



## **KNA Rules For NetSetGo U8 and below**

*Children should be taught the proper rules of Netball from the very beginning of their netball journey (3 seconds etc., with the exception of rules like 3 feet where there is a noted difference for participants in Woolworths NetSetGo). The modified rules should be used by umpires during the game; they are designed to allow participants to learn and refine skills while experiencing success.*

- Teaching the rules this way means less confusion for participants than if we change the time they can hold the ball from 5 second to 4 seconds and then finally to 3 seconds. They always learn 3 second but umpires can allow them up to 5 seconds during a game
- As a general rule, we don't penalise the players by awarding a penalty to the other team, we take the ball back to where the infringement occurred and have the player retake the pass, having explained the rule.

### **The basics**

- Match Duration: 4 x 10-minute quarters
- Goal post 2.4m high
- Ball: Size 4
- Time to pass ball: Up to 5 seconds

### **Centre Pass**

- Centre pass is taken by the non-scoring team.

### **Footwork**

- 1-2 steps to regain balance is allowed.
- Shuffling on the spot to regain balance is allowed, without moving down the court.

### **Breaking**

- A player who breaks on the centre pass should not be penalised for breaking; they should be given guidance on the correct action for centre passes.

### **Contact**

- A player cannot contact another player in a manner that disrupts their opponent or disrupts play. Advise them of the infringement and allow the player with possession to continue play.

### **Short pass**

- Ball must be thrown (not handed) to another player.
- If 2 players from the same team gain possession of the ball in quick succession, this is not considered a short pass.

### **Offside**

- A player who moves into an incorrect playing area and self-corrects should not be penalised for offside.
- Players should be given guidance if they move into offside areas and should not be penalised at the first instance.

### **Defending**

- Strict one-on-one defence.
- Players may not defend a shot at goal.
- Other forms of defence may be introduced.

### **Rotations**

- The game time should be evenly distributed amongst all players.
- Players should experience all positions over the course of the program/season.

### **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 replayed ball rules 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).

### **Obstruction**

- Players 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 movement of an opponent.
- 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.

### **Substitutions during play**

- At KNA Substitutions are not made during play except for injury or illness. This is to allow all players to experience each position for an equal amount of time. This equal time should only vary due to player absences.

### **Coaching**

- Coaches may NOT enter the field of play. At KNA, it is the umpire's responsibility to assist the players on the court.
- If the game is one-sided, coaches and umpires should use any means necessary to ensure a good experience for all players, e.g. offering the weaker team more benefit of the doubt in closely contested situations.
- The coach may move along the sideline (but may not interfere with the umpire) to provide immediate feedback as required. *No coach should be behind the goal line*; they must always remain on the sideline.

### **Awards and Scoring**

- Scores may be kept but no ladder is to be produced; no finals are played.
- If best and fairest awards are used, they must be awarded as evenly as possible amongst the team.