



Woolworths NetSetGO Guidelines 2024

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1. CODE OF CONDUCT

HDNA seeks to provide a safe, fair and inclusive environment for everyone involved in netball. HDNA seeks to abide by the Netball NSW Member Protection Policy, examples of which include Codes of Behaviour; Anti-Discrimination, Bullying & Harassment; Working with Children and Photography policies. These policies, expected code of conduct and grievance processes are available on the HDNA website under [Policies](#) in the main menu. Everyone that attends the HDNA complex including HDNA Executive and Assistants, Club officials, Coaches, Managers, Umpires, Players, and Spectators is expected to abide by the relevant Codes of Conduct.

2. GRADING

2.1 How are the grades/divisions identified?

HDNA Set & GO Competition consists of a combination of any age group between 6 and 9 in the year of play. Teams are graded on the basis of age and skill. 'Set' generally consists of younger players and 'GO' is generally for older players, however, mixed aged teams could be graded into either competition. Within Set and GO, teams are graded based on playing history. Native bird names delineate divisions: GO-Kookaburras, GO-Lorikeets and GO-Magpies, Set-Emus, Set-Koalas and Set-Wombats.

2.1.1 Recommendations for Club grading

Our aim is to provide a safe, fair and fun environment, so please keep this in mind when grading and nominating teams.

2.1.2 Regrading NetSetGO Teams

Players and teams learn at different rates and the Junior Grading Committee may regrade teams into grades where they have similar capabilities and experience based on their skill and capability.

3. HDNA NETSETGO UNIFORM POLICY

3.1 Addition to approved Club uniform

HDNA seeks to have an inclusive uniform policy. Club uniforms are registered by the Club each season and players may wear any combination of the club uniform, including leggings and skivvies under a dress. Hijab and headscarves must be secured/pinned with bobby pins or closed/safety pins so they do not flap or have loose areas.

3.2 Jewellery

In line with the 2024 Official Rules of Netball rule 3.12, players must not wear anything that could endanger themselves or other players, specifically:

- a) No body piercings including earrings may be worn.
- b) No adornment that may endanger player safety may be worn.
- e) Medical devices may be worn provided they are securely covered with tape and/or padding.
- g) Fingernails must be short and smooth.
- h) Hair must be suitably tied back (for example in a ponytail, plait or braided) and free from any adornment.

The Umpires Committee and Junior / Senior Registrar should be notified if a medical alert bracelet is to be worn.

4. NETSETGO RULES

NetSetGO emphasises skill development through relaxed netball rules, team participation and fun. NSG players play under the same rules as the Junior Competition with some relaxation and consideration by the Umpires during play where Players will be coached on court.

The *Rule of the Week – A NetSetGO Coaching Program* has been developed by HDNA to provide a structured plan for all NetSetGO Teams to learn the same rule at the same time. The aim is to provide consistent teaching and reinforce good skills with the correct application of the rules. For further information see section - *The Rule of the Week – An HDNA NetSetGO Coaching Program*. Umpires will not specifically umpire the rule of the week, however, apply all rules over the duration of the game in a modified format. For further information see section – *How to Umpire NSG*.

The following table shows the modifications made to assist NetSetGO Players:

Information/Rules	NetSetGO	Junior Netball
Ball	Size 4	Size 5
Match duration	4 x 12 minute quarters	4 x 15 minute quarters
Breaks	2 minutes at $\frac{1}{4}$ and $\frac{3}{4}$ time 3 minutes at $\frac{1}{2}$ time	1 minute at $\frac{1}{4}$ and $\frac{3}{4}$ time 2 minutes at $\frac{1}{2}$ time
Held Ball	Allowance up to 5 seconds is permitted	3 seconds
Stepping	Shuffling on the spot to regain balance is permitted	Footwork rules apply
Borrowing Players	Teams may borrow up to 3 from the same grade or from a lower grade.	Teams may borrow up to 3 players, but only from a lower age group or division.
Playing positions	Players should rotate through all positions throughout the season. For further information see – <i>section 8.2, Player Rotation</i>	Players play in one or more positions as allocated by their Coach. There are no restrictions as to the number of positions a Player may play, nor are they required to rotate through positions throughout the season.

