

# FREMANTLE NETBALL ASSOCIATION

## Set & Go Division Rules 2023



The following rules will be adopted for the Set & Go competition divisions of NetSetGO at FNA for 2023

RULE	Set Tier (e.g Set Blue, Set Red, etc)	Go G Tier (e.g. Go G1, Go G2, etc.)	Go F Tier (e.g. Go F1, Go F2, etc.)
Age	Turning 7 & 8 years old	Turning 9 years old	Turning 10 years old
Match Duration	4 x 10-minute quarters		
Goal Post	2.4 m high (low)	2.4m high (low)	3.05m high (high)
Ball	Size 4	Size 4	Size 5
Time to pass ball	Up to 5 seconds, using judgement	Up to 4 seconds	Up to 3 seconds
Short Pass	Ball must be thrown, not handed or rolled, 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		
Replayed Ball	<ul style="list-style-type: none"> <li>A player who fumbles while gaining possession of the ball will not be considered to have replayed the ball</li> <li>A player may bat or bounce the ball with control up to 2 times to gain possession</li> </ul>	<ul style="list-style-type: none"> <li>Usual Rules for replayed ball apply, consideration given to age and skill of the players. Some fumbling should be expected and allowed.</li> </ul>	<ul style="list-style-type: none"> <li>Usual Rules for replayed ball apply, consideration given to age and skill of the players. Some fumbling should be expected and allowed.</li> </ul>
Footwork	1-2 steps to regain balance allowed	Minimal shuffling on the spot allowed, however no ground may be gained	Usual Rules apply
Offside	<ul style="list-style-type: none"> <li>A player who moves into an incorrect playing area and self corrects should not be penalised for offside</li> <li>Players may “play on” in the case of simultaneous offside (one player touches the ball), rather than a toss being taken</li> </ul>	<ul style="list-style-type: none"> <li>Usual offside rule applies</li> <li>If a player regularly goes offside (and does not seem aware of the rule), they should be given guidance about the correct playing areas for their position when penalised</li> </ul>	<ul style="list-style-type: none"> <li>Usual offside rule applies</li> <li>If a player regularly goes offside (and does not seem aware of the rule), they should be given guidance about the correct playing areas for their position when penalised</li> </ul>
Breaking	A player who breaks on the centre pass should not be penalised for breaking	A player should be given guidance if they break on the centre pass and should not be penalised in the first instance. If a player regularly goes offside, even after guidance is given, they may be penalised.	Usual Rules apply
Defending	<ul style="list-style-type: none"> <li>Strictly one-on-one defence</li> <li>Players may not defend a shot at goal</li> <li>Players can reach for a rebound provided that this doesn't interfere with the shot at goal</li> </ul>	<ul style="list-style-type: none"> <li>Strictly one-on-one defence</li> <li>Players may defend a shot at goal from 4ft (1.2m)</li> <li>In addition to the penalty, guidance can be given to players who regularly break this rule</li> </ul>	<ul style="list-style-type: none"> <li>Strictly one-on-one defence at 3ft (0.9m)</li> <li>Players may defend a shot at goal at 3ft (0.9m)</li> </ul>

Obstruction	<ul style="list-style-type: none"> <li>A player must defend the ball from a distance of no less than 4ft (1.2m)</li> <li>Players should be given guidance if they are obstructing, and they should not be penalised at the first instance</li> <li>If a player regularly obstructs, even after guidance, they may be penalised</li> </ul>	<ul style="list-style-type: none"> <li>A player must defend the ball from a distance of no less than 4ft (1.2m)</li> <li>In addition to the penalty, guidance can be given to players who regularly break this rule</li> </ul>	Usual Rules apply
Centre Pass	<ul style="list-style-type: none"> <li>Centre Pass is taken by the non-scoring team</li> <li>At the start of each quarter, the team who did not take the last centre pass is to take the starting centre pass</li> </ul>	Alternate Centre Pass	Alternate Centre Pass
Substitutions	<ul style="list-style-type: none"> <li>The game time should be evenly distributed amongst all players</li> <li>A team can make unlimited substitutions at any time</li> <li>Players should experience all positions over the course of the season</li> </ul>	<ul style="list-style-type: none"> <li>The game time should be evenly distributed amongst all players</li> <li>Players should experience all positions over the course of the season</li> </ul>	<ul style="list-style-type: none"> <li>The game time should be evenly distributed amongst all players</li> <li>Players should experience all positions over the course of the season</li> </ul>
Penalty Pass	Player taking the penalty pass must stand in the correct position and wait for the offending player to stand out of play before passing	Player taking the penalty pass must stand in the correct position and wait for the offending player to stand out of play before passing	Usual Rules apply
Advantage	The advantage rule should not be applied, with the exception of advantage goal		
Game Management	Game Management section does not apply		
Coaching	<p>The coach may enter the field of play to provide players with immediate feedback as required, provided this does not interfere with the flow of the game</p> <ul style="list-style-type: none"> <li>Only enter the field of play at appropriate times and leave quickly once feedback has been provided</li> </ul> <p>If the game is one-sided, coaches should use any means necessary to ensure a good experience for all players. This could include:</p> <ul style="list-style-type: none"> <li>Rotation of players into positions they usually do not play</li> <li>Resting more skilled players</li> </ul>	<p>The coach may move along the sideline (but not interfere with the umpire) to provide players with immediate feedback as required</p> <p>If the game is one-sided, coaches can use the following to ensure a good experience for all players</p> <ul style="list-style-type: none"> <li>Rotation of players into positions they usually do not play</li> <li>Resting more skilled players</li> </ul>	Each team is allocated a team bench where team officials and bench players are located during play. Bench players may leave the team bench for a valid reason such as to warm up
Awards and Scoring	<p>Scores will be kept but no ladder will be published</p> <p>No Finals are played</p> <p>No Fairest &amp; Best Awards should be awarded</p>		