



# **Sunshine Coast Netball Association Incorporated**

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## **SECTION 5 – PART C SCNA Net Set Go Guidelines and Game Rules**

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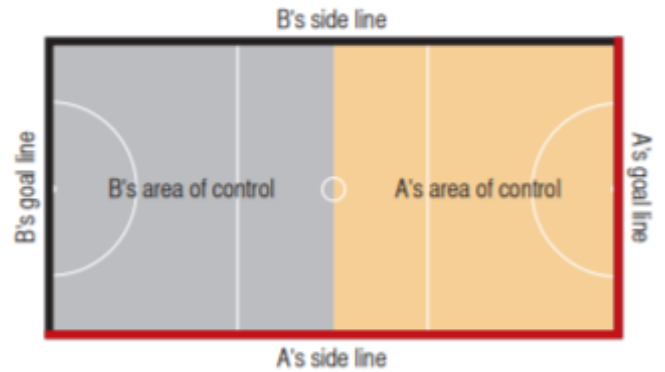


**THE SUNSHINE COAST NETBALL ASSOCIATION INCORPORATED  
2021 CLUB HANDBOOK**

**An Overview of Umpiring**

Rule books are available online and we advise all coaches to be up to date.

Two umpires control a game of netball and each one looks after a particular area of the court. Each umpire controls the court ½ to her right and the goal end in that ½. Each umpire makes all decisions for the throw in on one side line including infringements by the player taking the throw in or any opponent defending that player. If the sanction is awarded in the co-umpire’s half, the co-umpire resumes control once it has been set.



**Guidelines and Rules Net Set Go Green**

Net Set Go Green is the first year of our non-competitive Net Set Go program. The guidelines and rules below are amended from the National NSG Program and are aimed at this age group to ensure all players get a fair and equal chance to develop their skills. It is the club’s responsibility to ensure these guidelines are followed by their coaches. Coaches must observe the Codes of Conduct at all times.

**Game Structure and Competition**

	<b>NSG GREEN (Set 7 to 8 years)</b>
<b>Match Duration</b>	4 x 10-12 minute quarters
<b>Goal post</b>	Coaches should teach children correct technique from the beginning of the season and players should be aiming to get the ball in the net.  In <b>weeks 1-14</b> of the season a goal will be counted if the ball touches the ring or the net.
<b>Ball</b>	Size 4 ball should be used at all times
<b>Players Game Time</b>	<u>All</u> Players <u>must</u> have equal time on the court throughout the season. <u>All</u> Players <u>must</u> have equal opportunity and time on court to learn each position.
<b>Coaching</b>	Coaches should stay in the coaches’ box. They may step outside of the coaches’ box on occasion to assist players and offer direction.  It is expected that early in the season players of this age need a great deal of support. However, from as early as possible players should be able to look to one spot on the sideline for instruction.
<b>Awards and Scoring</b>	No scores should be kept, and no finals are played. No best and fairest awards should be awarded. Dominos Encouragement Award given out weekly, this should be shared amongst all players.



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### Game Rules

	<b>NSG GREEN (Set 7 to 8 years)</b>
<b>Time to pass ball</b>	<p>Up to 5 seconds - Ball must be thrown (not handed) to another player.</p> <p>One of the most common reasons for held ball is that the younger player cannot see where to throw the ball because players tend to bunch around them trying to get the ball. Teaching players to spread out and find space is important. Players often cannot decide as to who to throw the ball to, this comes with practice and knowing where positional players should be.</p> <p>Umpire may need to remind players to move back (spread out). If a player goes over the 5 seconds play is stopped by the umpire and the player is reminded to throw the ball. There is no loss of possession.</p>
<b>Short Pass</b>	<p>If two players from the same team gain possession of the ball in quick succession, <u>this is not considered a short pass.</u></p> <p>Usually one will let go there should be no penalty the umpire decides as to who should have the ball.</p>
<b>Replayed ball</b>	<p>A player who fumbles while gaining possession of the ball <u>will not be considered to have replayed the ball.</u></p> <p>A player may bat or bounce the ball up to 2 times to gain possession.</p>
<b>Footwork</b>	<p>1-2 steps to regain balance allowed.</p> <p>Players are permitted to shuffle feet or take one step but not run down the court with the ball. At this stage players should not be expected to stand dead still.</p> <p>Players often move with the ball for a number of reasons. Initially they forget or are not familiar with the rules, pivoting is a commonly taught practice which young children use to help them remember to stand still. Teaching players to land on two feet when taking a pass often helps.</p> <p>The umpire uses discretion here to keep the game flowing. Play is stopped by the umpire and the player is reminded to try to stay in one spot. The player should return to the point they caught the ball and throw from there. There is no loss of possession.</p>



