

Understand the modified rules for Suncorp NetSetGO

Modified games are introduced within the Set and GO tiers. Take a look at the differences in rules between each tier below.

	Set (7-8 year olds)	GO (9-10 year olds)	Netball
Match duration	4 x 8 minute quarters	4 x 10 minute quarters	4 x 15 minute quarters
Goal post	2.4m	2.4m – 3.05m	3.05m
Ball	Size 4	Size 4	Size 5
Time to pass ball	Up to 5 seconds	Up to 4 seconds	Up to 3 seconds
Footwork	1-2 steps (to regain balance) allowed	Shuffling on the spot (to regain balance) allowed, without moving down the court	Rule 9.6 Footwork (Rules of Netball p51)
Defending	Strict one-on-one defence Players may not defend a shot at goal	Strict one-on-one defence Players may defend a shot at goal	Other forms of defence may be introduced.
Centre pass	Taken by the non-scoring team	Alternate centre pass	Rule 8.2 Centre Pass (Rules of Netball p36)
Substitutions	Game time evenly distributed amongst all players Unlimited substitutions at any time Players should try all positions during the program/season	Game time evenly distributed amongst all players Unlimited substitutions at any time. Players should try all positions during the program/season	Rule 9.1 Substitutions and team changes (Rules of Netball p44)
Coaching	Coach may enter the field of play and give players immediate feedback If the game is one-sided, coaches must make sure all players have a good experience by: rotating players into different positions resting skilled players	Coach may move along the sideline (but may not interfere with the umpire) to give players immediate feedback If the game is one-sided, coaches must make sure all players have a good experience by: giving centre pass to the non-scoring team rotating players into different positions resting skilled players	Rule 5.1 Team (Rules of Netball p20)
Awards and scoring	No scores No finals No best and fairest awards	Scores may be kept No ladder No finals No best and fairest awards	Scores and ladders may be kept Finals played Best and fairest awards

You can download a complete summary of the modified rules for Suncorp NetSetGO [here](#) (PDF).

Making substitutions during play

During modified matches, players are able to make unlimited substitutions.

- Before entering the court, the substitute shall tag the player leaving the court
- The substitute and the player leaving the court must not interfere with play during the substitution process
- The substitute and the player leaving the court must observe the Offside rule when leaving or entering
- Players should be substituted into attack-only positions or defence-only positions for the duration of the game

Scoring

No scores may be kept in Set.

You may keep scores in GO, but don't produce a ladder.

No finals matches should be played in either tier.

It's important that every player in a competition is given a medal or similar award for taking part.