



# Woolworths NetSetGO Guidelines 2023

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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 on the basis of age and skill. '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: Kookaburras, Lorikeets and Magpies.

#### 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 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) Fingernails must be short and smooth.
- d) Hair must be suitably tied back.

NO EARRINGS MAY 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 *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 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 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 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 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*.

## 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 C. 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.

## 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.

## 8.3 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. GO 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. Set 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.

Players application of 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 – Set Teams
2. Annex B – An HDNA NetSetGO Coaching Program – GO Teams

## 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 5 Players ie 3 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 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*

## 11. FORFEITING

Forfeiting impacts your opposing team and the umpires. We acknowledge that there are genuine reason 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 [hdnaforfeits@gmail.com](mailto: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.

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* .

## 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.

### 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 16 Disputes*.

## 13. 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.

## 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 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, presentation will be made to the Players at the end of their game in the preceding round.



## 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.	<p>Have taught 2 types of obstruction.</p> <ol style="list-style-type: none"> <li>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.</li> <li>2. They cannot bring their arms away from their body to prevent a player without the ball from moving into any space.</li> </ol>	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

<b>Week</b>	<b>Rule of the week</b>	<b>For Umpires</b>	<b>For Coaches</b>	<b>Rule Number</b>
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

<b>Week</b>	<b>Rule of the Week</b>	<b>For Umpires</b>	<b>For Coaches</b>	<b>Rule Number</b>
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 – Woolworths NetSetGO Rotation Options**

**Team of 7 Players**

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

## APPENDIX C – 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
<b>Player 1</b>		GS		GK	GD	WD	C	WA	GA	GS	GK	GD	WD	C	WA
<b>Player 2</b>		GA	GS		GK	GD	WD	C	WA	GA		GK	GD	WD	C
<b>Player 3</b>		WA	GA	GS		GK	GD	WD	C	WA	GS		GK	GD	WD
<b>Player 4</b>		C	WA	GA	GS		GK	GD	WD	C	GA	GS		GK	GD
<b>Player 5</b>		WD	C	WA	GA	GS		GK	GD	WD	WA	GA	GS		GK
<b>Player 6</b>		GD	WD	C	WA	GA	GS		GK	GD	C	WA	GA	GS	
<b>Player 7</b>		GK	GD	WD	C	WA	GA	GS		GK	WD	C	WA	GA	GS
<b>Player 8</b>			GK	GD	WD	C	WA	GA	GS		GD	WD	C	WA	GA



## APPENDIX C – 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 C – 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				