Ku-Ring-Gai Netball Association Inc.

Ku-Ring-Gai Netball Association Net Set Go Rules & Guidelines
7's & 8's

Rule	NSG Netball
Match Duration	4 X 10 minute quarters
Goal Post	2.4 metres (8 feet) in height
Ball	Size 4 Netball
Time to pass the ball	Up to 5 seconds
Stepping	Shuffling on the spot to regain balance before throwing allowed, without moving down the court.
Defending	Strict one on one defence. Players may defend a shot for goal.
Obstruction	A player defending a player from the opposing team in possession of the ball must defend from a distance of 1.2 metres (4 feet).
Substitutions	All teams must follow the KNA rotations. No player can play in any one position for more than two quarters in any particular match. Common sense is to prevail. If a player is upset or injured then they may be tagged off by another player. The substitution should not interfere with the flow of the game.
Centre Pass	The initial Centre Pass will be taken by the team that won the toss and all other Centre Passes shall be taken by the team that did not score the last goal
End Change	Each quarter for 7 & 8's (In 7's if agreement is reached prior to game change end can occur each half)

Information for completing the weekly position sheets on matches:

1. Players names to be listed in strict alphabetical order.

2. Managers/team official to ensure that the positions played by each player for each quarter are recorded on the position sheet.

3. Position sheets to be completed and signed by both team managers/official before being returned to the KNA complex.

4. The yellow duplicate copy of the position sheet to be retained by the team manager/official.

5. **The weekly position sheet will be checked to ensure that all teams follow the KNA NSG Rules and Guidelines**.

15 March 2014