5. ROLE OF SPECTATORS

Spectators are there to spectate and support their family and friends. They are not there to coach.

Young players become confused when given direction by too many people and are more likely to focus on their parent / guardian voice on the sideline rather than that of the Coach, therefore spectators are to provide encouragement to all players in both teams and not to direct play. Coaching is to be left to the Coach and any guidance given by the Umpire.

Spectators are not to stand behind the goal line. If there is a vacant court between two courts where games are being played, spectators may stand on the vacant court.

6. ROLE OF UMPIRES

6.1 Prior to the Commencement of the Game

Umpires are to:

- a) Sign on at the Umpires window.
- b) Check the court and surrounds are safe and that protector posts are on both goal posts.
- c) Check:
 - i. Players nails,
 - ii. Jewellery has been removed, and
 - iii. Assist the Captains to toss for the centre pass.

6.2 During the Game

Umpires are:

- a) Permitted to enter the court to briefly explain and demonstrate the rules to the players.
- b) To have a full understanding of and adhere to the modified rules for the NetSetGO competition. Umpires should have an awareness for the Rule of the Week Coaching Program but will not be expected to exclusively umpire Rule of the Week.
- c) To adopt a pleasant manner and encourage players to ensure an open and free-flowing game – particularly in the setting up of penalties and throw-ins.
- d) To facilitate the players learning of the rules by explaining how the player infringed and the correct application of the rule.
- e) To use simple language when explaining decisions.

Note: If Umpires require assistance at any stage, please send a request (via a spectator or support person) to Control.

For detailed information on Umpiring NetSetGO games, see *Annex D – How to Umpire NSG*.

7. ROLE OF THE TEAM MANAGER

7.1 Prior to Commencement of the Game

It is the duty of the Teams nominated Manager to:

- a) Present the full team to Control so that their names can all be ticked off at the same time by the Duty Personnel.
- b) If your team has borrowed a player, ensure that the borrowed players team is written beside the players last name ie (Beecroft 21).
- c) Ensure players have removed all jewellery.
- d) Ensure players have cut their nails.

7.2 Statistic Recording

As we do not promote winning and losing in NetSetGO, but rather emphasise skill development, team participation and fun, HDNA NetSetGO Teams record their successful goals (goals scored) and unsuccessful attempts at goal (missed goals) for the purpose of grading, only.

The Manager/person over 16 years of age recording statistics from each team may stand together on the sideline, in the left hand third as you face the court (away from the umpire).

8. ROLE OF THE COACH

Coaches are responsible for:

8.1 Direction of the Game

Coaches can direct play during a game from the sideline, however they must remain stationary – that is, pacing along the sideline is NOT permitted. Teams may nominate an Assistant Coach who must also remain stationary on the sideline. The Coach and Assistant Coach may stand either together or separately along the sideline (in the left hand third as you face the court). No-one is permitted to coach from behind the goal line.

8.2 Player Rotation

- a) NetSetGO Netball emphasises skill development, team participation and fun. As a result, every player MUST be given the opportunity to try all positions, hence the need to rotate players throughout the competition.
- b) It is recommended that Players be rotated through similar positions each week eg GS and GA, or GS and WA, or WA and C, or C and WD, or WD and GK or GD & GK, or ½ game on court and ½ game off.

A guide to aid rotating players through positions over the weeks is included in Appendix C. We highly recommend coaches using this or their own rotation format to ensure that the principles of skill development and team participation are achieved. [CLICK HERE](#) to access these guides.

