

# ***EHNA 2025 SET RULES***

**MATCH DURATION:** 4x 10 minute quarters, 3min quarter breaks and 5 minute half time break

**GOAL POST:** LOW HEIGHT 2.4metres high

**OFFSIDE RULES:** Give guidance if they move into the incorrect area (if the player continuously keeps going offside please penalise the player so they learn not to keep going offside)

**BALL SIZE:** 4

**CENTRE PASSES:** Centre pass is taken by the NON SCORING team

**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 the ball.

**SCORING/LADDERS:** No scores or ladders to be kept

**COACHES:** The coach may enter the field of play to provide players with immediate feedback as required. The game time should be evenly distributed amongst all players. A team can make unlimited substitutions at any time. Players should experience all positions over the course of the season.

Coaches should use any means necessary to ensure a good experience for all players. This could include: • Rotation of players into positions they don't usually play • Rest more skilled players

**OFFSIDE:** Players may "play on" in the case of simultaneous offside (One player touches the ball), rather than a toss up being taken. If a player regularly goes offside (and does not seem aware that they are breaking the rules), they should be given guidance when being penalised.

**BREAKING:** Players should be given guidance if they break on the centre pass and should not be penalised

**DEFENDING:** Strict one-on-one defence. A player must defend from a distance of no less than 1.2m. THEY CANNOT DEFEND A SHOT AT GOAL

**TIME TO PASS BALL:** The ball must be passed within 5 seconds

**SHORT PASS:** Ball must be thrown (not handed) to another player. If two players from the same team gain possession of the ball in quick succession, this is not considered a short pass.

**REPLAY:** A player may bat or bounce the ball up to 2 times to gain possession.

**FOOTWORK:** 1-2 steps to regain balance allowed Shuffling on the spot to regain balance allowed, without moving down the court

**COACHES AND SUPPORTERS PLEASE REMEMBER THAT THESE PLAYERS ARE JUST STARTING THE FULL THE GAME OF NETBALL AND ENCOURAGE THEM AS MUCH AS YOU CAN TO CREATE GOOD SPORTSMANSHIP AND HARMONY IN THE PLAYERS**

