



GO!

Competition Structure & Rules

All About GO!

The Go phase is where the game really comes to life. Whether players are returning NetSetGo'ers or stepping up for the very first time, this is their chance to bring all their growing skills together in a way that feels more like "real" netball - but with the same focus on fun, friends, and having a go.

In the Woolworths NetSetGo Go phase, kids play a mix of activities, team challenges, and modified netball games designed especially for their age group. The emphasis is still on building skills and game sense rather than winning - giving every child the chance to try different positions, share equal court time, and feel the excitement of being part of a team.

Rules and equipment are adjusted to keep the game safe, simple, and inclusive. This way, budding netballers can grow their confidence, explore new roles on the court, and enjoy all the energy, connection, and joy that netball brings.



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Competition Structure



Match Duration

Games are played in four 10-minute quarters, giving players a real taste of the rhythm of netball. There are short two-minute breaks at quarter and three-quarter time, and a slightly longer four-minute half-time to rest and reset.

Season Length

Competitions run for 10 to 15 rounds. To wrap things up with plenty of smiles, Centres are encouraged to finish with a Woolworths NetSetGo Carnival - a celebration round designed for fun, connection, and shared achievement.

Goalposts & Ball

Go players use a Size 4 netball and modified goalposts. Posts are usually set at 2.4 metres, but for older players, or those preparing to step into Junior Netball, posts can be lifted to the full height of 3.05 metres. This helps smooth the transition while still keeping the game inclusive and achievable.

Scoring & Ladders

The Go phase is still all about growth, confidence, and fair play. Scores are not displayed on scoreboards or competition systems such as PlayHQ or Netball Connect. Centres may quietly record scores for grading purposes, but without visible scores, no ladders are shown. This keeps the focus firmly on learning, playing, and enjoying the game with friends.

Finals

There are no finals in the Go phase. Instead, the season ends with a celebration - a Woolworths NetSetGo Carnival - where every player gets to finish on a high and feel proud of what they've achieved.

GO! Modified Rules

Centre Pass

Centre Passes alternate between the two teams, giving everyone an equal chance to start play. This helps players learn the rhythm of the game and prepares them for the step into Junior Netball.

Substitutions

Every child deserves fair time on court. Coaches should rotate players so that across the season, everyone experiences different positions. Rolling substitutions are encouraged to make sure game time is shared and players gain confidence in both attacking and defending areas of the court.

Coaching

Coaches can move along the sideline to give quick feedback and encouragement, without interrupting the umpire or the flow of play. If the game becomes one-sided, coaches are encouraged to step in to balance things out. This might mean rotating players into new positions, resting stronger players, or even mixing teams to ensure everyone enjoys the game.

Time with the Ball

Players can hold the ball for up to four seconds before passing. This keeps the game moving while giving players time to find a teammate and make a confident decision.

Footwork

Players may shuffle on the spot to regain balance, but they shouldn't gain ground by stepping forward. This teaches balance and control without penalising natural movement.

Replayed Ball / Repossession

Normal rules apply, but umpires are asked to consider the age and stage of players. A little fumbling is part of learning, so some leniency should be given while children are developing control.

Short Pass

The ball must be passed, not handed or rolled, to a teammate. If two players from the same team briefly touch the ball in succession, this isn't considered a short pass.

Offside

Standard offside rules apply, though allowances should be made for players still learning their areas. If a player accidentally wanders offside, the umpire should guide them with advice. If it happens repeatedly, penalties may be applied.

GO! Modified Rules

Breaking

If a player breaks on the Centre Pass, they should first be reminded of the rule before being penalised. This supports learning while still encouraging fair play.

Defending

Players must keep to one-on-one defence only. At the Go stage, they are now allowed to defend a shot at goal, preparing them for the next step in netball.

Contact

Contact such as pushing, bumping, tripping, or knocking the ball from another player's hands isn't allowed. Players are reminded to defend fairly and keep the game safe.

Obstruction

Players must defend from at least 1.2 metres away. If they get too close or use their arms to block, they may be penalised. This encourages safe, effective defence.

Advantage

The advantage rule should not be applied, except for Advantage Goal.

Sanctions

For minor infringements such as held ball, footwork, breaking, offside, or short pass, a Free Pass is awarded. For major infringements such as obstruction or contact, a Penalty Pass is awarded, and the infringing player must stand beside and away until the pass is taken.

GO!

Carnival Celebration

To wrap up the Woolworths NetSetGo season, Centres may like to host a Go Carnival as a means of celebrating play, teamwork, and all the progress made throughout the program. The Carnival is designed as a positive, inclusive way to finish the season, giving every player the chance to enjoy extra game time, connect with friends, and share in the joy of netball.

How It Works

Games are short and exciting, played in two halves of eight minutes each, with a quick three-minute break at half time. Teams rotate through a round-robin format, ensuring plenty of opportunities to get on court without the pressure of finals, awards, or MVPs. To keep things fair and fun, Centres are encouraged to group teams into pools of similar ability.

Each team can play up to six games across the day, with a 30-minute rest between matches so players stay fresh and ready to go. All other rules follow the Woolworths NetSetGo Go Modified Rules - including goalpost height, footwork, and safe gameplay - to make sure the Carnival feels familiar and supportive for every budding netballer.

The Go Carnival is the perfect way to celebrate a season of learning, laughter, and teamwork, leaving players with big smiles and even bigger memories.