



# Set Go Competition Manual

2025 VERSION 1.2 – TCNAI Competitions.

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## 1. Purpose

The purpose of this manual is to provide information regarding the Set Go Competition run for clubs and players associated with Townsville City Netball Association Incorporated (TCNAI).

TCNAI is an affiliated member with Netball Queensland. All TCNAI run competitions abide by the rules regulating the conduct of the game of netball, as determined by Netball Australia. There are a few exceptions to this, and they are noted where relevant.

This Set Go competition is conducted separately to other competitions conducted by TCNAI.

## 2. Conduct of Games

- Set Go is Netball Australia's only junior entry netball program.
- It has been developed to provide children aged 7 to 10 years with the best possible learning and playing experience to develop a positive introduction to netball, ensuring enjoyment and continued participation within the sport.
- The Set Go program is a two-tiered program. Progression through the tiers is based predominantly on the skill level and changing needs of the participant:

<b>Tier 1</b>	<b>Set</b> <b>(Target age range 7-10)</b>  Establishing the next generation of netballers by refining netball skills, teamwork, and enthusiasm to develop their game to the next level.  A modified netball game may also be introduced.	TCNAI offers a modified rules non-competitive fixture during the main winter season. Team and player grading are fluid. Team and player movement can occur through the season to ensure player netball skills progress to the next level. Clubs facilitate and organise players into participating teams.
<b>Tier 2</b>	<b>GO</b> <b>(Target age range 10/under)</b>  Further fine tuning of the participants netball skills through application of the official rules of netball in a full netball game.	

### 2.1 TCNAI responsibilities:

- TCNAI vests responsibility for the day-to-day operation and management of the competition to the TCNAI Competitions Officer.
- The official competition draw will be made available before the commencement of the competition.
- Competitions will, whenever possible, not be scheduled on Public Holidays or during school holidays.

### 2.2 Club responsibilities:

- Clubs will complete all team details in NetballConnect by the due date/s.
- Clubs will ensure all members are registered and financial.
- Clubs will pay all required fees/payments and Affiliation and team fees by the due date/s.
- Clubs must provide a list of coaches with their team names and coaches contact details to the Competitions Officer before the season commences.
- Clubs are to submit team uniform requirements to TCNAI. (This is done when applying for club affiliation each year).
  - The uniform will clearly identify the Club and may be comprised of but not restricted to: skirt or shorts or leggings and shirt; OR bodysuit; OR full dress with briefs, shorts, or leggings.
  - Playing Attire will include briefs, socks, and sports shoes.
  - Components of uniform style and colour to be consistent. All items of clothing (tops, dresses, etc.) are to be identical.
  - Clubs are to determine their own uniform policy and how it may differ for each Team.
  - Wearing of any jewellery is not permitted as per INF rule book.

- An exception is made for a medical alarm bracelet or medical piercing.
  - They MUST be taped.
  - A medical certificate must accompany a medical piercing.
  - A copy of the medical certificate must be provided to the Competitions Officer before the player takes the court.
- Where a club is aware of a delay in playing uniforms being available by the start of the season (which includes grading games) that club is to give written notice to TCNAI prior to the first grading game and stipulate an approximate time when the club may be able to comply with the designated club uniform rules.

### 3. Competition

- The Set Go fixtures provide a non-competitive netball game for 7 to 10-year-old players in line with the guidelines issued by Netball Australia (NA) and Netball Queensland, as introduced in 2014.
- Scoring is welcome for each fixture, however no record of the score will be kept. The primary focus is to offer an opportunity for players to learn the fundamentals of netball, as well as building the ethics of team sport.
- TCNAI promotes all Set Go coaches to teach/ train all Set Go players how to play netball according to the Official Rules of Netball, with Set teams modified to the skill set of the team.

