

EHNA 2025 GO RULES

- MATCH DURATION:** 4x 15 minute quarters, 3min quarter breaks and 5 minute half time break
- GOAL POST:** FULL HEIGHT 3.05metres high
- OFFSIDE RULES:** Usual offside rule applies, with consideration given to the age and skill level of the players.
- BALL SIZE:** 5
- CENTRE PASSES:** Alternating each team
- SUBSTITUTIONS:** 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.
- 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. The advantage rule should not be applied, with the exception of advantage goal
- SCORING/LADDERS:** Scores may be kept but no ladder produced; no finals are played
- COACHES:** The coach may move along the sideline (but not interfere with the umpire) 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. 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 in the first instance
- DEFENDING:** **Strict one-on-one defence.** Players may defend a shot at goal. A player **must defend from a distance of no less than 1.2m**. If a player regularly obstructs, even after guidance is given, they may be penalised. A player who is within 1.2m of an opponent cannot use movements that take the arms away from the body so as to limit the possible movements of an opponent and should be penalised.
- TIME TO PASS BALL:** The ball must be passed within 3 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:** While the usual rules for replay apply, consideration must be given to the age and skill level of the players in determining whether a player has control of the ball (i.e., some fumbling should be expected and allowed). 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 RULES OF NETBALL AND ENCOURAGE THEM AS MUCH AS YOU CAN TO CREATE GOOD SPORTSMANSHIP AND HARMONY IN THE PLAYERS