



**WORLD  
NETBALL**

# Rules of FAST5 Netball

2024 Edition

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## FOREWORD

FAST5 is a modified form of the Game of Netball approved by World Netball (WN). The WN Rules of FAST5 (2024) are the official rules of FAST5 and replace all earlier versions. They are to be read in conjunction with the WN Rules of Netball (2024).

FAST5 is an exciting, high-speed game with wide appeal for players and spectators. An overarching principle is that the game should be fluid with minimal interruption by the umpire.

The WN Rules of Netball apply to all match situations not specifically mentioned in the WN Rules of FAST5. FAST5 rules are distinguished by the use of the letter 'F' (e.g. Rule F2.2). All other references are to the WN Rules of Netball.

The approval of any variations or trials to the WN Rules of FAST5 for international play must be sought in advance from WN, which also maintains sole responsibility for issuing any rule interpretations or application guidelines.

WN publishes the Rules of Netball in several different languages. If there is divergence in wording, the English text is authoritative.



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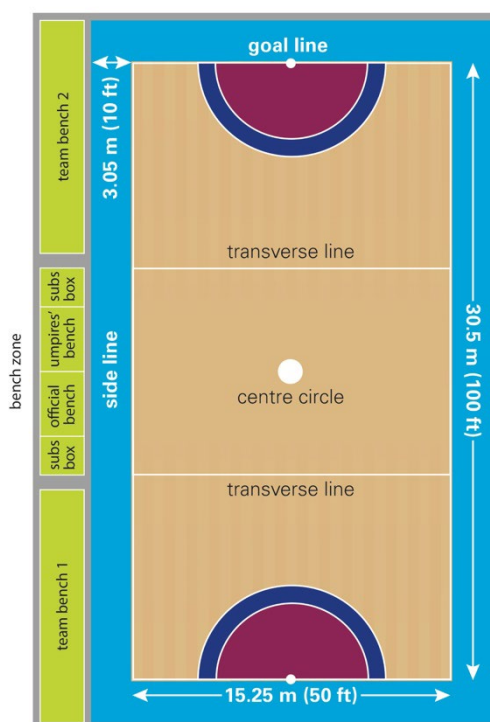
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## RULE F1: TECHNICAL SPECIFICATIONS

### COURT AND RELATED AREAS

1. FAST5 matches are played on a Netball court with an additional semicircle of radius 3.5 m (11.5 ft) marked inside the goal circle (centre at the mid-point of the outer edge of the goal line). The area inside this semi-circle is called the 'inner circle'; the area between this semi-circle and the edge of the goal circle is called the 'outer circle'.
2. A rectangular substitution box measuring 4 m by 1 m (13.1 ft by 3.28 ft) is marked on the floor adjacent to the court surround, opposite the centre third and beside each team bench. The longer sides are parallel to the side line and the outer edge is level with each transverse line.



Key:

- Outer Circle 4.9 m (16 ft) radius
- Inner Circle 3.5 m (11.5 ft) radius
- Goal Thirds and Centre Third
- Centre Circle 0.9 m (3 ft) diameter
- Court Surround 3.05 m (10 ft)

## RULE F2: TIME

### MATCH LENGTH

1. A match consists of four quarters, each of 6 minutes playing duration, with an interval of 2 minutes between the first-second and third-fourth quarters (or 1 minute if stipulated by the event organiser). The half-time interval is 4 minutes. Teams change ends each quarter.

| 1 <sup>st</sup><br>quarter | interval             | 2 <sup>nd</sup><br>quarter | half-<br>time | 3 <sup>rd</sup><br>quarter | interval             | 4 <sup>th</sup><br>quarter |
|----------------------------|----------------------|----------------------------|---------------|----------------------------|----------------------|----------------------------|
| 6<br>minutes               | 2 (or 1)<br>minute/s | 6<br>minutes               | 4<br>minutes  | 6<br>minutes               | 2 (or 1)<br>minute/s | 6<br>minutes               |

### POWER PLAY

2. The last 2 minutes of playing time in each quarter is designated as the 'Power Play Period'. This is contested by both teams in each quarter.

