



Eastern Hills Netball Association

NETSETGO – SET RULES 2021

(7 & 8 year olds)

Game duration	<ul style="list-style-type: none">• 4 x 10 minute quarters.
Goal Post	<ul style="list-style-type: none">• 2.4m high.
Ball	<ul style="list-style-type: none">• Size 4.
Time to pass ball	<ul style="list-style-type: none">• Up to 5 seconds.
Short pass	<ul style="list-style-type: none">• Ball must be thrown (not handed) to another player.• 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">• 1-2 steps to regain balance is allowed.
Offside	<ul style="list-style-type: none">• A player who moves into an incorrect playing area and self corrects should not be penalised for offside.• Players may “play on” in the case of simultaneous offside (one player touches the ball) rather than a toss-up being taken.• Players should be given guidance if they move into offside areas and should not be penalised at the first instance. If a player regularly goes offside, even after guidance is given, they may be penalised.
Breaking	<ul style="list-style-type: none">• A player who breaks on the centre <u>should not be penalised for breaking.</u>
Defending	<ul style="list-style-type: none">• Strict one on one defence.• Players <u>may not defend a shot at goal.</u>
Obstruction	<ul style="list-style-type: none">• 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) <u>should not be penalised at the first instance.</u>• If a player regularly obstructs, even after guidance is given, they may be penalised.
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">• The coach may enter the field of play to provide players with immediate feedback as required.• 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 positions2) Rest more skilled players
Awards & Scoring	<ul style="list-style-type: none">• No scores should be kept, or finals played.• No best & fairest awards should be awarded.