



Go Rules

Match Duration	4x10min quarters
Goal Post	2.4m-3.05m
Ball	Size 4
Time to pass ball	Up to 4 seconds
Footwork	Shuffling on the spot (to regain balance) allowed, without moving down the court
Defending	One on one defence
Centre Pass	Alternate centre pass
Substitutions	<p>Game time evenly distributed amongst all players</p> <p>Unlimited substitutions at any time</p> <p>Players should try all positions during the program/season</p>
Coaching	<p>Coach may move along the sideline (but may not interfere with the umpire) to give players immediate feedback</p> <p>If the game is one sided, coaches must make sure that all players have a good experience by:</p> <ul style="list-style-type: none"> - Giving centre pass to the non-scoring team - Rotating players into different positions - Resting skilled players
Awards and Scoring	<p>No scores</p> <p>No finals</p> <p>No best and fairest award decided by the coach</p>

