



RULES OF FAST5 NETBALL



INTRODUCTION

Fast5 Netball is a modified form of the Game of Netball approved by the International Netball Federation (INF). These Rules of Fast5 Netball have been developed by Netball Australia from the INF Rules of Fast5 for implementation in domestic events and competitions.

The Rules of Fast5 (2016) are the official rules of Fast5 in Australia and replace all earlier versions. They are to be read in conjunction with the INF Rules of Fast5 (2016) and INF Rules of Netball (2016).

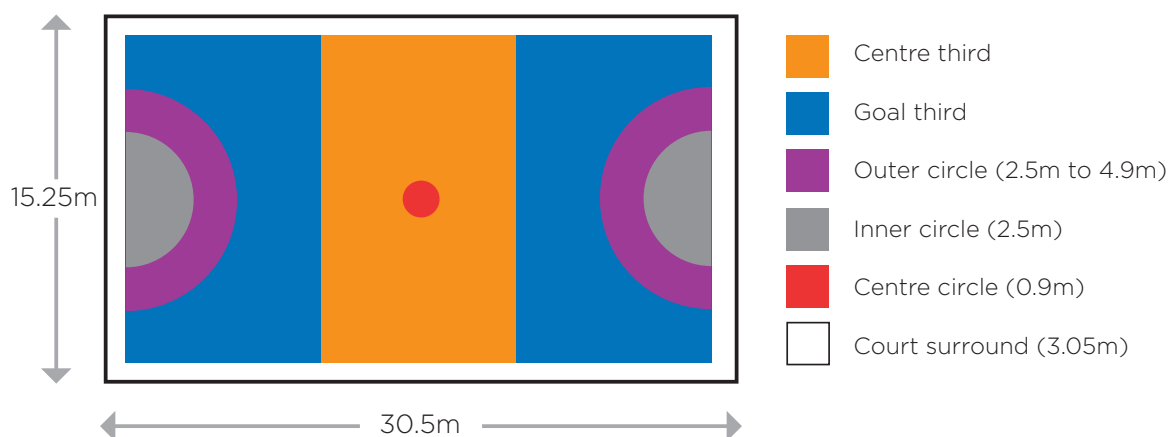
The Rules of Netball apply to all match situations not specifically mentioned in these Fast5 Netball Rules. Fast5 rules are distinguished by the use of the letter 'F' [eg Rule F2 (ii)]. All other references are to the INF Rules of Netball.

Variations in some Rules may be made locally for players of different levels or to meet other conditions, however all rule changes must be approved by Netball Australia prior to their implementation (refer to Section 15).

COURT AND RELATED AREAS

Rule F1 Court and Related Areas

1. Fast5 matches are played on a Netball court with an additional semicircle of radius 2.5 m (8.2 ft) marked inside the goal circle (centre at the mid-point of the outer edge of the goal line). 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'.
2. Where possible, scorers should sit at an official courtside bench. Should this not be available, scorers are encouraged to stand on the opposite side of the court to the team benches to ensure full visibility of play.



MATCH DURATION

Rule F2 Match Length

1. A match consists of four quarters each of 6 minutes playing duration, with an interval of 1 minute between the first-second and third-fourth quarters. The half-time interval is 3 minutes. Teams change ends each quarter.



2. Each team has one quarter designated as a 'Power Play quarter'. In a Power Play quarter, all goals scored by that team receive double goal points.

3. While a tied match is an acceptable result, if a winner is required and the scores are tied at full-time, extra time is played as follows:
 - Play stops and players remain on the court (no change of ends) while the captains toss for the centre pass to restart play
 - Play immediately recommences for a period of 1 minute
 - If at the end of this period one team is leading, this team is declared the winner; if the scores are tied, play continues until the next goal is scored
 - Power play does not apply in extra time.

MATCH PERSONNEL

Rule F3 Captains

Before the match the captains toss for the first goal end, initial centre pass and choice of power play quarter.

The team winning the coin toss:

- Chooses the goal end to commence the match
- Takes the first centre pass in the first and third quarters
- Has first choice of a Power Play quarter.

The team losing the coin toss:

- Takes the first centre pass in the second and fourth quarters
- Chooses a Power Play quarter not selected by the other team.

