

## THE TEAM



A team may consist of up to 10 players  
There shall be five playing positions in each team.



Centre (c), Goal Shooter (GS), Goal Attack (GA), Goal Defence (GD), Goal Keeper (GK).



## TIMING

Match consists of two 7minute halves, with straight swap at half time.

Teams change end each half.



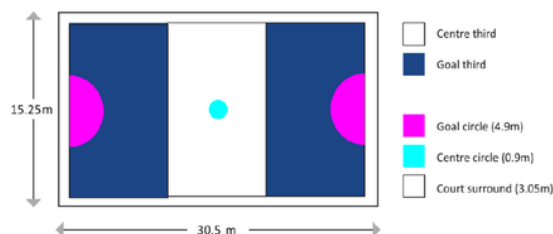
## CENTRE PASS

The first named team:

Gets first Centre pass for the game.

The second name team:

Chooses which way they would like to shoot.



## 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.

<b>3</b> points	The Super Shot made outside the goal circle
<b>1</b> point	A goal scored in the goal circle

## SUBSTITUTIONS



- Use the designated rolling substitution area beside the team bench
- The substitute must tag the player leaving the court before entering
- Only one rolling substitution per team can be made at a time
- Play must not be delayed for a substitution
- Players must stay onside when entering and leaving the court
- Players must not interfere with the umpire's movement
- If no substitute is waiting in the designated area, the replacement is treated as a late player and must wait for a break in play
- Scan the QR code for full rules and sanctions

