

# ANZ NetSetGO COMPETITION RULES



## PROGRAM CONTENT FOR 'SET - TIER'

Here are the modified rules for the competition component of ANZ NetSetGO. They have been designed to make the games more fun and more competitive.

### MATCH DURATION

4 x 10 minute quarters.

### BALL

Size 4.

### GOAL POST

2.4 metres (8 foot) in height.

### TIME TO PASS BALL

Up to 5 seconds.

### STEPPING

Shuffling on the spot to regain balance allowed without moving down the court

### DEFENDING

Strict "one-on-one" defence. Players may defend a shot at goal.

### OBSTRUCTION

A player must defend from a distance no less than 1.2m (4 ft).

### SUBSTITUTIONS

Players should experience all positions over the course of the program/season.

The game time should be evenly distributed amongst all players. A team (up to 10 players is recommended) may make unlimited substitutions at intervals or at any time during play. The procedure for making a substitution during play is:

- Before entering the Court, the substitute shall tag the player leaving the Court.
- Both the substitute and the player leaving the Court shall not interfere with the play during the substitution process;
- Both the substitute and the player leaving the Court shall observe the Offside Rule when leaving or entering the Court.
- Players should be substituted into either only attack positions or only defence positions for the duration of the game.

### CENTRE PASS

The initial Centre Pass will be taken by the team that won the toss and all other Centre Passes shall be taken by the team that did not score the last goal.

### AWARDS AND SCORING

Scores may be kept but no ladder produced. No final matches should be played.  
Each participant in the competition should be given a memento of participation e.g. a medal.



Netball Australia 191 Johnston Street, Fitzroy; VIC 3065 I PO Box 13285, Law Courts VIC 8010  
T +61 3 8621 8600 F +61 3 8621 8625 E [info@netsetgo.netball.asn.au](mailto:info@netsetgo.netball.asn.au)