

# **BANKSTOWN CITY NETBALL ASSOCIATION**

## **NET SET GO HANDBOOK**



## INTRODUCTION

Woolworths NetSetGO is a fun, safe and active program for girls and boys aged 5-10 years old. It gives kids of all abilities a positive introduction to netball and teaches them the basic skills of the sport.

Woolworths NetSetGO is divided into three tiers; Net (5-6 year olds), Set (7-8 year olds) and Go (9-10 year olds), meaning that your child will learn at a pace that's right for their age and ability.

This handbook is in addition to the resources available via Netball Australia and Woolworths NetSetGo.

The logo for the 'net' tier, featuring the word 'net' in a white, lowercase, sans-serif font on a green rectangular background.

Tier 1 – Recommended age 5-6 years

**Focus:** teaches fundamental motor skills through activities and games using modified equipment like bean bags, hula hoops and softer balls

**Delivery:** Participants are introduced to a number of fundamental motor and netball skills in a netball environment. The activities are simple, require limited equipment and allow for maximum participation and repetition. Participants will experience fun and success by participating in age and developmentally appropriate activities and minor games that foster cooperation, teamwork and the ability to listen to and follow directions.

The logo for the 'set' tier, featuring the word 'set' in a white, lowercase, sans-serif font on a red rectangular background.

Tier 2 – Recommended age 7-8 Years

**Focus:** focuses on practising skills and playing modified games using a smaller ball

**Delivery:** The participant continues to progress and refine their fundamental movement and netball skills whilst being introduced to additional netball skills and basic netball strategies. This is achieved through a mix of activities, minor games and organised age- appropriate and modified sport. NetSetGO modified matches are introduced in this tier. The rules and equipment are adapted to help the participant build confidence and competency. Modified matches should be non-competitive (no scores, ladders or finals), with all participants provided with equal court time and the opportunity to play in a variety of positions. Learning and refining fundamental movement and netball skills via training activities should continue to be the focus in this tier.

The logo for the 'go' tier, featuring a stylized white 'g' and a netball on a yellow rectangular background.

Tier 3 – Recommended age 9-10 Years

**Focus:** Focuses on developing netball specific skills through modified match play

**Delivery:** The participant is introduced to more netball-specific skills as well as refining their fundamental movement skills. This is a period of accelerated development of coordination and fine motor control. It is also a time when children enjoy practicing skills they learn and seeing their own improvement. NetSetGO modified match rules are adapted at this level to provide a smooth transition into junior netball (adult rules) whilst ensuring the participants are achieving success. Modified equipment ball (size 4) is still an important adaptation for this tier as it allows for correct technique to be executed with greater proficiency. Competitive elements (like scoring) may be introduced however the focus should not be on winning. All participants should be provided with equal court time and exposure to a variety of position.

# BCNA NETSETGO HANDBOOK

## Rules summary

Bankstown City Netball Association has summarised and created a simple table for each age group including the rules and guidelines. See below;

<b>RULE</b>	<b>NetSetGo – 5, 6 &amp; 7yrs</b>
<b>Skills duration</b>	2 x 10min quarters
<b>Match duration</b>	2 x 10min quarters
<b>Goal post</b>	2.4m
<b>Ball</b>	Size 4
<b>Goal Scored</b>	Grass Courts – Touch goal ring or through ring Wet Weather Courts – Touch above Post Pad**
<b>Time to pass ball</b>	Up to 5 seconds – be flexible
<b>Short pass</b>	Ball must be thrown (not handed) to another player. If two players from the same team gain possession of the ball in quick succession, this is not considered a short pass.
<b>Replayed ball</b>	A player who fumbles while gaining possession of the ball will not be considered to have replayed the ball. A player may bat or bounce the ball up to 2 times to gain possession.
<b>Footwork</b>	1-2 steps to regain balance allowed.
<b>Centre Pass</b>	Centre pass is taken by the non- scoring team.
<b>Offside</b>	A player who moves into an incorrect playing area and self-corrects should not be penalised for offside. Players may “play on” in the case of simultaneous offside (one player touches the ball). Players should be given guidance if they move into offside areas and should not be penalised at the first instance.
<b>Breaking</b>	A player who breaks on the centre pass should not be penalised for Breaking.
<b>Defending</b>	Players <b>may</b> defend a shot at goal.
<b>Obstruction</b>	Players should be given guidance if they are obstructing (ie. defending from a distance or less <i>1.2m (3ft)</i> or have arms away from the the body so as to limit the movement of an opponent and should <b>not be penalised at the first instance</b> . If a player regularly obstructs, even after guidance is given, they may be penalised.
<b>Substitutions</b>	The game time should be evenly distributed amongst all players. A team can make unlimited substitutions. Players should experience all positions over the course of the season. <b>See Schedule ‘A’</b>
<b>Penalty Pass</b>	Player taking the penalty pass must stand in the correct position and wait for the offending player to stand out of play before passing.

