



SECTION 2

PART B - NET SET GO

Within the day competition SCNA also run the National Net Set Go Program for players aged 5 -10years introduced to NQ through Netball Australia. This program offers opportunities for young children to participate in netball games and activities which are developmentally based and lots of fun.

At Sunshine Coast Netball Association (SCNA) we believe in the principles of the National Junior Sports Policy and feel players 10 years and under, are the foundation of our associations success and growth in the region. We have developed a program that not only fills the basic requirements of NQ and Netball Australia but also caters to the needs of the families and players of the association.

Developing Sports Skills

The emphasis with a game sense approach is on the participants making decisions within the game, the participants 'learn from the game'.

To achieve progressions within a game we use games that allow time to make decisions early in the session and progress to games that reduce the time available for reaction and decision making. When first introducing a tactical problem choose techniques that the participants can easily control (for example; type of pass to be used). Progress to more difficult techniques when the tactical problem has been accomplished. This Program has been designed to meet the needs of children and gives them a chance to be successful and feel good about themselves.

The rules and equipment for NetSetGO Competition have been designed to align the game with the psychological and physical capabilities of young children. The program has been developed under the guidelines of the Netball Australia Junior Sports Policy, which emphasizes "The introduction of children to organised competitive netball should be gradual and is best achieved through minor games/activities and modified rules." This provides participants with activities appropriate to their age and ability. All children are given the opportunity to participate and experience a feeling of success from their participation. There is an opportunity for children to play in a cooperative way and to develop their skills in a non-competitive environment where the emphasis is not on "win at all costs" but rather on the development of skills, the discovery of new skills and sharing the play with other team mates.

The three year program is flexible for and supportive of new players entering at any level of the program. Players progress from a relatively closed environment to a more open environment. For example, stationary targets to moving targets, few rules to many rules, one opponent to more than one opponent, separate court areas to shared space and one simple movement to combinations of movements.

Program Outline

SCNA has taken the Net Set Go Program and broken it into 4 levels (Tiers) to suit our members needs and the structure of development in our Association. The break down is outline in our Standard Operating Procedures – Age Groups. While it is preferred that players progress through each level there is room for movement within the guidelines of the Over and Under age Player policy.



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Level 1 - Net Set Go - Blue

The program is aimed at 5 to 7 year olds and is separate to the fixtures programs. It is a national program supported by Netball QLD and run by an experienced volunteer coach each year and assisted by our very capable Representative Players. These players are an inspiration to this age group and they relate well to each other. It is a 10 week program of fun, interactive games and activities aimed at the development of ball handling, balance, foot work etc of netball, culminating in a break up party and presentation.

Level 2 – Net Set Go – NSG Green

Our NSG Green program is the first year of our Fixtures Program aimed at 7-8 year olds and is fully modified for the whole season. Players register through their local club and are placed into teams for the purpose of developing their netball game and skills and have fun. Coaches are required to follow the guidelines set out by SCNA.

Level 3 – Net Set Go - NSG Gold

Our Net Set Go Gold program is most players second year of our Fixtures Program aimed at 9 year olds. This program builds on the acquired learning and skill development provided in our Net Set Go Green program but allows time for new players to adapt and develop some basic skills. The season for these players begins as fully modified and progresses to a step by step introduction of the rules. Players also register through their local club and are placed into teams for the purpose of developing their netball game and skills.

The guidelines for this program are laid out at the beginning of the season but with common sense and flexibility no team plays out of their comfort zone.

Level 4 – Net Set Go - NSG White

Net Set Go White is the final step in the program and is aimed at 9/10 year olds. It is ideal for players to have done at least Green or Gold before entering this level as it builds on the acquired learning and skill development of the previous two years. Players also register through their local club and are placed into teams for the purpose of developing their netball game and skills. Clubs coordinators, umpire mentors and coaches are required to monitor the progression of these teams.

Where developmentally appropriate, full rules are implemented from the beginning of the season at this level, however, the program also accommodates new players to the game through a simple grading round robin at the beginning of the season. This allows for a development structure for each group to be based on their needs.

Overview Of Learning

At SCNA we have found it not only very important to focus on players learning but also on coaches, young umpire, and club officials.

