



Woolworths
NetSetGO
Guidelines
2026

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1. CODE OF CONDUCT

HDNA seeks to provide a safe, fair and inclusive environment for everyone involved in netball. HDNA seeks to abide by the Netball NSW Member Protection Policy, examples of which include Codes of Behaviour; Anti-Discrimination, Bullying & Harassment; Working with Children and Photography policies. These policies, expected code of conduct and grievance processes are available on the HDNA website under [Policies](#) in the main menu. Everyone that attends the HDNA complex including HDNA Executive and Assistants, Club officials, Coaches, Managers, Umpires, Players, and Spectators is expected to abide by the relevant Codes of Conduct.

2. GRADING

2.1 How are the grades/divisions identified?

HDNA Set & GO Competition consists of a combination of any age group between 6 and 9 in the year of play. Teams are graded based on skill and also on age. 'Set' generally consists of younger players and 'GO' is generally for older players, however, mixed aged teams could be graded into either competition. Within Set and GO, teams are graded based on playing history. Native bird names delineate divisions: GO-Kookaburras, GO-Lorikeets and GO-Magpies, Set-Emus, Set-Koalas and Set-Wombats.

2.1.1 Recommendations for Club grading

Our aim is to provide a safe, fair and fun environment, so please keep this in mind when grading and nominating teams.

2.1.2 Regrading NetSetGO Teams

Players and teams learn at different rates and the Junior Grading Committee may regrade teams into grades where they have similar capabilities and experience based on their skill and capability.

3. HDNA NETSETGO UNIFORM POLICY

3.1 Addition to approved Club uniform

HDNA seeks to have an inclusive uniform policy. Club uniforms are registered by the Club each season and players may wear any combination of the club uniform, including leggings and skivvies under a dress. Hijab and headscarves must be secured/pinned with bobby pins or closed/safety pins so they do not flap or have loose areas.

3.2 Jewellery

In line with the 2024 Official Rules of Netball rule 3.12, players must not wear anything that could endanger themselves or other players, specifically:

- a) No body piercings including earrings may be worn.
- b) No adornment that may endanger player safety may be worn.
- e) Medical devices may be worn provided they are securely covered with tape and/or padding.
- g) Fingernails must be short and smooth.
- h) Hair must be suitably tied back (for example in a ponytail, plait or braided) and free from any adornment.

The Umpires Committee and Junior / Senior Registrar should be notified if a medical alert bracelet is to be worn.

4. NETSETGO RULES

NetSetGO emphasises skill development through relaxed netball rules, team participation and fun. NSG players play under the same rules as the Junior Competition with some relaxation and consideration by the Umpires during play where Players will be coached on court.

The following table shows the modifications made to assist NetSetGO Players:

Information/Rules	NetSetGO	Junior Netball
Ball	Size 4	Size 5
Match duration	4 x 12 minute quarters	4 x 15 minute quarters
Breaks	2 minutes at $\frac{1}{4}$ and $\frac{3}{4}$ time 3 minutes at $\frac{1}{2}$ time	1 minute at $\frac{1}{4}$ and $\frac{3}{4}$ time 2 minutes at $\frac{1}{2}$ time
Held Ball	Allowance up to 5 seconds is permitted	3 seconds
Stepping	Shuffling on the spot to regain balance is permitted	Footwork rules apply
Borrowing Players	Teams may borrow up to 3 from the same grade or from a lower grade.	Teams may borrow up to 3 players, but only from a lower age group or division.
Playing positions	Players should rotate through all positions throughout the season. For further information see – <i>section 8.2, Player Rotation</i>	Players play in one or more positions as allocated by their Coach. There are no restrictions as to the number of positions a Player may play, nor are they required to rotate through positions throughout the season.

5. ROLE OF SPECTATORS

Spectators are there to spectate and support their family and friends. They are not there to coach.

Young players become confused when given direction by too many people and are more likely to focus on their parent / guardian voice on the sideline rather than that of the Coach, therefore spectators are to provide encouragement to all players in both teams and not to direct play. Coaching is to be left to the Coach and any guidance given by the Umpire.

Spectators are not to stand behind the goal line. If there is a vacant court between two courts where games are being played, spectators may stand on the vacant court.

