



Sunshine Coast Netball Association Incorporated

SECTION 5 – PART C

SCNA Net Set Go

Guidelines And Game Rules

November 2017



2018 SCNA Net Set Go Program

The SCNA Net Set Go Program (NSG) is designed to grow and develop with the individual player. However this growth is not limited to just the players but can extend to coaches, umpires, parents and other officials.

Our SCNA Club Handbook contains more detailed information of how the program works and the learning theories behind the program. The focus of this booklet is to provide a simple but detailed overview of the guidelines each coach MUST follow for the separate programs within the Day Competitions Non-Competitive Program.

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.

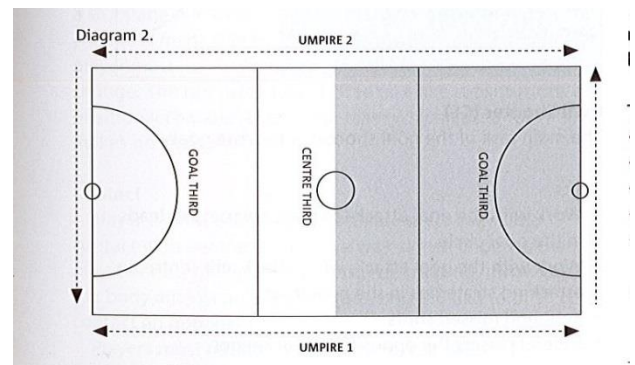
NSG Green – Each team provides an umpire for each game from the parent/sibling body of the team who can take turns, the club may also assist in providing an umpire from the club or there may be one volunteer to take the role for the season. SCNA advises that coaches should not coach and umpire at the 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 as “proper rules” are introduced SCNA will allocate beginner umpires to these teams giving 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 throw-ins 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	Ideally Posts should be 2.4mt high. At SCNA this is not always possible. 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: In weeks 1-6 of the season a goal will be counted if the ball touches the ring or the net. In weeks 7-14 a goal will be counted if the ball touches the ring (Not the net)
Ball	Size 4 ball should be used at all times
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 should limit their movement on the sideline. They may step from the coaching box on occasion to assist players and offer direction. 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.
Awards and Scoring	No scores should be kept and no finals are played. No best and fairest awards should be awarded.



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Game Rules

	NSG GREEN (Set Tier 7-8 years)
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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<p>Offside</p>	<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>
<p>Breaking</p>	<p>A player who breaks on the centre pass <u>should not be penalised for breaking.</u></p>
<p>Defending</p>	<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>
<p>Obstruction</p>	<p>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></p>
<p>Centre Pass</p>	<p>Centre Pass IS TAKEN IN TURN</p>
<p>Substitutions</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>No specific contact rules apply however coaches and umpires must control any dangerous play.</p>
<p>Advantage</p>	<p>The advantage rule should not be applied, with the exception of advantage goal.</p>
<p>Changing Ends</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>Turn Overs</p>	<p>The ball never changes possession except for the center passes and a throw-in</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 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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Replayed ball	<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>
Footwork	<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>
Offside	<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>
Breaking	<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>
Defending	<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>
Obstruction	<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>
Centre Pass	<p>Alternate centre pass</p>
Substitutions	<p>WEEK 1-14</p> <p>May be made in accordance with general rules injury/illness and at ¼ time</p>



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Penalty Pass (In relation to contact)	WEEK 1-6 No specific contact rules apply however umpires must control any dangerous play. WEEK 7 Rule 7.1.3 Conditions for Penalty Pass Player taking the penalty pass must stand in the correct position and wait for the offending player to stand out of play before passing.
Advantage	The advantage rule should not be applied, with the exception of advantage goal.
Changing Ends	WEEK 1-10 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. WEEK 11 Intro changing ends each 1/4
Turn Overs	The ball never changes possession except for the center passes and a throw-in. Apply change possession as new rules are introduced in accordance to rule book

*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	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.



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Game Management	Rule 13 Game Management (Rules of Netball Page 62)
Coaching	Rule 5.1 Team (Rules of Netball Page 20)
Awards and Scoring	Scores may be kept but no ladder produced; no finals are played No best and fairest awards should be awarded.

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)
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)

Learning Playing Positions In NSG Green And Gold

GOAL KEEPER (GK)

The main task of the goal keeper is to defend the goal third to prevent the ball from making it into the circle and stop a goal from being scored. Their opponent is the Goal Shooter.

