



NETSETGO GUIDELINES

An HDNA Initiative

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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 NNSW website under ABOUT 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. REGISTRATION

NetSetGo registration is conducted on the date nominated by HDNA for Winter Competition registration of all Teams. This is completed by the Club's Registrar, via the PlayHQ system.

2.1.1 Late Registration

Late registrations are also completed by the Club's Registrar, as follows:

2.1.2 Prior to commencement of the competition

On the date nominated by HDNA for Winter Competition late registration.

Note: Players registering after late registration night, but prior to commencement of the competition are ineligible to play the first game.

2.1.3 After the commencement of the competition – from game 2

NetSetGo Players may be registered up to 5pm on the day prior play ie 5pm Thursday.

2.1.4 Birth Records

Birth Records are no longer required by HDNA when registering a new Player.

In the event a Players right to play in a grade is brought into question, the HDNA Junior Registrar or their representative will contact the Club Secretary requesting proof of age. The Club or parent must present either the original or a copy certified by a Justice of the Peace of the birth record (eg birth certificate or passport) within two weeks of receiving the request. eg birth certificate or passport.

School teams may submit a letter on school letterhead detailing the data required and signed by the Principal.

NOTE: Failure to provide the birth record within the required time frame, may prevent the player taking part in a competition until the birth record is produced. Extenuating circumstances will be considered by the Junior Registrar.

For further information relating to Registration, see *HDNA By Laws, section – Individual Registrations*

3. GRADING

3.1 How are the grades/divisions identified?

HDNA NetSetGo Competition consists of 6, 7, 8 or 9 years old Grades, or a combination of age groups ie 6 and 7; 6, 7 and 8; 7 and 8 or 8 and 9 year old Grades where insufficient Teams register to create a non-mixed Competition. Teams are graded into these Competitions based on the age of the oldest Player registered in the team. They are further graded into Divisions denoted by native bird names: Kookaburra, Lorikeet and, if required, Magpie.

3.2 How do Junior Graders grade NetSetGo Teams?

The HDNA Junior Grading Committee consider the individual ages of the Players in each Team, their experience, reports provided by the NetSetGo Coordinators from the previous season and information provided by Clubs. Below are some examples of how/where the Junior Grading Committee may consider grading Teams.

- 6, 7 and 8 year old Teams:

- Teams consisting of 6 and 7 year old Players, where the majority are 6 years of age, would generally be placed in the lowest division of the 7 NetSetGo competition, or where the lowest division competition is 8 years, into the lowest division of the 8 NetSetGo competition, or
 - Teams consisting of 6 and 7 year old Players, where the majority are 7 years of age and have played in a previous competition, would generally be placed into a mid to high Division of the 7 NetSetGo competition, or where the lowest division competition is 8 years, into the lowest or mid division of the 8 NetSetGo competition, or
 - Teams of 8 year olds who have played in previous season would generally be placed in the highest division, however may be moved to the 9's competition if deemed to have sufficient skill.
- 9 year old Teams are generally graded similarly to the other grades i.e.:
- Teams that consist of players who are all 9 years and who have played in the previous season/s would generally be graded in the highest division or
 - Teams of a higher calibre, deemed by the Junior Grading Committee to have the ability to play in the Junior competition may be graded into 9/1's, or where there are insufficient teams to run a 9/1's competition, a lower 10 years competition.

3.2.1 Recommendations for Club grading

- a) Grade your Teams based on the previous information.
- b) Grade so that Teams and Players have a fair and competitive competition.
- c) Identify Players who have not played before but have potential and Grade them accordingly. HDNA Graders are not able to identify if players have a natural ability, therefore there is a potential for Players/Teams to be incorrectly graded and/or to lose interest.
- d) If the Club is recommending two or more teams be placed in the same grade and division eg 8 Kookaburra, Club Registrars are to identify the teams from strongest to weakest by using the comments section on the grading report.
- e) Look ahead to the following year and the team's potential in a fully competitive grade whether it is 9 years competition or 10 years ie is the Team working well together? Some Clubs have split teams in their 2nd or subsequent year of play with a view that players learn from each other. There is little or no evidence that this happens as their learning comes from the experience of the Coach. Players can however, benefit from grading when placed into teams of players with equal ability, experience and/or age.
- f) If you currently form teams who are friends, consider grading them individually from the time they first register with you. This ensures Players are used to being graded so it isn't a shock when they are graded in later years in a full competition.