8.3 Rule of the Week – An HDNA NetSetGO Coaching Program

The *Rule of the Week – An HDNA NetSetGO Coaching Program* has been developed by HDNA to provide a structured plan for all NetSetGO Teams to learn the same rule at the same time. The aim is to provide consistent teaching and reinforce good skills with the correct application of the rules.

Players and team's ability to learn and apply the rules will vary, however this provides the HDNA Junior Grading Committee with a clearer understanding of how to match like teams to enable a better competition for all.

The program provides a tool to assist Coaches however is not intended to hinder coaches' ability to develop their teams ahead of the program, hence progressing them into higher grades. Players application of the rules will compound throughout the season, so by the end of the season the players are aware of and are playing in accordance with the basic rules of netball and are prepared for the transition to Junior Day Competition in Under 10s.

This year, the program has adapted towards a more coaching focus on the Rule of the Week and away from an umpiring focus. Coaches are still able to utilise the coaching program, however umpires will not be exclusively applying a single rule approach on game day.

For a detailed timeline of the Rule of the Week – see:

1. Annex A – An HDNA NetSetGO Coaching Program – Set Teams
2. Annex B – An HDNA NetSetGO Coaching Program – GO Teams
3. Annex C – Rotation Options
4. Annex D – How to Umpire NetSetGO

9. BORROWING PLAYERS

A maximum of three (3) players only may be borrowed each week.

A team may take the court with a minimum of 5 Players ie 3 original players and two borrowed players.

9.1 When Teams May Borrow

- a) If an original team member is unavailable, and the team will have less than 7 players available, or
- b) If an original team member becomes ill or injured and is unable to continue play, and there is no other original Team member available.

Note: In the event the player recovers and is able to play, the borrowed player must be replaced and the borrowed player must leave the court.

9.2 When Teams May Not Borrow

If an original team member is available eg if the team has 8 players and one is unavailable or becomes injured or ill, the team may not borrow as it still has 7 original Players.

10. WET WEATHER

HDNA netball courts are all weather courts, therefore play may continue when courts are wet. Decisions relating to wet weather will always be made with players safety in mind, whilst endeavoring to provide Players with as much court time as possible throughout the season.

Where wet weather is apparent prior to play, a decision will be made by 4pm on the day of play. Club secretaries will be notified by email and the HDNA website will be updated with a wet weather message. Unless notified, players should attend the court ready to play. Where weather deteriorates or rain commences after 4pm or after the commencement of the game, a decision will be made the courts by timeslot.

Forfeiting due to wet weather – see - *Forfeiting*

11. FORFEITING

Forfeiting impacts your opposing team and the umpires. We acknowledge that there are genuine reason to forfeit, however, please respect your opposition and umpires and give as much notice as possible. The Club Secretary of a team who needs to forfeit a game must notify forfeits@hdnanetball.com.au, the opposing teams Club Secretary and, their own and the opposing teams Umpires Convenor, no later than 7pm on the day PRECEDING play ie Thursday.

For forfeits due to wet weather:

1. Where both teams attend the courts and mutually agree – no penalty
2. Where both teams attend the courts and only one team wishes to forfeit – no penalty.
3. Where a team does not attend the court, a fine of \$100 may be imposed.

For further information, see – *HDNA website > Policies – HDNA By-Laws* .

12. DISPUTES

12.1 Resolving Disputes

Management of disputes at the time of the dispute is recommended by adhering to the following process:

Disputes relates to:	Process to follow
An HDNA Official	Immediately go to Control to report the dispute
An Umpire	Immediately go to Umpires Control to report the dispute
A Club Official	If your own Club – contact your Club’s Executive If other Club immediately go to Control to report the dispute
The Manager of the opposition	Immediately go to Control to report the dispute
The Coach of the opposition	Immediately go to Control to report the dispute
A Player in the opposition	Immediately go to Control to report the dispute
Spectators of the opposition	Immediately go to Control to report the dispute
Spectators of your Team/Club	Contact your Club Executive

NOTE: DO NOT leave disputes until the end of the game or write notes on the score sheet as it is difficult for HDNA Officials to resolve the dispute or take action after the game has finished. The best result is through immediate action.