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<b>Offside</b>	<p>A player who moves into an incorrect playing area and self-corrects <u>should not be penalised for offside</u>. Play may continue.</p> <p>Players should be given guidance if they move into offside areas and should not be penalised at the first instance.</p> <p>The umpire should stop the game and remind players where they should be. If a player has the ball bring them back to the onside position and continue play. There is no loss of possession.</p>
<b>Breaking</b>	<p>A player who breaks on the centre pass <u>should not be penalised for breaking</u>.</p>
<b>Defending</b>	<p>Strict one-on-one* defence. Players <u>may not defend a shot at goal</u>. Defenders in the circle should be encouraged to get the rebound.</p> <p>All players should be at <u>least four (4) feet</u> away from the player they are defending.</p> <p>Play is stopped by the umpire if players are too close. The defending player should be reminded to move back. Players are not put out of play for defending too close.</p>
<b>Obstruction</b>	<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 to limit the movement of an opponent) and <u>should not be penalised</u>.</p>
<b>Centre Pass</b>	<p>Centre Pass <u>is taken in turn</u>.</p>
<b>Substitutions</b>	<p>May be made in accordance with general rules injury/illness and at ¼ time.</p>
<b>Penalty Pass</b> (In relation to contact)	<p>No specific contact rules apply however coaches and umpires must control any dangerous play.</p>
<b>Advantage</b>	<p>The advantage rule should not be applied, with the exception of advantage goal.</p>
<b>Changing Ends</b>	<p>In Net Set Go Green players should <u>only</u> change their shooting end at ½ time.</p>
<b>Turn Overs</b>	<p>The ball never changes possession except for the centre passes and a throw-in.</p>

\*One-on-one Defence means only one person may defend any player at any time. Teaching players to defend and stick to their player e.g. WA may only defend or be defended by WD etc.



## THE SUNSHINE COAST NETBALL ASSOCIATION INCORPORATED 2021 CLUB HANDBOOK

### Guidelines and Rules Net Set Go Gold

Net Set Go Gold is recognized as the 2nd stage in our program of non-competitive games for players aged 7-8 years. The guidelines and rules below are aimed at this age group to ensure all players get a fair and equal chance to develop their skills. The rules here progress through the season from simple modified Net Set Go Gold rules to full rules as played in Net Set Go White and beyond. This provides a platform for new players to develop skills which others who participated in the Green Program may have already attained and acts as a refresher for others. It is the club's responsibility to ensure these guidelines are followed by their coaches. Coaches must observe the Codes of Conduct at all times.

### Game Structure and Competition

	<b>NSG GOLD (Set 7 to 8 years)</b>
<b>Match Duration</b>	4 x 12 minute quarters
<b>Goal post</b>	3.05m high  Shooting – teach the correct techniques is important so getting the ball in the ring is a bonus however we are unable to accommodate shorter posts for the following applies:  In <b>weeks 1- 4</b> of the season a goal will be counted if the ball touches the ring.  In <b>weeks 5 -14</b> a goal will be counted if the ball goes in the ring.
<b>Ball</b>	Size 4
<b>Players Game Time</b>	<u>All</u> Players <u>must</u> have equal time on the court throughout the season. <u>All</u> Players <u>must</u> have equal opportunity and time on court to learn each position.
<b>Coaching</b>	Coaches must remain in coaches' boxes as per the Sideline policy.
<b>Awards and Scoring</b>	Scores are not recorded and no ladder is produced. No finals are played. No best and fairest awards should be awarded. Dominos Encouragement Award given out weekly, this should be shared amongst all players.