<b>Advantage</b>	The advantage rule should <b>not</b> be applied, with the exception of advantage goal.
<b>Game Management</b>	Ensure all spectators, equipment and drink bottles are moved away from the sidelines and goal lines
<b>Coaching</b>	If the game is one-sided, umpires/coaches should use any means necessary to ensure a good experience for all players. <b>See Schedule 'A'</b>
<b>Score Cards</b>	The team listed top/left on the score card should collect the score card. Players names are printed on the score card and the manager should tick players in attendance and add any not listed. Managers and umpires from each team should sign the score card. Return Scorecard to clubhouse after the game.  <b>No scores should be kept</b> and no finals are played

<b>UMPIRE/COACH</b>	
<b>Umpire</b>	One Umpire per game. Team on top/left of draw to provide Umpire.
<b>Coach</b>	<b>One</b> coach per team to be on the court, <b>BEHIND</b> play
<b>Attire</b>	Umpiring attire or Club uniform (White tops help the players to identify the umpire from the coach)
<b>Communication</b>	Whilst it is good to let a game flow, the players are here to learn. Correcting and coaching during the game is critical to their development.
<b>Hand signals</b>	Do not need to be used.



**Grass Courts – Touch or through goal ring**



**WW Court – Touch above Post Pad**

<b>RULE</b>		<b>NetSetGo – 8yrs</b>	
<b>Skills duration</b>	2 x 10min quarters		
<b>Match duration</b>	2 x 10min quarters		
<b>Goal post</b>	2.4m		
<b>Ball</b>	Size 4		
<b>Goal Scored</b>	Grass Courts – Ball must pass through Goal Ring Wet Weather Courts – Ball may touch Goal Ring		
<b>Time to pass ball</b>	Up to 5 seconds – be flexible		
<b>Short pass</b>	Ball must be thrown (not handed) to another player. If two players from the same team gain possession of the ball in quick succession, this is not considered a short pass.		
<b>Replayed ball</b>	A player who fumbles while gaining possession of the ball will not be considered to have replayed the ball. A player may bat or bounce the ball up to 2 times to gain possession.		
<b>Footwork</b>	1-2 steps to regain balance allowed.		
<b>Centre Pass</b>	Centre pass is taken by the non- scoring team.		
<b>Offside</b>	A player who moves into an incorrect playing area and self-corrects should not be penalised for offside. Players may “play on” in the case of simultaneous offside (one player touches the ball). Players should be given guidance if they move into offside areas and should not be penalised at the first instance.		
<b>Breaking</b>	A player who breaks on the centre pass should not be penalised for breaking.		
<b>Defending</b>	Strict one-on-one defence. Players defend a shot at goal.		
<b>Obstruction</b>	Players should be given guidance if they are obstructing (ie. defending from a distance or less 1.2m (3ft) or have arms away from the the body so as to limit the movement of an opponent and should <b>not be penalised at the first instance</b> . If a player regularly obstructs, even after guidance is given, they may be penalised.		
<b>Substitutions</b>	The game time should be evenly distributed amongst all players. A team can make unlimited substitutions. Players should experience all positions over the course of the season. <b>See Schedule ‘A’</b>		
<b>Penalty Pass</b>	Player taking the penalty pass must stand in the correct position and wait for the offending player to stand out of play before passing.		
<b>Advantage</b>	The advantage rule should <b>not</b> be applied, with the exception of advantage goal.		
<b>Game Management</b>	Ensure all spectators, equipment and drink bottles are moved away from the sidelines and goal lines		
<b>Coaching</b>	If the game is one-sided, umpires should use any means necessary to ensure a good experience for all players. Coaches need to be rotating players into new positions or resting more skilled players. <b>See Schedule ‘A’</b>		
<b>Score Cards</b>	The team listed top/left on the score card should collect the score card. Players names are printed on the score card and the manager		