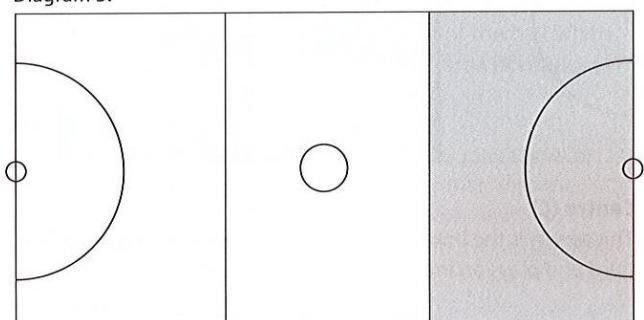
In NSG Green and most of the Gold season defending the goal to stop a goal from being scored is not permitted.

Tasks Include:

- Maintain close “one on one” defense of the GS.

The diagram shows the designated area for the goal keeper

Diagram 3.



- Work with the GD
- Get the rebounds when the shooter misses and pass the ball down the court.
- Take the throw-ins on the goal line when the ball goes out.*
- Take all free passes and throw-in passes in the goal third.*

*Use discretion if the GD is not getting much of the possession in the game allow them to take some of the throw-ins and free passes too.

GOAL DEFENCE (GD)

The main task of the goal defence in green and gold teams is to defend the Goal Attack and stop them scoring a goal.

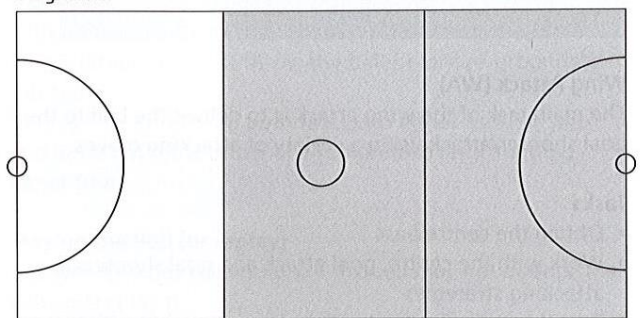
In NSG Green and most of the Gold season defending the goal to stop a goal from being scored is not permitted.

Tasks Include:

- Maintain close “one on one” defense of the GA.
- Work with the GK
- Get the rebounds when the shooter misses and pass the ball down the court.
- Take free passes and throw-in passes in the center third.

The diagram shows the designated area for the goal defence

Diagram 4.



WING DEFENCE (WD)

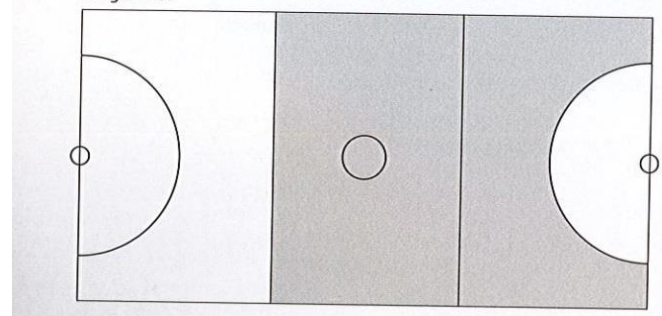
The main task of the WD is to defend their opponent the WA, at the center pass, around the goal circle and throughout the center and goal thirds.

Tasks include:

- Close “one on one” defence of the wing attack.
- and intercept passes.
- take the ball down to the team’s goal third.
- Take throw ins/free pass/penalty pass in the center third.

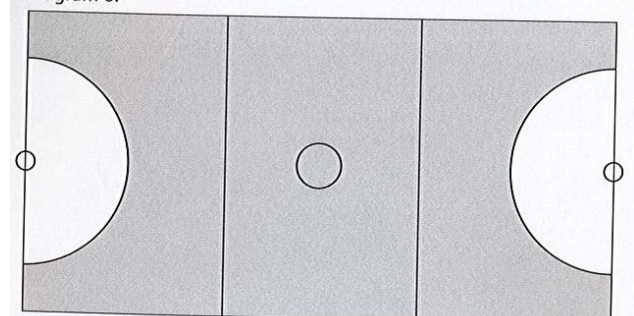
The diagram shows the designated area for the wing defence

Diagram 5.



The diagram shows the designated area for the centre

Diagram 6.



CENTER (C)

The center is the link player from the defence third to the goal third and plays an important role in both attack and defence.

Tasks include:

- Deliver the center pass.
- Closely defend opposition center player
- Assist the WA to deliver the ball to the shooters.
- Take throw ins/free pass/penalty pass in the goal third.