Level 1- NSG Blue

By including our Representative players in the presentation of the program they are given an opportunity to give something back the Association and its members. Rep players are carefully instructed how to implement each activity which in turn act to solidify and reinforce some basic skills for their own development. The young participants see role models that they can aspire to and both groups enjoy the experience.



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Level 2 & 3 – NSG Green and Gold

The opportunity here is for coach development on a variety of levels. Each coach is expected to attend a coaching session at the beginning of the season and gain an understanding of the development of a training program for players. Coaches and players both progressively learn about other official aspects such as score sheets. Coaches gain a progressive understanding of player development which we have found encourages many to follow through to more advanced levels. Combined over three years this becomes a graduated learning process of scoring and signing on and other paperwork as well as development of rules and other aspects of coaching.

In this learning process no score sheet infractions are issued to these teams but instead reminder emails are sent to the clubs to help coaches and players understand the requirements.

Coaches are often asked to assist with umpire mentoring at this level and teach rule development and understanding which in turn increases their understanding as well.

Level 4 – NSG White

This level of the program is a perfect opportunity for our young umpires to develop their skills as most of these teams are on full rules but the game is slow enough for them to manage and gain confidence with a whistle. As this level is non-competitive young umpires have the opportunity to develop their skill in a far less stressful learning environment. Coaches are always on hand to support these umpires as they develop and teams learn to work with umpires and listen to them.

In all these levels parents are provided opportunities to be far more involved and as such also develop a stronger understanding of the basics of netball. For many it may be their first exposure to a team sport for their children and as such can learn a great deal from them.

The opportunities presented to players for development in a huge range of areas is endless regardless of whether they advance through the program as a whole or only begin part way through. The development of physical skills which would carry through to many other sports is primary however the opportunities for social and emotional development by being part of a team sport are valuable lessons for all other aspects of their lives.

Learning good sportsmanship and teamwork are vital as are values such as respect for others regardless of ability or which side they are on.

Umpires

Umpires are required for the game of netball at any level and Net Set Go is no different. The difference is in the rules they follow and who allocates them to the games.

NSG Green – Each team provides an umpire for each game from the parent/sibling body of the team who can take turns in this role. The club may also assist in providing an umpire from the club or there may be one volunteer to take the role for the season. SCNA advises that coaches should not coach and umpire at the same time, this can blur the roles of coach and umpire for the players. Umpiring makes it very difficult to coach effectively.

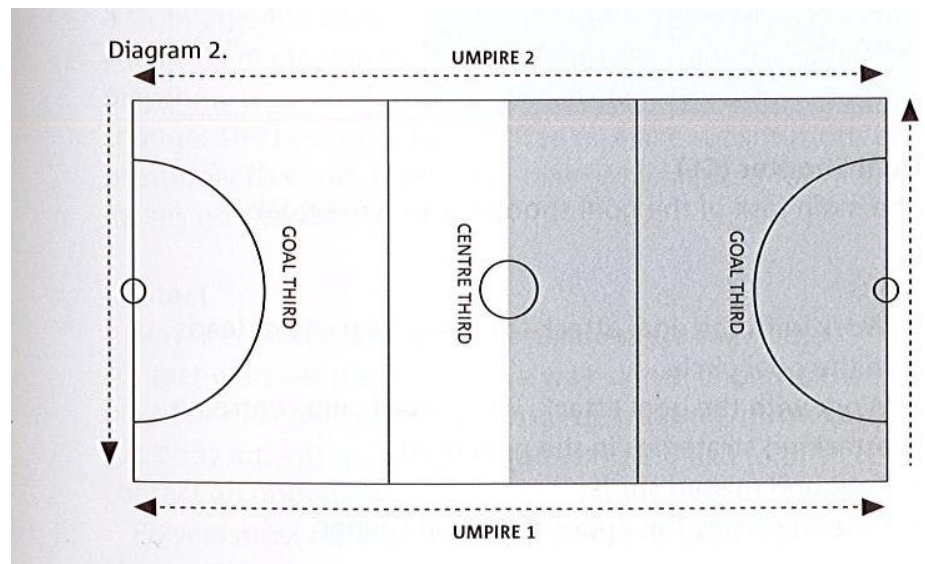
NSG Gold – Each team provides an umpire for each game from the parent/sibling body of the team who can take turns, the club may also assist in providing an umpire from the club or there may be one volunteer to take the role for the season. Again SCNA advises that coaches should not coach and umpire at the same time.