#### 3.1 Season Dates for 2025

Sign On	30 <sup>th</sup> January
Team Names & Tier Nominations Due	18 <sup>th</sup> March
Player Names Added to Teams in Netball Connect	31 <sup>st</sup> March
Season Commences	22 <sup>nd</sup> April
No Fixture Dates	27 <sup>th</sup> May, 1 <sup>st</sup> July, 8 <sup>th</sup> July, 29 <sup>th</sup> July
Final Round (16)	30 <sup>th</sup> August

#### 3.2 Tier 1- Set (7- 10 years)

- Players must be 7-years old by 31 December 2025 and capable of playing in this division.
- Games are to be played by modified rules to suit the beginner level.
- New netballers are encouraged to participate in Set Blue.

#### 3.3 Tier 2- Go (10/under)

- TCNAI provides a 10/u division.
- This division is more competitive, where games are controlled in accordance with the Official Rules of Netball. The official rules apply from the first fixture.
- This division is for players that have reached a standard of play that participating in the modified rules version of the game will be detrimental to their development.
- The intention of this division is not for first time players.
- TCNAI does not encourage players/coaches/parents to consider players as 'specialists' until at least 12-13 years old, or at the introduction of representative netball.

### 4. Set Game Rules

RULE	TCNAI SET Game Rules
<b>Playing the ball</b>	<ul style="list-style-type: none"> <li>• After catching the ball, players must throw within five (5) seconds.</li> <li>• A player may not –               <ul style="list-style-type: none"> <li>○ Replay: A player may not bounce the ball intentionally more than twice – common sense should prevail – if a player hasn't got control it's NOT replay.</li> <li>○ Deliberately fall on the ball to gain possession.</li> <li>○ Gain possession or throw the ball while lying, sitting, or kneeling on the ground.</li> </ul> </li> </ul>

RULE	TCNAI SET Game Rules
	<ul style="list-style-type: none"> <li>○ Roll the ball to another player.</li> <li>○ Kick or punch the ball.</li> </ul>
<b>Footwork</b>	<ul style="list-style-type: none"> <li>• Shuffling on the spot is allowed to gain balance before throwing.</li> <li>• Players cannot move down the court with the ball.</li> </ul>
<b>Defending</b>	<ul style="list-style-type: none"> <li>• A player may defend an opponent with the ball from the distance of 1.2m.</li> <li>• Defenders cannot raise their arms within 1.2 m of a player not in possession of the ball.</li> <li>• An attempt for goal can be defended.</li> <li>• Strict one-on-one defence only is allowed.</li> </ul>
<b>Obstruction</b>	<ul style="list-style-type: none"> <li>• Players may only defend "One on One" in Set Go.</li> <li>• Any defending player must stand 4f (1.2m) away from the player with the ball.</li> <li>• A defending player cannot defend a shot for goal in the goal circle.</li> </ul>
<b>Obstruction/ Contact</b>	<ul style="list-style-type: none"> <li>• When a player bumps into another players and causes an "interference", a penalty pass/or shot is awarded, but no player shall be made to "stand beside".</li> <li>• A player who contacts or obstructs is not stood out of play.</li> </ul>
<b>Substitutions</b>	<ul style="list-style-type: none"> <li>• The game time should be evenly distributed amongst all players. A team (up to 10 players is recommended) may make <i>unlimited substitutions</i> at intervals or at any time <i>during play</i>.</li> <li>• Players used do not exceed twelve.</li> <li>• The procedure for making a substitution during play is:</li> <li>• Before entering the Court, the substitute shall tag the player leaving the Court.</li> <li>• Both the substitute and the player leaving the Court shall not interfere with the play during the substitution process.</li> <li>• Both the substitute and the player leaving the Court shall observe the Offside Rule when leaving or entering the Court.</li> <li>• Players should be substituted into either only attack positions or only defence positions for the duration of the game.</li> </ul>
<b>Playing positions</b>	<ul style="list-style-type: none"> <li>• Each player must experience every playing position consistently throughout the season.</li> <li>• All players must play a minimum of two quarters.</li> </ul>
<b>Centre Pass</b>	<ul style="list-style-type: none"> <li>• The initial Centre Pass will be taken by the team that won the toss.</li> <li>• All other centre passes shall be taken by the team that did <i>not</i> score the last goal.</li> </ul>
<b>Awards &amp; Scoring</b>	<ul style="list-style-type: none"> <li>• Scores may be kept but no ladder produced. No final matches should be played.</li> <li>• Each participant in the competition should be given a memento of participation e.g., a medal</li> </ul>