WING ATTACK (WA)

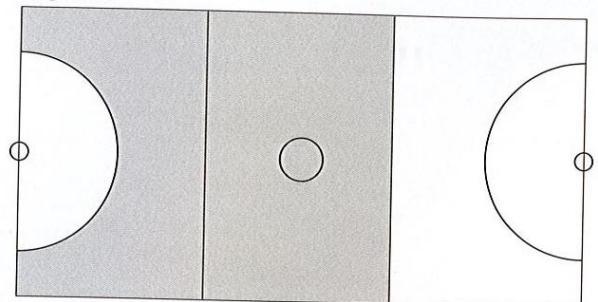
The main task of the WA is to deliver the ball to the GS/GA.

Tasks include:

- Obtain the center pass.
- Feed the circle
- Closely defend the WD.
- Take throw ins/free pass/penalty pass in the goal third.

The diagram shows the designated area for the wing attack

Diagram 7.



GOAL ATTACK (GA)

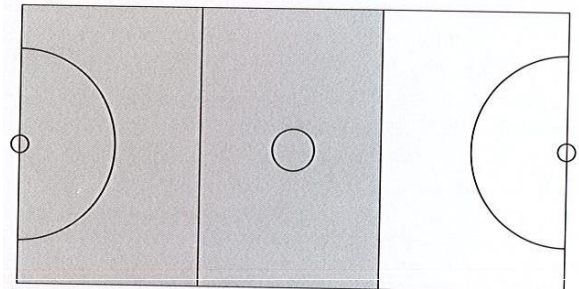
The GA shared the goal shooting responsibilities with the GS.

Tasks include:

- Combine with GS to offer a variety of leads in the goal circle.
- Work with the C, and WA to bring the ball through the center third and goal third into the circle.
- Rebound missed shots
- Closely defend the GD.

The diagram shows the designated area for the goal attack

Diagram 8.



GOAL SHOOTER (GS)

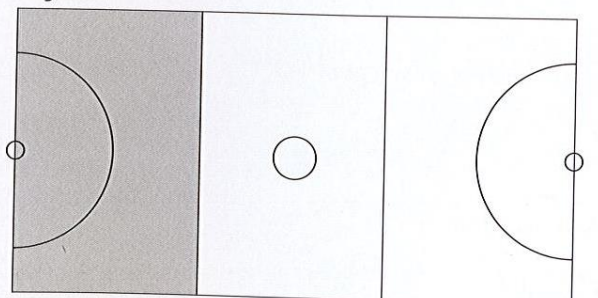
The main task of the GS is to shoot goals.

Tasks include:

- Work with GA in the goal circle.
- Work with the C, GA and WA in the goal third.
- Rebound missed shots
- Closely defend the GK.

The diagram shows the designated area for the goal shooter

Diagram 9.



Learning Playing Positions In NSG White

As white is on full rules all players should be learning the advanced tasks of all position on the court. Players can be using a multitude of defence strategies including defending the goal to stop the ball going into the ring.

GOAL KEEPER (GK)

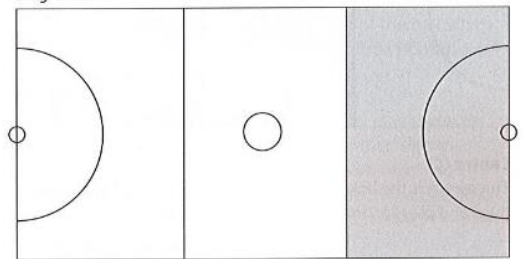
The main task of the GK is to defend the goal third to prevent the ball from making it to the goal circle and to stop a goal from being scored. Their opponent is the GS.

Tasks include:

- Close “one on one” defence.
- Work closely with the GD in the goal circle.
- Defend the shot for goal.
- Rebound missed goals and outlet the pass down the court.
- Take throw ins from goal line and sideline.
- Make attacking move to take the ball down to the transverse line.
- Take free pass/penalty pass in goal third.

The diagram shows the designated area for the goal keeper

Diagram 3.



GOAL DEFENCE (GD)

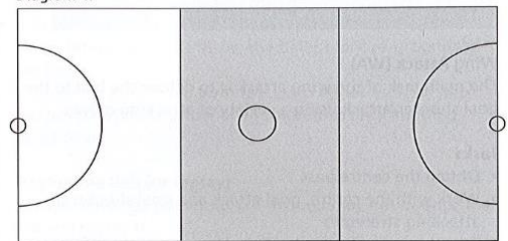
The main task of the GD is to defend the attacking moves of their opponent, the GA, to prevent a goal from being scored.