3.2.2 Regrading NetSetGo Teams

Players and teams learn at different rates, therefore following the completion of Round 1 (game 7), the Junior Grading Committee will reconvene to analyse the NetSetGo Teams and may regrade teams into grades where they have similar capabilities and experience based on their results to date ie successful and unsuccessful goals (attempts), and reports provided by the NetSetGo Convenors.

Note: Changes due to regrading may affect Fixtures. That is, changes made to grades for round two (2) may also change the time of games. All changes will be advised to Club Secretaries as soon as possible following Regrading. Please ensure this is passed on to all Teams, Coaches and their Parents to avoid confusion.

4. HDNA NETSETGO UNIFORM POLICY

4.1 Addition to approved Club uniform

Club uniforms are registered by the Club each season and must remain the same for the whole season, however as NetSetGo is played at night and some players may not be very active whilst learning the game, the responsibility for whether a player needs to wear an additional top eg t-shirt or skivvy and/or leggings under their uniform should lie with the players Parent/Guardian and if required under the guidance of their Doctor, therefore the HDNA policy for NetSetGo Teams is as follows:

- a) Clubs must nominate the additional items their players may wear on the HDNA Club application each year. These additional items may include either a t-shirt or skivvy (only one - not both), its colour and if leggings are required.

Note: The t-shirt or skivvy colour must be in line with the Club colours.
Leggings must be black and full length

- b) Each players Parent/Guardian will determine on a weekly basis if their child needs to wear the approved top under their approved Club uniform.
- c) Clubs must ensure parents understand that they are responsible for the decision as to whether their child needs to wear the approved top under their uniform, and in doing so, that their child does not overheat during play.
- d) Play is not to be interrupted to remove or add the top. This may be made at an interval providing there is no interruption to the recommencement of the game.

NOTE: This Policy is for NetSetGo Teams playing Friday nights only. If NetSetGo Players are borrowed by a Junior Team on a Saturday morning, they must wear the approved uniform for that team.

4.2 Uniform Additions – Medical and Religious grounds

Further additions to the registered uniform for an individual player for medical or religious reasons may be sought in writing through the HDNA Junior Registrar by the Club Secretary. Accompanying doctor's certificates are required for medical grounds.

Players are ineligible to take the court with any additions to their Club uniform if approval has not been granted by the Junior Registrar. This is enforceable by Umpires. Coaches, Players and their Parents/Guardians MUST adhere to this.

Note: Hijab and headscarves must be secured/pinned with bobby pins or closed/safety pins so they do not flap or have loose areas where players may be injured.

4.3 Jewellery

In line with the 2018 Official Rules of Netball rule 5.1.1.iv Players must not wear anything that could endanger themselves or other players, specifically:

- a) No adornment or jewellery may be worn
- b) A medical alert bracelet can be worn provided that it is covered with tape
- c) Finger nails must be short and smooth
- d) Hair must be suitably tied back

NO EARRINGS MAY BE WORN

5. 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 *Rule of the Week – A NetSetGo Coaching Program* has been developed by HDNA to provide a structured plan for all NetSetGo Teams to learn the same rule at the same time. The aim is to provide consistent teaching and reinforce good skills with the correct application of the rules. For further information see section - *The Rule of the Week – An HDNA NetSetGo Coaching Program*.

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 10 minute quarters	4 x 12 or 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	3 seconds, however allowance up to 5 seconds is permitted	3 seconds
Centre Pass	The initial centre pass will be taken by the team that won the toss. All subsequent centre passes shall alternate between Teams regardless of who scored the previous goal	The initial centre pass will be taken by the team that won the toss. All subsequent centre passes shall alternate between Teams regardless of who scored the previous goal
Stepping	Shuffling on the spot to regain balance is permitted providing the player does not make ground down the court	Footwork rules apply

Defending/Obstruction	One-on-one defence is permitted however players must be 3 feet from their opposition	All players may defend with arms providing they are 3 feet from the landed foot
Substitution	Teams may borrow from the same grade if their Club has two or more Teams in the same grade, or from a lower grade – see Appendix C – <i>NetSetGo Borrowing Table</i> It is recommended that substitution be made at $\frac{1}{2}$ time	Teams may only borrow from a lower grade
Borrowing Players	Teams may borrow up to 3 Players from same age group or division if the Club has a team in that grade, or from a lower age group or division For further information see – <i>section 10, Borrowing Players and Annex C</i>	Teams may borrow up to 3 players, but only from a lower age group or division.
Playing positions	Players rotate through all positions throughout the season. For further information see – <i>section 9.2, 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.

