



# Eastern Hills Netball Association

## NETSETGO – SET RULES 2023

(7 & 8 year olds)

Game duration	<ul style="list-style-type: none"><li>• <b>4 x 10 minute quarters.</b></li></ul>
Goal Post	<ul style="list-style-type: none"><li>• 2.4m high.</li></ul>
Ball	<ul style="list-style-type: none"><li>• Size 4.</li></ul>
Time to pass ball	<ul style="list-style-type: none"><li>• Up to 5 seconds.</li></ul>
Short pass	<ul style="list-style-type: none"><li>• Ball must be thrown (not handed) to another player.</li><li>• It is NOT a short pass if 1 player hands the ball to another player to set up a penalty.</li><li>• If two players from the same team gain possession on the ball in quick succession, this is not considered a short pass.</li></ul>
Replayed ball	<ul style="list-style-type: none"><li>• A player who <b>fumbles</b> while <b>gaining</b> possession of the ball will not be considered to have replayed the ball.</li><li>• A player <b>may</b> bat or bounce the ball once to gain possession.</li><li>• A player <b>may</b> tip the ball <b>more than once</b> uncontrollably <b>then</b> bat or bounce the ball once to gain possession.</li></ul>
Footwork	<ul style="list-style-type: none"><li>• 1-2 steps to regain balance is allowed.</li></ul>
Offside	<ul style="list-style-type: none"><li>• A player who moves into an incorrect playing area and <b>self corrects should not be penalised for offside.</b></li><li>• Players may “play on” in the case of simultaneous offside (one player touches the ball) rather than a toss-up being taken.</li><li>• 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.</li></ul>
Breaking	<ul style="list-style-type: none"><li>• A player who breaks on the centre <u>should not be penalised for breaking.</u></li></ul>
Defending	<ul style="list-style-type: none"><li>• <b>Strict one on one defence.</b></li><li>• Players <u>may not defend a shot at goal.</u></li></ul>
Obstruction	<ul style="list-style-type: none"><li>• 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></li><li>• If a player regularly obstructs, even after guidance is given, they may be penalised.</li></ul>
Centre Pass	<ul style="list-style-type: none"><li>• Centre pass is taken alternatively by each team.</li></ul>
Substitutions	<ul style="list-style-type: none"><li>• The game time should be evenly distributed amongst all players.</li><li>• Players should experience all positions over the course of the program/season.</li></ul>
Penalty Pass	<ul style="list-style-type: none"><li>• Player taking the penalty pass must stand in the correct position. and wait for the offending player to stand out of play before passing.</li></ul>
Advantage	<ul style="list-style-type: none"><li>• The advantage rule should not be applied, with the exception of advantage goal.</li></ul>
Coaching	<ul style="list-style-type: none"><li>• The coach <b>may</b> enter the field of play to provide players with immediate feedback as required.</li><li>• <b>If the game is one-sided</b>, coaches should use any means necessary to ensure a good experience for all players.eg<ol style="list-style-type: none"><li>1) Rotation of players into different positions</li><li>2) Rest more skilled players</li></ol></li></ul>
Awards & Scoring	<ul style="list-style-type: none"><li>• No scores should be kept, or finals played.</li><li>• No best &amp; fairest awards should be awarded.</li></ul>