



## The Importance of Modified Sport

Why does Suncorp NetSetGO use modified equipment and rules?

### Reduction of Injuries

Research has shown modified sport leads to lower injuries in younger children.

### Movement Skills

Children with increased movement skills and physical literacy are more likely to enjoy and stay in sport for longer. This leads to a happier and healthier lifestyle.

### Everyone Can Participate and Play

Modified rules and equipment allow everyone to participate and get involved. This means lots of fun for everyone regardless of size and skill!

### Social Skills

Make lots of new friends, connect with your community and learn vital social skills that are important your whole life.

[netsetgo.asn.au](http://netsetgo.asn.au)

