



Modified Rules of


Woolworths 

NET SET GO!




Game Parameters

Set Tier: 7-8 year olds Go Tier: 9-10 year olds

	Match Duration	4x 8 minute quarters	4x 10 minute quarters
	Goal Post	2.4m high	2.4m-3.05m high
	Ball Size	Size 4	Size 4

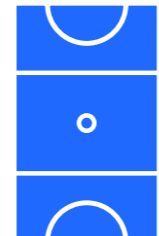
Game Management

Set Tier: 7-8 year olds Go Tier: 9-10 year olds

	Centre Pass	Centre pass is taken by the non-scoring team.	Alternate centre pass
	Substitutions	The game time should be evenly distributed amongst all players A team can make unlimited substitutions at any time. Players should experience all positions over the course of the program/ season	The game time should be evenly distributed amongst all players A team can make unlimited substitutions at any time. Players should experience all positions over the course of the program/ season
	Penalty Pass	Player taking the penalty pass must stand in the correct position and wait for the offending player to stand out of play before passing	Player taking the penalty pass must stand in the correct position and wait for the offending player to stand out of play before passing
	Advantage	The advantage rule should not be applied, with the exception of advantage goal	The advantage rule should not be applied, with the exception of advantage goal
	Awards and Scoring	No scores should be kept and no finals are played No best and fairest awards should be awarded	Scores may be kept but no ladder produced; no finals are played No best and fairest awards should be awarded
	Coaching	The coach may enter the field of play to provide players with immediate feedback as required If the game is one-sided, coaches should use any means necessary to ensure a good experience for all players. This could include: <ul style="list-style-type: none"> Rotation of players into positions they don't usually play Rest more skilled players 	The coach may move along the sideline (but not interfere with the umpire) to provide players with immediate feedback as required If the game is one-sided, coaches should use any means necessary to ensure a good experience for all players. This could include: <ul style="list-style-type: none"> Rotation of players into positions they don't usually play Rest more skilled players Centre pass is taken by the non-scoring team

Positioning

Set Tier: 7-8 year olds Go Tier: 9-10 year olds

	Offside	A player who moves into an incorrect playing area and self-corrects should not be penalised for offside Player may "play on" in the case of simultaneous offside (one player touches the ball), rather than a toss up being taken Players should be given guidance if they move into offside areas and should not be penalised at the first instance. If a player regularly goes offside, even after guidance is given, they may be penalised	Usual offside rule applies, with consideration given to the age and skill level of the players. Players may "play on" in the case of simultaneous offside (One player touches the ball), rather than a toss up being taken. If a player regularly goes offside (and does not seem aware that they are breaking the rules), they should be given guidance when being penalised.
	Breaking	A Player who breaks on the centre pass should not be penalised for breaking	Players should be given guidance if they break on the centre pass and should not be penalised in the first instance
	Defending	Strict one-on-one defence Players may not defend a shot at goal	Strict one-on-one defence Players may defend a shot at goal
	Obstruction	Players should be given guidance if they are obstructing (i.e., defending from a distance of less than 1.2m or have arms away from the body so as to limit the movement of an opponent) and should not be penalised at the first instance If a player regularly obstructs, even after guidance is given, they may be penalised	A player must defend from a distance of no less than 1.2m A player who is within 1.2m of an opponent cannot use movements that take the arms away from the body so as to limit the possible movements of an opponent should be penalised

Ball Handling

Set Tier: 7-8 year olds Go Tier: 9-10 year olds

	Time to pass ball	Up to 5 seconds	Up to 4 seconds
	Short Pass	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 is not considered a short pass	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 is not considered a short pass
	Replayed Ball	A player who fumbles while gaining possession of the ball will not be considered to have replayed the ball. A player may bat or bounce the ball up to 2 times to gain possession	While the usual rules for replay apply, consideration must be given to the age and skill level of the players in determining whether a player has control of the ball (i.e., some fumbling should be expected and allowed)
	Footwork	1-2 steps to regain balance allowed	Shuffling on the spot to regain balance allowed, without moving down the court