	<p>should tick players in attendance and add any not listed.</p> <p>Managers and umpires from each team should sign the score card.</p> <p>Return Scorecard to clubhouse after the game.</p> <p><b>No scores should be kept</b> and no finals are played</p>
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<b>UMPIRE/COACH</b>	
<b>Umpire</b>	Two Umpires per game.
<b>Attire</b>	Umpiring attire or Club uniform (White tops help the players to identify the umpire from the coach)
<b>Communication</b>	Whilst it is good to let a game flow, the players are here to learn. Correcting and coaching during the game is critical to their development.
<b>Safety</b>	Coaches stay on their sidelines and only come on court for injury/illness.
<b>Hand signals</b>	When umpiring using hand signals will assist in the players transition to full rules.

<b>NetSetGo – 9yrs</b>	
<b>RULE</b>	
<b>Match duration</b>	4 x 10min quarters
<b>Goal post</b>	3.05m
<b>Ball</b>	Size 5
<b>Goal Scored</b>	Ball <b>must</b> pass through ring
<b>Time to pass ball</b>	Up to 3 seconds
<b>Short pass</b>	Ball must be thrown (not handed) to another player. If two players from the same team gain possession of the ball in quick succession, this is not considered a short pass.
<b>Replayed ball</b>	A player who fumbles while gaining possession of the ball will not be considered to have replayed the ball.
<b>Footwork</b>	Shuffling on the spot to regain balance allowed, without moving down the court. From Round 7, full competition rules apply
<b>Centre Pass</b>	Alternate centre pass.
<b>Offside</b>	Usual offside rule applies. Players may “play on” in the case of simultaneous offside (one player touches the ball). If a player regularly goes offside (and does not seem aware that they are breaking the rules), they should be given guidance about the correct playing area/s for their position when penalised.
<b>Breaking</b>	Players should be given guidance if they break on the centre pass and should not be penalised at the first instance. If a player regularly goes offside, even after guidance is given, they may be penalised
<b>Defending</b>	Strict one-on-one defence. Players defend a shot at goal.
<b>Obstruction</b>	Players should be given guidance if they are obstructing (i.e. defending from a distance of less than 1.2m (3ft) or have arms away from the body so as to limit the movement of an opponent and should not be penalised at the first instance. If a player regularly obstructs, even after guidance is given, they may be penalised)
<b>Substitutions</b>	The game time should be evenly distributed amongst all players. A team can make unlimited substitutions. Players should experience all positions over the course of the season. <b>See Attachment ‘A’</b> From Round 7, players can stay in position for full game.
<b>Penalty Pass</b>	Player taking the penalty pass must stand in the correct position and wait for the offending player to stand out of play before passing.
<b>Game Management</b>	Ensure all spectators, equipment and drink bottles are moved away from the sidelines and goal lines
<b>Awards and scoring</b>	Scores may be kept but no ladder produced before Round 7. From Round 7 scores and ladder to be kept for the following season grading. No finals are played.

