



SACSA NETBALL CARNIVAL FAST FIVE MODIFIED RULES

THE TEAMS

- Each team may consist of up to ten players – five players on court and five subs.
- There are five playing positions – Goal Shooter (GS), Goal Attack (GA), Centre (C), Goal Defence (GD), Goal Keeper (GK).

THE GAME

- The game consists of two halves of eight minutes each with a halftime break of two minute and two minute break between games. (times may vary depending on number of teams)
- Teams change ends each half.
- All other Centre Passes shall be taken by the team that did not score the last goal.

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 half.

The team losing the coin toss shall take the first Centre Pass in the second half.

SUBSTITUTIONS

An unlimited number of substitutions may be made at any time during play.

SCORING A GOAL

- Each successful goal will score a number of goal points as specified below:
- **3 goal points** - This shot can be made from outside the Goal Circle and can only be taken by the GS or GA – 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;
- **1 goal point**
This shot is deemed to have been made from the Inner Circle by only GA or GS.