

Fast5 Rules!

GAME ON! WEDNESDAY 7TH JULY
JUNIORS-9AM-1PM SENIORS 6:30PM 9:30PM
13&U 15&U

FEMALE/ MALE /MIXED TEAMS
(*SUBJECT TO CHANGE PENDING ENTRIES)

Proceeds go towards Headspace For our Youth dealing with Mental Health. Join us and help make a difference to the life of a young person experiencing mental ill health.

Headspace Dandenong

<https://headspace.org.au/headspace-centres/dandenong/>

Alright peeps here are the rules for the new Fast5 – read up! Netball Rules Apply!

THE COURT

The game is played on a Netball court with an additional semicircle marked inside the Goal Circle with radius 3.5 m (11.5 feet) and centre at the mid-point of the Goal Line. The area inside this semi-circle is the Inner Circle; the area between this semi-circle and the edge of the Goal Circle is the Outer Circle.



THE TEAMS

- Each team may consist of up to ten players.
- There are five playing positions in each team whose playing areas are the same as in Netball:

Goal Shooter (GS), Goal Attack (GA), Centre (C), Goal Defence (GD), Goal Keeper (GK)

- The teams playing uniforms shall preferably be distinct in style from the uniforms worn in Netball.

THE GAME

- The game consists of 2 Halves 7 min Juniors 10 mins Seniors, with an break of two minutes break. Teams shall change ends each half.



· Before the start of the game the Captains shall toss for choice of goal end and Power Play quarter. All other Centre Passes shall be taken by the team that did not score the last goal.

- The team winning the coin toss shall:
have first choice of a Power Play half
- The team losing the coin toss shall:
3. take the first Centre Pass

Rolling Subs at any time during play and there is no limit to the number that can be made. At all times the players must be completely off the court for the interchange.

SCORING A GOAL

Each successful goal will score a number of goal points as specified below:

- (i) 3 goal points: the shot (known as a Super Shot) is deemed to have been made from outside the Goal Circle – this means the player who takes the shot shall not have any contact with the ground inside the Goal Circle during the catching of the ball or whilst holding it;
- (ii) 2 goal points: the shot is deemed to have been made from the Outer Circle – this means the player who takes the shot shall not have any contact with the ground inside the Inner Circle during the catching of the ball or whilst holding it;
- (iii) 1 goal point: the shot is deemed to have been made from the Inner Circle.

POWER PLAY

The Scorers will indicate when a team is using its Power. During a team's Power Play quarter all goal points scored are doubled.

FINALS EXTRA TIME

When scores are tied at the end of the fourth quarter:

- Play will stop and players remain in position on Court (no change of ends)
- The Captains will toss for the next Centre Pass;
- Play will recommence for a period of one minute. If at the end of this period, one team is leading, this team will be declared the winner;
- If the scores are tied at the end of this period, play will continue until one team scores a goal
- Power Play will not apply in Extra Time.

- **HAND SIGNALS FOR Fast5**
All other signals remain the same as for Netball.
- **Contact** – The same hand signal is used for the Contact infringements, namely a closed fist hit into an open (vertical) hand.
- **One Goal Point** – A single arm is raised vertically to indicate a successful shot from the Inner Circle (one goal point area).
- **Two Goal Points** -Both arms are raised vertically to indicate a successful shot from the Outer Circle (two goal point area).
- **Three Goal Points** – Both arms are raised crossed above the head to indicate a successful shot from outside the Goal Circle (three goal point area).
- **The C may Shoot.**

Uniforms be Creative ensure Safe for playing.



FAST 5

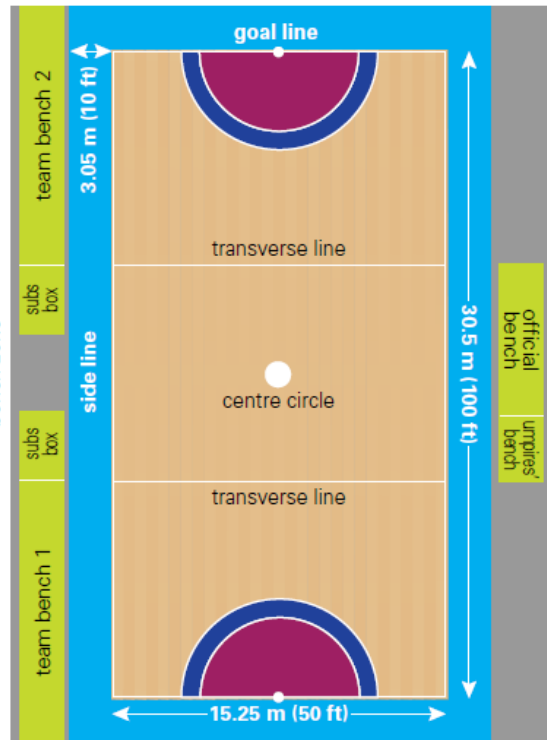


Rule F11 Umpire Hand Signals

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.



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)

9 AM - 1 PM
SENIORS
6:30 PM / 9:00 PM

