



2026 MODIFIED RULES GUIDELINES

NET

Players must complete at least 1 year of this program before proceeding to SET modified games

SET

Modified B | Players age must be 7 and 8 (Born 2018, 2019), who have completed the NET skills program and/or have a good level of netball knowledge and skills. No player can be aged 10 in this Tier.

Modified B | Rules will progress to Modified A Rules from WEEK 11 Saturday 18th July 2026

GO

Modified A | Players age must be 9 and 10 (Born 2016, 2017), who have completed the SET modified and/or have a good level of netball knowledge and skills. No player can be aged 7 in this Tier.

Modified A | Rules will progress to Full Rules from WEEK 11, Saturday 18th July 2026

	NET (5-8 years)	SET Modified B (7-8 years) Born: 2018 + 2019	GO Modified A (9-10 years) Born 2016+ 2017
	10 week program of learning netball skills, making friends and having fun	Games played in teams with modified rules as outlined below (non competitive)	Week 1 to Week 10 Games played in teams with modified rules as outlined below (non-competitive) Week 11 to Week 17 Games will transition to full game rules as per Rules of Netball (non-competitive)
Game Time		4 x 12 min quarters	4 x 12 min quarters
Goal Post		2.4m	<ul style="list-style-type: none"> ▪ Week 1-10 - 2.4m ▪ Week 11-17 - 3.05m, full game rules as per Rules of Netball will apply
Ball		Size 4	<ul style="list-style-type: none"> ▪ Week 1-10 - Size 4 ▪ Week 11-17 - Size 5, full game rules as per Rules of Netball will apply
Time to pass		Up to 5 seconds	<ul style="list-style-type: none"> ▪ Week 1-10 – Up to 4 seconds ▪ Week 11-17 – Up to 3 seconds, full game rules as per Rules of Netball will apply
Footwork		<ul style="list-style-type: none"> ▪ Shuffling on the spot, no more than 2 steps in any direction ▪ Player to be corrected ▪ Ball is not overturned 	Week 1-10 <ul style="list-style-type: none"> ▪ Shuffling on the spot, no more than 2 steps in any direction ▪ Player to be corrected ▪ Ball is turned over Week 11-17 <ul style="list-style-type: none"> ▪ Full game rules as per Rules of Netball ▪
Obstruction		<ul style="list-style-type: none"> ▪ Player must be 5ft (1.5m) away ▪ Infringing player is not out of play ▪ Ball is not overturned 	Week 1-10 <ul style="list-style-type: none"> ▪ Player must be 4ft (1.2m) away ▪ Infringing player is out of play ▪ Ball is turned over Week 11-17 Full game rules as per Rules of Netball

Defending Shot		No defence of shot	<p>Week 1-10</p> <ul style="list-style-type: none"> Defending player must be 4ft away <p>Week 11-17</p> <ul style="list-style-type: none"> Full game rules as per Rules of Netball
Defending general		One on one defence is allowed	One on one defence is allowed
Centre Pass		<ul style="list-style-type: none"> As per Rules of Netball Breaking – Offending team corrected Ball is not overturned 	<ul style="list-style-type: none"> As per Rules of Netball Breaking – Offending team corrected Ball is overturned
Substitutes		As per Rules of Netball	As per Rules of Netball
Scoring		<ul style="list-style-type: none"> Scoring recorded in Netball Connect No ladder recorded 	<ul style="list-style-type: none"> Scoring recorded in Netball Connect No ladder recorded
Rotations		<ul style="list-style-type: none"> All players must rotate to experience all positions on court Suggested rotations after each half 	<ul style="list-style-type: none"> All players must rotate to experience all positions on court Suggested rotations after each half
Coaching		<ul style="list-style-type: none"> Coaches to umpire and coach on court, as per Rules of Netball. Coaches are to help both teams to keep the game moving and all players involved 	<p>Week 1-10</p> <ul style="list-style-type: none"> Coaches to umpire and coach on court, as per Rules of Netball. Coaches are to help both teams to keep the game moving and all players involved <p>Week 11-17</p> <ul style="list-style-type: none"> Coaches umpire from sideline If possible, allocation of Association umpire
Coaching Positions		<ul style="list-style-type: none"> Only 1 Coach may umpire, while Manager must remain in their designated area Parents are not permitted to walk the sidelines or move around the court 	<ul style="list-style-type: none"> Only 1 Coach may umpire, while Manager must remain in their designated area Parents are not permitted to walk the sidelines or move around the court
Replayed Ball		<ul style="list-style-type: none"> A player that fumbles or bounces the ball will not be called up for replay ball Ball will not be overturned 	<p>Week 1-10</p> <ul style="list-style-type: none"> A player that fumbles or bounces the ball will be called up for replay ball Ball will be overturned <p>Week 11-17 Full game rules as per Rules of Netball</p>

Offside		<ul style="list-style-type: none"> ▪ Players will not be penalised for being offside. ▪ Coach/umpire to give guidance as required 	<p>Week 1-10</p> <ul style="list-style-type: none"> ▪ Players will be penalised for being offside. ▪ Coach/umpire to give guidance as required <p>Week 11-17</p> <ul style="list-style-type: none"> ▪ Full game rules as per Rules of Netball
Contact		<p>Players will not be penalised for contact.</p> <p>Coach/umpire to give guidance as required</p>	<p>Week 1-10</p> <ul style="list-style-type: none"> ▪ Players will be penalised for contact ▪ Coach/umpire to give guidance as required <p>Week 11-17</p> <ul style="list-style-type: none"> ▪ Full game rules as per Rules of Netball
Make up of Teams		<ul style="list-style-type: none"> ▪ Should consist of 7 + 8 years only ▪ No 10 year olds 	<ul style="list-style-type: none"> ▪ Should consist of 9 + 10 years only ▪ No 7 year olds