



## SET and GO Tiers Rules 2020

As per Rule 15 of the International Netball Federation Rules of Netball, variations to the rules may be made for matches that are not international play. The SET and Go Tier official rules can be found [HERE](#). Below are the modifications suited to the North Canberra Netball Competition (NCNC).

NetSetGO provides a staged introduction to netball by focusing the development of fundamental motor skills and introducing children to the game of netball using rule modifications that are developmentally suitable. The use of modified rules and equipment reduces competitive stress, allowing children more time and space to practice and develop their skills.

### North Canberra Netball Competition (NCNC) Rule Modifications:

<b>RULE</b>	<b>Set Tier (7-8 year olds)</b>	<b>Go Tier (9-10 year olds)</b>
<b>Match Duration</b>	4 x 10 minute quarters	4 x 10 minute quarters.
<b>Goal Post</b>	2.4m high	3.05m high
<b>Coaching</b>	The coach may move along the sideline (but may not interfere with the umpire) to provide players with immediate feedback as required.	The coach may move along the sideline (but may not interfere with the umpire) to provide players with immediate feedback as required.

These modifications were made to align with the NCNC competition structures.