

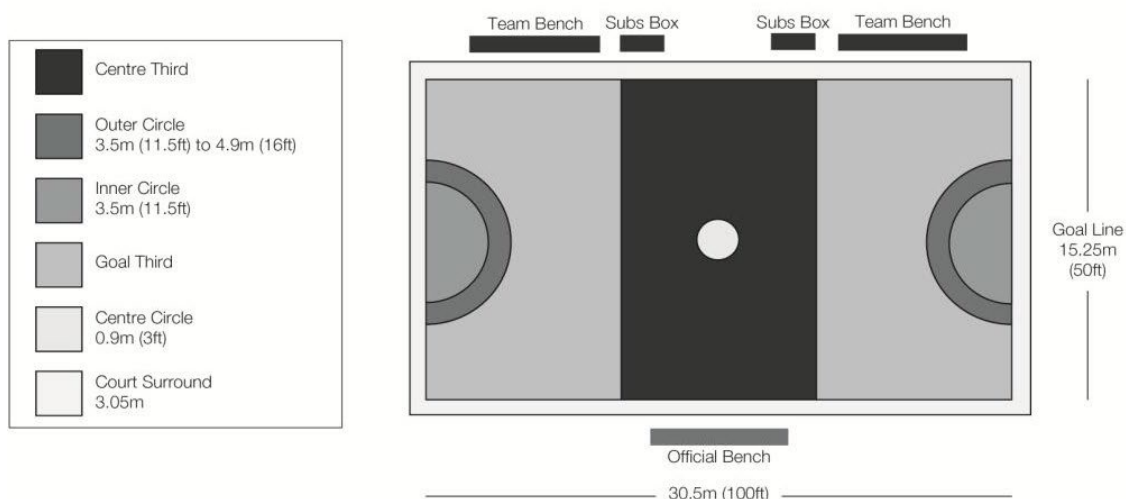
# SOCIAL COMPETITION RULES – FAST 5 NETBALL

## International Federation of Netball Associations

*The Official INF Rules of Netball apply to all game situations not specifically mentioned in the Fast5 Rules of the Game within this document.*

### 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.
- A rectangular Substitution Box shall be marked on the floor opposite the Centre Third adjacent to each team bench, measuring 4 m by 1 m (13.1 feet by 3.28 feet). The longer sides shall be parallel to the Side Line and the outer edge of the shorter side shall be level with the transverse line.
- The Official Bench shall be positioned just outside the Court surround opposite the centre of the Court. It may be positioned on either side of the Court but if on the same side as the team benches, it is recommended that it be elevated for clear viewing of play.



### Players

- A team may consist of up to ten (10) players, one of whom shall be the Captain. The names of these players shall be provided to the Scorers before the start of the game.
- There shall be five (5) playing positions in each team whose playing areas shall be the same as in Netball:
  - a) Goal Shooter (GS)
  - b) Goal Attack (GA)
  - c) Centre (C)
  - d) Goal Defence (GD)
  - e) Goal Keeper (GK)
- When the game is ready to start, a team must take the Court if there are at least four (4) players present, one of whom must play Centre.
- A team shall have no more than five (5) players on the Court at any time.



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- a) The Umpire shall require any additional player/s to leave the Court immediately and shall award a Free Pass to the non-offending team at the point where the ball was when play was stopped. In addition, the Umpire may warn any player/s involved.
- A team shall have at least four (4) players on the Court at any time, one of whom shall play as Centre.
  - a) The Umpire shall require one (1) player to return to the Court immediately and shall award a Free Pass to the non-offending team at the point where the ball was when play was stopped. In addition, the Umpire may warn any player/s involved.
- If more than one position is vacant for a team due to suspension or ordering off the Umpires shall terminate the game.
- Registered team playing uniforms shall preferably be distinct in style from the uniforms worn in Netball and shall include playing position initials.

## Duration of Game

- The game shall consist of four (4) quarters of six (6) minutes each, with an interval of one (1) minute between the first-second and third-fourth quarters. The half-time interval shall be three (3) minutes. Teams shall change ends each quarter.
- Procedure for Extra Time when a winner is required and scores are tied at the end of the fourth quarter:
  - a) Play shall stop and players remain in position on Court (no change of ends);
  - b) The Captains shall toss for the next Centre Pass;
  - c) A visual signal shall be displayed at the Official Bench to indicate that Extra Time is being played;
  - d) Play shall recommence for a period of one (1) minute. If at the end of this period, one team is leading, this team shall be declared the winner;
  - e) If the scores are tied at the end of this period, play shall continue until one team scores a goal;
  - f) Power Play shall not apply in Extra Time.

## Umpires

- Both Umpires shall work together to cover the Court (refer to Fast5 Guidelines for Umpires).
- When the Umpires toss prior to start of play (after the Captains have tossed), the Umpire winning shall be located on the Side Line where the Official Bench is positioned.
- The Umpires shall wear clothing that is distinct from the playing uniforms of the teams.

## Scorers

- The Scorers shall record the goal points for each team as they are scored.
- The Scorers shall indicate when a team is using its Power Play by standing a Power Play card (uniquely colour coded for each team) on the Official Bench for the duration of the relevant quarter.



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## Team Officials

- Throughout the game, Team Officials and bench players must remain at or near the team bench and may not indulge in inappropriate comments or behaviour.
  - a) Free Pass to the opposing team at the point where the ball was when play stopped (if the non-offending team has possession of the ball, the Umpire may advance the penalty). In addition, the Umpire may warn any team official/s and/or bench player/s involved and in extreme circumstances, may require their removal from the match arena.