Towards the end of the season in NSG Gold “proper rules” are introduced SCNA and these teams are allocated beginner umpires, this gives young umpires a slower paced, simpler game to umpire and gain experience. These umpires will be offered where possible mentors and will need to be supported by coaches and spectators.

NSG White – As these teams operate on full rules from the beginning of the season SCNA allocates umpires to these games. As with Gold these umpires as just beginning their learning and should be given every opportunity to succeed without abuse from spectators and coaches.

An Overview Of Umpiring

At all times there should be 2 umpires to control a game of netball, regardless of the level. Each umpire looks after the court to their right as in the diagram below. Umpires control the game in their designated goal third and up to the center circle in the center third. They also control throws from the base line in the goal third and the entire sideline they are standing on.



Guidelines And Rules Net Set Go Green

Net Set Go Green is the first year of our non-competitive net set go program. The guidelines and rules below are amended from the National NSG Program and are aimed at this age group in order to ensure all players get a fair and equal chance to develop their skills. It is the clubs responsibility to ensure these guidelines are followed by their coaches. Coaches MUST observe the Codes of Conduct at all times.

Game Structure And Competition

	NSG GREEN (Set Tier 7- 8 years)
Match Duration	4 x 10-12 minute quarters
Goal post	<p>Ideally Posts should be 2.4mt high. At SCNA this is not always possible.</p> <p>Coaches should teach children correct technique from the beginning of the season and players should be aiming to get the ball in the net. However when shorter posts are not available:</p> <p>In weeks 1-6 of the season a goal will be counted if the ball touches the ring or the net.</p> <p>In weeks 7-14 a goal will be counted if the ball touches the ring (Not the net)</p>
Ball	Size 4 ball should be used at all times
Players Game Time	<p>ALL Players MUST have equal time on the court throughout the season.</p> <p>ALL Players MUST have equal opportunity and time on court to learn each position.</p>
Game Management	Game Management section does not apply



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Coaching	<p>Coaches should limit their movement on the sideline. They may step from the coaching box on occasion to assist players and offer direction.</p> <p>It is expected that early in the season players of this age need a great deal of support. However, from as early as possible players should be able to look to one spot on the sideline for instruction.</p>
Awards and Scoring	<p>No scores should be kept and no finals are played.</p> <p>No best and fairest awards should be awarded.</p>

Game Rules

	<h2 style="color: green;">NSG GREEN (Set Tier 7-8 years)</h2>
Time to pass ball	<p>Up to 6 seconds - Ball must be thrown (not handed) to another player.</p> <p>One of the most common reasons for held ball is that the younger player can't see where to throw the ball because players tend to bunch around them trying to get the ball. Teaching players to spread out and find space is important. Players often can't make a decision as to who to throw the ball to, this comes with practice and knowing where positional players should be.</p> <p>Umpire may need to remind players to move back. (spread out). If a player goes over the 6 seconds play is stopped by the umpire and the player is reminded to throw the ball. There is no loss of possession.</p>
Short Pass	<p>If two players from the same team gain possession of the ball in quick succession, <u>this is not considered a short pass.</u></p> <p>Usually one will let go there should be no penalty the umpire makes a decision as to who should have the ball.</p>
Replayed ball	<p>A player who fumbles while gaining possession of the ball <u>will not be considered to have replayed the ball.</u></p> <p>A player may bat or bounce the ball up to 2 times to gain possession.</p>
Footwork	<p>1-2 steps to regain balance allowed</p> <p>Players are permitted to shuffle feet or take one step but not run down the court with the ball. At this stage players should not be expected to stand dead still.</p> <p>Players often move with the ball for a number of reasons. Initially they forget or are not familiar with the rules, pivoting is a commonly taught practice which young children use to help them remember to stand still. Balance and body control is another which develops as they get older. Teaching players to land on two feet when taking a pass often helps</p> <p>The umpire uses discretion here to keep the game flowing. Play is stopped by the umpire and the player is reminded to try to stay in one spot. The player should return to the point they caught the ball and throw from there. There is no loss of possession.</p>



