



SUCCESS
NETBALL ASSOCIATION

**SUCCESS NETBALL ASSOCIATION
NSG MODIFIED
RULES HANDBOOK**

Modified Rules for Umpiring SET (7-8 year olds)

| Rule | Explanation | Umpires |
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| Match Duration | <ul style="list-style-type: none"> • 4 x 10 minute quarters. • 3 minute interval at quarters and 5 minute interval at half time. • Normal injury time applies (up to 30 seconds per incident to leave the court). | <ul style="list-style-type: none"> • Before the game begins, ensure the person who is timing the game is in the technical officiating square and has knowledge of the times for quarters and intervals. • Confirm with the timekeeper that with 10 seconds until the end of a quarter, the timekeeper needs to follow the umpire on their side of the court. • Once you have heard the timer, blow your whistle to indicate the end of play. |
| Scoring | <ul style="list-style-type: none"> • Scores may be kept, but no ladder produced. • No final matches should be played. • Each participant in the competition should be given a memento of participation eg a medal. | <ul style="list-style-type: none"> • Before the game begins, ensure the person who is scoring the game is in the technical officiating square and understands the procedure of scoring. |
| Goal Post | <ul style="list-style-type: none"> • 2.4m high. | |
| Ball | <ul style="list-style-type: none"> • Size 4 | <ul style="list-style-type: none"> • Both umpires are required to check the game balls to gauge suitability and then select one ball for the match. |
| Umpires | <ul style="list-style-type: none"> • Use simple language and explain decisions. • Adopt an encouraging and pleasant manner to ensure an open free flowing game, particularly in the setting up of penalties and throw ins. • Should enter the field of play to explain rules and assist with player positioning. | |
| Procedures Before The Game Begins | | <ul style="list-style-type: none"> • Introduce yourself to the opposing umpire and together select which side of the court you will be officiating. This may be settled by a toss of the coin or the like. • Check nails and jewellery for your team. • Both umpires gather the captains to determine which team has the first centre pass and the selection of scoring ends. • Ensure both the scorer and timekeeper are positioned in the technical officiating squares and that they understand their responsibilities. • Check scores and centre passes are accurate at each break. |

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| Time To Pass The Ball | <ul style="list-style-type: none"> Up to 5 seconds | <ul style="list-style-type: none"> Players should be given guidance. Stop play and enter the court to remind the offending player that they have up to 5 seconds (1 and 2 and 3 and 4 and 5) to pass the ball. Play continues without penalty. If the player regularly continues to hold the ball for more than 5 seconds, even after guidance is given, then they may be penalised with a free pass to the opposition. Once again, stop play and enter the court to explain and penalise the offending player with a free pass to the opposition where the penalty occurred. |
| Centre Pass | <ul style="list-style-type: none"> The initial centre pass will be taken by the team who won the toss and all other centre passes shall be taken by the team that did not score the last goal. | <ul style="list-style-type: none"> If a team dominates the scoring and as a result does not have a centre pass, then that team should begin each quarter with the centre pass to allow for the practise of a centre pass. |
| Short Pass | <ul style="list-style-type: none"> The ball must be thrown (not handed) to another player on the same team. If two players from the same team gain possession of the ball in quick succession, this is not considered a short pass and possession shall be awarded to one player. | <ul style="list-style-type: none"> Players should be given guidance. Stop play and enter the court to explain to the offending player that the ball must be thrown. Play continues without penalty. |
| Replayed Ball | <ul style="list-style-type: none"> A player who fumbles while gaining possession of the ball will not be considered to have replayed the ball. A player may also bat or bounce the ball up to 2 times to gain possession. | <ul style="list-style-type: none"> Play continues without penalty. |
| Footwork | <ul style="list-style-type: none"> Shuffling on the spot or 1-2 steps to regain balance is allowed, provided they do not move down the court. | <ul style="list-style-type: none"> Players should be given guidance. Stop play and enter the court to explain to the offending player that they need to stop before throwing the ball. Play continues without penalty. |
| Breaking | <ul style="list-style-type: none"> A player who breaks on the centre pass should not be penalised. | <ul style="list-style-type: none"> Players should be given guidance. Stop play and enter the court to explain to the offending player that they need to stay in their playing area before the whistle is blown for a centre pass. Play continues without penalty. |
| Defending | <ul style="list-style-type: none"> Strict 'one-on-one' defence. Players may NOT defend a shot at goal. | <ul style="list-style-type: none"> Players should be given guidance. Stop play and enter the court to explain to the offending players that only one player can defend an opposing player in all thirds except the goal circle. Explain to the offending players in the goal circle that they may not defend a shot at goal. Play continues without penalty. However, umpires need to be aware that players at this age tend to raise their arms under the goals to wait for the rebound from a missed goal and are not defending the shooter. |

