



Woolworths NetSetGO is divided into three tiers, enabling participants to develop skills at a pace that's right for their age and ability:


- **Net is for 5 to 8 year olds** and teaches fundamental motor skills through activities and games. This program is the perfect starting point for children who are new to netball. Ideal for those with little to no netball experience, this stage helps build confidence and coordination. Most children participate in this program for up to 2 years before progressing to the next level.
- **Set is for 7 to 8 year olds** (born 2018 + 2019) and focuses on refining fundamental motor skills and introducing non-competitive modified match play with full teams. Coaches from both teams take on the role of umpires, supporting players as they learn the game. When a rule is broken, play is paused so the coach can explain the error, then the game continues. There are no penalties at this stage—it's all about learning and development.
- **GO is for 9 to 10 year olds** (born 2016 + 2017) and focuses on developing netball specific skills through modified match play. Players take part in team-based, non-competitive modified games designed to build confidence, teamwork, and a deeper understanding of the sport.

This Tier is split into two phases:

- First half of the season: Games are played with modified rules, and players are coached and educated during play—no penalties are applied.
- Final 7 weeks: Games are played under full netball rules, helping players adjust to the structure of competitive netball.



MODIFIED RULES GUIDELINES

	NET (5-8 years)	SET Modified B (7-8 years) Born: 2017 + 2018	GO Modified A (9-10 years) Born 2015 + 2016
	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	Week 1-10 <ul style="list-style-type: none"> ▪ Defending player must be 4ft away Week 11-17 <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 	Week 1-10 <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 Week 11-17 <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 	<ul style="list-style-type: none"> ▪ Only 1 Coach may umpire, while Manager must remain in their designated area

		<ul style="list-style-type: none"> Parents are not permitted to walk the sidelines or move around the court 	<ul style="list-style-type: none"> 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</p> <p>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

ADDITIONAL INFORMATION

- NET** – Players must complete at least 1 year of this program before proceeding to SET modified games
- SET** – 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.
- GO** – 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.
- Week 11 commences Saturday 18th July 2026**