<b>Score Cards</b>	<p>The team listed first on the score card should collect the score card. Players names are printed on the score card and the manager should cross out or add players not listed.</p> <p>If players wish to sign their name they may.</p> <p>Umpires from each team should sign the score card.</p> <p>Return Scorecard to clubhouse after the game.</p>
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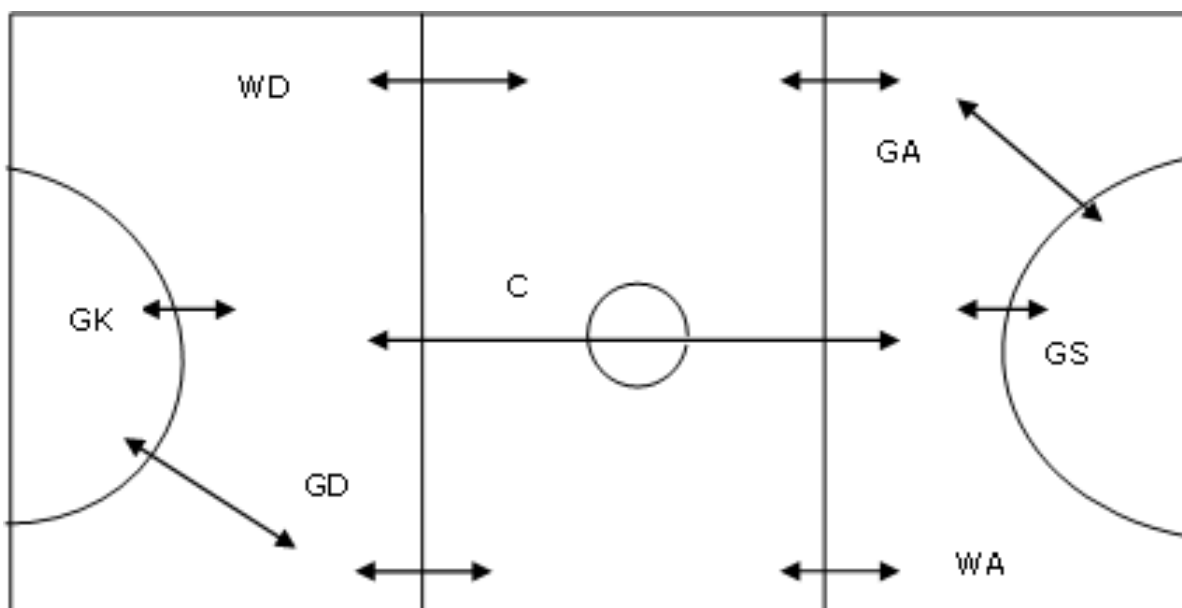
<b>UMPIRE/COACH</b>	
<b>Umpire</b>	Each team needs to provide an umpire who will umpire for the entire game.
<b>Attire</b>	Umpiring attire or Club uniform (White tops help the players to identify the umpire/coach)
<b>Hand signals</b>	When umpiring using hand signals will assist in the players transition to full rules.



<b>RULE</b>		<b>NetSetGo – 10yrs – Full Competition</b>	
<b>Match duration</b>	4 x 10min quarters		
<b>Goal post</b>	3.05m		
<b>Ball</b>	Size 5		
<b>Time to pass ball</b>	Up to 3 seconds		
<b>Goal Scored</b>	Ball <b>must</b> pass through ring		
<b>Full Rules Link</b>	<a href="https://netball.com.au/sites/default/files/2020-02/INF-RulesofNetball2020.pdf">https://netball.com.au/sites/default/files/2020-02/INF-RulesofNetball2020.pdf</a>		
<b>Centre Pass</b>	Alternate centre pass.		
<b>Penalty Pass</b>	Player taking the penalty pass must stand in the correct position and wait for the offending player to stand out of play before passing.		
<b>Advantage</b>	The advantage rule should not be applied, with the exception of advantage goal.		
<b>Game Management</b>	Ensure all spectators, equipment and drink bottles are moved away from the sidelines and goal lines		
<b>Score Cards</b>	<p>The team listed top/left on the score card should collect the score card. Players names are printed on the score card and the manager should cross out or add players not listed. Players and umpires from each team should sign the score card.</p> <p>Return Scorecard to clubhouse after the game.</p>		

<b>UMPIRE/COACH</b>	
<b>Umpire</b>	Each team needs to provide an umpire who will umpire for the entire game.
<b>Attire</b>	Umpiring attire or Club uniform (White tops help the players to identify the umpire/coach)
<b>Hand signals</b>	When umpiring using hand signals will assist in the players transition to full rules.