## 5. Grading

- Age is not the most important influence in grading players/teams and should not be used as the sole determining factor.
- TCNAI will separate Set Go age groups as follows:
  - Set - 7-10-years
  - Go - 10/under

### 5.1 Fluid Grading

- Not limiting the requirement for grading teams and players (individually) is fluid. To ensure each netballer's netball skills and teamwork is refined, the Association acknowledges the team, or an

individual may need to move up or down a division during the season.

- Team - a club must submit a request to the Competitions Officer, for a team to be moved into a different division, and an amended draw issued as soon as possible.
- Players - a club can move an individual player from one club team to another team within the same club in the Set and Go fixtures:
  - The club must notify the Competitions Officer, that a player has been moved into a different team. The notice must be in writing, providing the details of the player, the original and new team and division.
  - The Association has no obligation to advise other clubs of this action.
- Generally, the Association will provide the following divisions (where possible, each season) based on skill sets of the majority of the team nominated and the number of teams nominated:

Division	Skill Set of Team
Go Gold (Go 'A')	<ul style="list-style-type: none"> <li>● Higher skills, not first-time netballers. Ready to play full rules.</li> </ul>
Go Blue (Go 'B')	<ul style="list-style-type: none"> <li>● Netballers who are ready for the transition to a more structured game including strategies and court play.</li> </ul>
Set Gold (Set 'A')	<ul style="list-style-type: none"> <li>● Higher skills, not first-time netballers.</li> </ul>
Set Blue (Set 'B')	<ul style="list-style-type: none"> <li>● Most of the team are first time/beginner netballers.</li> </ul>

## 6. Timing Rules

- The duration of the games are modified to run to the following times:
  - 10-minute quarters
  - Two (2) minutes first and third quarter breaks
  - Three-minute half time break

### 6.1 Injury Time Rules

The following injury protocols are followed:

- No additional time is played when an injury, illness or blood occurs.
- Any player on court, team manager or coach may call time for an injured or ill player, or a player with blood.
- The umpire may call time if appealed to by an on-court player or if they notice blood on a player or their uniform.
- Teams must make substitutions and changes during a stoppage for injury as quickly and efficiently as is safe and reasonable to do so, given the circumstances of the injury or illness; and
- Teams are not restricted in the number of injury or illness times that can be utilised.

## 7. Equipment

Division	Age Group	Goal Posts	Ball
Go Gold (Go 'A') & Go Blue (Go 'B')	<ul style="list-style-type: none"> <li>● 10/under</li> </ul>	<ul style="list-style-type: none"> <li>● 3.05m</li> </ul>	<ul style="list-style-type: none"> <li>● Size 5</li> </ul>
Set Gold (Set 'A') & Set Blue (Set 'B')	<ul style="list-style-type: none"> <li>● 7-10 years old</li> </ul>	<ul style="list-style-type: none"> <li>● 2.4m</li> </ul>	<ul style="list-style-type: none"> <li>● Size 4</li> </ul>

## 8. Competition Points

- No score is kept by TCNAI.
- Netball Connect is to be used for Set Go games for the purpose of confirmation of player participation, registration, and record for injury/insurance purposes. Teams are welcome to score if they would like, but it is not mandatory.
- No final matches will be played.
- Each participant in the fixtures will be given a memento of participation.

## 9. Fixture Cancellations/rescheduled games

- In accordance with any TCNAI's wet weather and heat stress policies, in the case of cancellations, the Competitions Officer will contact the Club contacts and post the cancellation on social media and Netball Connect by 4pm day of game.
- There will be no rescheduled games.

