

	Set (7-8 year olds)	Go (9-10 year olds)
Match duration	4x 8 minute quarters	4x 8-10 minute quarters
Goal post	2.4m	2.4 - 3.05m
Ball	Size 4	Size 4
Timer to pass	Up to 5 seconds	Up to 4 seconds
Footwork	1-2 steps (to regain balance) allowed	Shuffling on the spot (to regain balance) allowed, without moving down the court
Defending	Strict one-on-one defence Players may not defend a shot at goal	Strict one-on-one defence Players may defend a shot at goal
Centre pass	Taken by the non-scoring team	Alternate centre pass
Substitutions	Game time evenly distributed amongst all players Unlimited substitutions at any time Players should try all positions during the season	Game time evenly distributed amongst all players Unlimited substitutions at any time Players should try all positions during the season
Coaching	Coach may enter the fields of play and give players immediate feedback If the game is one-sided, coaches must make sure all players have good experience by: <ul style="list-style-type: none"> · rotating players into different positions · resting skilled players 	Coach may move along the sideline (but may not interfere with the umpire) to give players immediate feedback If the game is one-sided, coaches must make sure all players have good experience by: <ul style="list-style-type: none"> · giving the centre pass to the non-scoring team · rotating players into different positions · resting skilled players
Awards & scoring	No scores No finals No best & fairest awards	Scores may be kept No ladder No finals No best & fairest awards

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