

# FAST 5 WHAT YOU NEED TO KNOW!

- \*All Junior Players pay \$10.00
- All Senior Players \$10.00
- \*No Stamp No Play
- \*Spectators \$1.00 14YRS OVER
- \*All Payments settled at Reception.

## Game

- \*We will be strict on time, so be prepared when scheduled to play, regardless ready or not the time will run down.
- \*Keep it clean, we have a Code of Conduct located at Reception Foyer.
  - Official Australia Netball Rules apply.

## Uniforms

- Whatever you like just no pockets.
- x2 sets of bibs for those quick rollovers
- \*Bibs for hire \$5.00
- \*Dress it up if you like Face Paint/Fluorescent camouflage/Tutus etc.
- \*Players may not wear anything that could endanger themselves or other players.

## THE TEAMS/THE RULES/THE KNOW/FAST 5

- Each team may consist of up to ten players all must have a stamp to take the court.
- 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), Goalkeeper (GK)  
\*\*\*\*\*C will be allowed to shoot from outside the circle ONLY\*\*\*\*\*
- Mixed teams are allowed 1 male on court at any one time maximum of 2 covering two areas of the court  
Players must be completely off the court for the change.
- \*You cannot have both males in GS and GA or GK and GD
- \*Players may play for other teams in Mixed/Female only.
- Teams allocated designated boxes near the Centre third GK OR GS will come off their Goal thirds tag a mate.

## THE GAME

- 7 mins Halves with an interval of 1-minute Teams shall change ends at half time.\* SUBJET TO CHANGE PENDING ENTRIES.

\*Toss for Power play prior to start notify scorers.

(i) winner first choice of Power Play half.

Second Named Team

(ii) takes the first Centre Pass and other power play.

\*Team that does not score during game has the C Pass.

Example If Red Team scores Green Team next C Pass.

If Red Turnover Ball Score again Green C Pass etc.

\* Rolling Substitutions may be made at any time during play as long as it does not interfere with the game.

## SCORING A GOAL

(i) 3 goal points: the shot (known as a Super Shot) is deemed to have been made from outside the Goal Circle

(ii) 2 goal points: the shot is deemed to have been made from the Outer Circle

(iii) 1 goal point: the shot is deemed to have been made from the Inner Circle.

## POWER PLAY

The Scorers will be notified of team's power plays(very important).

During a team's Power Play all goal points scored are doubled. Once the score sheet leaves the court this is deemed final.

Winners return scoresheet to Reception

## FAST 5 VIDEO

<https://www.youtube.com/watch?v=S77gUafQ4tE>

