

APPENDIX A – Rule of the Week Program – Set Teams

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.	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

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 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 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 are 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 players 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 – GO Teams

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 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 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 players 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.	