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### Game Rules

	<b>NSG GOLD (Set 7 to 8 years)</b>
<b>Time to pass ball</b>	<p><b>WEEKS 1-5</b> Up to 4 seconds - Ball must be thrown (not handed) to another player</p> <p><b>WEEK 6</b> Up to 3 seconds - Ball must be thrown (not handed) to another player. Umpires award penalty as per rule book.</p>
<b>Short Pass</b>	<p><b>WEEK 1-8</b> If two players from the same team gain possession of the ball in quick succession <u>this is not considered a short pass.</u></p> <p><b>WEEK 9</b> Rule 9.5.1 introduced.</p>
<b>Replayed ball</b>	<p><b>WEEK 1-8</b> While the usual rules for replayed ball 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).</p> <p><b>WEEK 9</b> Rule 9.4 introduced.</p>
<b>Footwork</b>	<p><b>WEEK 1-7</b> Shuffling on the spot to regain balance allowed, without moving down the court.</p> <p><b>WEEK 8</b> Rule 9.6 Introduced.</p>
<b>Offside</b>	<p><b>WEEK 1-6</b> 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</p> <p><b>WEEK 7</b> Rule 9.7 introduced.</p>
<b>Breaking</b>	<p><b>WEEK 1-7</b> Players should be given guidance if they break on the centre pass and <u>should not be penalised at the first instance.</u></p> <p><b>WEEK 8</b> Rule 8.2.1 introduced.</p>
<b>Defending</b>	<p><b>WEEK 1-14</b> Strict one-on-one* defence. Players may defend a shot at goal A player must defend from a distance of no less than 3ft</p> <p><b>WEEK 10</b> Other forms of defence may be introduced.</p>
<b>Obstruction</b>	<p><b>WEEK 1–5</b> A player who is within 1.2m of an opponent cannot use movements that take the arms away from the body to limit the possible movement of an opponent.</p> <p><b>WEEK 6</b> Rule 11 introduced.</p>
<b>Centre Pass</b>	Alternate centre pass
<b>Substitutions</b>	<p><b>WEEK 1-14</b> May be made in accordance with general rules injury/illness and at ¼ time</p>



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<b>Penalty Pass</b> (In relation to contact)	<b>WEEK 1-6</b> No specific contact rules apply however umpires must control any dangerous play.  <b>WEEK 7</b> Rule 7.1.3 Conditions for 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.
<b>Advantage</b>	The advantage rule should not be applied, with the exception of advantage goal.
<b>Changing Ends</b>	<b>WEEK 1-10</b> Players of this age and stage of learning are often more confused if teams change ends every $\frac{1}{4}$ . In Net Set Go players should only change their shooting end at $\frac{1}{2}$ time.  <b>WEEK 11</b> Intro changing ends each $\frac{1}{4}$ .
<b>Turn Overs</b>	The ball never changes possession except for the centre passes and a throw-in. Apply change possession as new rules are introduced in accordance to rule book.

\*One-on-one Defence means only one person may defend any player at any time. Teaching players to defend and stick to their player e.g. WA may only defend or be defended by WD etc.



## Learning Playing Positions in NSG Green and Gold

### **GOAL KEEPER (GK) (see diagram below)**

The main task of the goal keeper is to defend the goal third to prevent the ball from making it into the circle and stop a goal from being scored. Their opponent is the Goal Shooter.

In NSG Green and most of the Gold season defending the goal to stop a goal from being scored is not permitted.

Tasks Include:

- Maintain close “one on one” defence of the GS.
- Work with the GD
- Get the rebounds when the shooter misses and pass the ball down the court.
- Take the throw-ins on the goal line when the ball goes out. \*
- Take all free passes and throw-in passes in the goal third. \*

\*Use discretion if the GD is not getting much of the possession in the game allow them to take some of the throw-ins and free passes too.

