

NET SET GO MODIFIED RULES SUMMARY

RULE	SET 7- 8 yrs	GO 9 yrs	GO 10 yrs
Advantage	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.	The advantage rule should not be applied, with the exception of advantage goal.
Awards and Scoring	No scores should be kept and no finals are played. No best and fairest awards should be awarded.	No scores should be kept and no finals are played. No best and fairest awards should be awarded.	Scores may be kept but no ladder produced; no finals are played. No best and fairest awards should be awarded.
Ball	Size 4	Size 4	Size 5
Breaking	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 in the first instance.	Players should be given guidance if they break on the centre pass and should not be penalised in the first instance.
Centre Pass	Centre pass taken by non-scoring team.	Alternate centre pass.	Alternate centre pass.
Coaching	Coaches may move along the sideline (but not interfere with the umpire) to provide players with immediate feedback as required. 7U coaches may only 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. If the game is one sided, coaches should use any means necessary to ensure a good experience for all players. This could include: Rotation of players into positions they don't usually play. Rest more skilled players.	Coaches may move along the sideline (but not interfere with the umpire) to provide players with immediate feedback as required. If the game is one sided, coaches should use any means necessary to ensure a good experience for all players. This could include: Rotation of players into positions they don't usually play. Rest more skilled players.	Coaches for U10's must stay in the Coaches Box during the game. If the game is one sided, coaches should use any means necessary to ensure a good experience for all players. This could include: Rotation of players into positions they don't usually play. Rest more skilled players.
Defending	Strict one-on-one defence. Players may not defend a shot at goal.	Strict one-on-one defence. Players may defend a shot at goal.	Strict one-on-one defence. Players may defend a shot at goal.
Fill Ins	If Teams have 6 players or less, they may borrow players from the opposing team. The borrowing team must advise the Match Office prior to the start of the game. The player filling in, must have an asterisk placed beside their position on the scoresheet (i.e.:Mary Smith GS*), this denotes the player has played for the opposing team. A team can only borrow a maximum of two athletes per quarter to make up to a maximum of 7 players. For further information, please see the JNA Game Management Handbook 23. NSG Program Information. vii. Borrowing Set Players 7U's & 8U's only.	Fill in players can be drawn from their club in the age group below. A player may fill in for a higher team, but only for a maximum 1 year above in age, and for a maximum of two times within a season for their club. For further information please see the JNA Game Management Handbook 23. NSG Program information vi. Fill In Players.	Fill in players can be drawn from their club in the age group below. A player may fill in for a higher team, but only for a maximum of two times within a season for their club. For further information please see the JNA Game Management Handbook, 23. NSG Program Information vi. Fill In Players.
Footwork	1-2 steps to regain balance allowed.	Shuffling on the spot to regain balance allowed, without moving down the court.	Shuffling on the spot to regain balance allowed, without moving down the court.
Goal Post	2.4 m high.	2.4m high.	3.05m high.

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Match Duration (Winter)	4x 10 minute quarters.	4x 10 minute quarters.	4x 15 minute quarters. All matches in the GO 10U's will be the same as the times for Junior and Opens Matches. For further information please see the JNA Game Management Handbook, refer "matches - Winter No (iii) and Spring No (v)" for further information).
Obstruction	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 penalised at the first instance.	A player must defend from a distance of no less than 1.2m. 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 movements of an opponent should be penalised.	A player must defend from a distance of no less than 1.2m. 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 movements of an opponent should be penalised.
Offside	A player who moves into an incorrect playing area and self- corrects should not be penalised for offside. Player may "play on" in the case of simultaneous offside (one player touches the ball), rather than a toss up being taken. 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.	Usual offside rule applies, with consideration given to the age and skill level of the players. Players may "play on" in the case of simultaneous offside (One player touches the ball), rather than a toss up being taken. If a player regularly goes offside (and does not seem aware that they are breaking the rules), they should be given guidance when being penalised.	Usual offside rule applies, with consideration given to the age and skill level of the players. Players may "play on" in the case of simultaneous offside (One player touches the ball), rather than a toss up being taken. If a player regularly goes offside (and does not seem aware that they are breaking the rules), they should be given guidance when being penalised.
Replayed Ball	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.	While the usual rules for replay 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).	While the usual rules for replay 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).
Short Pass	Ball must be thrown (not handed) to another player. If two players from the same team gain possession of the ball in quick succession, this is not considered a short pass.	Ball must be thrown (not handed) to another player. If two players from the same team gain possession of the ball in quick succession, this is not considered a short pass.	Ball must be thrown (not handed) to another player. If two players from the same team gain possession of the ball in quick succession, this is not considered a short pass.
Substitutions	The game time should be evenly distributed amongst all players. A team can make unlimited substitutions at any time. Players should experience all positions over the course of the program/ season.	The game time should be evenly distributed amongst all players. A team can make unlimited substitutions at any time. Players should experience all positions over the course of the program/season.	The game time should be evenly distributed amongst all players. A team can make unlimited substitutions at any time. Players should experience all positions over the course of the program/season.
Time to pass ball	Up to 5 seconds.	Up to 4 seconds.	Up to 4 seconds.