



Set Go Competition Manual

2026 VERSION 1 – 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:

Tier 1	Set (Target age range 7-10) 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.
Tier 2	GO (Target age range 10/under) 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 Officers.
- 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 purpose of the playing uniform is to clearly identify the Club and Team, while enabling participants to compete safely, comfortably, and in a manner that respects individual needs.
 - Playing uniforms may include, but are not limited to:

- Skirts, shorts or leggings with a shirt.
 - Bodysuit.
 - Full dress worn with briefs, shorts or leggings. The uniform will 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 footwear/Sports shoes.
- Uniform must be consistent in club integrity, colour palette, design elements and logos.
 - Core uniform components (e.g. Dress or top) must be identical in appearance
 - Approved variations must not alter the overall visual consistency of the team.
 - Components of uniform style and colour to be consistent. All items of clothing (tops, dresses, etc.) are to be identical.
- Clubs are responsible for adopting an Inclusive Uniform Policy that allows reasonable variations to the standard uniform to accommodate.
 - Religious or cultural requirements.
 - Gender diversity or expression
 - Body diversity
 - Medical, disability or personal comfort considerations.
- Approved uniform variations may include adjustments to length, coverage, fit or layering, provided that:
 - Club colours and identifying features remain clearly visible.
 - The variation does not provide a competitive advantage.
 - The attire remains safe and suitable for playing.
 - Wearing any jewellery is not permitted as per the World Netball 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.
- The Association reserves the right to request clarification or documentation where uniform variations impact officiating, player safety or competition integrity.
- Mixed teams are expected to wear the same-coloured shirts for 2026 (club shirts/singlets are preferred) should a competition be available.

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.

3.2 Season Dates for 2026

Sign On	Wednesday 28 th January 2026
Team Names & Tier Nominations Due	Friday 13 th March 2026
Player Names Added to Teams in Netball Connect	Friday 20 th March 2026
Season Commences	Tuesday 21 st April 2026
No Fixture Dates	30 th June & 7 th July 2026
Final Regular Round (16)	18 th August 2026

3.3 Tier 1- Set (7- 10 years)

- Players must be turning 7-years old in the calendar year 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.

3.4 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
Playing the ball	<ul style="list-style-type: none"> • After catching the ball, players must throw within five (5) seconds. • A player may not – <ul style="list-style-type: none"> ○ 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. ○ deliberately fall on the ball to gain possession. ○ Gain possession or throw the ball while lying, sitting, or kneeling on the ground. ○ Roll the ball to another player. ○ Kick or punch the ball.
Footwork	<ul style="list-style-type: none"> • Shuffling on the spot is allowed to gain balance before throwing. • Players cannot move down the court with the ball.
Defending	<ul style="list-style-type: none"> • A player may defend an opponent with the ball from the distance of 1.2m. • Defenders cannot raise their arms within 1.2 m of a player not in possession of the ball. • Strict one-on-one defense only is allowed.
Obstruction	<ul style="list-style-type: none"> • Players may only defend "One on One" in Set Go. • Any defending player must stand 4f (1.2m) away from the player with the ball. • A defending player cannot defend a shot for goal in the goal circle, but they can stand under the ring for rebounds.
Obstruction/ Contact	<ul style="list-style-type: none"> • When a player bumps into another player and causes an "interference", a penalty pass/or shot is awarded, but no player shall be made to "stand beside". • A player who contacts or obstructs is not stood out of play.

RULE	TCNAI SET Game Rules
Substitutions	<ul style="list-style-type: none"> 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>. Players used do not exceed twelve. The procedure for making a substitution during play is: Before entering the Court, the substitute shall tag the player leaving the Court. Both the substitute and the player leaving the Court shall not interfere with the play during the substitution process. Both the substitute and the player leaving the Court shall observe the Offside Rule when leaving or entering the Court. Players should be substituted into either only attack positions or only defence positions for the duration of the game.
Playing positions	<ul style="list-style-type: none"> Each player must experience every playing position consistently throughout the season. All players must play a minimum of two quarters.
Centre Pass	<ul style="list-style-type: none"> The initial Centre Pass will be taken by the team that won the toss All other centre passes shall be taken by the team that did <i>not</i> score the last goal.
Awards & Scoring	<ul style="list-style-type: none"> Scores may be kept but no ladder produced. No final matches should be played. Each participant in the competition should be given a memento of participation e.g., a medal.

