

# 2023 SNA Modified Rules For SET & GO

Please note there are some differences between NWA and SNA Guidelines  
**ALL** clubs should adopt the 2023 SNA Modified Rules

Rule	SET (7-8 year olds)	GO (9-10 year olds)
<b>Match Duration</b>	<ul style="list-style-type: none"> <li>4 x 10 minute quarters.</li> <li>3 minute interval at quarters and 5 minute interval at half time.</li> <li>Normal injury time applies (up to 30 seconds per incident to leave the court).</li> </ul>	<ul style="list-style-type: none"> <li>4 x 12 minute quarters.</li> <li>3 minute interval at quarters and 5 minute interval at half time.</li> <li>Normal injury time applies (up to 30 seconds per incident to leave the court).</li> </ul>
<b>Goal Post</b>	<ul style="list-style-type: none"> <li>2.4m high.</li> </ul>	<ul style="list-style-type: none"> <li>3.05m high.</li> </ul>
<b>Ball</b>	<ul style="list-style-type: none"> <li>Size 4.</li> </ul>	<ul style="list-style-type: none"> <li>Size 4.</li> </ul>
<b>Time To Pass The Ball</b>	<ul style="list-style-type: none"> <li>Up to 5 seconds</li> </ul>	<ul style="list-style-type: none"> <li>Up to 4 seconds.</li> </ul>
<b>Centre Pass</b>	<ul style="list-style-type: none"> <li>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.</li> </ul>	<ul style="list-style-type: none"> <li>The centre pass will alternate.</li> </ul>
<b>Short Pass</b>	<ul style="list-style-type: none"> <li>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.</li> </ul>	<ul style="list-style-type: none"> <li>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.</li> </ul>
<b>Replayed Ball</b>	<ul style="list-style-type: none"> <li>A player who fumbles while gaining possession of the ball will not be considered to have replayed the ball.</li> <li>A player may also bat or bounce the ball up to 2 times to gain possession.</li> </ul>	<ul style="list-style-type: none"> <li>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.</li> </ul>
<b>Footwork</b>	<ul style="list-style-type: none"> <li>Shuffling on the spot to regain balance is allowed, provided they do not move down the court.</li> </ul>	<ul style="list-style-type: none"> <li>Shuffling on the spot to regain balance is allowed, provided they do not move down the court.</li> </ul>
<b>Offside</b>	<ul style="list-style-type: none"> <li>A player who moves into an incorrect playing area and self corrects should not be penalised for offside.</li> <li>Players should be given guidance if they move into offside areas, however if a player regularly goes offside, even after guidance given, they may be penalised.</li> </ul>	<ul style="list-style-type: none"> <li>Usual offside rule applies, with consideration given to the age and skill level of the players.</li> </ul>
<b>Breaking</b>	<ul style="list-style-type: none"> <li>A player who breaks on the centre pass should not be penalised.</li> </ul>	<ul style="list-style-type: none"> <li>Usual rule for breaking applies.</li> </ul>
<b>Defending</b>	<ul style="list-style-type: none"> <li>Strict '<b>one-on-one</b>' defence.</li> <li>Players may <b>NOT</b> defend a shot at goal.</li> </ul>	<ul style="list-style-type: none"> <li>Strict '<b>one-on-one</b>' defence.</li> <li>Players may defend a shot at goal.</li> </ul>
<b>Obstruction</b>	<ul style="list-style-type: none"> <li>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.</li> </ul>	<ul style="list-style-type: none"> <li>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.</li> </ul>

<b>Penalty Pass</b>	<ul style="list-style-type: none"> <li>• 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.</li> </ul>	<p>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.</p>
<b>Substitutions</b>	<ul style="list-style-type: none"> <li>• The game should be evenly distributed amongst all players.</li> <li>• A team may make unlimited substitutions at intervals or at any time during play.</li> <li>• Players must experience <b>ALL</b> positions over the course of the program/season <b>evenly</b> and cannot play more than 2 quarters in the same position during the match.</li> <li>• The procedure for making a substitution during play is: <ul style="list-style-type: none"> <li>❖ Before entering the court, the substitute shall tag the player leaving the court.</li> <li>❖ Both the substitute and the player leaving the court shall not interfere with the play during the substitution process.</li> <li>❖ Both the substitute and the player leaving the court shall observe the offside rule when leaving or entering the court.</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• The game should be evenly distributed amongst all players.</li> <li>• A team may make unlimited substitutions at intervals or at any time during play.</li> <li>• Players must experience <b>ALL</b> positions over the course of the program/season <b>evenly</b> and cannot play more than 2 quarters in the same position during the match.</li> <li>• The procedure for making a substitution during play is: <ul style="list-style-type: none"> <li>❖ Before entering the court, the substitute shall tag the player leaving the court.</li> <li>❖ Both the substitute and the player leaving the court shall not interfere with the play during the substitution process.</li> <li>❖ Both the substitute and the player leaving the court shall observe the offside rule when leaving or entering the court.</li> </ul> </li> </ul>
<b>Coaches</b>	<ul style="list-style-type: none"> <li>• During a SET game, coaching is permitted by the coach <b>ONLY</b>.</li> <li>• Coaches must remain stationary on their selected sideline and are <b>NOT</b> permitted to enter the court during play.</li> <li>• Should an inquiry occur, it is preferable that the manager removes the player immediately from the court.</li> <li>• They may <b>NOT</b> coach from the baseline.</li> <li>• A second coach is able to coach from a fixed position on the opposite corner of the court, this may not be the baseline.</li> </ul>	<ul style="list-style-type: none"> <li>• During a GO game, coaching is permitted by the coach <b>ONLY</b>.</li> </ul>
<b>Scoring</b>	<ul style="list-style-type: none"> <li>• Scores may be kept, but no ladder produced.</li> <li>• No final matches should be played.</li> <li>• Each participant in the competition should be given a memento of participation eg a medal</li> </ul>	<ul style="list-style-type: none"> <li>• Scores may be kept, but no ladder produced.</li> <li>• No final matches should be played.</li> <li>• Each participant in the competition should be given a memento of participation eg a medal</li> </ul>
<b>Umpires</b>	<ul style="list-style-type: none"> <li>• Use simple language and explain decisions.</li> <li>• Adopt an encouraging and pleasant manner to ensure an open free flowing game, particularly in the setting up of penalties and throw ins.</li> <li>• Umpires to direct scorer and timer.</li> <li>• May enter the field of play to assist with player positioning.</li> </ul>	<ul style="list-style-type: none"> <li>• Use simple language and explain decisions.</li> <li>• Adopt an encouraging and pleasant manner to ensure an open free flowing game, particularly in the setting up of penalties and throw ins.</li> <li>• Umpires to direct scorer and timer.</li> <li>• May enter the field of play to assist with player positioning.</li> </ul>