

'FAST 5'

STADIUM NETBALL

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Social Fast5 Netball competition is coming to the PMQ Indoor Sports Stadium

The competition will run over 10 weeks and will be played in a social atmosphere ('World Beaters' need not apply)!

IMPORTANT INFORMATION – Amended 22/07/2018

- Starting – Tuesday 24th July 2018 (now starting 31st July)
- Finishing - Tuesday 25th September 2018
- Duration - 10 week competition (now 9 weeks)
- Times – Games will start at 6.20pm, 7pm and 7.35pm (depending on team registrations)
- Officiating – All games will have an umpire and be overseen by a competition court supervisor.
- Costs
 - Team Nomination Fee \$50 (now \$40)
 - Team Competition Fee \$350 (now \$315)
 - Total = \$355 (approximately \$7 per player a game)
- There will be a Women's and a Mixed Competition. THOUGH if insufficient numbers in either grouping, then both will be combined.
At the end of all round games the competition ladder will separate into Women's & Mixed for the finals based on your teams position on the ladder.

For any further information contact the Stadium on 6583 2501

GENERAL RULES

THE TEAM

There are five playing positions, with two shooters (GS and GA), two defenders (GK and GD) and one mid courter (C).

TIMING

Four - 6 minute quarters with 1 minute between quarters (2 minutes for halftime)

POWER PLAY

The team that wins the toss will have the first choice of a Power Play quarter (Teams can't have the same quarter). All points scored in a team's designated quarter are double.

CENTRE PASSES

All centre passes shall be taken by the team that DID NOT score the last goal.

The coin toss at the start of the game will determine who takes the first centre pass in each quarter.

The winner will take the initial centre pass in the first and third quarters, and the loser the second and fourth quarters.

SUBSTITUTIONS

Substitutions may only take place between quarters or should there be an injury.

GOAL SCORING

There are three different scoring zones in.

- Goal third (outside Basketball 3 point line) = 3pts THE DESPERADO
- Outer Circle = 2pts THE LONG BOMB
- Inner Circle = 1pt THE SAFETY