



SetGo Modified Rules

RULE	NETBALL	MODIFIED
Goal Post	3.05 metres (10 feet) in height.	2.4 metres (8 feet) in height.
Ball	Size 5 of composite leather or all leather.	Size 4 of composite leather or all leather.
Time to pass the ball	Up to 3 seconds.	Up to 6 seconds.
Stepping	Strict application of footwork rules.	Shuffling on the spot allowed to gain balance before throwing, without moving down the court.
Defending	A variety of defending tactics employed.	Strict "one on one" defence Undefended shot for goal.
Obstruction	A player defending a player from the opposing team in possession of the ball must defend from a distance of 0.9m (3 feet).	A player defending a player from the opposing team in possession of the ball must defend from a distance of 1.2 metres (4 feet).
Obstruction/Contact	A player who obstructs or contacts a player from the opposing team must stand out of play whilst the penalty pass or shot is taken.	A player who contacts or obstructs will not be stood out of play. The umpire will blow the whistle for the infringement but will allow the player to continue after a brief explanation.
Substitutions	A team may make unlimited substitutions in any one game at 1/4, 1/2 and 3/4 time intervals, or during an injury time.	A team of up to 12 players may make unlimited substitutions at 1/4, 1/2 and 3/4 time intervals. All playing positions are rotated at the end of each quarter. Each player should experience every playing position. All players must play a minimum of two quarters.
Awards & Scoring		Scores should not be recorded. No final matches should be played. Each participant in the competition should be given a memento of participation, eg. certificate of participation award.