

MODIFIED RULES FOR NET-SET-GO

- Four quarters of 15 minutes to be played.
- All players to play a minimum of 2 quarters.
- Players must experience all positions during the season. Although the score card indicates to change each quarter, positional rotations can occur over a number of rounds.
- Size 4 ball to be used.
- After catching the ball throw within 6 seconds.
- Allow shuffling on the spot to gain balance before throwing without moving down the court.
- Strict **one on one defence** in all play.
- A player may defend an opponent with the ball from a distance of 1.2 m, however a shot for goal cannot be defended.
- A player who contacts or obstructs **will not be stood out of play**. The umpire will blow the whistle for the infringement but will allow the player to continue after a brief explanation.
- A player who moves into an **incorrect playing area and self-corrects** should not be penalised for offside.
- The goal posts have been raised for competition. Therefore a goal will be deemed scored if the ball hits the mark on the goal post. After the goal is scored play is returned to the centre and the team that did not score the goal takes the centre pass.
- A ball cannot be rolled or kicked to another player.
- A team of up to 10 players may interchange at intervals.
- Scores are not recorded.
- Coaches are to be the umpire for the entire game and when an infringement occurs explain the rules to both teams within their umpiring area.
- Umpires must be dressed in Club uniform or tracksuit and correct playing shoes. **Umpires are not to wear tights, skins, jeans, bike pants or leisurewear.**
- A presentation will be held at the end of the playing season and each player will receive a trophy.