6. ROLE OF UMPIRES

6.1 Prior to the Commencement of the Game

Umpires are to:

- a) Sign on at the Umpires window.
- b) Check the court and surrounds are safe and that protector posts are on both goal posts.
- c) Check:
 - i. Players nails,
 - ii. Jewellery has been removed, and
 - iii. Assist the Captains to toss for the centre pass.

6.2 During the Game

Umpires are:

- a) Permitted to enter the court to briefly explain and demonstrate the rules to the players.
- b) To have a full understanding of and adhere to the modified rules for the NetSetGO competition.
- c) To adopt a pleasant manner and encourage players to ensure an open and free-flowing game – particularly in the setting up of penalties and throw-ins.
- d) To facilitate the players learning of the rules by explaining how the player infringed and the correct application of the rule.
- e) To use simple language when explaining decisions.

Note: If Umpires require assistance at any stage, please send a request (via a spectator or support person) to Control.

7. ROLE OF THE TEAM MANAGER

7.1 Prior to Commencement of the Game

It is the duty of the Teams nominated Manager to:

- a) Present the full team to Control so that their names can all be ticked off at the same time by the Duty Personnel.
- b) If your team has borrowed a player, ensure that the borrowed players team is written beside the players last name ie (Beecroft 21).
- c) Ensure players have removed all jewellery.
- d) Ensure players have cut their nails.

7.2 Statistic Recording

As we do not promote winning and losing in NetSetGO, but rather emphasise skill development, team participation and fun, HDNA NetSetGO Teams record their successful goals (goals scored) and unsuccessful attempts at goal (missed goals) for the purpose of grading, only.

The Manager/person over 16 years of age recording statistics from each team may stand together on the sideline, in the left hand third as you face the court (away from the umpire).

8. ROLE OF THE COACH

Coaches are responsible for:

8.1 Direction of the Game

Coaches can direct play during a game from the sideline, however they must remain stationary – that is, pacing along the sideline is NOT permitted. Teams may nominate an Assistant Coach who must also remain stationary on the sideline. The Coach and Assistant Coach may stand either together or separately along the sideline (in the left hand third as you face the court). No-one is permitted to coach from behind the goal line.

8.2 Player Rotation

- a) NetSetGO Netball emphasises skill development, team participation and fun. As a result, every player MUST be given the opportunity to try all positions, hence the need to rotate players throughout the competition.
- b) It is recommended that Players be rotated through similar positions each week eg GS and GA, or GS and WA, or WA and C, or C and WD, or WD and GK or GD & GK, or ½ game on court and ½ game off.

A guide to aid rotating players through positions over the weeks is included in Appendix A. We highly recommend coaches using this or their own rotation format to ensure that the principles of skill development and team

participation are achieved. [CLICK HERE](#) to access these guides or find them under Appendix A at the end of this document.

9. BORROWING PLAYERS

A maximum of three (3) players only may be borrowed each week.

A team may take the court with a minimum of five (5) players ie three original players and two borrowed players.

9.1 When Teams May Borrow

- a) If an original team member is unavailable, and the team will have less than 7 players available, or
- b) If an original team member becomes ill or injured and is unable to continue play, and there is no other original Team member available.

Note: In the event the player recovers and is able to play, the borrowed player must be replaced and the borrowed player must leave the court.

9.2 When Teams May Not Borrow

If an original team member is available eg if the team has 8 players and one is unavailable or becomes injured or ill, the team may not borrow as it still has 7 original Players.

10. WET WEATHER

HDNA netball courts are all weather courts, therefore play may continue when courts are wet. Decisions relating to wet weather will always be made with players safety in mind, whilst endeavoring to provide players with as much court time as possible throughout the season.

Where wet weather is apparent prior to play, a decision will be made by 4pm on the day of play. Club Secretaries will be notified by email and the HDNA website and social media will be updated with a wet weather message. Unless notified, players should attend the court ready to play. Where weather deteriorates or rain commences after 4pm or after the commencement of the game, a decision will be made at the courts by timeslot.

Forfeiting due to wet weather – see - *Forfeiting*

11. FORFEITING

Forfeiting impacts your opposing team and the umpires. We acknowledge that there are genuine reasons to forfeit, however, please respect your opposition and umpires and give as much notice as possible. The Club Secretary of a team who needs to forfeit a game must notify forfeits@hdnanetball.com.au, the opposing teams Club Secretary and, their own and the opposing teams Umpires Convenor, no later than 7pm on the day PRECEDING play ie Thursday.

