



# Gosford Netball Association Non-Competition Policy

Adopted by the GNA Council at the  
AGM on 18 November 2017

Update	Comments
18 November 2017	Version 1 adopted by GNA Council

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## 1. NETMOD

- 1.1.1 For players who shall be six (6), seven (7) or eight (8) years of age by 31 December in the year of play.
- 1.1.2 A team may have a maximum of three (3) players turning six (6) by 31 December in the year of play.
- 1.1.3 All players must rotate through all positions during the season. This should occur on a fortnightly basis.
- 1.1.4 All player rotations must be completed on the official Association Scoresheet each week.
- 1.1.5 Clubs are responsible to ensure their coaches are adhering to position rotation.
- 1.1.6 Games will consist of 4 x 10 minute quarters.
- 1.1.7 Modified goalposts (2.4m/8ft) are to be used if available.
- 1.1.8 Size 4 netball is to be used. (450mm – 500mm in circumference)
- 1.1.9 One (1) allocated umpire per game, who will use simple language and hand signals.
- 1.1.10 Teams will change ends at half time only.
- 1.1.11 Netball Australia rules are to be applied with the following modifications:
  - Time to pass the ball – **5 Seconds**
  - **Stepping:** – shuffling on the spot to regain balance allowed without moving down the court
  - **Defending:** - a distance of not less than 1.2m (4ft). Strict “one on one defence”  
Players may defend a shot at goal
  - **Stoppages:-** time allowed 1 minute, player allowed to remain on court;  
discretion of umpire to hold time, player on court not required to call time
  - **Whistle:-** should be blown for goals and throw ins
- 1.1.11 No Semi-finals, Finals or Grand finals to be played

## 2. NETPLAY

- 2.1.1 For players who shall be nine (9) years of age by 31 December in the year of play.
- 2.1.2 Players turning seven (7) or eight (8) years of age by 31 December in the year of play will be considered at the discretion of the Junior Grading Committee.
- 2.1.3 All players must rotate positions at least fortnightly.
- 2.1.4 All player rotations must be completed on the official Association Scoresheet each week.
- 2.1.5 Clubs are responsible to ensure their coaches are adhering to position rotation.
- 2.1.6 A record of goals scored and attempts must be kept on the official scoresheet.
- 2.1.7 Games will consist of 4 x 10 minute quarters.
- 2.1.8 Teams will change ends after each quarter break.

- 2.1.9 Full height goalposts 3m (10ft) are to be used.
- 2.1.10 Size 5 ball is to be used. (690mm-710mm circumference)
- 2.1.11 Netball Australia Rules are to be applied with the following modifications:
- **Stoppages:-** Time allowed 1 minute, player allowed to remain on court; discretion of umpire to hold time, player on court not required to call time
- 2.1.12 No Semi-finals, Finals or Grand finals to be played.

### 3. COACHING

- 3.1.1 All coaches must abide by Netball NSW Member Protection Codes of Behaviour Policy.
- 3.1.2 All coaches must hold a current Netball Australia Foundation Accreditation.
- 3.1.3 All coaches are to coach Netball Australia Rules at training and game sessions. This is to aid the players in learning the correct skills of the game (correct technique of catching, throwing and landing).
- 3.1.4 Coaching by the team coach during games is permitted as set out below:
- Eights (8's) and nines (9's) - from a stationary position on the team sideline
  - Sevens (7's) - coaches may move up and down the sideline opposite to the umpire but must remain **OFF** the court

### 4. UMPIRING

- 4.1.1 All umpires must abide by Netball NSW Member Protection Codes of Behaviour Policy.
- 4.1.2 All umpires of NetMod and NetPlay games must hold a minimum of a GNA White Award.
- 4.1.3 One allocated umpire for seven (7) and eight (8) year old games, two (2) allocated umpires for nine (9) year old games.
- 4.1.4 Umpires may move onto the court to assist with the direction of play. This is at the sole discretion of the umpire/s controlling the game and must be done through simple verbal instruction and hand signals only.