



NGCNA NetSetGO! PROGRAM

SET Tier: 7-8 Years

SET further refines fundamental motor skills & introduces modified games

- The NGCNA NetSetGO! Program - SET Tier is designed for children 7-8 years of age.
- The program and modified games are delivered on Saturdays over 14 or 15 rounds.
- Games are 4 x 12 minute quarters and are run on the NetballConnect central timer.
- Players are required to register with an NGCNA affiliated club to participate.
- Club uniform is required.
- SET Skill Sessions (from SET session plans) are to be delivered at club training. Session plans may be delivered before each game on Saturday as a warm up. Each team is to be working on the same allocated SET session plans.
- Progression Round is Round 8.
- Each club provides a coach/umpire per team and the coach may umpire their own game.
- There is no scoring and no competition points.
- There are no finals games.
- All NGCNA NetSetGO! Teams are automatically included to participate in the NGCNA NetSetGO! Carnival at the end of the season to celebrate their achievements and receive a participation medal.
- A comprehensive list of modified rules for Set Tier is included below.

Who do I contact for further information?

For all enquiries regarding the NGCNA NetSetGO! Program, you can email ngcnanetsetgo@gmail.com

SET - MODIFIED RULES

Goal Post Height	<ul style="list-style-type: none"> • 2.4m high
Ball	<ul style="list-style-type: none"> • Size 4 Ball
Time to pass the ball	<ul style="list-style-type: none"> • Up to 4 seconds. <p>Progression Round 8 - Player penalised (hand ball over) for held ball more than 3 seconds.</p>
Footwork	<ul style="list-style-type: none"> • 1-2 steps to gain balance is allowed. <p>Progression Round 8 - No stepping. Player penalised (hand ball over) shuffling on the spot allowed to regain balance.</p>
Centre Pass	<ul style="list-style-type: none"> • Centre pass is taken by the non-scoring team.
Defending	<ul style="list-style-type: none"> • Strict one-on-one defence. • Players may defend a shot at goal. <p>Progression Round 8 - Player penalised (out of play) for contact and obstruction.</p>
During the Game	<ul style="list-style-type: none"> • The ball must be thrown and not handed to another player. • Players may not bat or bounce the ball to gain possession. • Players who fumble whilst gaining possession of the ball will NOT be considered to have replayed the ball. • Players who move into an incorrect playing area and self-corrects will NOT be penalised for offside. • Players may 'play on' if a player is offside. <p>Progression Round 8 - Players will be penalised (hand ball over) for offside, replay, repossession, and short passes.</p>
Infringement	<ul style="list-style-type: none"> • Umpire / Coach to explain infringement - do turn the ball over. • NO penalties (out of play). <p>Progression Round 8 - Umpire / Coach to explain infringement - turn the ball over. If the game is one sided then adjust accordingly.</p> <p>Progression Round 8 - Player penalised (out of play) for contact and obstruction.</p>
Positions & Rotations	<ul style="list-style-type: none"> • Players learn all positions, rotating evenly, with equal time across all positions. • Game time evenly distributed amongst the players. • Maximum of half game in the same position. • Rotate through attack / mid-court / defence.
Coaches	<ul style="list-style-type: none"> • Coaches remain courtside and may only enter the field of play to give clear instructions or immediate feedback to support players. • Coach may NOT interfere with any umpire decisions. • If the game is one-sided, coaches must ensure all players have a good experience by rotating players into different positions. • Coaches are permitted to umpire the game but must do fairly for both teams. • Shake hands with the opposition at the end of the game. • Positive encouragement / Team cheer. • Coach to educate and coach players (not parents). • Be the example of good sportsmanship.
Encourage	
Sideline	<ul style="list-style-type: none"> • No parent / guardian is allowed to walk up and down the sideline. • No parent / guardian is allowed to coach from the sideline. • Players receive direction from the umpire / coach only.
Umpires	<ul style="list-style-type: none"> • Each club organises umpiring club games. • Umpire the game as per normal; half court to the right. • Coaching both teams to educate all players is allowed. • Stick to the sideline unless addressing a repetitive breach. • Umpires may walk on court to direct play, then return courtside. • Before commencing, ensure spectators are back from the sideline and no spectators are standing behind the goal line. • Normal checks of fingernails, NO hard hats, NO jewellery / earrings. Taped earrings are not permitted. • Introduce yourself to the opposition umpire / coach and discuss the level of the team. • Umpires on the same page so players do not receive mixed messages. • Coaches may umpire their own team.