

**Modified Rules**  
**Net Set Go "GO" U9s/U10s**

<b><u>Rule</u></b>	<b><u>GO</u></b>	<b><u>Regular Netball</u></b>
<b>Match Duration</b>	4 x 10 min quarters	4 x 15min quarters
<b>Goal Post</b>	2.4m high - u9s and 3.05m high - u10s	3.05m high
<b>Ball</b>	Size 4 - u9s and Size 5 - u10s	Size 5
<b>Time to pass the ball</b>	up to 4 seconds	up to 3 seconds
<b>Short Pass</b>	* If two players from the same team gains possession of the ball in quick succession, this is <u>NOT</u> a short pass	Rule 9.5.1. Short Pass (Rules of Netball)
<b>Replayed Ball</b>	* Normal rules apply HOWEVER: the umpire takes into consideration age and skill level of player as to whether they have control (possession of the ball)	Rules 9.4 Playing the Ball
<b>Footwork</b>	Shuffling on the spot is allowed - no distance to be gained.	Rule 9.6 Footwork
<b>Offside</b>	Usual rule applies - however, some consideration give to age and skill level of the players	Rule 9.7 Offside
	If player regularly goes offside - give them guidance re playing areas.	
<b>Breaking</b>	Not penalised in the first instance - make players aware they need to be behind the line.	Rule 8.2.1 Positioning of players for centre pass
<b>Defending</b>	Strict one on one defence	Other forms of defending are introduced
	Players may defend a shot at goal	
<b>Obstruction</b>	May not defend with 1.2m of a player with the ball. Cannot use movements that limit a players movement.	Rule 11 Obstruction
<b>Centre Pass</b>	Alternate Centre Pass	Rule 8.2 Centre Pass
<b>Substitutions</b>	Tag on Tag Off	Rule 9.1 Substitutions and team chnages
<b>Penalty Pass</b>	Players must wait for the player to stand out of play before playing the ball	Rule 7.1.3 Conditions for Penalty Pass
<b>Advantage</b>	Only Advantage goal to be played	Rules 7.2 Advantage
<b>Game Management</b>	Does not apply	Rule 13 Game Management
<b>Coaching</b>	2 coaches allowed, to be stationery on either side of the court (diagonally)	Rule 5.1 Team