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 abilities, 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 Set Go coordinator or 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 or Set Go Coordinator 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 most 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"> Higher skills, not first-time netballers. Ready to play full rules.
Go Blue (Go 'B')	<ul style="list-style-type: none"> Netballers who are ready for the transition to a more structured game including strategies and court play.
Set Gold	<ul style="list-style-type: none"> Higher skills, not first-time netballers.

Division	Skill Set of Team
(Set 'A')	
Set Blue (Set 'B')	<ul style="list-style-type: none"> Most of the team are first time/ beginner netballers.

6. Timing Rules

- The duration of the games is 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 it is safe and reasonable to do so given the circumstances of the injury or illness; and
- Teams are not restricted in the number of injuries 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"> 10/under 	<ul style="list-style-type: none"> 3.05m 	<ul style="list-style-type: none"> Size 5
Set Gold (Set 'A') & Set Blue (Set 'B')	<ul style="list-style-type: none"> 7-10 years old 	<ul style="list-style-type: none"> 2.4m 	<ul style="list-style-type: none"> Size 4

8. Competition Points

- No score is kept by TCNAI.
- Scoresheets will be provided for all 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.
- 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 Competition Officer will contact the Club contacts and post the cancellation on social media and Netball Connect by 2pm on the day of the game.
- There will be no rescheduled games.

10. Forfeits

- The club **must** advise the TCNAI Competitions Officer by email or phone if they are forfeiting a game:
 - The TCNAI Competitions Officer will then notify the opposition team/club contact and the TCNAI Umpire Coordinator.
 - The TCNAI Competitions Officer will then update the Netball Connect System to reflect the forfeit.
- All forfeits must be communicated by 2pm on the day of the game at the latest.
- Show Cause - in the event of a team forfeiting two consecutive matches, they may have to show cause to the Competitions Officer for such forfeiture.
- Umpiring duties – Both Clubs are required to fulfil their umpiring duties.

11. Umpires

- Set coaches will be umpire and coach during the game.
- Umpire/ 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

Townsville City Netball Association Incorporated (TCNAI) is committed to effective, efficient, and timely resolution of complaints and management of incidents that occur within our organisation, refer to or reflect on our Association.,

Whilst we aim to proactively manage situations to prevent escalation, all complaints will be treated as legitimate and addressed in an appropriate manner in accordance with the TCNAI Incident and Complaint Management Policy, and without influence or prejudice.

- Within the TCNAI Incident and Complaint Management Policy there is a Complaint Flowchart.
- This Complaint Flowchart details the formal complains process and should be distributed throughout each club/team and followed by each club/team member.
- Should the matter require escalated enquiry or investigation, an email detailing incident or complaint needs to be lodged with the TCNAI Operations Manager.

14. Child Safeguarding

Townsville City Netball Association Incorporated (TCNAI) is committed to providing a safe, inclusive and supportive environment for all Children and Young People participating in netball.

TCNAI has **zero tolerance** for any form of child abuse, neglect, grooming, exploitation, harassment, discrimination, or harm. This applies to all activities conducted under the authority of TCNAI, whether on-court, off-court, during travel, at events, online, or in any other context connected to the Association.

Child safety and wellbeing are fundamental to TCNAI's culture, governance, and operations. Safeguarding responsibilities are shared by all Board members, employees, volunteers, contractors, coaches, officials, parents, and any other persons engaged in TCNAI activities

Please refer to the TCNAI Child Safeguarding and Working with Children Policy for further information and clarification.

15. 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' 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