

## NetSetGO - GO Rules

### Game Set Up

#### Goal post:

- Year 4 - 2.4m (8ft) in height
- Year 5 - 3.05m (10ft) in height

#### Ball:

- Year 4 - Size 4 ball
- Year 5 - Size 5 ball

#### Match duration:

- 4 x 10min quarters with three (3) minute interval at quarters and a five (5) minute interval at half time.
- Normal injury time applies (up to 30 seconds per incident to leave the court).

### Gameplay Rules

- **Time to pass the ball:** Four seconds
- **Centre Pass:** The centre pass will alternate as per the International netball rules.
- **Footwork:** Shuffling on the spot to regain balance is allowed, provided they do not move down the court. Short pass: If two players from the same team gain possession of the ball in quick succession, this is not considered a short pass and possession shall be awarded to one player.
- **Defending:** Strict "one-on-one" defence. Players may defend a shot at goal.
- **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.
- **Penalty Pass:** A player taking the penalty pass must stand in the correct position and wait for the offending player to stand out of play before passing.
- **Umpires:** Use simple language and explain decisions.
  - Adopt an encouraging and pleasant manner to ensure an open free flowing game, particularly in the setting up of penalties and throw ins.
  - Umpires to direct scorer and timer.
  - May enter the field of play to assist with player positioning.
- **Substitutions:** The game time should be evenly distributed amongst all players.
  - A team may make unlimited substitutions at intervals or at any time during play.
  - Players must experience all positions over the course of the program/season and cannot play more than 2 quarters in the same position during the match.
  - The procedure for making a substitution during play is:
    - Before entering the court, the substitute shall tag the player leaving the court.
    - Both the substitute and the player leaving the court shall not interfere with the play during the substitution process.
    - Both the substitute and the player leaving the court shall observe the Offside rule when leaving or entering the court.
- **Scoring:** Scores may be kept but no ladder produced. No finals matches should be played.
- Each participant in the competition should be given a memento of participation e.g. a medal.
- **Uniform:** Players may wear long sleeve tops and plain leggings either black or white under the club uniform.
- **Coaches:** During a NSG GO game, coaching is permitted by the coach ONLY.

- Coaches must remain stationary on their selected sideline and are NOT permitted to enter the court during play.
- Should an injury occur it is preferable that the manager removes the player immediately from the court.
- A second coach is able to coach from a fixed position on the opposite corner of the court as per the diagram shown below.

