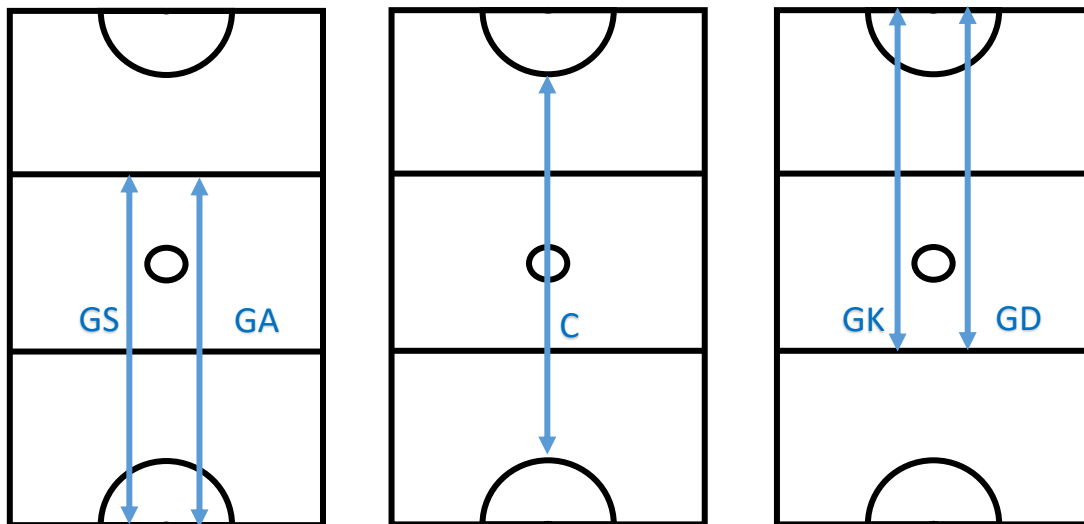


## Adastral Sport Day – Fast 5's Netball Rules

- **Aim of the game:** The objective of the game is for teams to score goals, by passing a ball and shooting it into their team's goal ring. Players are assigned "positions" that define their role within the team and restrict their movement on court.
- **Penalties:**
  - During general play, the player with the ball can take no more than one step before passing it, and must pass the ball or shoot for goal within three seconds.
  - A player with or without the ball cannot move into an area of the court that is not designated for their position
  - A player attempting to intercept or defend the ball must be at least 3ft (0.9m) away from the player with the ball
  - Netball is a non-contact sport. Physical contact using any part of the body to limit an opponent's ability to move freely is not allowed
  - You must not replay the ball – ie throw it to yourself or lose control of the ball and pick it up again if it has not been touched by another player
- **Centre passes:** A coin toss determines the first centre pass of the match, after which centre passes alternate between the two teams.
- **Timing:** Each game will last 8-10 minutes (depending on number of teams), with the last 2 minutes running as a "power play"
- **Scoring:** Goals can only be scored by the assigned shooting players (GS & GA)
  - Goals scored from **inside** the circle = 1 point
  - Goals scored from **outside** the circle = 3 points
- **Power plays:** The last 2 mins of each game will be a "power play" where any goal scored is worth double points
- **Players:** Each side has five players on the court
- **Substitutions:** Teams are allowed to use rolling substitutions, with no stoppages in play per substitution
- **Positions:** The court is divided into thirds and players are allowed in the following areas:



- **Tournament points:** The tournament will result in a winner based on the scoring method as follows:
  - Score + 3 points for a win
  - Score + 1 point for a draw
  - Score + 0 points for a loss
- **Tied tournament scores:** If 1st place is tied, then have a penalty shootout will take place as follows:
  - 3 shooters from each team
  - 1 shot each, taken from the penalty spot.
  - Team with highest score wins
  - If no clear winner then, moves to sudden death