### **GOAL DEFENCE (GD) (see diagram below)**

The main task of the goal defence in green and gold teams is to defend the Goal Attack and stop them scoring a goal.

In NSG Green and most of the Gold season defending the goal to stop a goal from being scored is not permitted.

Tasks Include:

- Maintain close “one on one” defence of the GA.
- Work with the GK
- Get the rebounds when the shooter misses and pass the ball down the court.
- Take free passes and throw-in passes in the centre third.

### **WING DEFENCE (WD) (see diagram below)**

The main task of the WD is to defend their opponent the WA, at the centre pass, around the goal circle and throughout the centre and goal thirds.

Tasks include:

- Close “one on one” defence of the wing attack.
- and intercept passes.
- take the ball down to the team’s goal third.
- Take throw ins/free pass/penalty pass in the centre third.





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### **CENTER (C) (see diagram below)**

The centre is the link player from the defence third to the goal third and plays an important role in both attack and defence.

Tasks include:

- Deliver the centre pass.
- Closely defend opposition centre player
- Assist the WA to deliver the ball to the shooters.
- Take throw ins/free pass/penalty pass in the goal third.

### **WING ATTACK (WA) (see diagram below)**

The main task of the WA is to deliver the ball to the GS/GA.

Tasks include:

- Obtain the centre pass.
- Feed the circle
- Closely defend the WD.
- Take throw ins/free pass/penalty pass in the goal third.

### **GOAL ATTACK (GA) (see diagram below)**

The GA shared the goal shooting responsibilities with the GS.

Tasks include:

- Combine with GS to offer a variety of leads in the goal circle.
- Work with the C, and WA to bring the ball through the centre third and goal third into the circle.
- Rebound missed shots
- Closely defend the GD.

### **GOAL SHOOTER (GS) (see diagram below)**

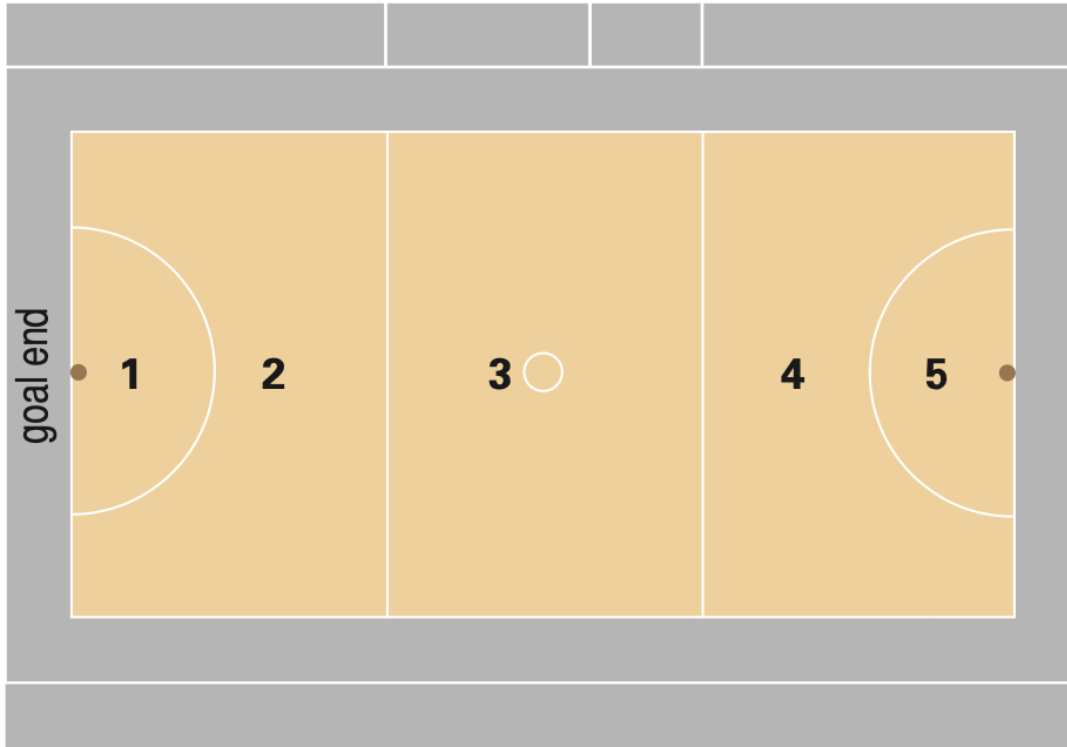
The main task of the GS is to shoot goals.