12.2 Unresolved Disputes

HDNA has introduced the [On-Court Issue Resolution Framework](#) to provide support designed to de-escalate and manage on-court issues. All clubs are required to read through this Framework to understand the process for incident reporting. If you experience any incidents or have concerns on or around the court, please approach Control immediately so that the game can be observed at the time of the incident. Then, please follow the steps outlined in the Framework.

HDNA manage all disputes in accordance with the Member Protection Policy procedures – for details, see *HDNA By-Laws, Section 16 Disputes*.

13. DUTY

Clubs are advised of duty allocation at the beginning of the season, if required by HDNA. It is the Clubs responsibility to ensure a suitable Club representative undertakes each duty.

14. COURT CHANGES

Court allocations provided to Clubs at the beginning of the season and on the website are a guide only and may be changed at any time without prior notice.

Please check PlayHQ or the HDNA website before arriving to confirm the court your Team will be playing on.

15. PRESENTATION

Presentation for NetSetGO Teams is held following the last game of the season.

If your Team has a BYE in the final round, presentation will be made to the Players at the end of their game in the preceding round.

APPENDIX A – Rule of the Week Program – Set Teams

Week	Rule of the week	For Coaches	Rule Number
GAME 1-2		Have practice games prior to the season if possible and teach the players how the game works.	
	Offside	Teach the players the playing areas that each/their position may go. Note: a foot/body part on a line is OK.	Rule 14
GAME 3	Held Ball	The ball must be caught and then released within 5 seconds. (Try to train the players to know what 3 seconds is).	Rule 11.4
GAME 4	Obstruction	<p>Have taught 2 types of obstruction.</p> <ol style="list-style-type: none"> 1. The distance to defend a player with the ball is 90 cm in NetSetGO and they must be this distance before their arms rise from their sides. 2. They cannot bring their arms away from their body to prevent a player without the ball from moving into any space. 	Rule 16
GAME 5	Throw ins	One or both feet are to be immediately behind the line behind the point where the ball crossed the line. A foot on the line is not OK as lines are part of the court. Nor is standing back from the line OK. They must be within 15cm. Try to get them to have their toes near the line. The footwork rule should be obeyed.	Rule 6.10
	Replay - under goal post	The ball must touch any part of the goal post or ring or another player before it can be touched or caught again by that same player who shot for the goal.	Rule 11.6

Week	Rule of the week	For Coaches	Rule Number
GAME 6	Centre Pass Rules	The ball needs to be caught by a team mate within the centre third. The player can land with both feet in the centre third or the first landed foot in the centre third and the second foot in the goal third. Feet that land simultaneously astride the transverse line are not OK.	Rule 8
	Playing the Ball (including replay)	Know what the players are and are not allowed to do when they play the ball.	Rule 11
GAME 7	Stepping	This is going to be a hard few weeks!!! Warn your parents!! Players will learn footwork more quickly if they can't get away with stepping in the game	Rule 13
GAME 8	Short Pass	There must be enough room between the hands of the thrower and the receiver for another player to move through at the moment the ball is passed. Teach the players to 'throw' the ball (shoulder pass or chest pass) rather than pass the ball.	Rule 12.1 Rule 12.2
GAME 9	Possession	The person who first gained control of the ball has "possession" (not just touched it in an uncontrolled manner). Teach your players to not grab a ball that someone else already has but always have a go at gaining possession of loose balls. Be quick to grab it into their body and away from other players so no one else can get it.	Rule 6.15 Rule 11
GAME 10	Contact	Encourage the players to strive for an intercept. Teach them when they are interfering with another players movement and when they are not.	Rule 17

