



# NGCNA NetSetGO! PROGRAM

## GO! Tier: 9 Years

**GO! focuses on developing netball specific skills through modified games**

- The NGCNA NetSetGO! Program - GO! Tier is designed for children 9 years of age.
- Players turning 8 years of age in the current year are allowed to play in GO!
- 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.
- Progression Round is Round 8.
- Each club provides a coach per team
- Each club provides a badged umpire or a supervised - to be badged umpire.
- There is no scoring and no competition points for rounds 1 - 7.
- Scoring is introduced in Progression Round 8. Teams will utilise paper scoring before transitioning to live scoring in NetballConnect.
- 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 the GO! 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](mailto:ngcnanetsetgo@gmail.com)

## GO! - MODIFIED RULES

<b>Goal Post</b>	<ul style="list-style-type: none"> <li>• 3.05m high.</li> </ul>
<b>Ball</b>	<ul style="list-style-type: none"> <li>• Size 4.</li> </ul>
<b>Time to pass the ball</b>	<ul style="list-style-type: none"> <li>• Up to 3 seconds. Player penalised (hand ball over).</li> </ul>
<b>Footwork</b>	<ul style="list-style-type: none"> <li>• No stepping or shuffling on the spot. Player penalised (hand the ball over).</li> </ul>
<b>Centre Pass</b>	<ul style="list-style-type: none"> <li>• Alternate Centre Pass.</li> </ul>
<b>Defending</b>	<ul style="list-style-type: none"> <li>• Strict one-on-one defence.</li> <li>• Players may defend a shot at goal.</li> <li>• Player penalised (out of play) for contact and obstruction.</li> </ul>
<b>During the Game</b>	<ul style="list-style-type: none"> <li>• Full modified rules of netball.</li> <li>• Strict one-on-one defence.</li> <li>• No scoring or competition ladder.</li> </ul> <p><b>Progression Round 8</b> - Introduce manager scoring and player signing of paper scoresheet before transitioning to NetballConnect.</p>
<b>Infringement</b>	<ul style="list-style-type: none"> <li>• Full modified rules of netball - modification is size 4 netball.</li> <li>• Strict one-on-one defence.</li> <li>• Rotate through positions evenly</li> <li>• No scoring and no competition ladder.</li> </ul>
<b>Positions &amp; Rotations</b>	<ul style="list-style-type: none"> <li>• Players learn all positions, rotating evenly, with equal time across all positions.</li> <li>• Game time evenly distributed amongst the players.</li> <li>• Maximum of half game in the same position.</li> <li>• Rotate through attack / mid-court / defence.</li> </ul> <p><b>Progression Round 8</b> - Players may rotate in 3 preferred positions to prepare for U10.</p>
<b>Coaches</b>	<ul style="list-style-type: none"> <li>• Coaches remain courtside.</li> <li>• Coaches are NOT permitted to enter the field of play.</li> <li>• Coach may NOT interfere with any umpire decisions.</li> <li>• Coaches are permitted to umpire the game if they have completed the 'Rules of Netball' Exam with a minimum score of 70% otherwise the club will need to supply a suitable umpire.</li> <li>• If the game is one-sided, coaches must ensure all players have a good experience by rotating players into different positions.</li> </ul>
<b>Encourage</b>	<ul style="list-style-type: none"> <li>• Shake hands with the opposition at the end of the game.</li> <li>• Positive encouragement / Team cheer.</li> <li>• Coach to educate and coach players (not parents).</li> <li>• Be the example of good sportsmanship.</li> </ul>
<b>Sideline</b>	<ul style="list-style-type: none"> <li>• No coach is allowed to walk up and down the sideline.</li> <li>• No parent / guardian is allowed to walk up and down the sideline.</li> <li>• No parent / guardian is allowed to coach from the sideline.</li> <li>• Players receive direction from the umpire / coach only.</li> </ul>
<b>Umpires</b>	<ul style="list-style-type: none"> <li>• Umpires are allocated by the club umpire convenors.</li> <li>• Allocated umpires must be badged. NGCNA will permit beginner umpires on U9 games only if supplied with a qualified umpire coach. The umpire coach must be available to provide immediate feedback and support of the game if necessary.</li> <li>• Umpires must have completed the 'Rules of Netball' Exam (minimum - 70% pass).</li> <li>• Umpires must undertake practical coaching/mentoring with your club or association.</li> <li>• Before commencing, ensure spectators are back from the sideline and no spectators are standing behind the goal line.</li> <li>• Umbrellas, chairs, prams, and tents must be 3 metres from the side or goal line.</li> <li>• Normal checks of fingernails, NO hard hats, NO jewellery / earrings. Taped earrings are not permitted.</li> </ul>