

NetSetGO – SET Rules

Game Set Up

- **Goal post:** 2.4m (8ft) in height
- **Ball:** Size 4
- **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:** Five seconds
- **Centre pass:** The initial centre pass will be taken by the team who won the toss and all other centre passes shall be taken by the team that did not score the last goal.
- **Stepping:** Shuffling on the spot to regain balance is allowed providing participants don't 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.
- **Replayed ball:** A player who fumbles while gaining possession of the ball will not be considered to have replayed the ball. A player may also bat or bounce the ball up to two (2) times to gain possession).
- **Offside:** A player who moves into an incorrect playing area and self-corrects should not be penalised for offside. Players should be given guidance if they move into offside areas, however if a player regularly goes offside, even after guidance is given, they may be penalised.
- **Breaking:** A player who breaks on the centre pass should not be penalised for breaking.
- **Defending:** Strict "one-on-one" defence. Players may NOT 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. E
 - Each participant in the competition should be given a memento of participation e.g. a medal.
- **Uniforms:** Players may wear long sleeve tops and plain leggings either black or white under the Club Uniform.
- **Coaches:** During a NSG SET 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.

