



**SET**  
**Competition  
Structure  
& Rules**

# All About SET

Whether players are back for another season of Woolworths NetSetGo or stepping onto the court for the very first time, the Set phase is where confidence grows, movement skills develop, and game sense starts to click.

In Set, kids take part in a mix of fun activities, playful challenges, and modified netball games that are just right for their age and stage. It's all about building skills, learning the game, and most importantly... having fun with friends, both old and new!

Rules and equipment are tailored to keep things simple, safe, and inclusive. Every child gets equal court time, plenty of chances to try different positions, and lots of encouragement to give things a go.

There's no pressure on competing to win – just the chance to explore, grow, and discover the joy of netball in a supportive team environment.



# SET

# Competition Structure

## Match Duration

Games are played in four quarters, each eight minutes long, with quick breaks to allow players to catch their breath and reset - two minutes at quarter and three-quarter time, and a longer four-minute break at half time.

## Season Length

Competitions run for a minimum of 10 rounds and up to 15 rounds. To finish on a high, Centres are encouraged to host a Woolworths NetSetGo Carnival as a fun, celebration round for everyone to enjoy.

## Goalposts & Ball

Set netballers play with equipment designed to suit their age and phase: modified goalposts set at 2.4 metres and a Size 4 netball that's the perfect fit for growing hands.

## Scoring & Ladders

The spotlight is on fun, learning, and teamwork - not on the scoreboard. Scores aren't displayed during the game or on competition systems like PlayHQ or Netball Connect. For grading purposes, we recommend that scores be recorded quietly on the scoresheet.

## Finals

No finals are played in the Set phase. Instead, we encourage Centres to wrap up the season with a Woolworths NetSetGo Carnival, giving every child a chance to celebrate their growth and achievements with their teammates.

# SET Modified Rules

The Set rules are designed to keep the game simple, safe, and fun – while helping players gradually learn the basics of netball in a supportive environment.

## Centre Pass

After a goal, the Centre Pass is taken by the non-scoring team, giving everyone a fair chance at possession. Towards the end of the season, we encourage alternating Centre Passes for a few weeks to help players prepare for the Go tier.

## Substitutions & Positions

Every child deserves plenty of court time! Coaches should make sure all players rotate evenly through positions across the season. During games, keep players within the same general area (attacking or defending) to help them settle into their roles. Rolling substitutions are encouraged to give everyone a go.

## Coaching Support

Coaches can step onto the court during play to give quick feedback, provided they don't disrupt the flow of the game too much. If things become one-sided, coaches can step in to keep the match enjoyable by resting more experienced players, rotating others into new roles, or even mixing teams to balance things out.



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## Time with the Ball

Players have up to five seconds to release the ball – plenty of time to look up, find a teammate, and make a confident pass.

## Footwork

No finals are played in the Set phase. Instead, we encourage Centres to wrap up the season with a Woolworths NetSetGo Carnival, giving every child a chance to celebrate their growth and achievements with their teammates.

## Replayed Ball / Repossession

Fumbles happen, and that's okay! If a player bobbles the ball while trying to gain control, it's not replayed. Players can bat or bounce the ball up to twice as they secure it.



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## Short Pass

No finals are played in the Set phase. Instead, we encourage Centres to wrap up the season with a Woolworths NetSetGo Carnival, giving every child a chance to celebrate their growth and achievements with their teammates.

## Breaking

If a player steps over the line too early on the Centre Pass, that's Breaking, and it should be called.

## Defending

Set players must stick to one-on-one defence. Defending shots at goal is not allowed.

## Contact

Players can't push, bump, trip, or knock the ball out of someone's hands. Safe play comes first.



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## Obstruction

Defenders must stay 1.2 metres away from the player with the ball. If arms are stretched out too far or defenders crowd in, umpires or coaches will first give guidance. If it happens repeatedly, penalties may be called.

## Advantage

At this level, the Advantage Rule isn't used, except in the case of an Advantage Goal.

## Sanctions

Free Passes are given for minor infringements like Held Ball, Footwork, Breaking, Offside, or Short Pass. Penalty Passes are for major infringements like Contact or Obstruction, but the penalised player does not have to stand out of play in Set.



# SET Carnival Celebration

At the end of the season, Centres may like to wrap things up with a Woolworths NetSetGo Carnival – a special day designed to celebrate the effort, fun, and friendships built across the program.

The Set Carnival isn't about scores or finals. Rather, it's about giving every child another chance to play, join in, and enjoy the game with their teammates and new friends. It's a way to mark the season with laughter, teamwork, and a sense of achievement for all involved.

## How It Works

Games are kept short and snappy with two six-minute halves and a quick three-minute break at half-time. Teams usually play in a round-robin format, with no finals, awards, or MVPs – the focus is on fun and inclusion.

To keep things fair, group teams into pools of similar abilities, so matches are more evenly balanced. Each team should only play up to two games an hour, with a 30-minute rest in between. Over the day, no team should play more than six games – giving players plenty of time to recharge between matches.

All games follow the same modified Set rules, including the 2.4-metre posts, Size 4 netball, and simple adaptations that keep the game age-appropriate and enjoyable.

The Carnival is a wonderful way to bring the community together, celebrate progress, and remind every player that Woolworths NetSetGo is about growing skills, having fun, and being part of a team.