For forfeits due to wet weather:

1. Where both teams attend the courts and mutually agree – no penalty
2. Where both teams attend the courts and only one team wishes to forfeit – no penalty.
3. Where a team does not attend the court, a fine of \$100 may be imposed.

For further information, see – *HDNA website > Policies.*

12. DISPUTES

12.1 Resolving Disputes

Management of disputes at the time of the dispute is recommended by adhering to the following process:

Disputes relates to:	Process to follow
An HDNA Official	Immediately go to Control to report the dispute
An Umpire	Immediately go to Umpires Control to report the dispute
A Club Official	If your own Club – contact your Club’s Executive If other Club immediately go to Control to report the dispute
The Manager of the opposition	Immediately go to Control to report the dispute
The Coach of the opposition	Immediately go to Control to report the dispute
A Player in the opposition	Immediately go to Control to report the dispute
Spectators of the opposition	Immediately go to Control to report the dispute
Spectators of your Team/Club	Contact your Club Executive

NOTE: **DO NOT** leave disputes until the end of the game or write notes on the score sheet as it is difficult for HDNA Officials to resolve the dispute or take action after the game has finished. The best result is through immediate action.

12.2 Unresolved Disputes

HDNA has introduced the [On-Court Issue Resolution Framework](#) to provide support designed to de-escalate and manage on-court issues. All clubs are required to read through this Framework to understand the process for incident reporting. If you experience any incidents or have concerns on or around the court, please approach Control immediately so that the game can be observed at the time of the incident. Then, please follow the steps outlined in the Framework.

HDNA manage all disputes in accordance with the Member Protection Policy procedures – for details, see *HDNA By-Laws, Section 16 Disputes*.

13. DUTY

Clubs are advised of duty allocation at the beginning of the season, if required by HDNA. It is each Clubs responsibility to ensure a suitable Club representative undertakes each duty.

14. COURT CHANGES

Court allocations provided to Clubs at the beginning of the season and on the website are a guide only and may be changed at any time without prior notice.

Please check PlayHQ, NetballHQ app or the HDNA website before arriving to confirm the court your team will be playing on.

15. PRESENTATION

Presentation for NetSetGO Teams is held following the last game of the season.

If your team has a BYE in the final round, the medal presentation will be made to the players at the end of their game in the preceding round.

APPENDIX A – Woolworths NetSetGO Rotation Options
Team of 7 Players

	Players Name	1	2	3	4	5	6	7	8	9	10	11	12	13	14
Player 1		GS	GA	WA	C	WD	GD	GK	GS	GA	WA	C	WD	GD	GK
Player 2		GA	WA	C	WD	GD	GK	GS	GA	WA	C	WD	GD	GK	GS
Player 3		WA	C	WD	GD	GK	GS	GA	WA	C	WD	GD	GK	GS	GA
Player 4		C	WD	GD	GK	GS	GA	WA	C	WD	GD	GK	GS	GA	WA
Player 5		WD	GD	GK	GS	GA	WA	C	WD	GD	GK	GS	GA	WA	C
Player 6		GD	GK	GS	GA	WA	C	WD	GD	GK	GS	GA	WA	C	WD
Player 7		GK	GS	GA	WA	C	WD	GD	GK	GS	GA	WA	C	WD	GD

APPENDIX A – Woolworths NetSetGO Rotation Options

Team of 8 Players

		Week 1 & 8		Week 2 & 9		Week 3 & 10		Week 4 & 11		Week 5 & 12		Week 6 & 13		Week 7 & 14	
Players Name		H1	H2	H1	H2	H1	H2	H1	H2	H1	H2	H1	H2	H1	H2
Player 1		GS		GK	GD	WD	C	WA	GA	GS	GK	GD	WD	C	WA
Player 2		GA	GS		GK	GD	WD	C	WA	GA		GK	GD	WD	C
Player 3		WA	GA	GS		GK	GD	WD	C	WA	GS		GK	GD	WD
Player 4		C	WA	GA	GS		GK	GD	WD	C	GA	GS		GK	GD
Player 5		WD	C	WA	GA	GS		GK	GD	WD	WA	GA	GS		GK
Player 6		GD	WD	C	WA	GA	GS		GK	GD	C	WA	GA	GS	
Player 7		GK	GD	WD	C	WA	GA	GS		GK	WD	C	WA	GA	GS
Player 8			GK	GD	WD	C	WA	GA	GS		GD	WD	C	WA	GA

