

Selwyn Sports Centre

Fast 5 Netball Registration Form

1. Team name: _____

2. Would you like to play:

☐ Womens grade

☐ Mixed (men/women)

3. Competitive (mixed) or non-competitive (females)? _____

4. Name, date of birth and gender of each team member:

Name _____ Date of birth _____ Gender _____

Name _____ Date of birth _____ Gender _____

Name _____ Date of birth _____ Gender _____

Name _____ Date of birth _____ Gender _____

Name _____ Date of birth _____ Gender _____

Name _____ Date of birth _____ Gender _____

Name _____ Date of birth _____ Gender _____

5. Team contact:

Name _____ Phone _____

Email _____

**Must be notified 24 hours in advance if game is being defaulted. Teams must provide their own refs, this can be done by the subs.*

Selwyn Sports Centre

Fast 5 Netball Rules

- Defending may occur 0.9m away.
- Players may not hold the ball for longer than 3 seconds.
- Players cannot take more than 1.5 steps with the ball.
- The ball must be touched by a player in each third of the court.
- All players must be on the court while a throw in takes place.
- Mixed teams can have a maximum of two males which must play at different sections of the court.
- Player's substitutions can be made at any time providing the player on court leaves before the replacement goes on.
- A match consists of four quarters each of 6 minutes playing duration, with an interval of 1 minute between the first two quarters and the last two quarters. Half time interval is 3 minutes between quarters two and three. Teams change ends after each quarter.
- 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.
- At the start of each game 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 not selected by the other team
- 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

Umpires:

- Players are to ref own games. One player from each team is to ref half of the court each.
- Players must not dispute ruling given by an umpire or direct any offensive, insulting or abusive language. For continued misconduct the Selwyn Sports Centre will ask the player to leave the facility.
- The umpires work together to cover the court and to control the match.
- The umpires record the goals scored for each team as each goal is scored, indicate when a team is using its Power Play quarter through verbal confirmation, and indicate when extra time is being played by verbal confirmation to the umpires.

Scoring:

Goal shot inside black line = 1 point

Goal shot inside goal circle and outside black line = 2 points

Goal shot outside white goal circle = 3 points