



ACTIS MODIFIED FAST FIVE RULES

Players

- 1. A: A team may consist of up to ten (10) players, one of whom shall be the Captain. The names of these players shall be provided to the Scorers before the start of the game. 2.2 There shall be five (5) playing positions in each team whose playing areas shall be the same as in Netball: Goal Shooter (GS), Goal Attack (GA), Centre (C), Goal Defence (GD), Goal Keeper (GK)
- 1. B: When the game is ready to start, a team must take the Court if there are at least four (4) players present, one of whom must play Centre.
- 1. C: A team shall have no more than five (5) players on the Court at any time.
- PENALTY for 1.c: The Umpire shall require any additional player/s to leave the Court immediately and shall award a Free Pass to the non-offending team at the point where the ball was when play was stopped. In addition, the Umpire may warn any player/s involved.
- A team shall have at least four (4) players on the Court at any time, one of whom shall play as Centre.

Uniform

- Registered team playing uniforms shall preferably be distinct in a colour given out prior to competition starting.

Fast5 - RULES OF THE GAME

Duration of Game

The game shall consist of four (4) quarters of six (6) minutes each, with an interval of one (1) minute between the first-second and third-fourth quarters. The half-time interval shall be three (2) minutes. Teams shall change ends each quarter.

In Semi's and Finals **** Procedure for Extra Time when a winner is required and scores are tied at the end of the fourth quarter:

- Play shall stop and players remain in position on Court (no change of ends)
- The Captains shall toss for the next Centre Pass
- Play shall recommence for a period of one (1) minute. If at the end of this period, one team is leading, this team shall be declared the winner
- If the scores are tied at the end of this period, play shall continue until one team scores a goal
- Power Play shall not apply in Extra Time.

Rule Umpires

- Both Umpires shall work together to cover the Court (refer to Fast5 Guidelines for Umpires).
- The Umpires shall wear clothing that is distinct from the playing uniforms of the teams.

Rule Scorers

- The Scorers shall record the goal points for each team as they are scored.

- The Scorers shall indicate when a team is using its Power Play by standing a Power Play card (uniquely colour coded for each team)
-

Rule 7 Captains

- Before the start of the game the Captains shall toss for choice of goal end.
- The Scorers and Umpires shall be advised of the result of the toss.

The team winning the coin toss shall

- choose goal end for the start of play take the first Centre Pass in the first and third quarters
- have first choice of a Power Play quarter

The team losing the coin toss shall

- Take the first Centre Pass in the second and fourth quarters
- Choose a Power Play quarter not selected by the other team.

Rule Substitutions

- Substitutions may be made at intervals only or during play if there is an injury.
- At all times the players must meet the requirements specified in this Rule,

Fast5 - RULES OF THE GAME

Injury or Illness

- An injured or ill player shall leave the Court and has thirty (30) seconds to do so. The injured or ill player may be substituted, or the position may be left vacant.
- During a stoppage for injury or illness, Team Officials shall remain at the team bench. However, the Umpires may request a team's Primary Care Person/s to go onto the Court to check the condition of a player who may require assistance to be moved from the Court.

Start of Play

The initial Centre Pass in each quarter shall be taken as specified in Rule 7.

- All other Centre Passes shall be taken by the team that did not score the last goal.

Rule 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 and within the Goal Circle.

Each successful goal will score a number of goal points as specified below:

- 1 point scored for each goal scored within the goal circle.
- 2 pts for all goals scored outside the goal circle.
- Double points scored if shooting with your designated Power Play quarter

All penalties should be taken close to where indicated by the Umpire.

- A player taking a Penalty Pass/Shot may choose not to wait for the infringer to move into position before taking the penalty but must accept any disadvantage that may occur as a result of doing so.
- A Penalty Pass/Shot shall be taken where the non-offending player was standing when the infringement occurred unless this places the non-offending team at a disadvantage.