4 seconds	Up to 3 seconds