

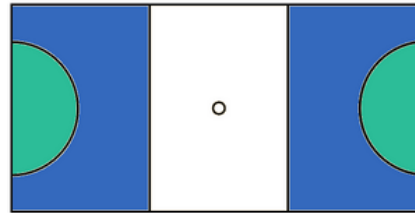
Fast 5

Rules of the Game



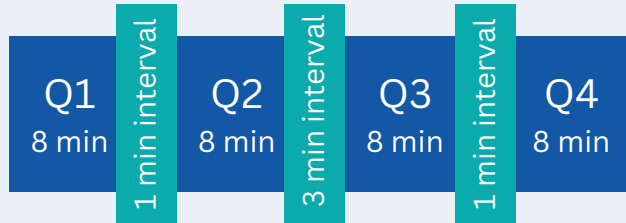
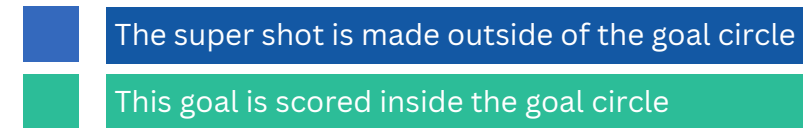
The Team

In Fast5 Netball there is only 5 positions, not 7. Two Shooters (GA & GS), two Defenders (GD & GK) and one Midcourt (C)



Goal Scoring

In traditional Fast5 there are three different scoring zones. At HCNC we have two different scoring zones



Timing

Fast5 games will be four x 8 minute quarters

Umpire Signals



One goal point, one arm raised vertically



Three goal point, both arms raised high in air with arms wide apart

Centre Pass

All Centre passes are to be taken by the team that **did NOT score the previous goal**. The paper, scissors, rock or coin toss at the beginning of the game will determine who takes the first pass in each quarter. The winner takes the first pass in the first and third quarters, and the loser takes the second and fourth quarters



Substitutions

Rolling substitutions are permitted. This means a player change can be made at any point in the game. Subs need to be made in the middle third. The umpire needs to be informed