APPENDIX B – Rule of the Week Program – GO Teams

Week	Rule of the Week	For Coaches	Rule Number
GAME 1	Held Ball	The ball must be caught and then released within 5 seconds. (Try to train the players to know what 3 seconds is).	Rule 11.4
	Offside	Teach the players the playing areas that each/their position may go. Note: a foot/body part on a line is OK.	Rule 14
GAME 2	Obstruction	<p>Have taught 2 types of obstruction.</p> <ol style="list-style-type: none"> 1. The distance to defend a player with the ball is 90 cm in NetSetGO and they must be this distance before their arms rise from their sides. 2. They cannot bring their arms away from their body to prevent a player without the ball from moving into any space. 	Rule 16
	Throw ins	One or both feet are to be immediately behind the line behind the point where the ball crossed the line. A foot on the line is not OK as lines are part of the court. Nor is standing back from the line OK. They must be within 15cm. Try to get them to have their toes near the line. The footwork rule should be obeyed.	Rule 6.10
GAME 3	Replay - under goal post	The ball must touch any part of the goal post or ring or another player before it can be touched or caught again by that same player who shot for the goal.	Rule 11.6
	Centre Pass Rules	The ball needs to be caught by a team mate within the centre third. The player can land with both feet in the centre third or the first landed foot in the centre third and the second foot in the goal third. Feet that land simultaneously astride the transverse line are not OK.	Rule 8
GAME 4	Playing the Ball (including replay)	Know what the players are and are not allowed to do when they play the ball.	Rule 11

Week	Rule of the Week	For Coaches	Rule Number
GAME 5	Stepping	This is going to be a hard few weeks!!! Warn your parents!! Players will learn footwork more quickly if they can't get away with stepping in the game.	Rule 13
GAME 6	Short Pass	There must be enough room between the hands of the thrower and the receiver for another player to move through at the moment the ball is passed. Teach the players to 'throw' the ball (shoulder pass or chest pass) rather than pass the ball.	Rule 12.1 Rule 12.2
	Possession	The person who first gained control of the ball has "possession" (not just touched it in an uncontrolled manner). Teach your players to not grab a ball that someone else already has but always have a go at gaining possession of loose balls. Be quick to grab it into their body and away from other players so no one else can get it.	Rule 6.15 Rule 11
GAME 7	Contact	Encourage the players to strive for an intercept. Teach them when they are interfering with another players movement and when they are not.	Rule 17
GAME 8	Defence of the Shot	Encourage the player to defend a shot for goal from at least 90 cm away (3 feet) from the shooter's first grounded foot. Teach the players to reach towards the ball, NOT to defend the face of the shooting player.	Rule 9.7 Rule 16.7
GAMES 9 and 10		Show the players how to stand "beside and away" at training and that this will occur when they contact or obstruct.	

APPENDIX C – Woolworths NetSetGO Rotation Options

Team of 7 Players

	Players Name	1	2	3	4	5	6	7	8	9	10	11	12	13	14
Player 1		GS	GA	WA	C	WD	GD	GK	GS	GA	WA	C	WD	GD	GK
Player 2		GA	WA	C	WD	GD	GK	GS	GA	WA	C	WD	GD	GK	GS
Player 3		WA	C	WD	GD	GK	GS	GA	WA	C	WD	GD	GK	GS	GA
Player 4		C	WD	GD	GK	GS	GA	WA	C	WD	GD	GK	GS	GA	WA
Player 5		WD	GD	GK	GS	GA	WA	C	WD	GD	GK	GS	GA	WA	C
Player 6		GD	GK	GS	GA	WA	C	WD	GD	GK	GS	GA	WA	C	WD
Player 7		GK	GS	GA	WA	C	WD	GD	GK	GS	GA	WA	C	WD	GD

