

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. It is recommended that teams do not exceed 10 people.
 4. 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. 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. Play commences when 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 after a goal has been scored
 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 – is called when a player makes contact with sufficient force (judged by the ref). the player who has been obstructed will retain the ball and the offender will stand out of play until play resumes
 2. Obstruction – where a defending play encroach the 1m protective zone while the player in possession is attempting to pass or shoot. Feet must remain 1m away from the player in possession. the player who has been obstructed will retain the ball and the offender will stand out of play until play resumes
 3. Kicking – kicking is not permitted. The ball will be awarded to the opposition if a player is found to have kicked the ball
 4. Offside – if a player goes into a restricted area for their position. The opposition will gain the ball from the point of the infractions
 5. Stepping –
 6. Held ball – a ball may only be held in possession for 3 seconds. Any longer will be an infringement and the opposition will take possession. The infringing player will not be out of play
 7. Passing – The ball cannot be passed from goal third to goal third
 5. A ball is considered out of bounds if the following occurs
 1. If the ball lands outside of the field of play
 2. If a player lands outside the field of play while remaining in contact with the ball



1. The opposition will take the ball from the point the ball has been deemed out of play

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 kick off the first half starting the second half.