



SACSA NETBALL CARNIVAL

FAST FIVE RULES

Fast Fives is an exciting alternative to the normal game of Netball. The rules are the same as traditional Netball rules, however, there are some modifications. Please familiarise yourselves with the rules below.

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 one minute and three minute break between games. Teams shall change ends each half.
- Before the start of the game the Captains shall toss for choice of goal end.
- 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

- For both Netball and Fast Fives substitutions can be made at any time throughout the game or at half time.



- There is no limit on the number of substitutions that can be made.
- Substituting players are not allowed to enter the court until the exiting player has completely stepped off the court.
- Bibs need to be properly on before the substituting player can enter the court.
- Substitution Zone – The players substituting on/off the court can only enter or exit through the court side line.
- Players cannot enter or leave through the center third or when the ball is in that third.

SCORING A GOAL

Each successful goal will score a number of goal points as specified below:

- **3 goal points**

This 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;

- **1 goal point**

This shot is deemed to have been made from the Inner Circle.