Tasks include:

- Work with GA in the goal circle.
- Work with the C, GA, and WA in the goal third.
- Rebound missed shots
- Closely defend the GK.



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Position	Playing Areas				
Goal Shooter	1	2			
Goal Attack	1	2	3		
Wing Attack		2	3		
Centre		2	3	4	
Wing Defence			3	4	
Goal Defence			3	4	5
Goal Keeper				4	5



## Learning Playing Positions in NSG White

As white is on **full rules** all players should be learning the advanced tasks of all position on the court. Players can be using a multitude of defence strategies including defending the goal to stop the ball going into the ring.

### GOAL KEEPER (GK) (see diagram below)

The main task of the GK is to defend the goal third to prevent the ball from making it to the goal circle and to stop a goal from being scored. Their opponent is the GS.

Tasks include:

- Close “one on one” defence.
- Work closely with the GD in the goal circle.
- Defend the shot for goal.
- Rebound missed goals and outlet the pass down the court.
- Take throw ins from goal line and sideline.
- Make attacking move to take the ball down to the transverse line.
- Take free pass/penalty pass in goal third.

### GOAL DEFENCE (GD) (see diagram below)

The main task of the GD is to defend the attacking moves of their opponent. the GA, to prevent a goal from being scored.

Tasks include:

- Close “one on one” defence.
- Work closely with the GK in the goal circle.
- Defend the shot for goal.
- Rebound missed goals and pass the ball down the court.
- Take throw ins from goal line and sideline.
- Make attacking move to take the ball down to the team’s goal third.
- Take throw ins/free pass/penalty pass in the centre third.

### WING DEFENCE (WD) (see diagram below)

The main task of the WD is to defend the attacking moves of their opponent, the WA, at the centre pass, around the goal circle and throughout the centre and goal thirds.

Tasks include:

- Close “one on one” defence of the wing attack.
- Force errors close off spaces and intercept passes.
- Make attacking move to take the ball down to the team’s goal third.
- Take throw ins/free pass/penalty pass in the centre third.

### CENTER (C) (see diagram below)

The centre is the link player from the defence third to the goal third and plays an important role in both attack and defence.

Tasks include:

- Deliver the centre pass.
- Closely defend opposition centre player



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- Make strong attacking moves, combining with the WA to deliver the ball to the shooters.
- Take throw ins/free pass/penalty pass in the goal third.

### **WING ATTACK (WA) (see diagram below)**

The main task of the WA is to deliver the ball to the GS/GA using a variety of moves.

Tasks include:

- Obtain the centre pass.
- Work with the C, GA, and GS on attacking strategies.
- Feed the circle
- Closely defend the WD.
- Take throw ins/free pass/penalty pass in the goal third.

### **GOAL ATTACK (GA) (see diagram below)**

The GA shared the goal shooting responsibilities with the GS.

Tasks include:

- Combine with GS to offer a variety of leads in the goal circle.
- Work with the C, and WA to bring the ball through the centre third and goal third into the circle.
- Rebound missed shots
- Closely defend the GD.