APPENDIX C – Woolworths NetSetGO Rotation Options

Team of 8 Players

		Week 1 & 8		Week 2 & 9		Week 3 & 10		Week 4 & 11		Week 5 & 12		Week 6 & 13		Week 7 & 14	
Players Name		H1	H2	H1	H2	H1	H2	H1	H2	H1	H2	H1	H2	H1	H2
Player 1		GS		GK	GD	WD	C	WA	GA	GS	GK	GD	WD	C	WA
Player 2		GA	GS		GK	GD	WD	C	WA	GA		GK	GD	WD	C
Player 3		WA	GA	GS		GK	GD	WD	C	WA	GS		GK	GD	WD
Player 4		C	WA	GA	GS		GK	GD	WD	C	GA	GS		GK	GD
Player 5		WD	C	WA	GA	GS		GK	GD	WD	WA	GA	GS		GK
Player 6		GD	WD	C	WA	GA	GS		GK	GD	C	WA	GA	GS	
Player 7		GK	GD	WD	C	WA	GA	GS		GK	WD	C	WA	GA	GS
Player 8			GK	GD	WD	C	WA	GA	GS		GD	WD	C	WA	GA

APPENDIX C – Woolworths NetSetGO Rotation Options

Team of 9 Players

		Week 1 & 8				Week 2 & 9				Week 3 & 10				Week 4 & 11				Week 5 & 12				Week 6 & 13				Week 7 & 14							
		H1		H2		H1		H2		H1		H2		H1		H2		H1		H2		H1		H2		H1		H2					
	Players Name	Q 1	Q 2	Q 3	Q 4	Q 1	Q 2	Q 3	Q 4	Q 1	Q 2	Q 3	Q 4	Q 1	Q 2	Q 3	Q 4	Q 1	Q 2	Q 3	Q 4	Q 1	Q 2	Q 3	Q 4	Q 1	Q 2	Q 3	Q 4	Q 1	Q 2	Q 3	Q 4
Player 1		GS	GS	C		W	W	G	G		W	G	G		C	GK	GK	W		GS	GS	C		W	W	G	G		W				
Player 2		W		GS	GS	C		W	W	G	G		W	G	G		C	GK	GK	W		GS	GS	C		W	W	G	G				
Player 3		GK	GK	W		GS	GS	C		W	W	G	G		W	G	G		C	GK	GK	W		GS	GS	C		W	W				
Player 4			C	GK	GK	W		GS	GS	C		W	W	G	G		W	G	G		C	GK	GK	W		GS	GS	C					
Player 5		G	G		C	GK	GK	W		GS	GS	C		W	W	G	G		W	G	G		C	GK	GK	W		GS	GS				
Player 6			W	G	G		C	GK	GK	W		GS	GS	C		W	W	G	G		W	G	G		C	GK	GK	W					
Player 7		G	G		W	G	G		C	GK	GK	W		GS	GS	C		W	W	G	G		W	G	G		C	GK	GK				
Player 8		W	W	G	G		W	G	G		C	GK	GK	W		GS	GS	C		W	W	G	G		W	G	G		W				
Player 9		C		W	W	G	G		W	G	G		C	GK	GK	W		GS	GS	C		W	W	G	G		W	G	G				

