



# Gosford Netball Association

## Non-Competition Policy

Adopted by the GNA Council at the  
Council Meeting 23 November 2024

Update	Comments
18 November 2017	Version 1 adopted by GNA Council
20 March 2019	Version 2 adopted by GNA Council
23 November 2019	Version 3 adopted by GNA Council
17 March 2021	Version 4 adopted by GNA Council
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Gosford Netball Association  
Adcock Park, West Gosford NSW 2250  
PO Box 1143 Gosford NSW 2250

[www.gosfordnetball.com.au](http://www.gosfordnetball.com.au)  
Phone: 0424 198 352  
secretary@gosfordnetball.com.au

## Table of Contents

1. NETMOD .....	3
2. NETPLAY.....	3
3. COACHING.....	4
4. GAME MANAGER.....	Error! Bookmark not defined.

## 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 All players must rotate through all positions during the season. This should occur on a fortnightly basis.
- 1.1.3 All player rotations must be completed on the official Association Scoresheet each week.
- 1.1.4 Clubs are responsible to ensure their coaches are adhering to position rotation.
- 1.1.5 Games will consist of 4 x 10 minute quarters.
- 1.1.6 Modified goalposts (2.4m/8ft) are to be used if available.
- 1.1.7 Size 4 netball is to be used. (450mm – 500mm in circumference)
- 1.1.8 Teams will change ends at half time only.
- 1.1.9 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 and a current pass in the Rules of Netball Online Theory Exam.

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 is permitted by the Game Manager on NetMod games, any additional coaching personnel may only provide coaching from a stationary position on the sideline. NetPlay coaching must be done from a stationary position on the team sideline.

### **4. GAME MANAGER**

4.1.1 All game managers and umpires must abide by Netball NSW Member Protection Codes of Behaviour Policy.

4.1.2 Each NetMod team shall provide a game manager for each game and each NetPlay team shall provide a suitable umpire for each game.

4.1.3 The game manager role shall be conducted by a nominated club representative with a current pass in the Rules of Netball Online Theory Exam.

4.1.4 All umpires of NetPlay games must hold a minimum of a GNA White Award and will umpire their own club team. The umpire can hold a position within the team (coach, manager, parent).

4.1.5 Game managers may move onto the court to assist with the direction of play. This is at the sole discretion of the game managers controlling the game and must be done through simple verbal instruction and hand signals only.