### EXTRA TIME

3. If a winner is required and the scores are tied at full-time, the following procedure will apply:
  - a. Play stops and players remain on the court (no change of ends) while the captains toss for the centre pass to restart play.
  - b. Play immediately recommences for a period of 1 minute.
  - c. If at the end of this period one team is leading, this team is declared the winner; if the scores are tied, play continues until the next goal is scored.
  - d. Power Play does not apply in extra time.



## **RULE F3: TEAM**

### **PLAYERS**

1. A team consists of up to ten players. There are five playing positions in each team whose playing areas are the same as in Netball: Goal Shooter (GS), Goal Attack (GA), Centre (C), Goal Defence (GD) and Goal Keeper (GK).

2. During play a team may not have more than five players on the court. If this occurs the umpire holds time and requires any additional player/s to leave the court.

*Sanction: Free pass where the ball was when time was held.*

*Terminology: Extra player.*

3. A team must have at least four players on the court at all times (this may include a player in the process of entering the court as a substitute).

- a. At the start of a quarter: when play is ready to start, a team must take the court if there are at least four players present (one must play as Centre). If four players are not present, a period of 30 seconds is allowed for additional player/s to arrive before the match is awarded to the opposing team.

- b. During play: if a team has fewer than four players on the court, the umpire holds time and requires a player to return to the court immediately.

*Sanction: Free pass where the ball was when time was held.*

*Action: 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 umpires terminate play and award the match to the non-infringing team.*

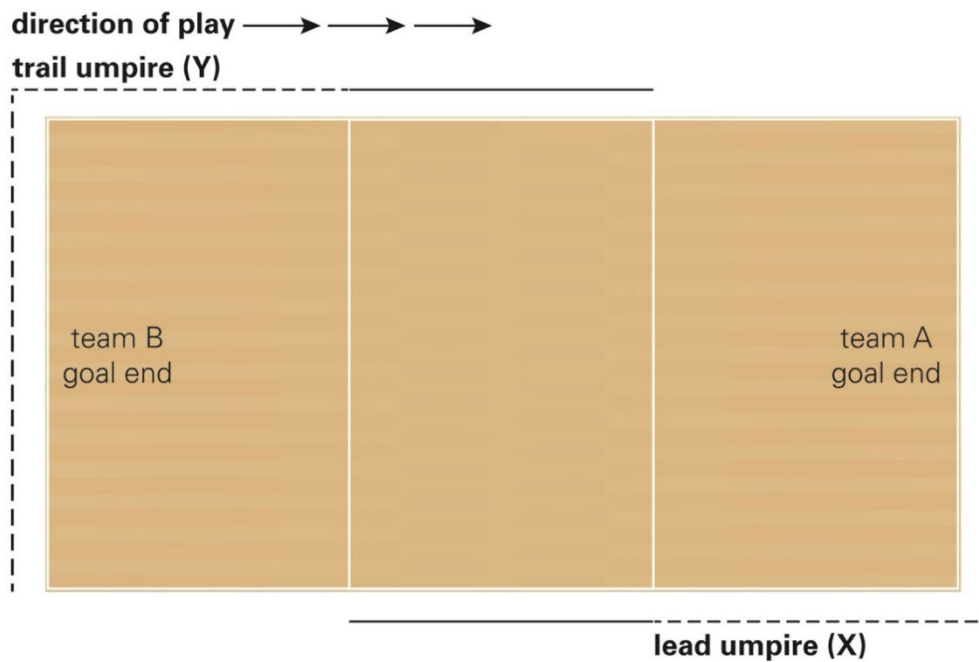
*Terminology: Player shortage.*

4. Role of captain:
  - a. Before the match, the captains toss at a place designated by the event organiser. The winner of the toss decides whether to have the first centre pass in either the first and third quarters or the second and fourth quarters. The loser of the toss chooses a goal end to commence the match and takes the first centre pass in the quarters not chosen by the winner of the toss.
  - b. The on-court captain is not required to wear identification.

