

## NetSetGO MODIFIED RULES YEAR 2 & YEAR 3 ESCPSNA TEAMS

<b>Match Duration</b>	Four 10 minute quarters
<b>Goal Posts</b>	Usually 2.4m in height but Waverley courts are 3.05m and non-adjustable
<b>Ball Size</b>	Size 4 ball
<b>Time to Pass Ball</b>	Up to 5 seconds
<b>Stepping</b>	Shuffling on the spot to regain balance allowed, without moving down the court. Always encourage correct footwork at training.
<b>Defending</b>	Strict “one-on-one” defence. No double defending is allowed. Players must be 1.2 metres (4 feet) from the player with the ball when defending. Players may defend a shot at goal.
<b>Contact/Obstruction</b>	<p>A player must defend from a distance no less than 1.2m (4 ft). No deliberate bumping or contact is permitted.</p> <p>A player who contacts or obstructs is not stood out of play. The umpire will blow the whistle for the infringement but will allow the player to continue after a brief explanation, such as “that was a small mistake as you bumped into someone, but that’s ok. Let’s give the ball to the other side”</p>
<b>Centre Pass</b>	The initial Centre Pass will be taken by the team that won the ‘scissor/paper/rock’. All other Centre Passes shall be taken by the team that did not score the last goal.
<b>Substitutions</b>	‘On court game time’ should be evenly distributed amongst all players. A team may make unlimited substitutions at intervals or at any time during play.
<b>Positions/Rotations</b>	Players should experience all positions over the course of the season, as it’s not about winning, but about learning the game, being a team-player and following coach’s directions. Changing or rotating players after each quarter is recommended but it’s up to the coach and is determined by the number of players in a team. Coaches are encouraged to keep notes on positions and players’ court time over the season.



## **THE ROLE OF THE ESCPSNA UMPIRES FOR YEAR 2 & YEAR 3**

- Use simple language and explain decisions
- Adopt the role of the teacher/ umpire rather than a rule enforcer
- Adopt an encouraging manner to ensure the game is free flowing
- Spend the majority of the game on the court with the players; helping them with positions and distances. They will not stop the game and call players into a circle and explain the rules (that is the coaches' role); the aim is help them on the run and be on the court to guide them.

## **DURING THE GAME ON SATURDAY**

- Cheer and acknowledge good play
- Coaches should watch and take notes and hold the commentary until your time at the breaks
- Teach the players to shake hands with the other team at the end of the game and thank the umpires.

## **MATCH DAY LOGISTICS**

- Arrive 20 minutes early
- The clipboards with the scoresheet for each game are available from the Timekeepers table at the top of the stairs next to the Umpires and Officials Room.
- Return clipboards at the end of the game
- Players do not need to sign names on the scoresheet. It's requested that managers/coaches write names clearly on the scoresheet.
- Basic First aid equipment is available at the Timekeepers table. Band aids, bandages, wipes, plastic bags for ice. Ice is found at the School Food Stall.
- NO LONG NAILS – nail clippers available from the Timekeepers table. It is best for players to arrive with their nails already cut to avoid missing the start of the game.
- NO EARRINGS AT ALL – no studs, no earrings. Full stop. Taping is not permitted so we advise that players avoid having their ears pierced at any time during the season.
- EXTRA BIBS: If two teams are playing one another and both have similar coloured bibs then the umpires will request that one of the teams use a different colour. We have an extra pair of bibs for this purpose at the Timekeepers table.