## 10. Forfeits

- The club **must** advise the following people if they are forfeiting a game:
  - the opposition team, the Competitions Officer, TCNAI Umpire Supervisor and TCNAI Information.

## 11. Umpires

- Set coaches will umpire and coach during the game.
- Umpires/coaches are to communicate between themselves prior to the start of the game, how strict with the rules they intend to be, agreement to make an infringement call and assist the opposing team in court play, and areas of control.
- Modified practical umpiring skills include, but not limited to:
  - The umpire/coaches are to use proper umpiring terms and hand signals.
  - Whistles are to be used by the umpire/coach during the game.
  - The umpire/coach must be dressed in appropriate netball sports attire.
- **Go Blue (Go 'B')** - Coaches are encouraged to umpire in accordance with the official rules of netball, including practical umpiring skills i.e., the umpire does not enter the court to coach, umpire is designated half the court. The practical application should be considered in the context that the game is non-competitive, and the division is a preparation period for competitive netball in the future.
- **Go Gold (Go 'A')** – Clubs can allocate umpires to this division to allow the coach to concentrate on coaching and for the players to become used to the coach not umpiring.

## 12. Injuries

All registered participants are covered for sports injury/personal accident through the Netball Australia National Insurance Program. For details on the Insurance Program, including what is covered, how to make a claim, and how to increase coverage can be found at <https://www.howdengroup.com/au-en/netball-australia>

## 13. Complaints

- In the first instance, the complainant is to talk with the person/ people first. (If it is safe, reasonable, and appropriate to do so).
- If the above is not an option, raise the matter with your club. They will liaise with the other club to resolve the complaint/issue.
  - The clubs should keep a record of all complaints and associated conversations, correspondence, decisions, and outcomes.
  - TCNAI requests that a summary of complaints (and injuries) that Clubs have dealt with be forwarded to [manager@townsvillecitynetball.com.au](mailto:manager@townsvillecitynetball.com.au)
- If it cannot be resolved, then a formal complaint needs to be lodged with the TCNAI Operations Manager for review.
  - The Operational Manager will guide you through the formal complaint process.

## 14. Code of conduct

Members and all people involved in any way with TCNAI will:

- Respect the rights, dignity and worth of others—treat others as you would like to be treated yourself.
- Be ethical, considerate, fair, courteous, and honest in all dealings with other people and organisations.
- Be professional in and accept responsibility for your actions.
- Be aware of and always follow TCNAI & Netball Queensland's standards, rules, policies and procedures and promote those standards, rules, policies and procedures to others.
- Operate within the rules and spirit of the sport, including the state and national guidelines that govern the sport of Netball.

- Understand the possible consequences of breaching the codes and/or this policy.
- Report any breaches of the codes or this policy to the appropriate PPA.
- Refrain from any form of abuse, harassment, discrimination, and victimisation towards others.
- Raise concerns regarding decisions of PPA through the appropriate channels and in a timely manner.
- Provide a safe environment for the conduct of activities in accordance with any relevant TCNAI and/or NQ/NA policy.
- Show concern, empathy, and caution towards others who may be sick or injured.
- Be a positive role model to all.
- Respect and protect confidential information obtained through TCNAI & NQ activities; whether individuals and/or organisational information.
- Maintain the required standard of accreditation and/or licensing of professional competencies, as applicable to the role(s).
- Ensure that any physical contact with others is appropriate to the situation and necessary for the person's skill development.
- Refrain from intimate relations with persons over whom you have a position of authority.
- Agree to abide by the codes.
- Maintain a duty of care towards others.
- Be impartial and accept responsibility for all actions taken.

*Person in Position of Authority (PPA):*

*PPA includes everyone who holds a position of authority in TCNAI/NQ/NA, whether paid or unpaid, and includes, but is not limited to, all NQ/NA Entity Individual Members. For the avoidance of doubt, PPA also includes a Child or Young Person (CYP) who may hold a position of authority in TCNAI/NQ/NA over other CYP.*

*NA: Netball Australia*

*NQ: Netball Queensland*

*TCNAI: Townsville City Netball Association INC*