



Eastern Hills Netball Association

NETSETGO – GO RULES 2023

(9 & 10 year olds)

Game duration	<ul style="list-style-type: none"> • 4 x 15 minute quarters.
Goal Post	<ul style="list-style-type: none"> • NetSetGo-Go 2 @ 2.4m high • NetSetGo-Go 1 @ 3.05m high
Ball	<ul style="list-style-type: none"> • Size 5
Time to pass ball	<ul style="list-style-type: none"> • NetsetGo-Go 2 Up to 4 seconds • NetSetGo-Go 1 Up to 3 seconds.
Short pass	<ul style="list-style-type: none"> • Ball must be thrown (not handed) to another player while play is in progress. • It is NOT a short pass if 1 player hands the ball to another player to set up a penalty. • If two players from the same team gain possession on the ball in quick succession, this is NOT considered a short pass.
Replayed ball	<ul style="list-style-type: none"> • A player who fumbles while gaining possession of the ball will not be considered to have replayed the ball. • A player may bat or bounce the ball once to gain possession. • A player may tip the ball more than once uncontrollably then bat or bounce the ball once to gain possession.
Footwork	<ul style="list-style-type: none"> • Netball rules apply – <i>NetSetGo-Go 2 consideration for age</i>
Offside	<ul style="list-style-type: none"> • Netball rules apply
Breaking	<ul style="list-style-type: none"> • Netball rules apply
Defending	<ul style="list-style-type: none"> • Players may defend a shot at goal.
Obstruction	<ul style="list-style-type: none"> • A player must defend from a distance of no less than 0.9m • A player who is within 0.9m of an opponent cannot use movements that take the arms away from the body so as to limit the possible movement of an opponent.
Centre Pass	<ul style="list-style-type: none"> • Centre pass is taken alternatively by each team.
Substitutions	<ul style="list-style-type: none"> • The game time should be evenly distributed amongst all players. • Players should experience all positions over the course of the program/season.
Penalty Pass	<ul style="list-style-type: none"> • Player taking the penalty pass must stand in the correct position and wait for the offending player to stand out of play before passing.
Advantage	<ul style="list-style-type: none"> • The advantage rule should not be applied, with the exception of advantage goal.
Coaching	<ul style="list-style-type: none"> • <i>The coach should remain in one position on the sideline.</i> • If the game is one-sided, coaches should use any means necessary to ensure a good experience for all players.eg <ol style="list-style-type: none"> 1) Rotation of players into different positions 2) Rest more skilled players
Awards & Scoring	<ul style="list-style-type: none"> • Scores should be kept • No finals shall be played