

7 YEARS NETSETGO/HDNA MODIFIED RULES

- All clubs must implement the drills and skills of NetSetGO on their training days.
- Players learn all positions and play them on a rotational basis throughout the year.
- Size 4 ball, 8' goal posts.
- Modified NetSetGO/HDNA rules to be played **for the full season**.
- Alternate centre passes as per the full netball rules
- Up to 5 seconds to pass ball.
- Stepping, shuffling on the spot to re-gain balance.
- Players may not defend a shot at goal.
- No parent or coach is allowed to walk up and down the sideline.
- Coaches must remain in the courtside coaches box and may only enter the field of play to give clear instructions/support to player(s).
- Coaches are permitted to umpire the game but must do so fairly for both teams without bias.
- Coaches who are umpiring must only umpire their half of the court to their right (not both ends).
- Teams change ends every quarter.
- There is no scoring for this competition.

8 YEARS NETSETGO/HDNA MODIFIED RULES

- All clubs must implement the drills and skills of NetSetGO on their training days.
- Players learn all positions and play them on a rotational basis throughout the year.
- Size 4 ball, 8' goal posts.
- Modified NetSetGO/HDNA rules to be played **for the full season**.
- Alternate centre passes as per the full netball rules.
- Up to 5 seconds to pass ball.
- Stepping, shuffling on the spot to re-gain balance.
- Players may not defend a shot at goal.
- No parent or coach is allowed to walk up and down the sideline.
- Coaches must remain in the courtside coaches' box and may only enter the field of play to give clear instructions/support to player(s).
- Coaches are permitted to umpire the game but must do so fairly for both teams without bias.
- Coaches who are umpiring must only umpire their half of the court to their right (not both ends).
- Teams change ends at every quarter.
- There is no scoring for this competition.

9 YEARS NETSETGO/HDNA MODIFIED RULES

- All clubs must implement the drills and skills of NetSetGO on their training days.
- Players learn all positions and play them on a rotational basis throughout the year.
- Size 4 ball, 8' goal posts.
- Full rules as per the AANA Netball Rules.
- Alternate centre pass as per the full netball rules.
- Coaches cannot umpire their own team.
- No parent or coach is allowed to walk up and down the sideline.
- No coach is allowed on the court. Coaches must remain in the courtside coaches box.
- There is no scoring for this competition.

10 YEARS NETSETGO/HDNA MODIFIED RULES

- All clubs must implement the drills and skills of NetSetGO on their training days.
- Size 5 ball, 10' goal posts
- Full rules as per the AANA Netball Rules.
- Alternate centre pass as per the full netball rules.
- Coaches cannot umpire their own team.
- No parent or coach is allowed to walk up and down the sideline.
- No coach is allowed on the court. Coaches must remain in the courtside coaches box.
- There is no scoring for this competition during the winter season.