## Captains

- Before the start of the game the Captains shall toss for choice of goal end and Power Play quarter. The Scorers and Umpires shall be advised of the result of the toss.
- The team winning the coin toss shall:
  - a) choose goal end for the start of play;
  - b) take the first Centre Pass in the first and third quarters;
  - c) have first choice of a Power Play quarter.
- The team losing the coin toss shall:
  - a) take the first Centre Pass in the second and fourth quarters;
  - b) choose a Power Play quarter not selected by the other team.

## 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 for a substitution to be made. At all times the players must meet the requirements specified in Rule 2
- The procedure for making a Substitution during play is:
  - a) The substitute/s shall stand wholly inside the team's designated Substitution Box;
  - b) Before leaving the Substitution Box, the substitute shall tag (with hand) the player leaving the Court.
  - c) Both the substitute and the player leaving the Court shall not interfere with the Umpire during the substitution process;
  - d) Both the substitute and the player leaving the Court shall observe the Offside Rule when leaving or entering the Court;
    - Free Pass to opposing team from the point where the ball was when the interference or Offside entry/exit occurred.
  - e) The player leaving the Court shall return to the team bench.

## Injury or Illness

- An injured or ill player shall leave the Court and has thirty (30) seconds to do so. The injured or ill player may be substituted (refer Rule 8) or the position may be left vacant.
- During a stoppage for injury or illness, Team Officials shall remain at the team bench. However, the Umpires may request a team's Primary Care Person/s to go onto the Court to check the condition of a player who may require assistance to be moved from the Court.



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## Start of Play

- The initial Centre Pass in each quarter shall be taken as specified in Rule 7.
- All other Centre Passes shall be taken by the team that did not score the last goal.
- The team taking the Centre Pass may not delay play while the Centre is substituted.
  - a) Free Pass to opposing team to be taken in the Centre Circle

## Scoring a Goal

- A goal is scored when the ball is thrown or batted over and completely through the ring by Goal Shooter or Goal Attack from any point within the Goal Third including the Goal Circle.
- Each successful goal will score a number of goal points as specified below:
  - a) 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;
  - b) 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;
  - c) 1 goal point: the shot is deemed to have been made from the Inner Circle.
- If a player lands simultaneously across a circle boundary the shot is deemed to have been made from the circle which scores the fewer number of goal points.
- During a team's Power Play quarter all goal points scored are doubled.

## Penalties

- All penalties should be taken close to where indicated by the Umpire.
- A player taking a Penalty Pass/Shot may choose not to wait for the infringer to move into position before taking the penalty but must accept any disadvantage that may occur as a result of doing so.
- A Penalty Pass/Shot shall be taken where the non-offending player was standing when the infringement occurred unless this places the non-offending team at a disadvantage.

## Discipline

- Warning: If an Umpire warns a player, the word 'warning' shall be used. The warning should be loud and clear so that the player concerned, the other Umpire and the team bench may hear.
- Suspension: A player who is suspended:
  - a) shall remain out of play for one (1) minute of playing time and shall be positioned beside the Official Bench. However, in the event that an interval occurs before the suspension period has ended, the player may join team discussions during the interval;
  - b) may not be substituted. In the event that a Centre is suspended, another player must play as centre during the suspension.
- Ordering Off: A player who is ordered off:
  - a) shall remain beside the Official Bench for the rest of the game, including during any intervals.



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- b) may not be substituted. In the event that a Centre is suspended, another player must play as centre during the suspension.

## Play not in Spirit of Game

- The objective of the game is for the attacking team (team with possession of the ball) to progress play to its goal end in order to attempt to score goal points. Play that does not meet this objective (e.g. passing the ball in order to use up time or to prevent the defending team from gaining possession or scoring) may be ruled to be time wasting and not in the spirit of the game. In such a case:
  - a) The umpire shall call 'Use it' as a signal that the team must immediately progress the ball forward to its goal end;
  - b) While the team retains possession, this signal shall remain in effect until a shot at goal has been attempted.
  - c) Penalty: Free Pass to opposing team to be taken where ball was when play stopped.
- The umpire may penalize any other form of play not considered to be in the spirit of the game and apply any penalty considered appropriate.

## Fast5 Guidelines for Umpires

- The following guidelines have been developed to assist umpires to ensure Fast5 is an exciting, high-speed game with wide appeal for players and spectators. They are based on the following principles:
  - a) A focus on 'keeping the game moving';
  - b) A high level of teamwork between umpires;
  - c) Reduced use of whistle;
  - d) Clear communication by umpires using hand signals rather than voice wherever appropriate.

## Increased Teamwork between Umpires

- In Fast5, the umpires work together to cover the Court as follows:
  - a) Each Umpire controls the Goal Third to their right (including the Goal Line) and the Side Line nearer to them;
  - b) The umpires work together to control play as it moves through the Centre Third (see details below);
  - c) Irrespective of where the ball is, either umpire may stop play for injury, illness, blood or any other appropriate reason (players may appeal to either umpire).

## Lead and Trail Umpires

- To assist in describing the responsibilities of the two Umpires as they work together, the terms Lead Umpire and Trail Umpire are used (it should be noted that these are used in a different sense from in other sports).
  - a) The Lead Umpire is the umpire whose goal end the ball is moving towards.
  - b) The Trail Umpire is the umpire whose goal end the ball is moving away from. 3 Control of Play through the Centre Third
  - c) In the diagram below, if Team A has possession, the ball is deemed to be moving towards Team A's goal end (irrespective of the position of the ball) – hence Umpire X



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is the Lead Umpire and Umpire Y is the Trail Umpire.

Direction of Play →

Trail Umpire (Y)

Team B Goal      Team A Goal

Lead Umpire (X)