

Woolworths 

NET SET GO! 



PRINCIPAL PARTNER



Umpire Handbook

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What is Woolworths NetSetGo?

Woolworths NetSetGo is Netball Australia's only junior entry-level program, developed to provide children aged from 5 - 10 years with the best possible introduction to the sport of netball. The program incorporates skill activities, minor games, and modified matches in a fun and safe environment, ensuring enjoyment and continued participation within the sport.

The major objectives of Woolworths NetSetGo are:

- To provide every primary school aged child in Australia with the opportunity to experience netball.
- To deliver a national junior development program that promotes netball participation.
- To facilitate a skill development program that provides young girls and boys with the same opportunities to experience sport, develop self-esteem and learn new skills.
- The program has been designed to complement the existing netball infrastructure by providing communities such as Associations, Clubs, Schools and community groups with quality resources and equipment, to deliver an age and skill appropriate netball program.

Woolworths NetSetGo Tiers

Net Tier 5 – 6 Years

Net Tier 5 – 6 Years or up to 10 year olds new to netball

The Net Tier is a play-based program, with an emphasis on the acquisition of basic movement skills, in a fun environment of games and activities. Participants join the program as individuals, not as a team. Refinement of skills and their application to the game is introduced when the next tier is reached.

Woolworths NetSetGo Net Tier Provides:

- A program appropriate to the age and ability of the participants.
- All children will enjoy the opportunity to participate and experience a feeling of success from their participation.
- An opportunity for children to develop and expand their motor skills in a non-competitive environment.
- An environment where children can participate and have fun with their friends as well as make new ones.

Set Tier 7 – 8 Years

The Set Tier is an introduction to the sport of netball and incorporates skills, activities and modified matches using modified equipment. It is a skill and competition-based.

program that allows children to learn and develop their skills in a series of fun activities and games, which can then be applied in a match situation.

Woolworths NetSetGo Set Tier provides:

- A program appropriate to the age and ability of the participants.
- All children with the opportunity to participate and experience a feeling of success from their participation.
- An opportunity for children to play in a cooperative way and to develop their skills in an appropriate competitive environment.
- An environment where the emphasis is not on winning, but rather on the development of skills, the discovery of new ones and sharing the play with other teammates.

The rules and equipment for a Woolworths NetSetGo Competition have been designed to align the program with the psychological and physical capabilities of young children.

The Woolworths NetSetGo rules have been developed to make the game fun and maximise participation. The program has been developed under the guidelines of the Netball Australia Junior Sports Policy, which emphasise

Go Tier 9 – 10 years

The Go Tier has been introduced to ensure a smooth transition for participants into Junior Netball. The modified rules and equipment allow for participants to experience success while learning the correct technique and executing skills with greater proficiency.



Woolworths NetSetGo Go Tier provides:

- A program where the participants are introduced to additional netball-specific skills as well as refining fundamental movement skills.
- Participants have a chance to enjoy practicing skills they learn and seeing their own improvement.
- Competitive elements, however, the focus should not be on winning but still on fun and participation.
- Each participant will enjoy equal court time and exposure to a variety of positions so they are gaining the 'full experience' on court.

The rules are still modified in the Go Tier as it is critical that children use sporting equipment that is matched to their size and age (i.e. size 4 netball and shorter goal posts).

Matching the right sized equipment will not only promote the development and refinement of the participants sporting skills but will also reduce the likelihood of injury.





Modified Sport Info Guide

Modified Sport is sport with changes to the equipment, processes, and rules to accommodate the different needs and capabilities of their participants.

Modified sports programs for children are designed to introduce the sports they represent. They allow novice participants, particularly young children, to experience a sporting environment that is interesting and fun. Modifying the equipment and rules assists with a child's capability to learn and participate to better their experience. Within Woolworths NetSetGo and the 5-10 year old age bracket, it was identified that the needs and capabilities are different to those that are older. Therefore, the program has been developed to have 3 different tiers, each with modified rules and equipment that optimises the participants experience.



Why Have Modified Sport?

Some of the key reasons to have modified sport are:

Children, in particularly young children, prioritise wanting to have fun, be with their friends and receive positive reinforcement from their sport.

- Modifying sport creates an environment where they can participate that emphasises fun and participation.
- Modified Sport is safe, physically and psychologically, for participants of all skill and ability.
- Modifications allow for the focus to be on learning the basic movement, motor and physical skills that are necessary for sport and in life. Those with better movement skills are more likely to play sport longer in their life.
- Research has shown modified sport leads to lower injuries in younger children.




Modified Equipment and Rules

To better understand why Woolworths NetSetGo uses modified equipment and rules, it's important to understand what it is like for the 5-10 year old age bracket to use full sized equipment and rules:

- If they use a size 5 ball it is the equivalent of a full-sized adult using a 2 kilogram Medicine ball.
- If they shoot on a full-size Netball hoop it is the equivalent of an adult shooting on a 12-foot tall hoop.
- Only giving this age group 3 seconds to pass or shoot is the equivalent to only giving adults 2 seconds to pass or shoot.

These comparisons outline the differences in physical and mental capabilities of young children compared to adults and the why changes need to be made. These changes make it far more practical for the child to participate.



When children within the Woolworths NetSetGo age bracket learn a new skill, there is a lot of information for them to process. They not only learn the new skill, but also the movement and the thought requirements all at once. Whereas, adults and older children often already have the movement and thought requirements already learnt. Essentially, younger children have a lot less practise at learning. Thus, making the program more practical for them allows them to focus on learning.



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	<p>The game time should be evenly distributed amongst all players</p> <p>A team can make unlimited substitutions at any time.</p> <p>Players should experience all positions over the course of the program/ season</p>	<p>The game time should be evenly distributed amongst all players</p> <p>A team can make unlimited substitutions at any time.</p> <p>Players should experience all positions over the course of the program/ season</p>
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	<p>No scores should be kept and no finals are played</p> <p>No best and fairest awards should be awarded</p>	<p>Scores may be kept but no ladder produced; no finals are played</p> <p>No best and fairest awards should be awarded</p>
Coaching	<p>The coach may enter the field of play to provide players with immediate feedback as required</p> <p>If the game is one-sided, coaches should use any means necessary to ensure a good experience for all players. This could include:</p> <ul style="list-style-type: none"> • Rotation of players into positions they don't usually play • Rest more skilled players 	<p>The coach may move along the sideline (but not interfere with the umpire), to provide players with immediate feedback as required</p> <p>If the game is one-sided, coaches should use any means necessary to ensure a good experience for all players. This could include:</p> <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	<p>A player who moves into an incorrect playing area and self- corrects should not be penalised for offside</p> <p>Player may "play on" in the case of simultaneous offside (one player touches the ball), rather than a toss up being taken</p> <p>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</p>	<p>Usual offside rule applies, with consideration given to the age and skill level of the players.</p> <p>Players may "play on" in the case of simultaneous offside (One player touches the ball), rather than a toss up being taken.</p> <p>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.</p>
Breaking	<p>A Player who breaks on the centre pass should not be penalised for breaking</p>	<p>Players should be given guidance if they break on the centre pass and should not be penalised in the first instance</p>
Defending	<p>Strict one-on-one defence</p> <p>Players may not defend a shot at goal</p>	<p>Strict one-on-one defence</p> <p>Players may defend a shot at goal</p>
Obstruction	<p>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</p> <p>If a player regularly obstructs, even after guidance is given, they may be penalised</p>	<p>A player must defend from a distance of no less than 1.2m</p> <p>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</p>

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



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**For any additional support contact the
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