



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.
- Where an infringement occurs, the ball is not awarded to the other team, rather the umpire needs to stop play, explain what the player did wrong and then restart play again.
- 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.
- Where an infringement occurs, the ball is not awarded to the other team, rather the umpire needs to stop play, explain what the player did wrong and then restart play again.
- 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.