Rule F4 Players

1. A team consists of up to ten players. There are five playing positions in each team whose playing areas are the same as in Netball: Goal Shooter (GS), Goal Attack (GA), Centre (C), Goal Defence (GD), Goal Keeper (GK)
2. During play a team may not have more than five players on the court. If this occurs the umpire holds time and requires any additional player/s to leave the court.
Sanction: Free pass where the ball was when time was held
3. A team must have at least five players on the court at any time (this may include a player in the process of entering the court as a substitute).
 - During play: if a team has fewer than five players on the court, the umpire holds time and requires a player to return to the court immediately.
Sanction: Free pass where the ball was when time was held
 - If no player is available to take the court or if more than one position in a team is vacant due to suspension and/or ordering off, the umpires may, at their discretion, terminate play and award the match to the opposing team.

Rule F5 Match Officials

1. The umpires work together to cover the court and to control the match (refer to Fast5 Guidelines for Umpires).
2. The scorers:
 - Record the goal points for each team as each goal is scored
 - Indicate when a team is using its power play quarter through verbal confirmation
 - Indicate when extra time is being played by a verbal confirmation to the umpires.

Rule F6 Sanctions

1. A penalty pass is taken where the infringer is standing unless this disadvantages the non-infringing team [Rule 7.1.1 (i) (b)]. If a disadvantage occurs, the penalty pass is awarded where the non-infringing player is standing.
2. A disadvantage occurs:
 - Through the court: if the non-infringing player is standing closer to the team's goal end
 - In and around the goal circle (if the non-infringing player is standing in a higher goal points area).

3. The player taking the penalty pass may:
 - Take the penalty pass as indicated or
 - Request to take the penalty pass where the infringer was standing.

STARTING PLAY

Rule F7 Start of Play

1. The initial centre pass in each quarter is taken as specified [Rule F3].
2. All other centre passes are taken by the team that did not score the last goal.
3. A team may not delay the centre pass in order to substitute its Centre.

Sanction: 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.

Rule F8 Substitutions

1. 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.
2. 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

Rule F9 Scoring a Goal

1. 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).
2. 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.
3. If a player lands simultaneously, rule **9.6.2 – Two Foot Landing** of the **INF Rules of Netball (2016)** applies. The shot is deemed to have been made from the circle area where the shot is taken.
4. 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.
5. During a team's power play quarter all goals score double goal points.

GAME MANAGEMENT

Rule F10 Game Management

1. The INF Rules of Netball [Rule 13] apply except that the length of a suspension is 1 minute of play.
2. In addition, the following applies:
 - An objective of Fast5 is for the attacking team to progress play to its goal end in order to attempt to score a goal. Play that does not meet this objective (e.g. passing the ball simply to use up time) is considered to be 'not in the spirit of the Game'.

In such a case:

- The umpire calls 'use it' and points to the goal end of the team concerned as a signal that the team must immediately progress the ball towards its goal end in order to attempt to score a goal
- If the player fails to immediately carry out the umpire's instruction the player is penalised
Sanction: Penalty pass awarded just outside the goal circle of the non-infringing team and the player is cautioned
- This signal remains in effect while the team has possession or until a shot at goal has been attempted.

UMPIRE HAND SIGNALS

Rule F11 Umpire Hand Signals

In addition to the umpire hand signals specified for the INF Rules of Netball [Rule 14] the following hand signals are used. In Fast5 it is desirable that voice communication is kept to a minimum and used only when clarification is needed.



ONE GOAL POINT

One arm raised vertically



TWO GOAL POINTS

Both arms raised high in air
with hands close together



THREE GOAL POINTS

Both arms raised high in air
with arms wide apart

The following guidelines have been developed to assist umpires to ensure Fast5 is an exciting, dynamic game with wide appeal for players and spectators. They are based on the principles of 'keeping the game moving', a high level of teamwork between umpires, reduced use of whistle and clear communication using hand signals.

1. Increased Teamwork between Umpires

The umpires work cooperatively at all times. They cover the court as follows:

- Each umpire controls the goal third to the right (including the goal line) and the nearer side line
- The umpires work together to control play as it moves through the centre third (see below)
- Irrespective of where the ball is, either umpire may stop play for injury/ illness, blood or any other appropriate reason (players may appeal to either umpire).

2. 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.

3. 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.
- It is desirable that additional balls are available so play may restart quickly (eg after a successful goal, when the ball goes out of court).

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