



NetSetGO Rules

GO 9 years

Match Duration:	4 x 10 minute quarters, with an interval of 3 minutes between the first-second and third-fourth quarters. The half time interval is 5 minutes.
Change of ends:	Teams shall change ends at the end of each quarter.
Goal Post:	2.4 m (8 feet)
Ball:	Size 4
Time to pass the ball:	Up to 4 seconds <i>Sanction is – Free pass</i>
Stepping:	No stepping is allowed. Shuffling on the spot to regain balance is allowed without moving down the court. <i>Sanction is – Free pass</i>
Defending/Obstruction:	Strict “one- on- one” defence at all times. Players may not double up on any player at a centre pass. Players defending a player with the ball must defend from a distance of not less than 1.2m (4 feet). Players may not have their arms outstretched across an opponent’s body. <i>Sanction is – Penalty pass. Infringer is not out of play.</i>
Defending the shooter:	One player only may defend a shot at goal. Players may have their arms up to get a rebound. <i>Sanction is – Penalty pass/shot. Infringer is not out of play.</i>
Contact:	Players may not contact an opponent in such a way that interferes with the play of that opponent. <i>Sanction is – Penalty pass. Infringer is not out of play.</i>
Substitutions:	Substitutions can be made at any time.
Rotation of players:	Players are to rotate positions at half time. Each player must play at least 2 quarters of every game.

ALL OTHER RULES OF NETBALL APPLY TO NetSetGO