

FAST5 NETBALL

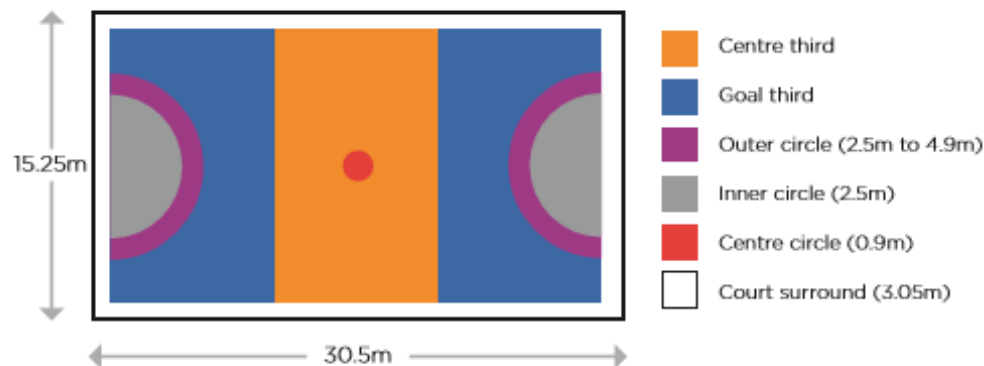
RULES OF THE GAME



THE TEAM

A team may consist of up to 10 players. There shall be **five playing positions** in each team.

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



THE COURT

Additional semicircle marked inside the Goal Circle with radius 2.5 metres.

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.



TIMING

The game shall consist of:
4 quarters – 6 minutes each.
2 min interval between each quarter.

GOAL SCORING

Goal scoring is based on the zone in which the Umpires deem the player's feet were positioned in the action of taking the shot.

3 points

the shot is made from outside the Goal Circle (known as a **Super Shot**)

2 points

the shot is made from the Outer Circle

1 point

the shot is made from the Inner Circle.



POWER PLAY

During a team's Power Play quarter all goal points scored are doubled.

THE COIN TOSS

The team **winning** the coin toss shall:

- choose goal end for the start of play
- take the first Centre Pass in the first and third quarters
- have first choice of a Power Play quarter.

The team **losing** the coin toss shall:

- take the first Centre Pass in the second and fourth quarters
- choose a Power Play quarter not selected by the other team.

CENTRE PASSES

All other centre passes shall be taken by the team that did not score the last goal.

SUBSTITUTIONS

Substitutions may be made at intervals or during play and there is no limit to the number that can be made (play will not be held).

Substitutions must be made at a designated point near the team bench and players may not enter or exit the court from an offside position.