

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 approx. Ten minutes (10mins) each with a halftime break of two minute (2min). 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.

START OF THE GAME

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

- Take the first Centre Pass in the first half.
- Away team to choose goal end for the start of play.

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.