

| Rule | SET (year 2 & 3) | Regular Netball (Rules of Netball 2024) |
|------------------------------|--|---|
| 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 gain possession of the ball in quick succession, this is <u>NOT a short pass</u> | Rule 12 Short Pass |
| Replayed Ball | A player may bat or bounce the ball twice before gaining possession | Rule 11 Playing the Ball: Gaining Possession |
| | A player who fumbles the ball whilst gaining possession is <u>NOT</u> replay | |
| Footwork | 1-2 steps to regain balance is allowed | Rule 13 Footwork |
| Offside | A player who moves into an incorrect playing area but self corrects should <u>NOT BE PENALISED</u> | Rule 14 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 8.10 & 8.11 Position of players |
| Defending | Strict one on one defence; on their player for example Centre on Centre or Wing Defense on Wing Attack | 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 16 Obstruction |
| | If regular obstruction occurs you may penalise | |
| Centre Pass | Centre Pass is taken by non-scoring team | Rule 8 Centre Pass |
| Substitutions | Tag on Tag Off | Rule 10 Stoppages: Substitutions and team changes |
| Advantage | Only Advantage goal to be played | Rule 7.5 Advantage: if goal scored |
| Game Management | Does not apply | Rule 18 Game Management |
| Coaching | 2 coaches allowed, to be stationery on either side of the court (diagonally) | Rule 3.3 Team: Members |

| Rule | GO (years 4 & 5) | Regular Netball (Rules of Netball 2024) |
|------------------------------|--|---|
| Match Duration | 4 x 10 min quarters | 4 x 15min quarters |
| Goal Post | 2.4m high – year 4s and 3.05m high -year 5s | 3.05m high |
| Ball | Size 4 - year 4s and Size 5 - year 5s | Size 5 |
| Time to pass the ball | up to 4 seconds | up to 3 seconds |
| Short Pass | If two players from the same team gain possession of the ball in quick succession, this is <u>NOT a short pass</u> | Rule 12 Short Pass |
| Replayed Ball | 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) | Rule 11 Playing the Ball: Gaining Possession |
| Footwork | Shuffling on the spot is allowed - no distance to be gained. | Rule 13 Footwork |
| Offside | Usual rule applies - however, some consideration given to age and skill level of the players | Rule 14 Offside |
| | If player regularly goes offside - give them guidance re playing areas. | |
| Breaking | Not penalised in the first instance - make players aware they need to be behind the line. | Rule 8.10 & 8.11 Position of players |
| Defending | Strict one on one defence; on their player for example Centre on Centre or Wing Defense on Wing Attack | Other forms of defending are introduced |
| | Players may defend a shot at goal | |
| Obstruction | May not defend within 1.2m of a player with the ball. Cannot use movements that limit a player's movement. | Rule 16 Obstruction |
| Centre Pass | Alternate Centre Pass | Rule 8 Centre Pass |
| Substitutions | Tag on Tag Off | Rule 10 Stoppages: Substitutions and team changes |
| Penalty Pass | Players must wait for the player to stand out of play before playing the ball | Rule 6 Sanctions and actions: Conditions for penalty pass |
| Advantage | Only Advantage goal to be played | Rule 7.5 Advantage: if goal scored |
| Game Management | Does not apply | Rule 18 Game Management |
| Coaching | 2 coaches allowed, to be stationery on either side of the court (diagonally) | Rule 3.3 Team: Members |