



Barfoot & Thompson
ESTABLISHED 1864

Netball Centre

NNH Fast5 and Inside 5a-Side Rules

Team Players:

2 x Shooters

2 x Defenders

1 x Centre

Duration of Match:

4 x 9 Minute quarters, 30 seconds between each quarter

Basic Rules:

No physical contact

Defending may occur from 0.9m away

The ball must be passed within 3 seconds

The ball must be touched by a player in each third of the court

All players must be on court while a throw in takes place

Once the ball enters the goal third no resetting to centre third is allowed.

Scoring:

Goal shot inside goal circle = 1 point

Goal shot inside goal circle between yellow dotted line and black circle line = 2 points

Goal shot outside goal circle (in goal third) = 3 points

Anyone who can play in the goal third may shoot from outside the goal circle



To start the Match:

Centres of both teams in the centre third with defenders and scorers in their appropriate goal third ends of the court

Match starts as soon as the centre with possession places one foot in centre circle

The non scoring team takes the centre pass (No whistle from the umpire to start centre pass once the Match has commenced)

Umpire:

One umpire controls the match – allowing play to flow

Once an infringement is called the non offending team takes the pass from where the infringement took place

The infringer may move down the court or defend from the correct distance

The umpire blows the whistle at the centre pass only when an infringement takes place

Substitutions:

Player substitutions can be made at any time providing the player on court leaves before replacement goes on court

Disputing with Umpire

A player may not dispute a ruling given by an umpire or direct any offensive, insulting or abusive language and/or gestures at an umpire

A player will be subbed off for 3 goals

For continued misconduct (infringing, disputing and not in the spirit of the game behaviour) the player or players will be ordered off for remainder of the Match.