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| Obstruction | <ul style="list-style-type: none"> • Players should be given guidance if they are obstructing eg defending from a distance less than 1.2m or have arms away from the body so as to limit the movement of an opponent and should not be penalised at the first instance. | <ul style="list-style-type: none"> • Players should be given guidance. • Stop play and enter the court to explain and demonstrate to the offending player the distance that is required to defend one-on-one in all thirds except the goal circle. • If the player continues to obstruct, even after guidance is given, they may be penalised with a penalty pass to the opposition. • The offending player must stand out of play until the ball is thrown. |
| Offside | <ul style="list-style-type: none"> • A player who moves into an incorrect playing area and self corrects should not be penalised for offside. • Player may 'play on' in the case of simultaneous offside (one player touches the ball), rather than a toss up being taken. • 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. | <ul style="list-style-type: none"> • Players should be given guidance. • Stop play and enter the court to explain to the offending player that they have moved into an offside area. • Demonstrate to the offending player the areas they are permitted to play. • Play continues without penalty. • If a player regularly goes offside, even after guidance is given, they may be penalised. • Stop play and enter the court to explain and demonstrate to the offending player the area they are permitted to play. • Demonstrate and explain where the penalty should be taken. |
| Penalty Pass | <ul style="list-style-type: none"> • A player taking the penalty pass must stand in the correct position and wait for the offending player to stand out of play before passing. | <ul style="list-style-type: none"> • Players should be given guidance. • Enter the court and position the players where the penalty occurred. • Explain to the offending player that they need to stand out of play until the ball has been passed. |
| Advantage | <ul style="list-style-type: none"> • The advantage rule should not be applied, except for advantage goal. | <ul style="list-style-type: none"> • Signal advantage goal when applicable. |
| Substitutions | <ul style="list-style-type: none"> • The game time should be evenly distributed amongst all players. • A team may make unlimited substitutions at intervals or at any time during play. • Players must experience ALL positions over the course of the program/season evenly and cannot play more than 2 quarters in the same position during the match. • The procedure for making a substitution during play is: <ul style="list-style-type: none"> ❖ Before entering the court, the substitute shall tag the player leaving the court. ❖ Both the substitute and the player leaving the court shall not interfere with the play during the substitution process. | |

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| | <ul style="list-style-type: none"> ❖ Both the substitute and the player leaving the court shall observe the offside rule when leaving or entering the court. | |
| <p>Coaching</p> | <ul style="list-style-type: none"> • During a SET game, coaching is permitted by the coach ONLY. • Coaches must remain stationary on their selected side line and are NOT permitted to enter the court during play. • Should an injury occur, it is preferable that the team manager removes the player immediately from the court. • They may NOT coach from the baseline. • A second coach is able to coach from a fixed position on the opposite corner of the court, this may not be the baseline. • 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"> ➢ Rotation of players into positions they don't usually play. ➢ Rest more skilled players. | |