6. 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 Parents/Guardians 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/or Assistant Coach who have a game plan for the Players to follow and learn by.

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

7. ROLE OF UMPIRES

Each game will be umpired by 2 umpires.

7.1 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. Players are wearing the correct uniform
 - iv. Assist the Captains to toss for the centre pass

7.2 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 NetSetGo competition rules and the Rule of the Week – An HDNA NetSetGo Coaching Program.
- 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.

For detailed information on Umpiring NetSetGo games, see *Annex B – Rule of the Week – An HDNA NetSetGo Coaching Program*.

8. ROLE OF THE TEAM MANAGER

8.1 Prior to Commencement of the Game

It is the duty of the Teams nominated Manager to:

- a) Tick the scoresheet beside the players name to note attendance at the game.
- 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) For further information on borrowing Players, see section– *Borrowed Players*.

- d) Ensure Players have removed all jewellery.
- e) Ensure Players have cut their nails.
- f) Ensure Players have the correct uniform on.
- g) Ensure protector post pads are placed on the goal posts prior to commencement of the game if your game is the first timeslot and returned to Control if your game is the last timeslot.

8.2 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).

9. ROLE OF THE COACH

Coaches are responsible for:

9.1 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.

9.2 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) To reduce bib/patch changes and encourage less positional confusion, it is recommended that the players change position EACH WEEK rather than rotating through the game. It is further 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.

Coaches are to record the positions each Player has played at each game on the Statistic Sheet

9.3 Rule of the Week – An HDNA NetSetGo Coaching Program

The *Rule of the Week – An HDNA NetSetGo Coaching Program* has been developed by HDNA to provide a structured plan for all NetSetGo Teams to learn the same rule at the same time. The aim is to provide consistent teaching and reinforce good skills with the correct application of the rules.

Players and Team's ability to learn and apply the rules will vary, however this provides the HDNA Junior Grading Committee with a clearer understanding of how to match like teams to enable a better competition for all.

The program provides a tool to assist Coaches however is not intended to hinder Coaches ability to develop their Teams ahead of the program, hence progressing them into higher grades.

9.4 How the program works

Each week at training, Coaches are to teach that week's "*Rule of the Week*" to their Team. Once a rule has been taught (in accordance with the timeline) the incorrect application of the rule at the next game will be penalised as follows:

1. 9 NetSetGo Teams
 - no turnover of the ball for the first incorrect application of the rule per quarter, per player.
 - any subsequent incorrect applications, a free pass shall be awarded to the other team. No player shall be stood out of play until Round 8.
2. 6, 7 and 8 NetSetGo Teams
 - no turnover of the ball for the first two incorrect application of the rule per quarter, per player.
 - Any subsequent incorrect applications, a free pass shall be awarded to the other team. No player shall be stood out of play at any time throughout the competition.

The rules will compound throughout the season so by the end of the season the players are aware of and are playing in accordance with the basic rules of netball.

Coaches are to encourage Players to obey the Rules and Umpires from Round 1.

Note: Whilst at this age, we do not anticipate Players will intentionally fail to adjust their play when requested to by Umpires, if after several requests they make no attempt to adhere i.e. intentionally disobeys the rules on the assumption "they will not be penalised", an Umpire may at their discretion, penalise that Player after a gentle warning. This decision shall not be challenged by a Coach or a Parent/Guardian.

This does not mean that Coaches cannot teach Players additional rules in advance, however please ensure the NetSetGo Players are not overloaded with information.

For a detailed timeline of the Rule of the Week – see:

1. Annex A – An HDNA NetSetGo Coaching Program – for 6, 7 and 8 NetSetGo Teams
2. Annex B – An HDNA NetSetGo Coaching Program – for 9 NetSetGo Teams

10. BORROWING PLAYERS

A maximum of three (3) players only may be borrowed each week. NetSetGo Teams may be from the same age group or division if the Club has a team in that grade, or a lower age group or division, however they may not borrow from a higher age group or division.