APPENDIX A – Woolworths NetSetGO Rotation Options

Team of 9 Players

		Week 1 & 8				Week 2 & 9				Week 3 & 10				Week 4 & 11				Week 5 & 12				Week 6 & 13				Week 7 & 14							
		H1		H2		H1		H2		H1		H2		H1		H2		H1		H2		H1		H2		H1		H2					
	Players Name	Q 1	Q 2	Q 3	Q 4	Q 1	Q 2	Q 3	Q 4	Q 1	Q 2	Q 3	Q 4	Q 1	Q 2	Q 3	Q 4	Q 1	Q 2	Q 3	Q 4	Q 1	Q 2	Q 3	Q 4	Q 1	Q 2	Q 3	Q 4	Q 1	Q 2	Q 3	Q 4
Player 1		GS	GS	C		W	W	G	G		W	G	G		C	GK	GK	W		GS	GS	C		W	W	G	G		W				
Player 2		W		GS	GS	C		W	W	G	G		W	G	G		C	GK	GK	W		GS	GS	C		W	W	G	G				
Player 3		GK	GK	W		GS	GS	C		W	W	G	G		W	G	G		C	GK	GK	W		GS	GS	C		W	W				
Player 4			C	GK	GK	W		GS	GS	C		W	W	G	G		W	G	G		C	GK	GK	W		GS	GS	C					
Player 5		G	G		C	GK	GK	W		GS	GS	C		W	W	G	G		W	G	G		C	GK	GK	W		GS	GS				
Player 6			W	G	G		C	GK	GK	W		GS	GS	C		W	W	G	G		W	G	G		C	GK	GK	W					
Player 7		G	G		W	G	G		C	GK	GK	W		GS	GS	C		W	W	G	G		W	G	G		C	GK	GK				
Player 8		W	W	G	G		W	G	G		C	GK	GK	W		GS	GS	C		W	W	G	G		W	G	G		W				
Player 9		C		W	W	G	G		W	G	G		C	GK	GK	W		GS	GS	C		W	W	G	G		W	G	G				

APPENDIX A – Woolworths NetSetGO Rotation Options

Team of 10 Players

		Week 1 & 8				Week 2 & 9				Week 3 & 10				Week 4 & 11				Week 5 & 12				Week 6 & 13				Week 7 & 14							
		H1		H2		H1		H2		H1		H2		H1		H2		H1		H2		H1		H2		H1		H2					
	Players Name	Q 1	Q 2	Q 3	Q 4	Q 1	Q 2	Q 3	Q 4	Q 1	Q 2	Q 3	Q 4	Q 1	Q 2	Q 3	Q 4	Q 1	Q 2	Q 3	Q 4	Q 1	Q 2	Q 3	Q 4	Q 1	Q 2	Q 3	Q 4	Q 1	Q 2	Q 3	Q 4
Player 1		C	C			W D		GS	GS		W A	GK	GK	G A	G A	W D		G D	G D	W A		C	C			W D		GS	GS				
Player 2				C	C	GS	GS		W D	GK	GK		W A		W D	G A	G A	W A		G D	G D			C	C	GS	GS		W D				
Player 3		G D	G D	W A		C	C			W D		GS	GS		W A	GK	GK	G A	G A	W D		G D	G D	W A		C	C						
Player 4		W A		G D	G D			C	C	GS	GS		W D	GK	GK		W A		W D	G A	G A	W A		G D	G D			C	C				
Player 5		G A	G A	W D		G D	G D	W A		C	C			W D		GS	GS		W A	GK	GK	G A	G A	W D		G D	G D	W A					
Player 6			W D	G A	G A	W A		G D	G D			C	C	GS	GS		W D	GK	GK		W A		W D	G A	G A	W A		G D	G D				
Player 7			W A	GK	GK	G A	G A	W D		G D	G D	W A		C	C			W D		GS	GS		W A	GK	GK	G A	G A	W D					
Player 8		GK	GK		W A		W D	G A	G A	W A		G D	G D			C	C	GS	GS		W D	GK	GK		W A		W D	G A	G A				
Player 9		W D		GS	GS		W A	GK	GK	G A	G A	W D		G D	G D	W A		C	C			W D		GS	GS		W A	GK	GK				
Player 10		GS	GS		W D	GK	GK		W A		W D	G A	G A	W A		G D	G D			C	C	GS	GS		W D	GK	GK		W A				