

Rule	Set Tier	GO Tier	Netball
Match Duration	4 x 8 minute quarters	4 x 10 minute quarters	4 x 15 minute quarters
Goal post	2.4m high	2.4m – 3.05m high	3.05m high
Ball	Size 4	Size 4	Size 5
Time to pass ball	Up to 5 seconds	Up to 4 seconds	Up to 3 seconds
Short Pass	<ul style="list-style-type: none"> <li>Ball must be thrown (not handed) to another player.</li> <li>If two players from the same team gain possession of the ball in quick succession, <u>this is not considered a short pass</u></li> </ul>	<ul style="list-style-type: none"> <li>Ball must be thrown (not handed) to another player.</li> <li>If two players from the same team gain possession of the ball in quick succession, <u>this is not considered a short pass.</u></li> </ul>	Rule 9.5.1 Short Pass (Rules of Netball)
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 up to 2 times to gain possession.</li> </ul>	<ul style="list-style-type: none"> <li>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).</li> </ul>	Rule 9.4 Playing the Ball (Rules of Netball)
Footwork	<ul style="list-style-type: none"> <li>1-2 steps to regain balance allowed.</li> </ul>	<ul style="list-style-type: none"> <li>Shuffling on the spot to regain balance allowed, without moving down the court.</li> </ul>	Rule 9.6 Footwork (Rules of Netball)
Centre Pass	<ul style="list-style-type: none"> <li>Centre pass is taken by the non-scoring team.</li> </ul>	<ul style="list-style-type: none"> <li>Alternate centre pass.</li> </ul>	Rule 8.2 Centre Pass (Rules of Netball)
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 up being taken.</li> <li>Players should be given guidance if they move into offside areas and should not be penalised at the first instance. If a player regularly goes offside, even after guidance is given, they may be penalised.</li> </ul>	<ul style="list-style-type: none"> <li>Usual offside rule applies, with consideration given to the age and skill level of the players.</li> <li>Players may “play on” in the case of simultaneous offside (one player touches the ball), rather than a toss up being taken.</li> <li>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.</li> </ul>	Rule 9.7 Offside (Rules of Netball)
Breaking	<ul style="list-style-type: none"> <li>A player who breaks on the centre pass should not be penalised for breaking.</li> </ul>	<ul style="list-style-type: none"> <li>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 regularly goes offside, even after guidance is given, they may be penalised.</li> </ul>	Rule 8.2.1 Positioning of Players for Centre Pass (Rules of Netball)
Defending	<ul style="list-style-type: none"> <li>Strict one-on-one defence.</li> <li>Players <u>may not defend a shot at goal.</u></li> </ul>	<ul style="list-style-type: none"> <li>Strict one-on-one defence.</li> <li>Players may defend a shot at goal.</li> </ul>	Other forms of defence may be introduced.
Obstruction	<ul style="list-style-type: none"> <li>Players should be given guidance if they are obstructing (i.e. defending from a distance of less than 1.2m or have arms away from the body so as to limit the movement of an opponent and <u>should not be penalised at the first instance.</u></li> <li>If a player regularly obstructs, even after guidance is given, they may be penalised.</li> </ul>	<ul style="list-style-type: none"> <li>A player must defend from a distance of no less than 1.2m.</li> <li>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.</li> </ul>	Rule 11 Obstruction (Rules of Netball)
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 program/season.</li> </ul>	<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 program/season.</li> </ul>	Rule 9.1 Substitutions and team changes (Rules of Netball)
Penalty Pass	<ul style="list-style-type: none"> <li>Player taking the penalty pass must stand in the correct position and wait for the offending player to stand out of play before passing.</li> </ul>	<ul style="list-style-type: none"> <li>Player taking the penalty pass must stand in the correct position and wait for the offending player to stand out of play before passing.</li> </ul>	Rule 7.1.3 Conditions for Penalty Pass (Rules of Netball)
Advantage	<ul style="list-style-type: none"> <li>The advantage rule should not be applied, with the exception of advantage goal.</li> </ul>	<ul style="list-style-type: none"> <li>The advantage rule should not be applied, with the exception of advantage goal.</li> </ul>	Rule 7.2 Advantage (Rules of Netball)
Game Management	<ul style="list-style-type: none"> <li>Game Management section does not apply.</li> </ul>	<ul style="list-style-type: none"> <li>Game Management section does not apply.</li> </ul>	Rule 13 Game Management (Rules of Netball)
Coaching	<ul style="list-style-type: none"> <li>The coach may enter the field of play to provide players with immediate feedback as required.</li> <li>If the game is one-sided, coaches should use any means necessary to ensure a good experience for all players. This could include: <ul style="list-style-type: none"> <li>Rotation of players into positions they don’t usually play.</li> <li>Rest more skilled players.</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>The coach may move along the sideline (but may not interfere with the umpire) to provide players with immediate feedback as required.</li> <li>If the game is one-sided, coaches/umpires should use any means necessary to ensure a good experience for all players. This could include: <ul style="list-style-type: none"> <li>Centre pass is taken by non-scoring team.</li> <li>Rotation of players into positions they don’t usually play.</li> <li>Rest more skilled players.</li> </ul> </li> </ul>	Rule 5.1 Team (Rules of Netball)
Awards and Scoring	<ul style="list-style-type: none"> <li>No scores should be kept and no finals are played.</li> <li>No best and fairest awards should be awarded.</li> </ul>	<ul style="list-style-type: none"> <li>Scores may be kept but no ladder produced; no finals are played.</li> <li>No best and fairest awards should be awarded</li> </ul>	<ul style="list-style-type: none"> <li>Scores and ladders may be kept and finals played.</li> <li>Best and fairest awards maybe awarded.</li> </ul>
Making substitutions during play	<ul style="list-style-type: none"> <li>Coaches are able to make unlimited substitutions.</li> <li>The substitute shall tag the player leaving the court</li> <li>The must not interfere with play during the substitution process and observe the Offside rule.</li> </ul>	<ul style="list-style-type: none"> <li>Coaches are able to make unlimited substitutions.</li> <li>The substitute shall tag the player leaving the court</li> <li>The must not interfere with play during the substitution process and observe the Offside rule.</li> </ul>	<ul style="list-style-type: none"> <li>Rule 9.1 Substitutions and Team Changes (Rules of Netball)</li> </ul>