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Offside	<p>A player who moves into an incorrect playing area and self-corrects <u>should not be penalised for offside</u>. Play may continue.</p> <p>Players should be given guidance if they move into offside areas and should not be penalised at the first instance.</p> <p>The umpire should stop the game and remind players where they should be. If a player has the ball bring them back to the onside position and continue play. There is no loss of possession.</p>
Breaking	A player who breaks on the centre pass <u>should not be penalised for breaking</u> .
Defending	<p>Strict one-on-one* defence. Players <u>may not defend a shot at goal</u>. Defenders in the circle should be encouraged to get the rebound.</p> <p>All players should be at <u>least four (4) feet</u> away from the player they are defending</p> <p>Play is stopped by the umpire if players are too close. The defending player should be reminded to move back. Players are not put out of play for defending too close.</p>
Obstruction	Players should be given guidance if they are obstructing (i.e. defending from a distance of less than 1.2m or have arms away from the body so as to limit the movement of an opponent and <u>should not be penalised</u> .
Centre Pass	Centre Pass IS TAKEN IN TURN
Substitutions	May be made in accordance with general rules injury/illness and at ¼ time.
Penalty Pass (In relation to contact)	No specific contact rules apply however coaches and umpires must control any dangerous play.
Advantage	The advantage rule should not be applied, with the exception of advantage goal.
Changing Ends	Players of this age and stage of learning are often more confused if teams change ends every ¼. In Net Set Go Green players should ONLY change their shooting end at ½ time.
Turn Overs	The ball never changes possession except for the center passes and a throw-in

*One-on-one Defence means only one person may defend any player at any time. Teaching players to defend and stick to their player eg WA may only defend or be defended by WD etc.



Guidelines And Rules Net Set Go Gold

Net Set Go Gold is recognized as the 2nd stage in our program of non-competitive games for players aged 8-9 years. The guidelines and rules below are aimed at this age group in order to ensure all players get a fair and equal chance to develop their skills. The rules here progress through the season from simple modified Net Set Go Gold rules to full rules as played in Net Set Go White and beyond. This provides a platform for new players to develop skills which others who participated in the Green Program may have already attained and acts as a refresher for others. It is the clubs responsibility to ensure these guidelines are followed by their coaches. Coaches **MUST** observe the Codes of Conduct at all times.

Game Structure And Competition

	NSG GOLD (Set Tier 8 - 9 years)
Match Duration	4 x 12 minute quarters
Goal post	2.4m – 3.05m high
Ball	Size 4
Players Game Time	ALL Players MUST have equal time on the court throughout the season. ALL Players MUST have equal opportunity and time on court to learn each position.
Game Management	Game Management section does not apply
Coaching	Coaches must remain in coaches boxes as per the Sideline policy.
Awards and Scoring	Scores are not recorded Week 1-10 and no ladder is produced. No finals are played. No best and fairest awards should be awarded. Week 11 – Score sheets will change and Scores may be kept but no ladder will be produced.

Game Rules

	NSG GOLD (Set Tier 8 - 9 years)
Time to pass ball	WEEKS 1-5 Up to 4 seconds - Ball must be thrown (not handed) to another player WEEK 6 Up to 3 seconds - Ball must be thrown (not handed) to another player. Umpires award penalty as per rule book
Short Pass	WEEK 1-8 If two players from the same team gain possession of the ball in quick succession <u>this is not considered a short pass.</u> WEEK 9 Rule 9.5.1 introduced



