



## NETSETGO! 9yrs The Metro Way -2023

**Goal Post** – 3.05 m (10 feet) for the whole season

**Ball** - Size 4

**Court Size** – Full size

**Match Duration** - 4 x 10 minute quarters.

**To start the game** - Coaches are encouraged to demonstrate strategies to determine centre pass and shooting end. (Rock paper scissors/Whistle behind back) The team deemed the winner will receive first possession of the ball/C pass for the commencement of the game.

### **Centre Pass**

The initial Centre Pass will be taken by the team that won rock paper scissors and then all other Centre Passes will be alternated by each team after a goal is scored.

At the beginning of each quarter after that, the team who did NOT take the last centre pass will take the 1st centre pass (as is the case in competition rules).

**Time to Pass Ball** - Up to 5 seconds. Players must release the ball within (5) seconds of catching the ball.

**Footwork (previously known as Stepping)** - no moving down the court after ball has been caught.

Players may shuffle their feet after catching the ball, however no large forward movement is allowed.

If a large forward movement does take place, blow the whistle, call out "footwork" and explain they have "stepped" and move them back to their landing spot. Talk to the players during the game (ie "keep your feet still", "don't move your feet after you catch the ball", "watch your feet", etc).

### **Defending**

Strict "one-on-one" defence only.

No double defending.

Hands on/over is allowed.

It is important for skill development that all players do not have their arms/hands in the air/out to the side or blocking a space or player. Coaches are asked to communicate with their teams and encourage ball movement from one end to the other.

Suggestions: "where is your partner?" "hands down everyone/by your side" "lets pass to ....."

**Defending the Shot** - Shots for goal may be defended.

Distance allowed for defending another player is 1.2m (4ft) everywhere on the court. Players are not permitted to stand with their hands in the air while waiting for the rebound if they are standing within 4ft of the shooter.

Management: Blow whistle. Indicate the appropriate distance to the player. Game continues. No one stands out of play.

**Obstruction** - A player must defend from a distance no less than 1.2m (4 ft).

**Contact Rule** - is as per rulebook.

Management: Blow whistle. Communicate/explain the contact infringement. Give the ball back to attacking team. Game continues. No one stands out of play.

**Throw in** rule applies. Please ensure correct foot placement.

**Toss ups** – are to be avoided. Call possession quickly and if in doubt, give possession to the weaker team to give them a chance of scoring a goal.

### **Substitutions**

Ensure all players have even court time and rotation between all positions over the season.

A team (up to 9 players is recommended) may make unlimited substitutions at the quarter time breaks.

Substitutions during play is only recommended in the case of injury or to balance the flow of play ensuring no team dominates one area of the court at one time.

### **TRANSITION of Rules/Game**

**To encourage game development, application of the rules will be tightened during Round 8 (17 June after the Junior Carnival on 11 June) to Round 14 (ie: stepping, offside, obstruction, contact, incorrect throw in etc).**

PRIOR TO THE GAME, coaches are to communicate and agree to the specific rules that will be more stringently adhered to throughout the game (which may be different for each team). Coaches need to discuss and determine what infringements will result in:

1. Blowing the whistle and explaining infringement (with no turn over)
2. Blowing the whistle, explaining infringement and then give warning (with no turn over)
3. Blowing the whistle, explaining infringement with turn over

### **BASIC UMPIRING/COACHING RULES**

- Coaches are to umpire and coach the half of the court that is to their right hand side only
- Coaches cover throw ins on their sideline and baseline while the other coach covers the opposite sideline
- Coaches are to umpire/coach both teams in their designated half only
- Coaches are not permitted to call out instructions to their team in the other coaches designated half
- Coaches or managers are not permitted to stand on the sideline and call out instructions to the team as only the coach/umpire on court can call out instructions
- Coaches are encouraged to explain rules to both teams and make appropriate decisions that allows ball movement from one end to the other with subsequent goal scoring
- Coaches do not turn over the ball before Round 8 and need to determine with the other coach what infringements will result in a turn over during Round 8
- Coaches should limit running onto the court to explain rules and must call from the sideline and move along their sideline and baseline in line with play

Best practice for providing feedback to players during training includes adopting the GOOD/BETTER/HOW principle.

For example: for a footwork infringement – Good – “you made a great effort to slow down there”

Better – “try to stop when you catch the ball”

How - “you can count one, two for your landing feet”

### **COMMUNICATION IS KEY**