



## SSNA Netball – Net Set Go Modified Rules

### SET TIER (7-8YRS)

***An opportunity for young players to learn about netball by playing in a non-competitive environment***

***Umpires as well as Coaches should be flexible, have an easy going attitude and a desire to help children enjoy & learn***

1. Adopt the role of teacher-umpire rather than rule enforcer
2. Use simple language and explain decisions
3. Umpire according to the skill level of players
4. Adopt an encouraging manner to ensure the game is free flowing
5. Use common-sense to ensure 'spirit of the game' is not lost by over use of the whistle
6. Umpires may find they spend the majority of the game *on the court* with the players without interfering with play.

***Games are played according to the rules as set out in the "OFFICIAL RULES OF NETBALL" book***

#### **NET SET GO MODIFIED RULES ADOPTED BY SSNA**

1. **Size 4 ball** – to develop catching/throwing skills
2. **Players are allowed up to 5 seconds between catching and throwing the ball**
3. **Footwork** – always encourage correct footwork – Shuffling on the spot to regain balance allowed without moving down the court. Umpires may demonstrate correct footwork procedure if necessary.
4. **Obstruction** – players must be 4 ft. (1.2m) from player with the ball or have arms away from the body so as to limit the movement of an opponent. Umpire blows whistle for infringement and then encourages player to defend again from correct position – 4 feet. No standing out of play.
5. **Defending**- strict one on one defence. NO defence of a shot at goal.
6. **Contact** -Play should be stopped for Contact but the infringer is not stood out of play. Umpire will blow whistle for infringement and after a brief explanation allow play to continue
7. **Offside** -A player who is offside and not involved in play is not to be penalised, simply reminded where they should stand
8. **Throw – in**-A throw-in is to be retaken if player's foot is on the line. Umpire to briefly explain and correct the player's stance.
9. **Centre Pass** -The first centre pass shall be decided by the toss taken by the teams prior to the start of play. At the start of each quarter team's change ends and should alternate centre pass. All other centre passes shall be taken by the team who did not score a goal.
10. **Blood, injury or illness** –Player must leave the court within 30 seconds to be treated. Once treated, player may return after a goal is scored, during a stoppage or interval, Free Pass or Penalty Pass, Throw In or toss up taken.

**Recommendations:** Players to change positions at half time.

Where possible players should move between positions in either attack or defence areas of the court

**AS AN UMPIRE/COACH YOU ARE THERE TO ENCOURAGE ALL PLAYERS, ENSURING THEY ALWAYS ENJOY THEIR GAME AND ASSIST WITH THEIR LEARNING.**

***Club Umpire Convenors Please Note*** – in the best interest of our young, developing players the SSNA Umpiring Committee recommends allocating umpires who are capable of applying modifying the rules to games. Team Coaches are encouraged to umpire games where suitable and are entitled to coach the teams at each interval. ***Please do not use beginner umpires or with less than a year experience.*** Thank you.



## SSNA Netball – Net Set Go Modified Rules

### GO TIER (9YRS)

***An opportunity for young players to learn about netball by playing in a non-competitive environment***

***Umpires as well as Coaches should be flexible, have an easy going attitude and a desire to help children enjoy & learn***

1. Adopt the role of teacher-umpire rather than rule enforcer
2. Use simple language and explain decisions
3. Umpire according to the skill level of players
4. Adopt an encouraging manner to ensure the game is free flowing
5. Use common-sense to ensure 'spirit of the game' is not lost by over use of the whistle
6. Umpires may find they spend the majority of the game *on the court* with the players without interfering with play.

***Games are played according to the rules as set out in the "OFFICIAL RULES OF NETBALL" book***

### NET SET GO MODIFIED RULES ADOPTED BY SSNA

1. **Size 4 ball** – to develop catching/throwing skills
2. **Players are allowed up to 4 seconds between catching and throwing the ball**
3. **Footwork** – always encourage correct footwork – Shuffling on the spot to regain balance allowed without moving down the court. Umpires may demonstrate correct footwork procedure if necessary.
4. **Obstruction** – players must be 4 ft. (1.2m) from player with the ball or have arms away from the body so as to limit the movement of an opponent. Umpire blows whistle for infringement and then encourages player to defend again from correct position – 4 feet.
5. **Defending**- strict one on one defence. **MAY** defence of a shot at goal.
6. **Contact** -Play should be stopped for Contact but the infringer is not stood out of play. Umpire will blow whistle for infringement and after a brief explanation allow play to continue
7. **Offside** -A player who is offside and not involved in play is not to be penalised, simply reminded where they should stand
8. **Throw – in**-A throw-in is to be retaken if player's foot is on the line. Umpire to briefly explain and correct the player's stance.
9. **Centre Pass** -The first centre pass shall be decided by the toss taken by the teams prior to the start of play and should alternate centre pass after a goal is scored.
10. **Blood, injury or illness** –Player must leave the court within 30 seconds to be treated. Once treated, player may return after a goal is scored, during a stoppage or interval. Free Pass or Penalty Pass, Throw In or toss up taken.

**Recommendations:** Players to change positions at half time if possible.

Where possible players should move between positions in either attack or defence areas of the court

**AS AN UMPIRE/COACH YOU ARE THERE TO ENCOURAGE ALL PLAYERS, ENSURING THEY ALWAYS ENJOY THEIR GAME AND ASSIST WITH THEIR LEARNING.**

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