


# MODIFIED RULES GUIDELINES

	<b>NET</b> <b>(5-8 years)</b>	<b>SET</b> <b>Modified B (7-8 years)</b> <b>Born: 2017 + 2018</b>	<b>GO</b> <b>Modified A (9-10 years)</b> <b>Born 2015 + 2016</b>
	<p style="text-align: center;">10 week program of learning netball skills, making friends and having fun</p>	<p>Games played in teams with modified rules as outlined below (non competitive)</p>	<p><b>Week 1 to Week 10</b>            Games played in teams with modified rules as outlined below (non-competitive)</p> <p><b>Week 11 to Week 17</b>            Games will transition to full game rules as per Rules of Netball (non-competitive)</p>
Game Time		4 x 12 min quarters	4 x 12 min quarters
Goal Post		2.4m	<ul style="list-style-type: none"> <li>▪ Week 1-10 - 2.4m</li> <li>▪ Week 11-17 - 3.05m, full game rules as per Rules of Netball will apply</li> </ul>
Ball		Size 4	<ul style="list-style-type: none"> <li>▪ Week 1-10 - Size 4</li> <li>▪ Week 11-17 - Size 5, full game rules as per Rules of Netball will apply</li> </ul>
Time to pass		Up to 5 seconds	<ul style="list-style-type: none"> <li>▪ Week 1-10 – Up to 4 seconds</li> <li>▪ Week 11-17 – Up to 3 seconds, full game rules as per Rules of Netball will apply</li> </ul>
Footwork		<ul style="list-style-type: none"> <li>▪ Shuffling on the spot, no more than 2 steps in any direction</li> <li>▪ Player to be corrected</li> <li>▪ Ball is not overturned</li> </ul>	<p>Week 1-10</p> <ul style="list-style-type: none"> <li>▪ Shuffling on the spot, no more than 2 steps in any direction</li> <li>▪ Player to be corrected</li> <li>▪ Ball is turned over</li> </ul> <p>Week 11-17</p> <ul style="list-style-type: none"> <li>▪ Full game rules as per Rules of Netball</li> </ul>
Obstruction		<ul style="list-style-type: none"> <li>▪ Player must be 5ft (1.5m) away</li> <li>▪ Infringing player is not out of play</li> <li>▪ Ball is not overturned</li> </ul>	<p>Week 1-10</p> <ul style="list-style-type: none"> <li>▪ Player must be 4ft (1.2m) away</li> <li>▪ Infringing player is not out of play</li> <li>▪ Ball is turned over</li> </ul> <p>Week 11-17</p> <p>Full game rules as per Rules of Netball</p>
Defending Shot		No defence of shot	Week 1-10

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

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

### 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 2017, 2018), 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 2015, 2016), 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.
- **Please note:** All changes to the Modified A from Rounds 11 -17 are done so on a trial basis for 2025. This will be reviewed at the end of the season, with feedback welcome.
- **Week 11 commences 19<sup>th</sup> July 2025**