

## SACSA NETBALL CARNIVAL FAST FIVE MODIFIED RULES

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### 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 Home team on the **score sheet** shall:

- Choose goal end for the start of play;
- Take the first Centre Pass in the first half.

The Away team on the score sheet 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.