



## **Rules and Guidelines as applied to NetSetGo Competition (U9)**

NSG program is to be registered under the Junior competition due to the difficulty of getting a yearly registration if moved from NSG to U11 in the same year.

- Modified rules
- No finals played
- No ladder produced
- Sportsmanship points awarded for shield (for those playing games)

The modification of our netball game has brought about significant changes in equalizing the opportunity for all children to enjoy an EVEN PARTICIPATION.

## **Players**

### **Net (Target age 5 year olds)**

**This group is managed by clubs as they do not play games**

**Once they turn 6 they can join a team**

5 year old

- Must be 5 to take part
- All 5 year olds must register for this group. Once they turn 6 they may choose to move into the SET competition.
- Registration is through NetSetGo program on PlayHQ
- This group will not play games but will do netball related dance, games and activities.
- This group will be club based and incorporated in their training.
- Older players, 6-7 years can start in this group if they are new to the game and feel that they are not ready to play the games and once they gain confidence can move into the SET group.

### **Set (Target 6-7 years)**

Can participate in NET if new to the game

- This group will play games with modified rules as set out below.

### **GO (Target Group 7 - 9 years)**

GO 1 and GO 2 defined by the number of teams registering and being divided by age (9-8) and (7-8)

- This group will play games with modified rules as set out below.
- Players must not be over 9 years of age as of 31<sup>st</sup> December in the year that they are playing



### **Grading**

- Will be defined by age rather than skill. Nominate your teams in age groups as grading will be looked at from an age perspective.
- Boys are allowed to play and are considered equal to the females
- Paperwork for these teams is the same as the rest of your junior teams.

### **Umpires**

The umpire role in this grade cannot be understated. It is one of the most important areas of our sport. The manner in which a child is tutored, nurtured and encouraged must be of the most exemplary standard. The Rules for this competition are primarily for umpires rather than coaches. Umpires must be flexible, easy going people, with a desire to help children enjoy and learn the game.

In the interest of the developing players the more experienced umpires should be used on these games

### **Umpires should**

- Use simple language and explain decisions
- Umpire according to the skill level of the players
- Adopt the role of the teacher/umpire rather than a rule enforcer
- Adopt an encouraging manner to ensure the game is free flowing and not stop start
- Use common sense to ensure the spirit of the game for children is not lost by overcalling the game
- The umpire will find they spend the majority of the game on the court with the players
- No Green Shirt umpires are to do these games as they are trying to learn themselves.

### **Coaches**

- A size 4 ball must be used.
- Encourage one on one defence.
- Encourage rebounding skills.
- Unlimited interchange may take place at each interval or during the game so long as it does not interfere with the play. This is for players who may be stressed or need to come off court because they are not coping, not for the game plan.
- Each player must play at least two quarters (unless player chooses not to)
- Can only play two quarters in the same position.
- Must play all positions throughout the season providing all players equal playing opportunities and the chance to develop in all positions.
- Can play a player in attack or defence for the whole game but they must move position within that area. This will maintain the idea of attack or defence for the whole game.
- Are allowed to coach during a match and are allowed to move around the court and may at times need to step on the court. One person only.
- If the game is one sided, coaches should use any means necessary to ensure a good experience for all players ie rotate players into positions they don't normally play, rest the more skilled players.

