

FAST 5 INDOOR NETBALL RULES

5v5 indoor netball is a shorter, faster version of traditional netball

Fundamental differences in how the game is played

- Each team consists of 5 players on the court and up to 5 substitutes (unlimited rolling subs at any time)
- Each team must always have at least 4 players on the court at all times
- **Court positions:** GS – GA – C – GK – GD
- **Game times:** 4 x 6 min quarters. 2 mins half time. 1 min between alternate quarters.
- **Points:** GS and GA may shoot goals from both inside and outside the goal circle. Goals scored from inside the goal circle count for 1 point, and goals from outside the semi-circle count for 2 points. No other positions are permitted to shoot goals.
- GS and GK can use 2/3 of the court including their own goal circle
- GA and GD can use all of the court including their own goal circle
- C position can use the whole court excluding the goal circle
- **Power Play:** each team can separately nominate one “Power Play” quarter in which each goal scored by that team counts for double points (*1 pointer = 2 points, 2 pointer = 4 points*)
- **No outs:** the ball is alive and may be thrown off the nets
- **Mixed comp:** teams must always consist of 1-2 male players on court at a time.

CAPTAIN'S DUTY

- Before the start of each game, captains will play 1 round of rock, paper, scissors for first choice of goal end and Power Play quarter. The losing captain must choose an alternative Power Play quarter.
- Please ensure this is done before the starting siren and your team is on the court ready to start at the sound of the horn. (Both courts will be run on the same timer so don't be late!)

UMPIRING – DUTY TEAMS

Teams may be required to umpire other games. The schedule will be provided to teams via the weekly fixture document. Three players are required: 1 umpire/whistle blower on court, 2 scoring. *Umpires are reminded that this is a social game designed to have less whistles and less stoppages to keep the game fast!*

ATTIRE

Teams must provide their own set of bibs. Teams without bibs are required to hire a set from the kiosk. Where opposing teams have similar bibs, an alternative will be provided.

Players must not wear anything that may endanger themselves or other players, specifically:

- No adornment or jewellery may be worn. Religious or necessary items may be worn but must be covered or taped
- Fingernails must be short and smooth or, if necessary, taped
- Hair must be suitably tied back

NET ABUSE

- A player may not step, land or jump into the nets
- A player may brush the nets however at no time can a player make contact with the net whether they are in possession of the ball or not
- A player may not deliberately hold or use the nets to 'push off' to gain an advantage
- The nets may not be used to 'pin' a player in such a manner to prevent movement

General netball rules still apply.

All decisions are up to the discretion of the umpire. Umpire decisions are final.

CONTACT – PERSONAL

- No personal contact with an opponent shall be allowed – deliberately or accidentally – if it interferes with an opponent's play
- No player shall deliberately move into the path of an already moving opponent
- A player may not move into the natural landing area of an airborne player after that player has left the floor

CONTACT – BALL

- No player shall push the ball into an opponent or touch an opponent with the ball in order to interfere with that opponent's play
- A player shall not – accidentally or deliberately – place a hand/(s) on a ball held by an opposing player

OBSTRUCTION

- Player can defend a player only after their 3 feet (1 metre) distance is taken from the "landed foot" of the player in possession of the ball. This can be both feet if they land simultaneously.

PENALTY RULE – "OUT OF PLAY, STAND BESIDE"

- A player penalised for obstruction, contact and 'net abuse' must stand beside and away from the player taking the penalty and shall have no further part in play until the ball has been released. This includes any movement prior to or on the release of the ball. This has to be done in a timely manner.

KEY HAND SIGNALS



Contact



1 point



2 points