



THE TEAM

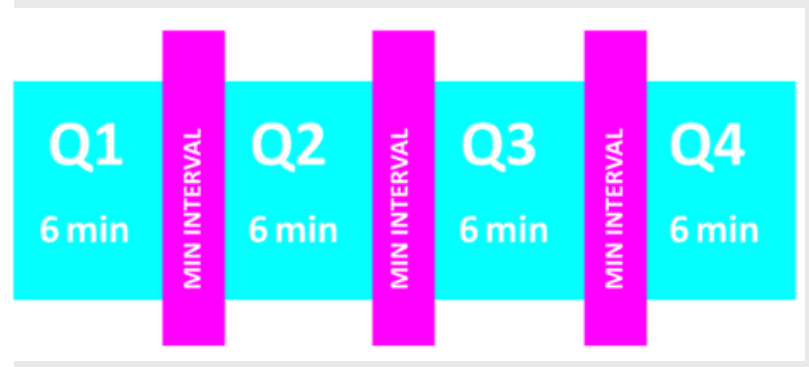
There are only 5 positions on the court, two shooters (GS & GA), two defenders (GK & GD) and one midcourter (C)

***A minimum of 4 players is required to take the court.**

TEAMS WITH MALES

Teams can only have up to 3 males on the court at once
Male players must be spread over the court so that there is no more than one male shooting (GA or GS), one male defending (GD or GK) and one male playing in the centre court (C).

TIMING



Match consists of four six-minute quarters, with 1 minute intervals and 2 minute half time
Teams change end each quarter

POWER PLAY



Each team has one quarter designated as a 'Power Play quarter'. In a Power Play quarter, all points scored by that team in that quarter are **doubled**.

*This is to be recorded as normal on the scoresheet and only "Power Play" points attributed to total score at the end of the quarter.

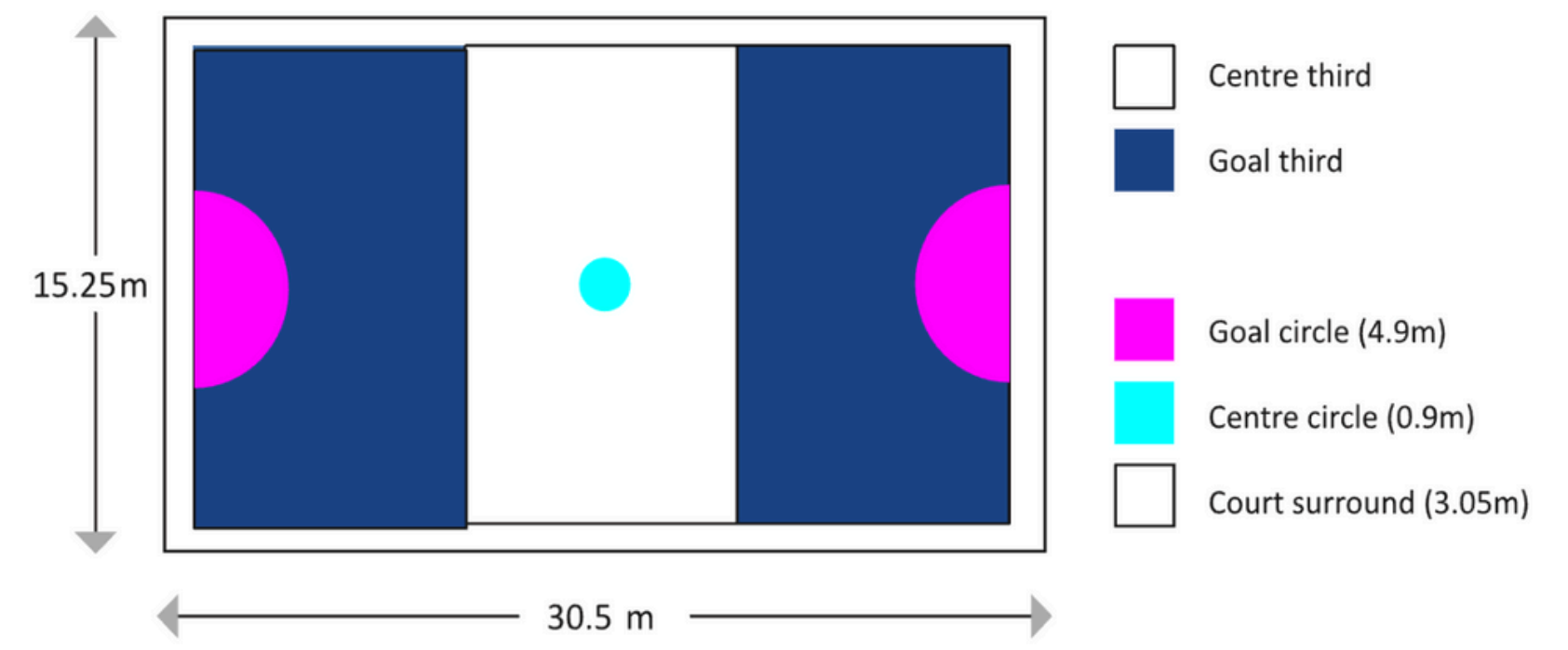
GOAL SCORING

For the purpose of this modified competition there will not be an "inner circle" and "outer circle". There will only be goal circle as per a normal netball match. Players may score from outside the goal circle for a larger number of points.

If, while shooting, a player is in contact across two scoring areas, the shot is deemed to have been made from the area that scores the fewer number of goal points.

A goaler may step back onto one foot into a higher scoring area of the court, to receive higher points for the goal

Goals can be scored by GS, GA and C from the Goal Third only. Only GS and GA in the Goal Circle.



3 points	The Super Shot made outside the goal circle
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1 point	A goal scored in the goal circle
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***All goals are to be recorded as normal on the scoresheet and only "Power Play" points attributed to total score at the end of the quarter.**

If there are any questions or concerns, please seek MENA competition staff

CENTRE PASS



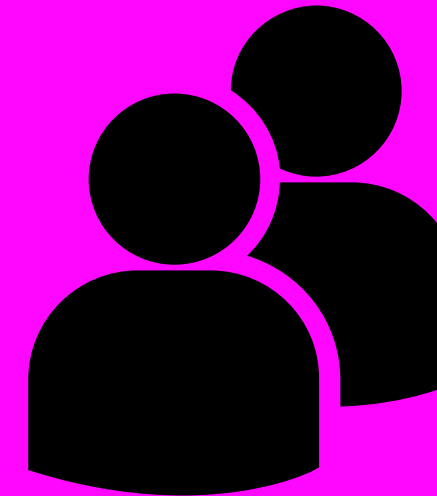
The first named team:

- Gets First centre pass for the game
- Has first choice of a Power Play quarter.

The second named team:

- Chooses which way they would like to shoot first quarter
- Chooses a power player quarter not selected by the other team

*All goals are to be recorded as normal on the scoresheet and only "Power Play" points attributed to total score at the end of the quarter.



SUBSTITUTIONS

FAST5 has rolling subs, meaning changes can be made during the game & quarter breaks. There is no limit to the number that can be made and more than one substitution may be made at any time. Play will not be held for a substitution to be made. You must adhere to the positions offside rules, else penalties will apply