

Modified Rules & Equipment



Why are modified rules so important for participants at NetSetGO age?

Asking a 5 – 10 year olds to use a size 5 netball and 10ft goal post when they train or play is the equivalent to asking an adult to use a 2kg medicine ball with a 12ft goal post. Let that sink in, better yet find a medicine ball have a go.

Imagine trying to learn a new and complex sporting skill under extreme competitive stress, with equipment that is far too big for you to use effectively. Do you think you'd feel confident and engaged with that sport? Do you think you would be using the correct technique?

We wouldn't expect a child to play any kind of sport in an oversized uniform or pair of shoes but many are still allowing NetSetGO participants to use oversized adult equipment. Modified rules and equipment is standard across many Australian sports and their modified sport programs.

Using modified rules and equipment allows participants to experience appropriate failure and success while mastering the basic skills of netball. Once they master skills, goal posts can be moved up but the use of a size 4 netball is still important to ensure participants are using correct techniques and enjoying their netball experience.

Too often we hear of people getting stuck on the idea of 'modified sports' being different to the traditional sport. And parents wanting their child to play 'real netball.' It is important to remember that it is the rules and equipment which are modified in the NetSetGO program and not the skills. Participants are learning netball skills and playing netball. The players, the netball and the goal posts are just smaller making them appropriate for the size, age and physical capabilities.

[Spot the Difference Suncorp Super Netball Vs Suncorp NetSetGO](#)



Left: 12ft goal post and 2kg medicine ball.

Right: 8ft goal post and size 4 medicine ball



Goal attempt with 2kg medicine ball in a 12ft goal post.