



# Melbourne East Netball Association

Registration No: A0011747L

ABN 54 201 268 575

Correspondence to: PO Box 613, Heathmont 3135

Email: [admin@menanetball.com.au](mailto:admin@menanetball.com.au)

Phone: 0411 691 888

## 2025 FAST FIVE COMPETITION RULES

This competition aims to provide mixed women and male teams of various ages the opportunity to play socially amongst friends, family and peers.

This competition has Junior age and Open age divisions, catering for players who are aged 15 years and over.

Games are played weekly on a Sunday evening at The Maroondah Nets, Heathmont and alternate venue The Rings, Ringwood. Each team is fixtured to play 2 short games each week, unless where there is a bye scheduled in the fixture.

1. Teams must have a designated Team Manager for the season who is over the age of 18yrs. They are the primary contact for all on and off –court matter for their team. The Team Managers responsibilities include:
  - Registering the team through Netball Connect
  - Ensuring all team fees are paid in full by due date.
  - All players (including themselves) are registered through Netball Connect by the due date
  - All players have played the minimum required games to qualify for finals.
  - All players meet the age requirements as per competition rules.
  - All players acknowledge and abide by the competition rules as outlined in this document as well as Netball Victoria Code of Behaviour.
  - All players are informed of game times and/or game changes.
2. The Competition/Program Coordinator will direct all important communications to the Team Manager and/or players via email and /or phone.
3. It is the responsibility of the Team Manager to ensure that teams members are fully aware of the Rules of Netball as well the information written in this document “2025 Fast Five Competition Rules”. MENA have the right to change and update any ruling within this document to ensure the best possible competition for is members. Any changes will be communicated to umpires, competition staff and team managers in a timely manner prior to implementation.
4. All teams must pay the Team Registration Fee \$50.00 (incl GST) via Netball Connect **PRIOR** to taking to the court for their first game.
5. Court fees are \$90.00 (incl GST) per team per week, to be paid at the competition office **PRIOR** to commencement of the game. Payment is to be made by direct bank transfer or through online payment window prior to the game.
6. Players
  - a Must be at least 15 years of age before 31<sup>st</sup> December of the current year of play.



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- b. All players must be Netball Victoria registered prior to playing. Registration is through Netball Connect by purchasing either annual membership or Single Game Voucher. Players are not covered by Netball Victoria insurance unless they are registered.
  - d. New players who have registered after the commencement of the season and/or players who are filling in are also to be recorded on the back of the scoresheet. As per rule 3, all players must be registered before taking the court.
  - e. Players must play **four (4) games** to qualify for finals. Names must appear in the team attendance and have a tick against their name for proof of play.
  - g. Players may only play one (1) game per night. Once a player has played with a team, they belong to that team. Players may only play in one team per season.
  - i. Should a team play a match with an ineligible player, then the goals scored by the offending team are set to 0, the non-offending team's goals remain, and the match result is recalculated. The offending team will also incur a -4 Premiership point penalty. Should both teams play a match with ineligible players, then all goals scored are set to 0, and both teams will also incur a -4 Premiership point penalty.
  - j. During play if a team has fewer than four players on court, the umpire holds time and requires a player to return to the court immediately. A sanction of a free pass where the ball was then time was held, given to the opposition
  - k. If no player is available to take the court or if more than one position in a team is vacant due to suspension and/or ordering off, the umpire may at their discretion, terminate play and award the match to the opposing team. This should only be done with great consideration and a result of extreme circumstances.
7. Mixed Competiton  
Maximum number of males on a court at any one time is 3.  
There can only be up to one male in each third on court from a positional perspective, e.g. Shooter (GS or GA) and mid-court (WA, C or WD) and defence (GK or GD).
8. Uniform
- a. Teams must wear a matching-coloured t-shirt/singlet and black leggings, shorts and/or skirt.
  - b. T-shirts and singlets must not have any strapping detail, and singlets must have a wider shoulder strap of no less than 4cm wide.
  - c. Bibs are to be supplied by each team and must have an alternative colour set should they clash with the opposing team.
  - d. Players many not wear anything that could endanger themselves or other players, specifically:
    - i. No adornment or jewellery may be worn other than a wedding ring which must be covered with tape.
    - ii. Fingernails shall be cut short and smooth or taped with correct tape prior to the game commencing.
    - iii. A medical alert bracelet may be worn provided it is covered with tape.