A Team may take the court with a minimum of 5 Players ie 3 original Players and two borrowed Players.

6 year old Players may not be borrowed to play in the 9 year old competition or Junior competition.

For a table of where teams may borrow from – see ANNEX C

10.1 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.

10.2 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.

TEAMS MAY NOT BORROW FROM THE OPPOSITION AS THIS DOES NOT PROVIDE AN ACCURATE PICTURE OF THE TEAMS CAPABILITIES FOR FUTURE GRADING.

Please also be aware of which Teams can borrow from your Teams as there is an age limit and penalty for incorrectly borrowing in higher grades. See Annex C.

11. 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 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 the courts by timeslot.

Forfeiting due to wet weather – see - *Forfeiting*

12. FORFEITING

The Club Secretary of a team who needs to forfeit a game must notify hdnaforfeits@gmail.com, 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.

Should the notice not be received by either direct phone contact or through confirmed e-mail with the relative parties, a fine of \$100.00 may be imposed to the club. Please do not risk leaving messages with other parties.

Any teams forfeiting three (3) matches shall be withdrawn from the competition, unless special permission for such forfeits has been granted by the HDNA Executive.

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 – HDNA By-Laws* .

13. DISPUTES

13.1 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.

13.2 Unresolved Disputes

Disputes that are unable to be resolved at the time of the dispute should be lodged in writing to the HDNA Secretary via your Club’s Secretary. Correspondence received other than via the Club Secretary will be returned to the Club.

HDNA manage all disputes in accordance with the Member Protection Policy procedures – for details, see *HDNA By-Laws, section 17 Disputes*.

14. DUTY

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

Failure to undertake allocated Duty will result in a \$100 fine to the Club.

15. 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 or the HDNA website before arriving to confirm the court your Team will be playing on.

16. PRESENTATION

Presentation for NetSetGo Teams is held following the last game of the season

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

APPENDIX A – Rule of the Week Program – 8 year old age group (includes 6 & 7 years competitions if applicable)

Week	Rule of the week	For Umpires	For Coaches	Rule Number
GAME 1-2		Let the game flow but help with obvious problems like bunching up.	Have practice games prior to the season if possible and teach the players how the game works.	
	Offside	In every quarter, allow each player 1 reminder of the area they can go in. Blow the whistle and explain their area. If they go offside again, award a free pass to the opposing team (if it does not place the attacking team at a disadvantage).	Teach the players the playing areas that each/their position may go. Note: a foot/body part on a line is OK.	Rule 9
GAME 3	Held Ball	5 seconds is the maximum time allowed to hold a ball at any time - award a free pass.	The ball must be caught and then released within 5 seconds. (Try to train the players to know what 3 seconds is).	Rule 13.3
GAME 4	Obstruction	Ensure players are 90 cm (3 feet) before their arms are up and stop game if needed. Be firm. Without the 90 cm (3 feet), players find it hard to see where to pass and they cannot make decisions. Move the offending player back to 90 cm (3 feet) and remind all players of the rule. Also, look for players who are obstructing off the ball with their arms held out wide. If so, set the ball to that place where the player was infringing (if it does not move the ball further from the attacking goal post). Use the name “penalty pass” but do not ask the infringer to stand beside yet.	<p>Have taught 2 types of obstruction.</p> <ol style="list-style-type: none"> 1. The distance to defend a player with the ball is 90 cm in NetSetGo and they must be this distance before their arms rise from their sides. 2. They cannot bring their arms away from their body to prevent a player without the ball from moving into any space. 	Rule 16