Tasks include:

- Close “one on one” defence.
- Work closely with the GK in the goal circle.
- Defend the shot for goal.
- Rebound missed goals and pass the ball down the court.
- Take throw ins from goal line and sideline.
- Make attacking move to take the ball down to the team’s goal third.
- Take throw ins/free pass/penalty pass in the center third.

The diagram shows the designated area for the goal defence

Diagram 4.



WING DEFENCE (WD)

The main task of the WD is to defend the attacking moves of their opponent, the WA, at the center pass, around the goal circle and throughout the center and goal thirds.



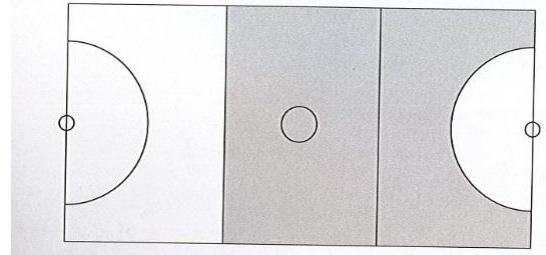
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Tasks include:

- Close “one on one” defence of the wing attack.
- Force errors, close off spaces and intercept passes.
- Make attacking move to take the ball down to the team’s goal third.
- Take throw ins/free pass/penalty pass in the center third.

The diagram shows the designated area for the wing defence

Diagram 5.



CENTER (C)

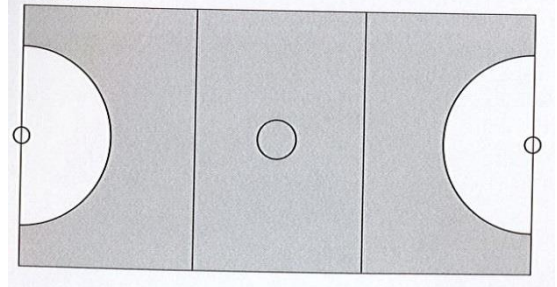
The center is the link player from the defence third to the goal third and plays an important role in both attack and defence.

Tasks include:

- Deliver the center pass.
- Closely defend opposition center player
- Make strong attacking moves, combining with the WA to deliver the ball to the shooters.
- Take throw ins/free pass/penalty pass in the goal third.

The diagram shows the designated area for the centre

Diagram 6.



WING ATTACK (WA)

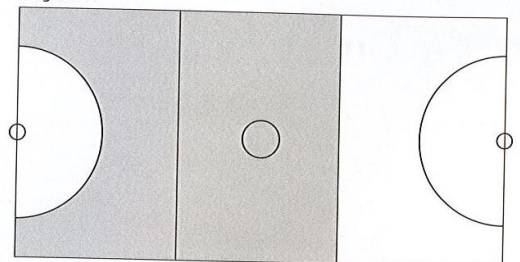
The main task of the WA is to deliver the ball to the GS/GA using a variety of moves.

Tasks include:

- Obtain the center pass.
- Work with the C, GA and GS on attacking strategies.
- Feed the circle
- Closely defend the WD.
- Take throw ins/free pass/penalty pass in the goal third.

The diagram shows the designated area for the wing attack

Diagram 7.



GOAL ATTACK (GA)

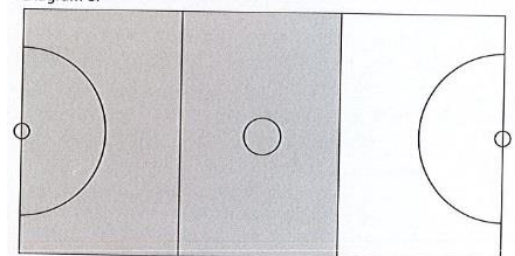
The GA shared the goal shooting responsibilities with the GS.

Tasks include:

- Combine with GS to offer a variety of leads in the goal circle.
- Work with the C, and WA to bring the ball through the center third and goal third into the circle.

The diagram shows the designated area for the goal attack

Diagram 8.





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- Rebound missed shots
- Closely defend the GD.

GOAL SHOOTER (GS)

The main task of the GS is to shoot goals.

Tasks include:

- Work with GA to create a variety of leads in the goal circle.
- Work with the C, GA and WA on attacking strategies in the goal third.
- Rebound missed shots
- Closely defend the GK.

The diagram shows the designated area for the goal shooter

Diagram 9.

