



FREMANTLE NETBALL ASSOCIATION



Set & Go Division Rules 2025

The following rules will be adopted for the Set & Go competition divisions of NetSetGO at FNA for 2025

RULE	8 & Under Set Competition	9 & Under Go Competition	10 & Under Go Competition
Age	Turning 7 & 8 years old	Turning 9 years old	Turning 10 years old
Match Duration	4 x 10-minute quarters, plus breaks of 2-minutes, 4-minutes, and 2-minutes between 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"> 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 with control up to 2 times to gain possession 	<ul style="list-style-type: none"> Usual Rules for replayed ball apply, consideration given to age and skill of the players. Some fumbling should be expected and allowed. 	<ul style="list-style-type: none"> Usual Rules for replayed ball apply, consideration given to age and skill of the players. Some fumbling should be expected and allowed.
Footwork	<ul style="list-style-type: none"> 1-2 steps to regain balance allowed Players are not permitted to step forward onto their non-grounded foot and lift their grounded foot ("step in") when taking a shot at goal 	Minimal shuffling on the spot allowed, however no ground may be gained	Usual Rules apply
Offside	<ul style="list-style-type: none"> 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 	<ul style="list-style-type: none"> Usual offside rule applies If a player regularly goes offside (and does not seem aware of the rule), they should be given guidance about the 	<ul style="list-style-type: none"> Usual offside rule applies If a player regularly goes offside (and does not seem aware of the rule), they should be given guidance about the

	touches the ball), rather than a toss being taken	correct playing areas for their position when penalised	correct playing areas for their position when penalised
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"> Strictly one-on-one defence Players may not defend a shot at goal Players can reach for a rebound provided that this doesn't interfere with the shot at goal 	<ul style="list-style-type: none"> Strictly one-on-one defence Players may defend a shot at goal from 4ft (1.2m) In addition to the penalty, guidance can be given to players who regularly break this rule 	<ul style="list-style-type: none"> Strictly one-on-one defence at 3ft (0.9m) Players may defend a shot at goal at 3ft (0.9m)
Obstruction	<ul style="list-style-type: none"> A player must defend the ball from a distance of no less than 4ft (1.2m) Players should be given guidance if they are obstructing, and they should not be penalised at the first instance If a player regularly obstructs, even after guidance, they may be penalised 	<ul style="list-style-type: none"> A player must defend the ball from a distance of no less than 4ft (1.2m) In addition to the penalty, guidance can be given to players who regularly break this rule 	Usual Rules apply
Centre Pass	<ul style="list-style-type: none"> Centre Pass is taken by the non-scoring team At the start of each quarter, the team who did not take the last centre pass is to take the starting centre pass 	Alternate Centre Pass	Alternate Centre Pass
Substitutions	<ul style="list-style-type: none"> The game time should be evenly distributed amongst all players A team can make unlimited substitutions at any time Players should experience all positions over the course of the season 	<ul style="list-style-type: none"> The game time should be evenly distributed amongst all players A team can make unlimited substitutions at any time in a designated area next to the team bench Players should experience all positions over the course of the season 	<ul style="list-style-type: none"> The game time should be evenly distributed amongst all players A team can make unlimited substitutions at any time in a designated area next to the team bench Players should experience all positions over the course of the season

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>One coach may move along the sideline (but not the goal line, and may not interfere with the umpire) to provide players with immediate feedback as required, and 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"> • Only enter the field of play at appropriate times and leave quickly once feedback has been provided <p>If the game is one-sided, coaches should use any means necessary to ensure a good experience for all players, including the opposition team, such as:</p> <ul style="list-style-type: none"> • Rotation of players into positions they usually do not play • Resting more skilled players 	<p>One coach may move along the sideline (but not the goal line, and may 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, including the opposition team, such as:</p> <ul style="list-style-type: none"> • Rotation of players into positions they usually do not play • Resting more skilled players 	<p>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</p>
Awards and Scoring	<p>Scores will be kept but no ladder will be published</p> <p>No Finals are played</p> <p>No Most Valuable Player Awards should be awarded</p>		