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- iv. Hair must be suitably tied back.
  - v. Beads may only be worn if secured TIGHTLY against the head with no movement possible.
  - vi. Gloves are permitted on the provision that nails are taped underneath as well.
9. Each team must provide a scorer. SCORERS MUST SIT TOGETHER.  
The Home Team (first named team) scorer is to score using their own smartphone, which will require them to have the Netball Connect App uploaded onto their phone.  
\*Please refer to the Netball Connect App for Scorers, Coaches and Team Managers Guide [Netball Connect App for Scorers, Coaches and Team Managers – Netball Victoria](#).  
The Away Team (second named team) is to display the score using the either the digital scoreboard or manual scoreboard.
10. Byes
- a. MENA cannot guarantee an even number of teams across all sections/divisions. As a result, byes may be necessary to fulfil the draw.
11. Draws and Ladders
- b. The season fixture and premiership ladder will be available online through the Netball Connect App.
  - c. The following points system will be used during the grading games as well as the regular season fixture.

<b>Win</b>	= 4 points
<b>Loss</b>	= 0 points
<b>Draw</b>	= 2 point
<b>Bye</b>	= 4 points
<b>Forfeit Loss</b>	= 0 points
<b>Forfeit Win</b>	= 4 points
<b>Double Forfeit</b>	= 0 points
<b>Abandoned (no match)</b>	= 0 points
<b>Abandoned (incomplete)</b>	= 0 points

12. Withdrawals
- a. Any team who withdraws after taking the court in the first game is liable to pay the full balance of any outstanding competition fees and if already done so they will not receive any refund for competition fees.



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- b. No refunds can be made if a player decides to leave the competition. It is up to the Team Manager as to how payments are received and/or transferred amongst players.
- c. Draws and ladders will be appropriately adjusted by the discretion of MENA for any team who is withdrawn from the competition.

### 13. Forfeits

- a. To take the court a minimum of four (4) players are required.
- b. If a team fails to have 4 players on court by the start of the game, the opposition will be awarded one (1) goal for every full minute that elapses until the minimum player requirement is met.
- c. If after six (6) minutes the team cannot meet the minimum of 4 players, they will forfeit the game. The offending team will be penalised with a Late Forfeit. If this is a second time offence a Double Late Forfeit will be applied.
- d. Forfeits are to be communicated to the Program Coordinator by email at [programs@menanetball.com.au](mailto:programs@menanetball.com.au)

<b>Early forfeit</b>	Before 3pm the day prior to the scheduled game will incur a \$90 fee.
<b>Late forfeit</b>	After 3pm the day prior to the scheduled game will incur a \$180 fee and loss of two (2) competition points
<b>Double Late forfeit</b>	Second time or more of a late forfeit will incur a \$240 fee and the team will be deducted 4 competition points.

14. Melbourne East Netball will provide umpires.

15. All matches shall comprise four 6-minute quarters. A Central clock shall time all matches

### 16. Match Results:

Season

- a. After half a game or more has been played, then the score at the point of stopping the match is the final result; or
- b. Where a match is cancelled, by MENA for health and safety of participants, or does not reach half a game of play, no result is achieved.
- c. This match will not be replayed.
- d. If no result is achieved, the match will be considered a draw and points awarded to each team.



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## 2025 FAST FIVE COMPETITION RULES

### Semi Final

- e. After half a game or more has been played, then the score at the point of stopping the match is the final result; or
- f. Where a match is cancelled by MENA for health and safety of participants, or does not reach half a game of play, no result is achieved.
- g. This match will not be replayed.
- h. If no result is achieved, the first and second placed teams on the ladder at the end of the season will go through to the Grand Final.

### Grand Final

- i. after half a game or more has been played, then the score at the point of stopping the match is the final result; or
- j. Where the Grand Final match is cancelled, by MENA for health and safety of participants, or does not reach half a game of play, no result is achieved.
- k. The top ranked team at the end of the season will be awarded first place and the second ranked team second.

### 17. Finals

- a. The finals matches will be played after the conclusion of the regular season rounds.
- b. The top four (4) teams with the most competition points in each division/section will compete in the final series.
- c. If teams are tied for competitions points, the finals positions will be determined by the following steps:
  - i. Team with highest goal percentage during the regular season rounds
  - ii. If teams are still tied, then the team in whom won the match between the 2 teams concerned during their last normal fixture round
- d. Overtime in the event of a draw

Completion of regular match time	Break	Change ends 1 <sup>st</sup> half (overtime)	Change ends 2 <sup>nd</sup> Half (overtime)	Continue until 1 team gains 2 goal advantage
	1 minute	3 minutes	3 minutes	

- i. In the event of a draw during the finals series the following will take place
- ii. At the competition of regular time there will be a one-minute break
- iii. After the one-minute break, teams will change ends and two halves of five minutes extra time will be played.
- iv. After the first five minutes half, teams will change ends and continue to the second five-minute half with no break.
- v. If the game is still drawn at the end of the second five-minute half, play continues until one team gains a two-goal advantage.



