

Fast5

The NetFest Rules of Competition and INF Rules of Netball apply to all match situations not specifically mentioned in these Fast5 Rules of Competition.

Court and related areas:

- Fast5 matches are played on a Netball court with an additional semicircle of radius 2.5m marked inside the goal circle.
- The area inside this semi-circle is called the 'inner circle'.
- The area between this semi-circle and the edge of the goal circle is called the 'outer circle'.

*Refer to Figure 1 for court dimensions

Match duration:

- A match consists 2 x 6-minute halves with a 2-minute half time break.
- Each team has one half designated as a 'Power Play half'. In a Power Play half, all goals scored by that team receive double goal points.

Equipment:

- Score sheets and match balls will be supplied by NetFest.
- Bibs must be supplied by each team (outdoor netball competitions only).
- Daily Registration at Venue:
 - All teams must report to the Competition Office no later than 30 minutes before their first match of the day, to check in their team.

Starting the match:

- Before the match the centre players 'rock, paper, scissors'. The winning team chooses to either take the first centre pass and selects goal end or selects which half of the match they will play their 'Power Play half'.
- All other centre passes are taken by the team that did not score the last goal.
- A team may not delay the centre pass in order to substitute its Centre.

Penalty: Penalty pass taken in centre third by the transverse line at the goal end of the non-infringing team - the whistle is blown to start play then the infringement is penalised. The substitute Centre is cautioned and stands out of play for the penalty pass.

Game management:

- A team consists of up to ten players. There are five playing positions in each team: Goal Shooter (GS), Goal Attack (GA), Centre (C), Goal Defence (GD), Goal Keeper (GK)
- During play a team may not have more than 5 players on the court. If this occurs the umpire holds time and requires any additional player/s to leave the court.
- Penalty: Free pass where the ball was when time was held
- A team must have at least 5 players on the court at any time (this may include a player in the process of entering the court as a substitute).
- Once the match has commenced a team is permitted a minimum of 4 players on the court at the umpire's discretion.

- Player taking a penalty pass may;
 - Take the penalty pass as indicated or
 - Request to take the penalty pass where the infringer was standing.
- The scorers:
 - Record the goal points for each team as each goal is scored.
 - Indicate when a team is using its power play half through verbal confirmation.

Substitutions:

- Substitutions may be made during play (as well as during stoppages and intervals). There is no limit to the number that can be made, and more than one substitution may be made at any time. Play will not be held for a substitution to be made.
- For a substitution during play:
 - The substitute stands at the end of the team bench closest to the centre third
 - Before entering the court, the substitute tags (with hand) the player leaving the court
 - Players must observe the offside rule as they enter/leave the court and must not interfere with the umpire's movement during the substitution
 - Sanction: Free pass where the ball was when the interference or offside entry/exit occurred
 - A player leaving the court returns to the team bench.

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 scores a number of goal points as specified below. The number of points is determined by the place from which the shot is taken.
 - **3 goal points** (super shot) - the player is not in contact with the ground in the goal circle while shooting.
 - **2 goal points** - the player had contact with the ground in the outer circle but is not in contact with the ground in the inner circle while shooting.
 - **1 goal point** - the player had contact with the ground in the inner circle while shooting.
- If, while shooting, a player is in contact across two circle areas, the shot is deemed to have been made from the area that scores the fewer number of goal points.
- During a team's power play quarter all goals score double goal points.

Umpires

- Hand Signals after a Goal is Scored.
*Refer to Figure 2 for hand signals

Start of play

At the start of each quarter and after each goal, play is started by the lead umpire. This means:

- At the start of each quarter, play is started by the umpire in whose direction play is expected to move
- After each successful goal, play is restarted by the umpire in whose half the goal was NOT scored
- After a stoppage, the umpires decide who restarts play according to the position of the ball.

Keeping the game moving

At the start of each quarter and after each goal, play is started by the lead umpire. This means:

- Sanctions should be taken in the correct court area close to where an infringement occurs. However, umpires should not be overly fussy about the position unless there is unfair gain involved.
- When a penalty pass is awarded from which a shot might be taken, the position (including the goal point area) should be clearly indicated. The penalty pass is awarded where the non-infringing player was standing but on request may be moved to where the infringer was standing.

Figure 1: Court dimensions

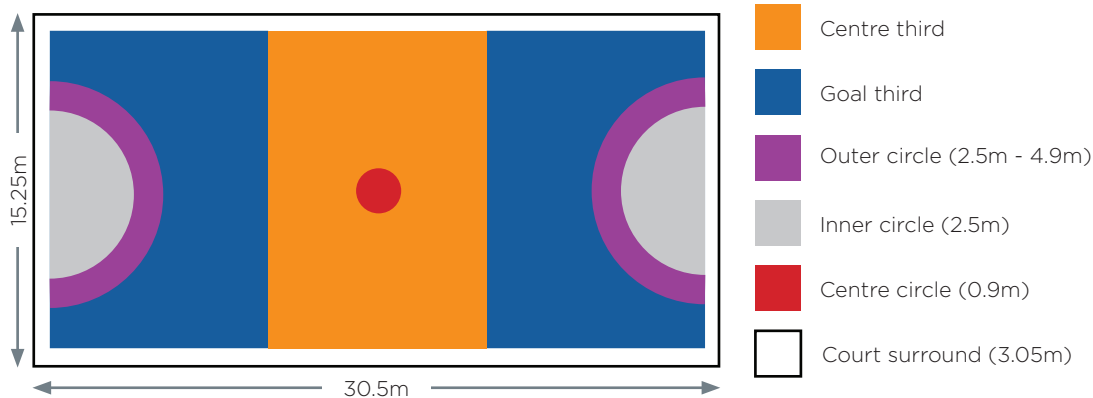


Figure 2: Umpire hand signals