### Rules of the game - SET

|                       |   |
|-----------------------|---|
| Match Duration        | 4 x 10 minute quarters  |
| Goal posts            | Will be 3.05 meters (10 feet) because we need to have the poles fixed so they remain on the courts.   |
| Ball                  | Size 4  |
| Time to pass the ball | Up to 5 seconds   |
| Short Pass            | As long as the ball is thrown and not handed to another player it is not considered a short pass and should not be penalised as such.   |
| Replayed ball         | Can fumble to regain possession, can bounce or bat 2 times to gain possession   |
| Footwork              | A little shuffling of the feet on the spot, 1 or 2 steps, after catching a pass is allowed to regain balance before throwing, without moving down the court. Always encourage correct footwork.   |
| Off side<br>Breaking  | An off side player not involved with the play should just be reminded where they should be and not penalised. Only penalise a player with the ball if after guidance they still continue to go off side. Do not penalise for breaking on the centre pass, reset with guidance if needed, play on rather than toss up.   |
| Defending             | Strict one on one defence.  |
| Obstruction           | Opposition players must be 1.2 meters (4 feet) from the player with the ball allowing a clear view of where they want to pass the ball  |
| Penalty Pass          | Players can be guided by the umpire to the correct distance with no infringement paid. Contact and persistent obstruction needs to be penalised with the player standing out and an explanation of the rule given.<br>Penalty pass must be taken in correct position and must wait for player to stand out. Advantage rule does not apply to this group _except for goal scored.  |
| Throw in              | Throw-In to be retaken if foot placed on line after instruction from umpire   |
| Substitutions         | Unlimited substitutions can be made at interval times and at any time of the game if a player is upset so long as it does not interfere with the play. This is for players who may be stressed or need to come off court because they are not coping, not for the game plan.<br>This competition is designed to give everyone a turn. Rotation of players in positions ensures that developing players experience all positions. All players must play at least 2 quarters (unless the player refuses to take the court)<br>Players can only play in one position for maximum of 2 quarters. Must play all positions over the season.<br>Can play a player in attack or defence for the whole game but they must move position within that area. This maintains the idea of attack or defence for the whole game.<br>Clubs are allowed to interchange players if a team is short players. |
| Centre Pass           | During game the centre Pass is taken by the non scoring team. Normal rules apply for centre pass at start of quarters.  |
| Scoring               | Goals are recorded on the score card but there is no table kept other than to assist with grading. Each player will receive a participation medal. Teams are awarded sportsmanship points and a shield is awarded to the winning team in each division.   |

### Rules of the game - GO

|                       |  |
|-----------------------|--|
| Match Duration        | 4 x 10 minute quarters   |
| Goal posts            | Will be 3.05 meters (10 feet) because we need to have the poles fixed so they remain on the courts.  |
| Ball                  | Size 4   |
| Time to pass the ball | Up to 4 seconds.   |
| Short Pass            | As long as the ball is thrown and not handed to another player it is not considered a short pass and should not be penalised as such.  |
| Replayed ball         | Usual rules apply, but need to consider age and skill as to whether they had control. Some fumbling should be expected and allowed   |
| Footwork              | A little shuffling of the feet to regain balance after catching a pass is allowed. No moving down the court allowed. Always encourage correct footwork.<br>Where the players are older and more skilled ie NSG 1A the normal footwork rule of netball should be applied where possible with a judgement call made by the umpires for the new players joining this group  |
| Off side<br>Breaking  | Usual offside rule applies using judgement call for obvious new players. If continue to go offside after guidance given they must be penalised. Penalise centre pass breaking if continues after guidance given  |
| Defending             | Strict one on one defence is allowed. One player only may defend an attempt at goal.   |
| Obstruction           | Opposition players must be 1.2 meters (4 feet) from the player with the ball allowing a clear view of where they want to pass the ball.  |
| Penalty Pass          | Players can be guided by the umpire to the correct distance with no infringement paid. Contact and persistent obstruction needs to be penalised with the player standing out and an explanation of the rule given. This can be adjusted to normal rules if the skill level of the team is advanced   |
| Throw in              | Throw-In to be retaken if foot placed on line after instruction from umpire This Group should understand this rule and can be penalised  |
| Substitutions         | Unlimited substitutions can be made at interval times and at any time of the game if a player is upset so long as it does not interfere with the play. This is for players who may be stressed or need to come off court because they are not coping, not for the game plan.<br>This competition is designed to give everyone a turn. Rotation of players in positions ensures that developing players experience all positions. All players must play at least 2 quarters (unless the player refuses to take the court) Players can only play in one position for maximum of 2 quarters. Must play all positions over the season.<br>Can play a player in attack or defence for the whole game but they must move position within that area. This maintains the idea of attack or defence for the whole game.<br>Clubs are allowed to interchange players if a team is short players. |
| Centre Pass           | Centre Passes will alternate   |
| Scoring               | Goals are recorded on the score card but there is no table kept other than to assist with grading. Each player will receive a participation medal. Teams are awarded sportsmanship points and a shield is awarded to the winning team in each division.  |