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<p>Replayed ball</p>	<p>WEEK 1-8</p> <p>While the usual rules for replayed ball apply, consideration must be given to the age and skill level of the players in determining whether a player has control of the ball (i.e. – some fumbling should be expected and allowed).</p> <p>WEEK 9</p> <p>Rule 9.4 introduced</p>
<p>Footwork</p>	<p>WEEK 1-7</p> <p>Shuffling on the spot to regain balance allowed, without moving down the court.</p> <p>WEEK 8</p> <p>Rule 9.6 Introduced</p>
<p>Offside</p>	<p>WEEK 1-6</p> <p>Usual offside rule applies, with consideration given to the age and skill level of the players. Players may “play on” in the case of simultaneous offside</p> <p>WEEK 7</p> <p>Rule 9.7 introduced</p>
<p>Breaking</p>	<p>WEEK 1-7</p> <p>Players should be given guidance if they break on the centre pass and <u>should not be penalised at the first instance.</u></p> <p>WEEK 8</p> <p>Rule 8.2.1 introduced week 9</p>
<p>Defending</p>	<p>WEEK 1-14</p> <p>Strict one-on-one* defence. Players may defend a shot at goal</p> <p>A player must defend from a distance of no less than 3ft</p> <p>WEEK 10</p> <p>Other forms of defence may be introduced</p>
<p>Obstruction</p>	<p>WEEK 1–5</p> <p>A player who is within 1.2m of an opponent cannot use movements that take the arms away from the body so as to limit the possible movement of an opponent.</p> <p>WEEK 6</p> <p>Rule 11 introduced</p>
<p>Centre Pass</p>	<p>Alternate centre pass</p>
<p>Substitutions</p>	<p>WEEK 1-14</p> <p>May be made in accordance with general rules injury/illness and at ¼ time</p>
<p>Penalty Pass (In relation to contact)</p>	<p>WEEK 1-6</p> <p>No specific contact rules apply however umpires must control any dangerous play.</p> <p>WEEK 7 Rule 7.1.3 Conditions for Penalty Pass</p> <p>Player taking the penalty pass must stand in the correct position and wait for the offending player to stand out of play before passing.</p>
<p>Advantage</p>	<p>The advantage rule should not be applied, with the exception of advantage goal.</p>



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Changing Ends	<p>WEEK 1-10</p> <p>Players of this age and stage of learning are often more confused if teams change ends every ¼. In Net Set Go Green players should ONLY change their shooting end at ½ time.</p> <p>WEEK 11</p> <p>Intro changing ends each 1/4</p>
Turn Overs	<p>The ball never changes possession except for the center passes and a throw-in.</p> <p>Apply change possession as new rules are introduced in accordance to rule book</p>

*One-on-one Defence means only one person may defend any player at any time. Teaching players to defend and stick to their player eg WA may only defend or be defended by WD etc.

Guidelines And Rules Net Set Go White

In 2018, Netball Australia will [introduce the new GO Tier](#) for 9 - 10 year old Suncorp Net Set GO participants. Below is a table to help identify the rules for NSG White. NSG White is broken into A, B and C which ensures teams of similar skill play against each other. These teams all follow the rules as outlined below. AANA Rule Books may be purchased from SCNA or online Netball Australia or NQ. You can also download a copy to view online at:

http://s3-ap-southeast-2.amazonaws.com/netball-wp-assets/wp-content/uploads/2014/07/05192420/netball_rules_2016_english.pdf

Game Structure And Competition

	NSG WHITE (GO Tier 9 - 10 years)
Match Duration	4 x 15 minute quarters
Goal post	3.05m high
Ball	Size 4
Players Game Time	<p>ALL Players MUST have equal time on the court throughout the season.</p> <p>ALL Players MUST have equal opportunity and time on court to learn each position.</p>
Game Management	Rule 13 Game Management (Rules of Netball Page 62)
Coaching	Rule 5.1 Team (Rules of Netball Page 20)
Awards and Scoring	<p>Scores may be kept but no ladder produced; no finals are played</p> <p>No best and fairest awards should be awarded.</p>

Game Rules

	NSG WHITE (GO Tier 9 - 10 years)
Time to pass ball	Up to 3 seconds
Short Pass	Rule 9.5.1 Short Pass (Rules of Netball Page 50)



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Replayed ball	Rule 9.4 Playing the Ball (Rules of Netball Page 48)
Footwork	Rule 9.6 Footwork (Rules of Netball Page 51)
Offside	Rule 9.7 Offside (Rules of Netball Page 53)
Breaking	Rule 8.2.1 Positioning of Players for Centre Pass (Rules of Netball Page 36)
Defending	Other forms of defence may be introduced
Obstruction	Rule 11 Obstruction (Rules of Netball Page 57).
Centre Pass	Rule 8.2 Centre Pass (Rules of Netball Page 36)
Substitutions	Rule 9.1 Substitutions and team changes (Rules of Netball Page 44)
Penalty Pass	Rule 7.1.3 Conditions for Penalty Pass (Rules of Netball Page 32)
Advantage	Rule 7.2 Advantage (Rules of Netball Page 34)