



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.
- The program and modified games are delivered on Saturdays over 15 rounds.
- Games are 4 x 12 minute quarters and are run on the NetballConnect central timer.
- 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.
- Club uniform is required.
- There is no scoring and no competition points. Score card is introduced in Progression Round 8.

U9s GO Modified Rules

Goal Post	<ul style="list-style-type: none">• 3.05m high.
Ball	<ul style="list-style-type: none">• Size 4.
Time to pass the ball	<ul style="list-style-type: none">• Up to 3 seconds. Player is penalised, hands ball over.
Footwork	<ul style="list-style-type: none">• No stepping or shuffling on the spot. Player is penalised, hands ball over.
Centre Pass	<ul style="list-style-type: none">• Alternate Centre Pass.
Defending	<ul style="list-style-type: none">• Strict one-on-one defence.• Players may defend a shot at goal.• Player penalised for contact and obstruction.
During the Game	<ul style="list-style-type: none">• Full modified rules of netball.• Modification is size 4 ball, no competition ladder, strict one on defence.• Progression Round 8 - Introduce scorecard, signing of scorecard.
Infringement	<ul style="list-style-type: none">• Full modified rules of netball.
Positions & Rotations	<ul style="list-style-type: none">• Players learn all positions, rotating evenly.• Rotate through attack / mid / defence.• Equal time across all positions.• Game time evenly distributed amongst the players.• Maximum of half game in the same position.• Progression Round 8 - players may rotate in 3 preferred positions to prepare for Saturday Competition.
Coaches	<ul style="list-style-type: none">• Coaches must remain courtside.• Coaches are NOT permitted to enter the field of play.• Coaches may NOT interfere with any umpire decisions.• 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.• If the game is one-sided, coaches must ensure all players have a good experience by rotating positions. • Encourage• 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.
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.• No coach is allowed to walk up and down the sideline.
Umpires	<ul style="list-style-type: none">• Each club organises umpiring club games.• Allocated umpires must be badged or supervised to be badged.• Umpires must have completed the Rules of Netball Exam (70% pass).• Umpires must undertake practical coaching / mentoring with your club or association.• Before the game starts, 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.

Who do I contact for further information?

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