## Where can the players go?



## Team suggestions

- Each team is made up of players, coach, assistant coach and manager.
- Every person in a team must be registered with the Club.
- Each member of a team deserves to be treated equally and with respect.
- Coaches should always encourage and guide a player with the aim of improving their skills and maintaining their enjoyment in Netball.
- Effective communication between coaches, managers, players and parents/guardians.
- Using forms of communication that best suit the members of your team, i.e. ensuring the types of communication used are received by all in a timely manner. Some forms of communication used may be phone calls, text messages, emails, WhatsApp groups, Facebook groups or other social media platforms. Your club to advise.
- All coaches should seek to understand the different needs of individuals, families and personal situations, while always aiming to attend to the needs of the team as well.
- It is the role of the coach to ensure that all members are aware of their responsibilities under the BCNA Codes of Behaviour adopted from Netball NSW.
- It is the role of the coach to delegate tasks to the team manager to ensure the smooth running of their team and good communication with all. If you are a young coach, your relationship with your Manager is a vital one.

## **Bankstown City Court Time Rules**

- All NetSetGo teams should follow the fixture provided on Play HQ,
- All players should receive equal court time over the course of the competition rounds 1 to 14, regardless of their skill level, experience or learning ability.
- Injuries, regular absences and unexplained absences may affect the amount of court time a player receives compared to others. Ask your club to clarify their own policy of this matter.
- It is the responsibility of the coach to ensure equal court time is achieved for all players and, an accurate record is kept.
- Borrowing of players is permitted as long as the player is of the same age group of that of the team. eg, Players playing in the 9 year age group, must be 9 years or younger

## **Injury policy**

- Any injuries that occur during training are to be reported to your Club Executive as soon as possible after the event, by email
- Any injury that occurs during a Saturday Skills/game session, is to be reported to Bankstown City by noting the details of the incident on the reverse side of the scorecard and is to be witnessed by an umpire on that game. These incidents should also be reported to your Club.
- Teams should encourage any injured players to continue to attend games and/or training so they may continue to participate in the team in some capacity. Unless the injury restricts the player from attending.

## **Seeking support**

If you need any support in dealing with a situation your Club is your first point of call. Matters your Club is unable to resolve will then be escalated to the Bankstown City Executive Committee.

Go to the following sites for additional resources

<https://netball.com.au/woolworths-netsetgo>

<https://netball.com.au/netsetgo-playground>

<https://netsetgoshop.netball.com.au>

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## Schedule 'A' - Players Rotation

Round														
	1st Half	2nd Half	1st Half	2nd Half	1st Half	2nd Half	1st Half	2nd Half	1st Half	2nd Half	1st Half	2nd Half	1st Half	2nd Half
	WA	GS	OFF	C	GD	WD	GK	OFF	GA	WA	GS	OFF	C	GD
	GA	WA	GS	OFF	C	GD	WD	GK	OFF	GA	WA	GS	OFF	C
	OFF	GA	WA	GS	OFF	C	GD	WD	GK	OFF	GA	WA	GS	OFF
	GK	OFF	GA	WA	GS	OFF	C	GD	WD	GK	OFF	GA	WA	GS
	WD	GK	OFF	GA	WA	GS	OFF	C	GD	WD	GK	OFF	GA	WA
	GD	WD	GK	OFF	GA	WA	GS	OFF	C	GD	WD	GK	OFF	GA
	C	GD	WD	GK	OFF	GA	WA	GS	OFF	C	GD	WD	GK	OFF
	OFF	C	GD	WD	GK	OFF	GA	WA	GS	OFF	C	GD	WD	GK
	GS	OFF	C	GD	WD	GK	OFF	GA	WA	GS	OFF	C	GD	WD