Modified Rules for Umpiring GO (9-10 year olds)

| Rule | Explanation | Umpires |
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| Match Duration | <ul style="list-style-type: none"> • 4 x 12 minute quarters. • 3 minute interval at quarters and 5 minute interval at half time. • Normal injury time applies (up to 30 seconds per incident to leave the court). | <ul style="list-style-type: none"> • Before the game begins, ensure the person who is timing the game is in the technical officiating square and has knowledge of the times for quarters and intervals. • Confirm with the timekeeper that with 10 seconds until the end of a quarter, the timekeeper needs to follow the umpire on their side of the court. • Once you have heard the timer, blow your whistle to indicate the end of play. |
| Scoring | <ul style="list-style-type: none"> • Scores may be kept, but no ladder produced. • No final matches should be played. • Each participant in the competition should be given a memento of participation eg a medal. | <ul style="list-style-type: none"> • Before the game begins, ensure the person who is scoring the game is in the technical officiating square and understands the procedure of scoring. |
| Goal Post | <ul style="list-style-type: none"> • 3.05m high. | |
| Ball | <ul style="list-style-type: none"> • Size 4 | <ul style="list-style-type: none"> • Both umpires are required to check the game balls to gauge suitability and then select one ball for the match. |
| Umpires | <ul style="list-style-type: none"> • Use simple language and explain decisions. • Adopt an encouraging and pleasant manner to ensure an open free flowing game, particularly in the setting up of penalties and throw ins. • Should enter the field of play to explain rules and assist with player positioning. | |
| Procedures Before The Game Begins | | <ul style="list-style-type: none"> • Introduce yourself to the opposing umpire and together select which side of the court you will be officiating. This may be settled by a toss of the coin or the like. • Check nails and jewellery for your team. • Both umpires gather the captains to determine which team has the first centre pass and the selection of scoring ends. • Ensure both the scorer and timekeeper are positioned in the technical officiating squares and that they understand their responsibilities. • Check scores and centre passes are accurate at each break. |
| Time To Pass The Ball | <ul style="list-style-type: none"> • Up to 4 seconds | <ul style="list-style-type: none"> • Players should be given guidance if required. • Stop play and enter the court to remind the offending player that they have up to 4 seconds (1 and 2 and 3 and 4) to pass the ball. • Play continues without penalty. |

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| | | <ul style="list-style-type: none"> • If the player continues to hold the ball for more than 4 seconds, even after guidance is given, then they should be penalised with a free pass to the opposition. • Once again, stop play and enter the court to explain and penalise the offending player with a free pass to the opposition where the penalty occurred. |
| Centre Pass | <ul style="list-style-type: none"> • Alternate centre passes. | <ul style="list-style-type: none"> • If the game is one sided, the coaches may consider the centre pass to be taken by the non-scoring team to ensure a good playing experience for all players. • If this occurs, ensure that the dominating team is given the experience of a centre pass at the beginning of a quarter/quarters to allow for the practise of a centre pass. |
| Short Pass | <ul style="list-style-type: none"> • The ball must be thrown (not handed) to another player on the same team. • If two players from the same team gain possession of the ball in quick succession, this is not considered a short pass and possession shall be awarded to one player. | <ul style="list-style-type: none"> • Players should be given guidance if required and should not be penalised in the first instance. • Stop play and enter the court to explain to the offending players that the ball must be thrown. • Play continues without penalty. • If the players continue to short pass, even after guidance, then they should be penalised with a free pass to the opposition. • Once again, stop play and enter the court to explain and penalise the offending players with a free pass to the opposition where the penalty occurred. |
| Replayed Ball | <ul style="list-style-type: none"> • 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 eg some fumbling should be expected and allowed. | <ul style="list-style-type: none"> • Players should be given guidance if required and should not be penalised in the first instance. • Stop play and enter the court to explain to the offending player the rule of replaying the ball. • Play continues without penalty. • If the player continues to replay the ball, even after guidance, then they should be penalised with a free pass to the opposition. • Once again, stop play and enter the court to explain and penalise the offending player with a free pass to the opposition where the penalty occurred. |
| Footwork | <ul style="list-style-type: none"> • Shuffling on the spot or 1-2 steps to regain balance is allowed, provided they do not move down the court. | <ul style="list-style-type: none"> • Players should be given guidance if required. • Stop play and enter the court to explain and demonstrate to the offending player the footwork rule. • Play continues without penalty. • If the player continues to break the footwork rule, even after guidance, then they should be penalised with a free pass to the opposition. • Once again, stop play and enter the court to explain and penalise the offending players with a free pass to the opposition where the penalty occurred. |