Week	Rule of the week	For Umpires	For Coaches	Rule Number
GAME 5	Throw ins	Only turn the ball over to the other team if the player's foot is on the line. Remind them not to step but if they do step, don't turn the ball over.	One or both feet are to be immediately behind the line behind the point where the ball crossed the line. A foot on the line is not OK as lines are part of the court. Nor is standing back from the line OK. Try to get them to have their foot no more than 6 cm from the line. The footwork rule should be obeyed. 3 seconds starts from the moment the foot is behind the line.	Rule 10 Rule 18.4
	Replay - under goal post	Free pass to the opposing team if replay under the goal post occurs.	The ball must touch any part of the goal post or ring or another player before it can be touched or caught again by that same player who shot for the goal.	Rule 13.4(vi)
GAME 6	Centre Pass Rules	Allow one reminder for each team per game for untouched. Reset that centre pass. If that team throws another untouched centre pass, then award a free pass to the opposing team in the goal third.	The ball needs to be caught by a same team mate within the centre third. The player can land with both feet in the centre third or the first landed foot in the centre third and the second foot in the goal third. Feet that land simultaneously astride the transverse line are not OK.	Rule 12.2
	Playing the Ball (including replay)	Award a free pass for the following: falling on the ball, striking the ball with a fist, gaining possession of the ball or throwing the ball while sitting, kneeling or lying on the ground, rolling the ball to another player, replaying the ball, throwing the ball over a third.	Know what the players are and are not allowed to do when they play the ball.	Rule 13

Week	Rule of the week	For Umpires	For Coaches	Rule Number
GAME 7	Stepping	Be Firm!!! Don't let them make ground. It will be a slow a game for a few weeks. Be consistent and encourage good footwork and good attempts. Award a free pass to the non-offending team after showing the player who stepped what they did and what they should do.	This is going to be a hard few weeks!!! Warn your parents!! Players will learn footwork more quickly if they can't get away with stepping in the game	Rule 14
GAME 8	Short Pass	Free pass	There must be enough room between the hands of the thrower and the receiver for another player to move through at the moment the ball is passed.	Rule 13.6
GAME 9	Possession	Look closely for possession- award it quickly, there is a lot of loose balls at this age. No need to blow the whistle. The player awarded possession must throw the next pass.	The person who first gained control of the ball has "possession" (not just touched it in an uncontrolled manner). Teach your players to not grab a ball that someone else already has but always have a go at gaining possession of loose balls. Be quick to grab it into their body and away from other player so no one else can get it.	Rule 13.5
GAME 10	Contact	Look carefully. Contact only occurs if there is interference with the other player - blow the whistle and award a penalty pass but do not put the offending player beside. There will be fumbles and tips but do not assume its contact.	Encourage the players to strive for an intercept. Teach them when they are interfering with another players movement and when they are not.	Rule 17

APPENDIX B – Rule of the Week Program – 9 year old age group

Week	Rule of the Week	For Umpires	For Coaches	Rule Number
GAME 1	Held Ball	5 seconds is the maximum time allowed to hold a ball at any time - award a free pass.	The ball must be caught and then released within 5 seconds. (Try to train the players to know what 3 seconds is).	Rule 13.3
	Offside	In every quarter, allow each player 1 reminder of the area they can go in. Blow the whistle and explain their area. If they go offside again, award a free pass to the opposing team (as long as it does not place the attacking team at a disadvantage).	Teach the players the playing areas that each/their position may go. Note: a foot/body part on a line is OK.	Rule 9
GAME 2	Obstruction	Ensure players are 90 cm (3 feet) before their arms are up and stop game if needed. Be firm. Without the 90 cm (3 feet), players find it hard to see where to pass and they cannot make decisions. Move the offending player back to 4 feet and remind all players of the rule. Also, look for players who are obstructing off the ball with their arms held out wide. If so, set the ball to that place where the player was infringing (as long as it does not move the ball further from the attacking goal post). Use the name “penalty pass” but do not ask the infringer to stand beside yet.	Have taught 2 types of obstruction. 1. The distance to defend a player with the ball is 90 cm in NetSetGo and they must be this distance before their arms rise from their sides. 2. They cannot bring their arms away from their body to prevent a player without the ball from moving into any space.	Rule 16
	Throw ins	Only turn the ball over to the other team if the players foot is on the line. Remind them not to step but if they do step, don't turn the ball over.	One or both feet are to be immediately behind the line behind the point where the ball crossed the line. A foot on the line is not OK as lines are part of the court. Nor is standing back from the line OK. Try to get them to have their foot no more than 6 cm from the line. The footwork rule should be obeyed. 6 seconds starts from the moment the foot is behind the line.	Rule 10 Rule 18.4

