

Modified Rules
Net Set Go 'SET" U7s/U8s

<u>Rule</u>	<u>SET</u>	<u>Regular Netball</u>
Match Duration	4 x 10 min quarters	4 x 15min quarters
Goal Post	2.4m high	3.05m high
Ball	Size 4	Size 5
Time to pass the ball	up to 5 seconds	up to 3 seconds
Short Pass	* If two players from the same team gains possession of the ball in quick succession, this is <u>NOT a short pass</u>	Rule 9.5.1. Short Pass (Rules of Netball)
Replayed Ball	* A player may bat or bounce the ball twice before gaining possession	Rules 9.4 Playing the Ball
	* A player who fumbles the ball whilst gaining possession is <u>NOT</u> replay	
Footwork	1-2 steps to regain balance is allowed	Rule 9.6 Footwork
Offside	A player who moves into an incorrect playing area but self corrects should <u>NOT BE PENALISED</u>	Rule 9.7 Offside
	Give players guidance if they move and stay in offside areas, if they do this regularly even after guidance then they may be penalised	
Breaking	Do not penalise	Rule 8.2.1 Positioning of players for centre pass
Defending	Strict one on one defence	Other forms of defending are introduced
	Players may not defend a shot at goal	
Obstruction	If within 1.2m (4ft) of their opponent give direction rather than penalise initially	Rule 11 Obstruction
	If regular obstruction occurs you may penalise	
Centre Pass	Centre Pass is taken by non-scoring team	Rule 8.2 Centre Pass
Substitutions	Tag on Tag Off	Rule 9.1 Substitutions and team changes
Advantage	Only Advantage goal to be played	Rules 7.2 Advantage
Game Management	Does not apply	Rule 13 Game Management
Coaching	2 coaches allowed, to be stationary on either side of the court (diagonally)	Rule 5.1 Team