

Modified Rules for NetSetGO “GO” Competition

The use of modified rules and equipment reduces competitive stress, allowing children more time and space to practice and develop their skills.

Rule	GO Tier
Match Duration	<ul style="list-style-type: none"> 4 x 10 minute quarters
Goal Post	<ul style="list-style-type: none"> 2.4m high
Ball	<ul style="list-style-type: none"> Size 4
Time to pass ball	<ul style="list-style-type: none"> Up to 6 seconds
Short pass	<ul style="list-style-type: none"> 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.
Replayed ball	<ul style="list-style-type: none"> While the usual rules for replayed ball apply, consideration must be given to the age and skill level of the players in determining whether a player has control of the ball (i.e. some fumbling should be expected and allowed).
Footwork	<ul style="list-style-type: none"> Shuffling on the spot to regain balance allowed, without moving down the court.
Offside	<ul style="list-style-type: none"> Usual offside rule applies, with consideration given to the age and skill level of the players. Players may “play on” in the case of simultaneous offside (one player touches the ball), rather than a toss up being taken. 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.
Breaking	<ul style="list-style-type: none"> Players should be given guidance if they break on the centre pass and <u>should not be penalised at the first instance</u>. If a player repeatedly goes offside, even after guidance is given, they may be penalised.
Defending	<ul style="list-style-type: none"> Strict one on one defence. Players may defend a shot at goal.
Obstruction	<ul style="list-style-type: none"> A player must defend from a distance of no less than 1.2m. A player who is within 1.2m of an opponent cannot use movements that take the arms away from the body so as to limit the possible movement of an opponent.
Centre Pass	<ul style="list-style-type: none"> 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 during the breaks. Players should experience all positions over the course of the program/session.
Penalty Pass	<ul style="list-style-type: none"> Player taking the penalty pass must stand in the correct position and wait for the offending player to stand out of play before passing.
Advantage	<ul style="list-style-type: none"> The advantage rule should not be applied, with the exception of advantage goal.
Coaching	<ul style="list-style-type: none"> The coach may move along the sideline only (but not interfere with the umpire, or opposition bench) to provide feedback as required. Players are not allowed to play more than one half in the same position.
Awards and Scoring	<ul style="list-style-type: none"> Scores may be kept but no ladder produced. No finals are played. Scores are not to be displayed on the side of court. No best and fairest awards should be awarded.

