

## Modified Rules for NSG



Rule	SET (year 2 & 3)	GO (years 4 & 5)	Full Rules (2024 edition)
<b>Technical Specifications</b>			
Match Duration	4 x 10 min quarters	4 x 10 min quarters	4 x 15min quarters
Goal Post	2.4m high	2.4m high – year 4s and 3.05m high -year 5s	3.05m high
Ball	Size 4	Year 4's = Size 4 and Year 5's = Size 5	Size 5
Coaching	2 coaches allowed: to be stationery on either side of the court (diagonally)	2 coaches allowed: to be stationery on either side of the court (diagonally)	Rule 3.3 Team: Members
Centre Pass	Centre Pass is taken by non-scoring team	Alternate Centre Pass	Rule 8 Centre Pass
Substitutions	Tag on Tag Off	Tag on Tag Off	Rule 10 Stoppages: Substitutions and team changes
<b>Playing the ball</b>			
Time to pass the ball	up to 5 seconds	up to 4 seconds	up to 3 seconds
Short Pass	If two players from the same team gain possession of the ball in quick succession, this is <b>not</b> a short pass	If two players from the same team gain possession of the ball in quick succession, this is <b>not</b> a short pass	Rule 12 Short Pass
Replayed Ball	A player may bat or bounce the ball twice before gaining possession	Normal rules apply HOWEVER: the umpire takes into consideration age and skill level of player as to whether they have control (possession of the ball)	Rule 11 Playing the Ball: Gaining Possession
	A player who fumbles the ball whilst gaining possession is <b>not</b> replay		
Footwork	1-2 steps to regain balance is allowed	Shuffling on the spot is allowed - no distance to be gained	Rule 13 Footwork

**\*\*Anything not specified as modified rules is as per the Rules of Netball Book (2024 edition)\*\***

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Positioning			
Offside	A player who moves into an incorrect playing area but self corrects should not be penalised	The usual rule applies - however, some consideration given to age and skill level of the players	Rule 14 Offside
	Give players guidance if they move and stay in offside areas, if they do this regularly even after guidance then they may be penalised	If player regularly goes offside - give them guidance re playing areas	
Breaking	Do not penalise	Not penalised in the first instance - make players aware they need to be behind the line	Rule 8.10 & 8.11 Position of players
Major Infringements			
Defending	Strict one on one defence; on their player for example Centre on Centre or Wing Defense on Wing Attack	Strict one on one defence; on their player for example Centre on Centre or Wing Defense on Wing Attack	Other forms of defending are introduced
	Players may <b>not</b> defend a shot at goal	Players <b>may</b> defend a shot at goal	
Obstruction	If within 1.2m (4ft) of their opponent give direction rather than penalise initially	May not defend within 1.2m of a player with the ball. Cannot use movements that limit a player’s movement	Rule 16 Obstruction
	If regular obstruction occurs you may penalise		
Contact	As per Full Rules		Rule 17 Contact
Penalty Pass	Players must wait for the player to stand out of play before playing the ball.		Rule 6 Sanctions and actions: Conditions for penalty pass
Advantage	Only Advantage goal to be played		Rule 7.5 Advantage: if goal scored
Game Management	Does not apply		Rule 18 Game Management

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