

# Dandenong & District Netball Association

## SCHOOL FAST 5 TOURNAMENT

DANDENONG & DISTRICT  
NETBALL ASSOCIATION



**JUNIORS WED 10<sup>TH</sup> JULY 10-3PM JUNIORS WED 10<sup>TH</sup> JULY 10-3PM JUNIORS WED 10<sup>TH</sup> JULY 10-3PM**  
**SENIORS MIXED/FEMALE 6-10PM SENIORS MIXED/FEMALE 6-10PM SENIORS MIXED/FEMALE 6-10PM**

Entries Close Monday 27<sup>TH</sup> JUNE 2024

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

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

Sections	13&U	15&U	18&U	MIXED	LADIES	NUMBER PLAYERS	TOTAL PER PLAYER \$20.00 senior/ Team Registration \$30.00

**\*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

admin@netballdandenong.com.au

## Rules

All monies to be settled at reception.

5 Players to take the court GS GA GD GK C

Rolling subs 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.

Spotify Music


**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)