

CALOUNDRA SET & GO GUIDELINES

RULE	SET	GO
MATCH DURATION	4 X 8-minute quarters (or by centralised timing, 4 X 12-minute quarters)	4 X 10-minute quarters (or by centralised timing, 4 X 12-minute quarters)
GOAL POST	3.05 m high (our Council facility does not have adjustable posts)	3.05 m high
BALL	Size 4	Size 5
TIME TO PASS	Up to 5 seconds	Up to 4 seconds
SHORT PASS	<ul style="list-style-type: none"> Ball must be thrown (not handed) to another player. If two players from the same team gain possession of the ball in quick succession, this is not considered a short pass. 	<ul style="list-style-type: none"> Ball must be thrown (not handed) to another player. If two players from the same team gain possession of the ball in quick succession, this is not considered a short pass.
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 bat or bounce the ball up to 2 times to gain possession. 	<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 (i.e. – some fumbling should be expected and allowed).
FOOTWORK	<ul style="list-style-type: none"> 1-2 steps to regain balance is allowed. 	<ul style="list-style-type: none"> Shuffling on the spot to regain balance allowed, without moving down the court.
CENTRE PASS	<ul style="list-style-type: none"> Centre pass is taken by the non- scoring team. However, 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. 	<ul style="list-style-type: none"> Alternate centre pass.
BREAKING	<ul style="list-style-type: none"> A player who breaks on the centre pass should not be penalised for breaking. 	<ul style="list-style-type: none"> Players should be given guidance if they break on the centre pass and <u>should not be penalised at the first instance</u>. If a player regularly goes offside, even after guidance is given, they may be penalised.
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"> Strict one-on-one defence. Players may defend a shot at goal.

CALOUNDRA NETBALL

est. 1984

Last Updated: 21.03.2025

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. ▪ Players may “play on” in the case of simultaneous offside (one player touches the ball), rather than a tossup 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"> ▪ Usual offside rule applies, with consideration given to the age and skill level of the players. ▪ Players may “play on” in the case of simultaneous offside (one player touches the ball), rather than a tossup being taken. ▪ If a player regularly goes offside (and does not seem aware that they are breaking the rules), they should be given guidance about the correct playing area/s for their position when penalised.
OBSTRUCTION	<ul style="list-style-type: none"> ▪ Players should be given guidance if they are obstructing (i.e. defending from a distance of 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. If a player regularly obstructs, even after guidance is given, they may be penalised. 	<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 movement of an opponent.
SUBSTITUTIONS	<ul style="list-style-type: none"> ▪ The game time should be evenly distributed amongst all players. ▪ A team can make unlimited substitutions at any time. ▪ Players should experience all positions over the course of the program/season. 	<ul style="list-style-type: none"> ▪ The game time should be evenly distributed amongst all players. ▪ A team can make unlimited substitutions at any time. ▪ Players should experience all positions over the course of the program/season.
PENALTY PASS	<ul style="list-style-type: none"> ▪ 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"> ▪ Player taking the penalty pass must stand in the correct position and wait for the offending player to stand out of play before passing.
ADVANTAGE	<ul style="list-style-type: none"> ▪ The advantage rule should not be applied, except for advantage goal. 	<ul style="list-style-type: none"> ▪ The advantage rule should not be applied, except for advantage goal.
COACHING	<ul style="list-style-type: none"> ▪ The coach may enter the field of play to provide players with immediate feedback as required. ▪ 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. 	<ul style="list-style-type: none"> ▪ The coach may <u>not</u> move along the side-line. ▪ If the game is one-sided, coaches/umpires should use any means necessary to ensure a good experience for all players. ▪ This could include: <ul style="list-style-type: none"> ○ Centre pass is taken by non-scoring team. ○ Rotation of players into positions they don't usually play. ○ Rest more skilled players
SCORING	<ul style="list-style-type: none"> ▪ No scores should be kept, and no finals are played. ▪ No best and fairest awards should be awarded. 	<ul style="list-style-type: none"> ▪ Scores may be kept but no ladder produced; no finals are played. ▪ No best and fairest awards should be awarded