

# Dandenong & District Netball Association

## FAST 5 TOURNAMENT

**DATE:** COMMENCES **JUNIORS 13S & 15S 17s**

WEDNESDAY 10<sup>TH</sup> APRIL 10:30-3PM

**SENIORS MIXED/OPEN FEMALE THURSDAY 11<sup>TH</sup> APRIL 6-10PM**

Entries Close Monday 20<sup>TH</sup> MARCH 2024

DANDENONG & DISTRICT  
NETBALL ASSOCIATION



Team/Club Association Name	
Email	
Best Contact Number/s	
Name /Organizer	

**\*Please indicate number of teams.**

Sections	OPEN	SOCIAL	NUMBER PLAYERS	TOTAL PER PLAYER \$20.00 senior 13s & 15s 17s \$15.00 junior Team Registration \$20.00
17 MIXED				
15s				
13s				
FEMALE OPEN				
SENIOR MIXED NIGHT				

**\*Pending on entries Opens & Social may merge!**

Account Name: D&DNA • BSB: 063125 • Acct Number: 10163136 • Ref: Team Name

# Dandenong & District Netball

## Association Inc

.M: 0493029680 Martha

Gloria Pyke Netball and Sports Complex,  
Greaves Reserve, Dandenong

[martha@netballdandenong.com.au](mailto:martha@netballdandenong.com.au)

## Rules

All monies to be settled at reception.

5 Players to take the court GS GA GD GK C

Rolling subs 8 players max 2 males 3 females on court.

Must receive a stamp to take the court.

Toss prior for Powerplay (choose half DOUBLE POINTS)

team that does not win has the first C pass.

GS GA must be wholly within the circle to shoot a goal  
only the C may shoot outside the circle.

Non scoring team will always take the C pass.

3 points Outer Circle

2 Points Inner Circle

1 Point Inside Circle

One scorer from each team (take note of the Umpire hand signals)

Netball Rules apply.

8 mins Halves

No jewelry


Short Nails

No pockets (shorts)

Good idea to bring another set of bibs for rolling subs.

The canteen will be open.

**FAST5**



**Goal scoring**

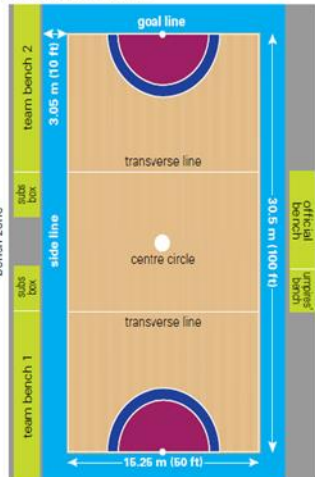
**Rule F11 Umpire Hand Signals**  
In addition to the umpire hand signals specified for the INF Rules of Netball [Rule 14] the following hand signals are used. In Fast5 it is desirable that voice communication is kept to a minimum and used only when clarification is needed.

(i) One goal point  
One arm raised vertically

(ii) Two goal points  
Both arms raised high in air with hands close together

(iii) Three goal points  
Both arms raised high in air with arms wide apart

**COURT AND RELATED AREAS**



**Key:**

- Outer Circle 4.9 m (16 ft) radius
- Inner Circle 3.5 m (11.5 ft) radius
- Goal Thirds and Centre Third
- Centre Circle 0.9 m (3 ft) diameter
- Court Surround 3.05 m (10 ft)