### **GOAL SHOOTER (GS) (see diagram below)**

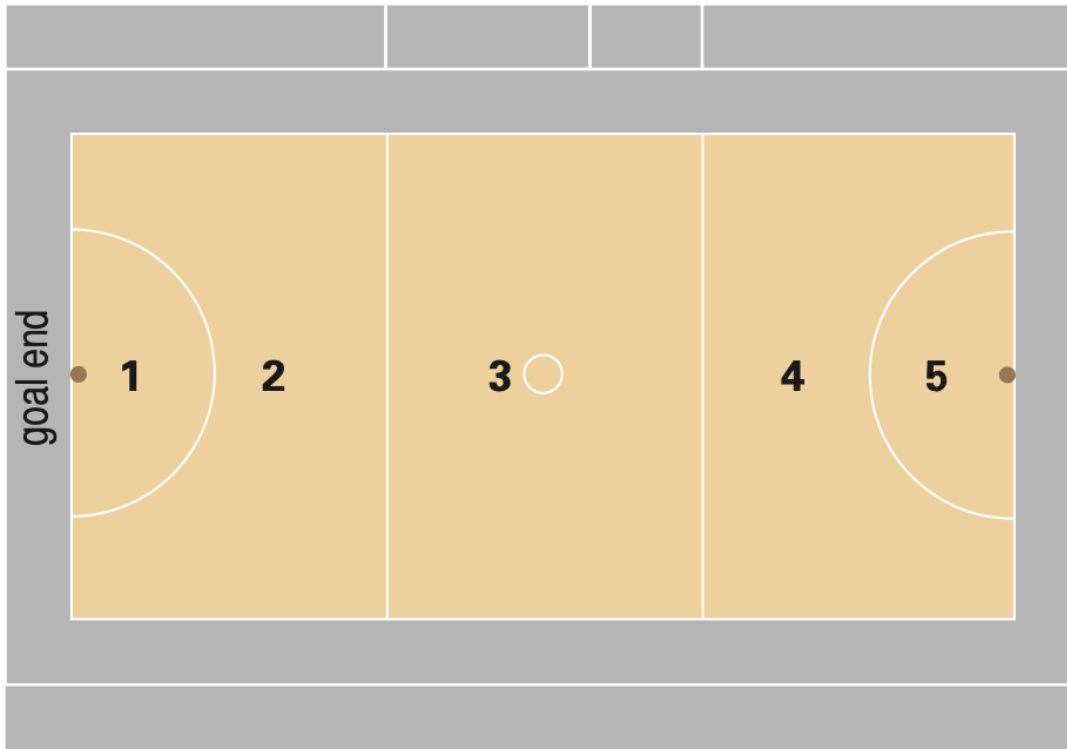
The main task of the GS is to shoot goals.

Tasks include:

- Work with GA to create a variety of leads in the goal circle.
- Work with the C, GA, and WA on attacking strategies in the goal third.
- Rebound missed shots
- Closely defend the GK.



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Position	Playing Areas				
Goal Shooter	<b>1</b>	<b>2</b>			
Goal Attack	<b>1</b>	<b>2</b>	<b>3</b>		
Wing Attack		<b>2</b>	<b>3</b>		
Centre		<b>2</b>	<b>3</b>	<b>4</b>	
Wing Defence			<b>3</b>	<b>4</b>	
Goal Defence			<b>3</b>	<b>4</b>	<b>5</b>
Goal Keeper				<b>4</b>	<b>5</b>



## **SECTION 5**

### **PART B - RESOURCES**

Below is a small sample of the various sites which we have found useful.

#### **Resource Links**

Netball QLD coaching resources

<http://qld.netball.com.au/resources-5/>

<http://netball.com.au/get-involved/coaching/coaching-resources/>

<https://energynetball.com.au/coaching-resources/>

<http://knee.netball.com.au/resources/>

#### **Coaching Apps**

[https://www.sportplan.net/drills/Netball/index.jsp?gclid=EAlaIQobChMlvNjn79We1wIVzUrCh07vgpiEAAYA\\_SAAEgKYfvD\\_BwE](https://www.sportplan.net/drills/Netball/index.jsp?gclid=EAlaIQobChMlvNjn79We1wIVzUrCh07vgpiEAAYA_SAAEgKYfvD_BwE)

[https://www.thenetballcoach.com/?gclid=EAlaIQobChMlvNjn79We1wIVzUrCh07vgpiEAAYAiAAEgIZqvD\\_BwE](https://www.thenetballcoach.com/?gclid=EAlaIQobChMlvNjn79We1wIVzUrCh07vgpiEAAYAiAAEgIZqvD_BwE)