

School Sport SA Modified Fast5 Netball

Modification

Fast5 is a modified form of the game of netball. The modification for the School Sport SA format of the competition will be 5 minute quarters instead of 6 minutes. Competitions can be single or mixed gendered teams as the district or zone decides.

See the following video for a quick summary of how to play the game.

<https://www.youtube.com/watch?v=S77gUafQ4tE>

Rules

1. **Court** — fast5 matches are played on a netball court with an additional 'inner circle' in the goal ends of approximately 3.5 metres. Only the inner circle line needs to be marked with chalk.



2. **Match Length** — Suggested further modifications for a carnival format are that a game consists of 4 quarters each of 5 minutes playing time with 1 minute breaks at quarter & three-quarter time and 3 minute break at half time.

1st quarter	interval	2nd quarter	half time	3rd quarter	interval	4th quarter
5 minutes	1 minute	5 minutes	3 minutes	5 minutes	1 minute	5 minute

3. **Players** — There are only 5 playing positions on the court – no WA & WD
4. **Scoring a Goal** – There are three scoring zones (see above) for the GA and GS to shoot a goal. The inner circle (green) equals 1 point, outer circle (pink) equals 2 points and outside of the circle but in the goal third (black area) equals 3 points.
5. **Centre Pass** — The first centre pass at the beginning of the game is determined by a toss of a coin. During the game, the centre pass is taken by the team that didn't score the last goal.
6. **Substitutions** — Rolling subs are allowed at any time. There is no limit to the number of substitutions and more than 1 can be made at any time.
7. **Power Play** — Each team names one of the quarters to be the 'power play' quarter. All points scored during this quarter are doubled. The team winning the toss at the start of the game has first choice of which quarter they want as the power play quarter. The other team cannot have the same quarter nominated for the power play they must choose another quarter.
8. **Rules** — All other netball rules apply.

Intra-school competition

Schools are encouraged to run an internal competition at their site to determine their top team/s. This could be done during lunch breaks, through a SEPEP (Sport Education in Physical Education Program) unit or another format determined by the school.

Possible carnival format

The top team/s from each school would then progress to a district/zone/region carnival day. The following is a possible structure for a district/zone/region carnival day but is flexible and would need to cater for the number of teams participating.

Example format: Games are 25 minutes in length. Central timing. 5 minutes between games.

Round	Time	Court 1	Court 2	Court 3	Court 4
1	9.30				
2	10.00				
3	10.30				
4	11.00				
5	11.30				
6	12.00				
LUNCH	12.30				
7	1.00				
8	1.30				
Semi final	2.00				
Grand Final	2.30				
	3.00	PRESENTATIONS			