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| Breaking | <ul style="list-style-type: none"> • A player who breaks on the centre pass should not be penalised in the first instance. | <ul style="list-style-type: none"> • Players should be given guidance if required. • Stop play and enter the court to explain to the offending player that they need to stay in their playing area before the whistle is blown for a centre pass. • Play continues without penalty. • If the player continues to break the centre pass, even after guidance, then they should be penalised with a free pass to the opposition. • Once again, stop play and enter the court to explain and penalise the offending players with a free pass to the opposition where the penalty occurred. |
| Defending | <ul style="list-style-type: none"> • Strict 'one-on-one' defence. • Players may defend a shot at goal. | <ul style="list-style-type: none"> • Players should be given guidance if required. • Stop play and enter the court to explain to the offending players that only one player may defend. • Play continues without penalty. • If more than one player continues to defend, even after guidance, then they should be penalised with a free pass to the opposition. • Once again, stop play and enter the court to explain and penalise the offending players with a free pass to the opposition where the penalty occurred. |
| Obstruction | <ul style="list-style-type: none"> • A player must defend from a distance of no less than 1.2m. • 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 movements of an opponent should be penalised. | <ul style="list-style-type: none"> • Players should be given guidance if required. • Stop play and enter the court to explain and demonstrate to the offending player the distance that is required to defend one-on-one in all thirds. • If the player continues to obstruct, even after guidance is given, they will be penalised with a penalty pass to the opposition where the penalty occurred. • The offending player must stand out of play until the ball is thrown. |
| Offside | <ul style="list-style-type: none"> • Usual offside rule applies, with consideration given to the age and skill level of the players. • Player may 'play on' in the case of simultaneous offside (one player touches the ball), rather than a toss up being taken. • 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. | <ul style="list-style-type: none"> • Players should be given guidance if required. • Stop play and enter the court to explain to the offending player that they have moved into an offside area. • Demonstrate to the offending player the areas they are permitted to play. • Play continues without penalty. • If a player regularly goes offside, even after guidance is given, they may be penalised. • Stop play and enter the court to explain and demonstrate to the offending player the area they are permitted to play. • Demonstrate and explain where the penalty should be taken. |
| Penalty Pass | <ul style="list-style-type: none"> • A player taking the penalty pass must stand in the correct position and wait for the offending player to | <ul style="list-style-type: none"> • Players should be given guidance if required. • Enter the court and position the players where the penalty occurred. |

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| | stand out of play before passing. | <ul style="list-style-type: none"> Explain to the offending player that they need to stand out of play until the ball has been passed. |
| Advantage | <ul style="list-style-type: none"> The advantage rule should not be applied, except for advantage goal. | <ul style="list-style-type: none"> Signal advantage goal when applicable. |
| Substitutions | <ul style="list-style-type: none"> The game time should be evenly distributed amongst all players. A team may make unlimited substitutions at intervals or at any time during play. Players must experience ALL positions over the course of the program/season evenly and cannot play more than 2 quarters in the same position during the match. The procedure for making a substitution during play is: <ul style="list-style-type: none"> ❖ Before entering the court, the substitute shall tag the player leaving the court. ❖ Both the substitute and the player leaving the court shall not interfere with the play during the substitution process. ❖ Both the substitute and the player leaving the court shall observe the offside rule when leaving or entering the court. | |
| Coaching | <ul style="list-style-type: none"> During a GO game, coaching is permitted by the coach ONLY. 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"> ➤ Rotation of players into positions they don't usually play. ➤ Rest more skilled players. ➤ Centre pass is taken by the non-scoring team. | |