

# NET SET GO - GO – Year 4 & 5 RULES

**Goal Posts:** YEAR 4 - 2.4m (8ft) in height.  
YEAR 5 – 3.05m (10ft) in height.

**Ball:** YEAR 4 - Size 4  
YEAR 5 – Size 5

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

**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 allowed, without moving 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:** Usual rules for replayed ball apply.

**Offside:** Usual offside rule applies

**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.

**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:** Player taking the penalty pass must stand in the correct position and wait for the offending player to stand out of play before passing.

**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 process for making a substitution during play is:

- i) Before entering the Court, the substitute shall tag the player leaving the Court.
- ii) Both the substitute and the player leaving the Court shall not interfere with the play during the substitution process;
- ii) 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 final matches will be played. Each participant in the competition will be given a memento of participation e.g. a medal.

**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.

**Coaches:** Coaching by the coaches **ONLY** is permitted. Coaches must remain stationary on their selected sideline and are NOT permitted to enter the court during play. If an injury occurs please have your Manager remove the player immediately from the court. A second coach is allowed to coach from a fixed position on the opposite corner of the court from the first coach (see diagram below).