APPENDIX C – Woolworths NetSetGO Rotation Options

Team of 10 Players

		Week 1 & 8				Week 2 & 9				Week 3 & 10				Week 4 & 11				Week 5 & 12				Week 6 & 13				Week 7 & 14							
		H1		H2		H1		H2		H1		H2		H1		H2		H1		H2		H1		H2		H1		H2					
	Players Name	Q 1	Q 2	Q 3	Q 4	Q 1	Q 2	Q 3	Q 4	Q 1	Q 2	Q 3	Q 4	Q 1	Q 2	Q 3	Q 4	Q 1	Q 2	Q 3	Q 4	Q 1	Q 2	Q 3	Q 4	Q 1	Q 2	Q 3	Q 4	Q 1	Q 2	Q 3	Q 4
Player 1		C	C			W D		GS	GS		W A	GK	GK	G A	G A	W D		G D	G D	W A		C	C			W D		GS	GS				
Player 2				C	C	GS	GS		W D	GK	GK		W A		W D	G A	G A	W A		G D	G D			C	C	GS	GS		W D				
Player 3		G D	G D	W A		C	C			W D		GS	GS		W A	GK	GK	G A	G A	W D		G D	G D	W A		C	C						
Player 4		W A		G D	G D			C	C	GS	GS		W D	GK	GK		W A		W D	G A	G A	W A		G D	G D			C	C				
Player 5		G A	G A	W D		G D	G D	W A		C	C			W D		GS	GS		W A	GK	GK	G A	G A	W D		G D	G D	W A					
Player 6			W D	G A	G A	W A		G D	G D			C	C	GS	GS		W D	GK	GK		W A		W D	G A	G A	W A		G D	G D				
Player 7			W A	GK	GK	G A	G A	W D		G D	G D	W A		C	C			W D		GS	GS		W A	GK	GK	G A	G A	W D					
Player 8		GK	GK		W A		W D	G A	G A	W A		G D	G D			C	C	GS	GS		W D	GK	GK		W A		W D	G A	G A				
Player 9		W D		GS	GS		W A	GK	GK	G A	G A	W D		G D	G D	W A		C	C			W D		GS	GS		W A	GK	GK				
Player 10		GS	GS		W D	GK	GK		W A		W D	G A	G A	W A		G D	G D			C	C	GS	GS		W D	GK	GK		W A				

APPENDIX D – How to Umpire NetSetGO Guidelines

Your Responsibilities

Arrival – 20 mins prior	<ul style="list-style-type: none"> • Uniform White umpires top (collared), white jacket (when needed) and dark coloured pants (black, navy or charcoal). Please NO light grey • Sign on at control and make your way to your designated court. You may have 2 or 1 umpire/s. • Say hello to your co-umpire if you have one and say hello to the teams/coaches when checking nails to ensure you're approachable and friendly.
Pre-Match Duties	<ul style="list-style-type: none"> • Players are to have no jewellery on (no taped earrings) and nails are short and smooth. The only exception for adornment is medical devices padded and taped. • Match ball will be a size 4 netball (not size 5). • Spectators should be CLEAR of the goal line unless seated in the stands – HDNA executive will also be monitoring this. • Facilitate a toss between the teams two captains. Scissors, paper, rock is accepted or a coin toss.
Centre Pass Rule 8.1 pg 35	<ul style="list-style-type: none"> • Alternating centre passes for all ages/divisions as usual. • Ball still must be caught in the centre third.

Rule Application – No Sanctions

The below rules do not have sanctions awarded – a sanction is a free or penalty pass.
Note - No Penalty Passes exist in NetSetGO.

Always blow your whistle, explain what occurred only and restart where the ball was– no turn over of the ball.

Offside Rule 14 pg 50	<p>Players change positions frequently, offside isn't ever intentional during NetSetGO games.</p> <p>When offside occurs, hold time and redirect the offside players on side and remind them to stay behind the line for their position.</p>
Breaking Rule 8.6 pg 35	<p>The players at the centre pass will most likely break at the sound of the buzzer rather than your whistle.</p> <p>Remind the players to wait for your whistle and reset the centre pass until the centre is taken correctly.</p>
Throw ins Rule	<p>Always ensure the player taking the throw in is standing up to the line where directed.</p>
6.10,11,12,13,14 pg 31-32	<p>They need to be within 15cm but not on the line to ensure there is a correct throw in.</p>

Rule Application – No Sanctions

Advantage Rule 7 pg 34	The advantage rule shouldn't be applied, except where a goal is scored. It should be encouraged to explain what this means to the players e.g. "GD you were standing to close to the GA just remember to stand next to her with your hands up".
Short Pass Rule 12. 1 & 2 pg 46	The ball must be thrown (not handed) to another player. If two players from the same team gain possession of the ball in quick succession, this isn't considered a short pass. Remember to call Possession quickly to avoid players pulling at the ball. Do not allow two players from opposing teams to fight over the ball.