Week	Rule of the Week	For Umpires	For Coaches	Rule Number
GAME 3	Replay - under goal post	Free pass to the opposing team if replay under the goal post occurs.	The ball must touch any part of the goal post or ring or another player before it can be touched or caught again by that same player who shot for the goal.	Rule 13.4(vi)
	Centre Pass Rules	Allow 1 reminder for each team per game for untouched. Reset that centre pass. If that team throws another untouched centre pass, then award a free pass to the opposing team in the goal third.	The ball needs to be caught by a same team mate within the centre third. The player can land with both feet in the centre third or the first landed foot in the centre third and the second foot in the goal third. Feet that land simultaneously astride the transverse line are not OK.	Rule 12.2
GAME 4	Playing the Ball (including replay)	Award a free pass for the following: falling on the ball, striking the ball with a fist, gaining possession of the ball or throwing the ball while sitting, kneeling or lying on the ground, rolling the ball to another player, replaying the ball, throwing the ball over a third.	Know what the players are and are not allowed to do when they play the ball.	Rule 13
GAME 5	Stepping	Be Firm!!! It will be a slow a game for a few weeks. Be consistent and encourage good footwork and good attempts. Award a free pass after showing the player what she did and what she should do.	This is going to be a hard few weeks!!! Warn your parents!! Players will learn footwork more quickly if they can't get away with stepping in the game.	Rule 14
GAME 6	Short Pass	Free pass.	There must be enough room between the hands of the thrower and the receiver for another player to move through at the moment the ball is passed.	Rule 13.6
	Possession	Look closely for possession- award it quickly, there is a lot of loose balls at this age. No need to blow the whistle. The player awarded possession must throw the next pass.	The person who first gained control of the ball has "possession".(not just touched it in an uncontrolled manner). Teach your players to not grab a ball that someone else already has but always have a go at gaining possession of loose balls. Be quick to grab it into their body and away from other player so no one else can get it.	Rule 13.5

Week	Rule of the Week	For Umpires	For Coaches	Rule Number
GAME 7	Contact	Look carefully. Contact only occurs if there is interference with the other player - blow the whistle and award a penalty pass but do not put the offending player beside. There will be fumbles and tips but do not assume it is contact.	Encourage the players to strive for an intercept. Teach them when they are interfering with another players movement and when they are not.	Rule 17
GAME 8	Defence of the Shot	Players are now permitted and encouraged to defend a shot for goal from a distance of 90 cm (3 feet). If a player defends the shot at goal from within this distance blow the whistle and award a penalty pass but do not put the offending player beside.	Encourage the player to defend a shot for goal from at least 90 cm away (3 feet) from the shooter's first grounded foot. Teach the players to reach towards the ball, NOT to defend the face of the shooting player.	Rule 16
GAMES 9 and 10		If the player contacts or obstructs, put them out of play. Do this gently and without making the offending player feel "bad".	Show the players how to stand "beside and away" at training and that this will occur when they contact or obstruct.	

APPENDIX C – NetSetGo Borrowing Table

Teams in the left column may borrow from Teams in the top row if there is no shading and providing the Player is old enough to play in that grade ie 6 year olds may not be borrowed to play in the 9 years competition. Additionally, no NetSetGo Player may be borrowed to Play in the 13's Junior Competition. The Table below includes grades that may ask to borrow your Players. Please ensure you are aware to avoid the borrowing Team being penalised.

Eg: 9 Kookaburras may borrow from all 7 – 9 years Grades providing the Player is 7 years of age or older (not a 6 year old playing in the 7 Years grade). They may also borrow from a Team in 9 Kookaburras if the Club has another Team in 9 Kookaburras.

6 Magpies may only borrow a player from 6 Magpies if their Club has another team in 6 Magpies.

	9 Kookaburras	9 Lorikeets	9 Magpies	8 Kookaburras	8 Lorikeets	8 Magpies	7 Kookaburras	7 Lorikeets	7 Magpies	6 Kookaburras	6 Lorikeets	6 Magpies
13's												
12's												
11's												
10's												
9 Kookaburras												
9 Lorikeets												
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8 Magpies												
7 Kookaburras												
7 Lorikeets												
7 GREEN												
6 Kookaburras												
6 Lorikeets												
6 Magpies												