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- e. The format for each division/section final series is as per below

<b>Semi Final 1</b>	1 <sup>st</sup> vs 4 <sup>th</sup>
<b>Semi Final 2</b>	2 <sup>nd</sup> vs 3 <sup>rd</sup>
<b>Grand Final</b>	Winner SF1 vs Winner SF2

MENA reserves the right to alter the finals series format at any time to best suit the competition needs.

### 18. Rolling Substitutions.

- a. Only one (1) rolling substitution per team be made at a time.
- b. Substitutions may be made during play (as well as during stoppages and intervals). There is no limit to the number that can be made during a game.
- c. Play will not be held for substitutions (umpires do not need to be notified if a player wished to complete a substitution).
- d. Players can only enter the play once the subbing player has completely exited the court and tagged the hand of the player coming on. The player coming on must already be wearing the correct bib before taking the court.
- e. The rolling substitution stands at the designated area. The designated zone for rolling substitutions is delineated by lines marked on the ground at each end of the team's bench. For indoor courts the designated area is situated alongside the score bench.
- f. Players must observe the offside rules as they enter/leave the court. A sanction of a free pass where the infringement occurred (advantage may be applied if this would place the non-offending team at a disadvantage).
- g. Players must not interfere with the umpire's movement during the substitution. A sanction of a free pass where the ball was when play was stopped (advantage may be applied).
- h. Players cannot change positions whilst on the court. Any changes to positions require a player to sub off and return to the court in the desired position.
- i. If a player leaves the court as a rolling substitution, and there is no player in the designated area, the replacement player is treated as a late player and must wait until a break in play to enter the court.

### 19. Behaviour of players & spectators

- a. Melbourne East Netball Association requires all players, umpires and spectators to comply with the Code of Conduct – General, Code of Conduct – Player, Code of Conduct – Umpire, Code of Conduct – Spectator as outlined by Netball Victoria and to be read upon player registration.
- b. Team managers are responsible for the behaviour of all team member and spectators on and off the court.
- c. Inappropriate behaviour, disrespect and foul language will not be tolerated.



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- d. This behaviour and any other behaviour deemed not to be in the good spirit of the competition will result in players being sent from the court at the discretion of the Umpire. Spectators will also be removed from the court/stadium.
- e. Players who are sent off from the game will receive further disciplinary action at the discretion of the Competition Coordinator.
- f. Players who are repeatedly reported for foul language and/or aggressive behaviour will be removed from the competition at the Competition Coordinators discretion

### 20. Adverse Weather

- a. During weather events, matches will only be rescheduled or cancelled:
  - by the Competition Coordinator on duty in conjunction with the Umpire Coordinator on duty for the safety of players and match officials
  - on a timeslot-by-timeslot basis

Netball is traditionally an outdoor/all weather sport and our preference is not to reschedule games. However, player/umpire safety is paramount and if the courts are deemed to be unsafe, matches may be rescheduled where possible or cancelled. During periods of lightning, games will be suspended until safe to resume. Match rescheduling will not be based on player/umpire/spectator comfort – only safety. Our court surface is Synpave, a flexible gripping surface which reduces the risk of slipping therefore games will not be rescheduled simply because it is raining. It is the responsibility of the player to ensure that correct footwear is worn.

The decision to reschedule matches must be made round by round by the Competition Coordinator and the Umpire Coordinator on duty at the venue. The consideration of safety will take into account many factors, including:

- Amount and intensity of rain, sleet, hail;
- Thunderstorm activity with lightning;
- Water volume on the courts;
- Lack of grip on the court;
- Temperature at the commencement of games.

#### b. Hot Weather

If at the start of a match the air temperature exceeds 28 degrees as per MENA thermometer, matches will be reduced to 3 quarters at 6 minutes per quarter, quarter time breaks increased to 3 minutes.

If at the start of any match, the air temperature exceeds 34 degrees, the matches will be cancelled.

### 21. First Aid

- a. A certified First Aid Office will be supplied at the venue by Maroondah City Council during all games.



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- b. It is the responsibility of the Maroondah City Council First Aid Officer to provide immediate assistance to the injured player with on court injuries or to continue treatment of injuries after player has been removed from the court.
  - c. They are authorised to provide the appropriate medical advice/treatment (including ice packs and call for an ambulance).
21. The venue is a non-smoking area during competition/events.
  22. The venue is alcohol free during competition/events.
  23. The Coordinators and Convenors will have the right to interpret the rules due to circumstances which may arise on the day of play.
  24. Breaches of these rules could result in the loss of points and to the team's score. For more details on breaches, refer to the MENA By-laws.