

Netball Fast 5:

This competition is conducted in accordance with the rules of the [International Netball Federation \(INF\) Fast 5's](#) except where these differ from Arc Sports rules; in which case the latter shall take precedence.

1. **Uniform requirements:**
 1. Teams are not required to wear matching shirts however it is encouraged.
 2. Comfortable sports attire.
 3. Sports shoes must be worn.
2. **Team size:**
 1. The minimum team size is 5 people with at least two females on the court.
 2. Positions available are GS, GA, C, GD, GK
 3. Only GS and GA can shoot for goal
 4. It is recommended that teams do not exceed 10 people.
 5. A team must have at least 3 players take the court in order to avoid conceding a forfeit.
3. **Substitutions:**
 1. Substitutions are unlimited.
 2. Substitutions can be made at any point (rolling substitutions)
4. **Game Play:**
 1. Playing positions - Players may only enter certain areas of the court dependent on their position
 1. Goal Keeper (GK) – Allowed in the defensive third
 2. Goal Defence (GD) – Allowed in the defensive and centre thirds (must be in defensive third at the start of centre pass)
 3. Centre (C) – Allowed in all thirds but not permitted in the shooting circles
 4. Goal Attack (GA) – Allowed anywhere in the attacking and centre thirds (must be in attacking third at the start of centre pass)
 5. Goal Shooter (GS) – Allowed anywhere in the attacking third
 2. Commencement of Play - Play commences when the Centre of the team winning the toss up steps into the centre circle and the whistle is blown by the umpire
 1. The ball must be caught within the centre third from a centre pass
 2. A centre pass will be taken by the opposing team (team that did not score) after a goal has been scored. All players must return to their original starting positions.
 3. Scoring
 1. One (1) point will be awarded to a team scoring a goal from within the inner circle
 2. Two (2) points will be awarded to a team scoring a goal from between the inner and outer circles
 4. Infringements
 1. Contact – when a player makes physical contact with a player from the opposing team which impacts their playing ability.

Sanction: A penalty is awarded to the opposing team where the infringement occurred. The penalised player must stand out of play until the ball is released.
 2. Obstruction – a player may not defend with arms outspread when within 3ft of another player. 3ft is measured from the landing foot of the player with the ball to the nearest foot of the defending player.

Sanction: A penalty is awarded to the opposing team where the infringement occurred. The penalised player must stand out of play until the ball is released.
 3. Footwork/ Stepping – a player may not pick-up and put-down (step, drag or hop) the foot in which they landed on when catching the ball.

Sanction: A free pass is awarded to the opposing team.
 4. Held ball – a player may only be in possession of the ball for a maximum of 3 seconds.

Sanction: A free pass is awarded to the opposing team.



5. Offside – a player may not enter other areas of the court other than their designated playing area.
Sanction: A free pass is awarded to the opposing team
6. Passing – The ball cannot be passed from goal third to goal third without making contact with another player.
Sanction: A free pass is awarded to the opposing team.
7. Kicking – a player may not intentionally kick the ball.
Sanction: A free pass is awarded to the opposing team.
5. Out of court - A ball is considered out of court when:
 1. The ball makes contact with an object (including the ground or a person) outside the field of play.
 2. A player lands outside the field of play while remaining in contact with the ball
Sanction: A throw-in is awarded to the opposing team where the ball crossed the line.
5. **Match duration**
 1. All match time slots will be 30min long with 5 min changeover time between matches and 25 min of playing time.
 2. Halve lengths will be approximately 12 min with no stoppage between halves. When 12 min approaches the teams on the field will swap sides at the next stoppage and restart from the centre. With the team who did not start off the first half starting the second half.