Rule Application – Free Pass

The below Rules are Penalised with a Free Pass only.
Penalty Passes not awarded in NetSetGO

Playing of the ball - Incorrect playing of the ball Rule 11.8 pg 45	A player may not: Kick the ball, Strike the ball with a fist, roll the ball to another player, pass the ball, or shoot for goal while lying, sitting, or kneeling on the ground. When taking a shot at goal, the ball must hit the ring/goal post before a player can regain possession. All players regardless of time of the year or age group, a free pass will be awarded.
Playing the ball continued: Replay Rule 11.7 pg 45	Should only be penalised if a player bounces the ball basketball style multiple times to gain possession. As well as other forms of replay (rule 11.7) In Round 1 - Remind and correct replay for the duration of the game during. From Round 2 – If a replay occurs either as a multiple bounce (2 or more) or repossession, award the free pass to the opposing team. Remember to still explain what occurred when turning the ball over so the players understand the correction.
Stepping/Footwork Free Pass Awarded from half time only Rule 13.1,2,3 pg 48-49	ALL players are allowed to shuffle on the spot once the ball is caught. Only if they run with the ball should the following occur: For Round 1: For the full game remind and correct footwork (without turning the ball over) about the stepping rule. Round 2 onwards: First half of the game remind and correct as above. No ball turn over. Second half award a free pass for large footwork such as running with the ball – if you feel the players are of a lower skill level (are struggling with stepping) in the second half continue to remind them about stepping for the full game rather than penalising.

Rule Application – Free Pass

<p>Obstruction</p> <p>Rule 16 pg 53-54</p>	<p>Players will defend in a one-on-one style – e.g. WA defending the WD only. Players will be 3 ft apart when defending.</p> <p>Player with the ball: If a player is too close to the attacking player, blow your whistle and ask the player defending if they think they're maybe too close? Correct them to the right distance, explain the rule of being 3ft and award the free pass. This applies for a shot at goal also.</p> <p>Player without the ball: A defender cannot bring their arms away from their body to prevent a player without the ball from moving into a space. Remind players not to run around with their arms outstretched away from their bodies.</p> <p>For Set Divisions - a Free pass only will be awarded for instances of Obstruction. For GO Divisions - a Free pass will be awarded during Rounds 1-9, same as above. However, for Rounds 10-14 award a penalty pass to prepare them for next year's 10s. The player is to stand out of play and not speak or point.</p>
<p>Contact</p> <p>Rule 17 Pg 55</p>	<p>Contact will never be intentional with the young players, but it does occur when a player interferes such as leaning on, pushing or hitting the ball out their hands.</p> <p>For Set Divisions - a Free pass only will be awarded for instances of Contact. For GO Divisions - a Free pass will be awarded during Rounds 1-9, same as above. However, for Rounds 10-14 award a penalty pass to prepare them for next year's 10s. The player is to stand out of play and not speak or point.</p>

Game Management

<p>Setting Sanctions</p> <p>(free passes for NSG)</p> <p>Pg 6</p>	<p>The rule book defines a free pass as a sanction for a minor infringement, in NetSetGO no penalty pass (except from Round 10 in the GO divisions) will be actioned by an umpire.</p> <p>When setting penalty passes in Rounds 10-14 do not make the player feel “bad” about being put out of play.</p> <p>With NetSetGO aged players, they will all be excited to receive the next pass.</p> <p>Before the thrower releases the ball, encourage all players to spread out across the space. Don't let the thrower pass until players are evenly spread. This also should be used during a throw in.</p>
<p>Remember</p>	<p>Have fun!</p> <p>All the girls are excited to play and play within the rules.</p> <p>We hope you enjoy seeing them grow across the 14 weeks.</p> <p>You can enter the court to explain and demonstrate the rules to the players. For games with only 1 umpire, you can be on the court as much as you feel necessary to 'see' everything but not interfere with the game.</p>