## **RULE F4: MATCH OFFICIALS**

### **UMPIRES**

1. Umpires should refrain from blowing their whistle unnecessarily and use both advantage and clear communication to enhance the match.
2. Umpires should clearly indicate goal points using the appropriate FAST5 umpire hand signal and also call the number of goal points to assist the Technical Officials.
3. The umpires work cooperatively at all times and cover the court as follows:
  - a. Each umpire controls the goal third to the right (including the goal line) and the nearer side line.
  - b. The umpires work together to control play as it moves through the centre third (see below).
  - c. Irrespective of where the ball is, either umpire may stop play for injury/illness of a player or blood, an emergency or other extreme circumstances, or for foul play.
4. To assist in describing the responsibilities of the two umpires as they work together, the terms 'lead umpire' and 'trail umpire' are used:
  - a. The **lead umpire** is the umpire whose goal end the ball is moving **towards**.
  - b. The **trail umpire** is the umpire whose goal end the ball is moving **away from**.
5. In the diagram below, if team A has possession, the ball is deemed to be moving towards team A's goal end (irrespective of the position of the ball). Hence Umpire X is the lead umpire and Umpire Y is the trail umpire.
  - a. If umpire Y is positioned on the **side line**, Umpire Y controls team B's goal third and the entire centre third, umpire X takes up control from the second transverse line and controls only team A's goal third.
  - b. If Umpire Y is positioned on the **goal line**, Umpire X may take up control from any point in the centre third as considered appropriate to play.



6. When a sanction or action has been awarded in the centre third by either umpire, the trail umpire assumes responsibility for setting this sanction or action and any associated infringement/s.
7. When the lead umpire has moved to the goal line and there is an infringement that occurs just inside the attacking team's scoring goal third, the trail umpire may penalise. The lead umpire resumes control once the sanction or action has been set.
8. After a stoppage, the umpires decide who restarts play according to the position of the ball.
9. At the end of each quarter, the umpires should immediately confirm the goal points resulting from any concluding shot with the scorers (and any other goal point queries). The umpires should also remain in the playing enclosure at the conclusion of the match until this has occurred.



## **RULE F5: TECHNICAL AND EVENT OFFICIALS**

### **SCORERS**

1. During the match the scorers:
  - a. Record the goal points for each team as each goal is scored.
  - b. Indicate when the 'Power Play Period' commences in each quarter by sounding an audible signal and visual indicator on the official bench for the duration of the 'Power Play Period'.
  - c. Indicate when extra time is being played by displaying a visual indicator at the official bench.

## **RULE F6: SANCTIONS AND ACTIONS**

### **CONDITIONS FOR PENALTY PASS**

1. A penalty pass is taken where the infringer is standing unless this disadvantages the non-infringing team. A disadvantage occurs when the position of the penalty pass places the non-infringing team at:
  - a. A territorial disadvantage by moving the ball further away from the non-infringing team's goal end; or
  - b. A tactical disadvantage by limiting the ability of the non-infringing team to play the ball as they wish.
2. Where a disadvantage occurs, the player taking the penalty pass may choose to:
  - a. Take the penalty pass where the ball was when the infringement was penalised; or
  - b. Take the penalty pass where the infringed player was standing.
3. When a penalty pass is awarded from which a shot might be taken, the position (including the goal point area) should be clearly indicated by the umpire. The penalty pass is awarded where the infringer was standing unless this disadvantages the non-infringing team, in which case the player taking the penalty pass may choose to:
  - a. Take the penalty pass where the ball was when the infringement was penalised; or
  - b. Take the penalty pass where the infringed player was standing.
4. Sanctions or actions should be taken close to where an infringement occurs. Umpires should not be fussy about the exact position unless there is an unfair advantage involved.

## **RULE F7: ADVANTAGE**

### **PRINCIPLES**

1. Umpires must consider whether penalising an infringement on the goal circle edge is preferred by the non-infringing team given that this is a possible shooting position.

## **RULE F8: CENTRE PASS**

### **PRINCIPLES**

1. At the start of each quarter and after each goal, play is started by the lead umpire. This means:
  - a. At the start of each quarter, play is started by the umpire in whose direction play is expected to move.
  - b. After each successful goal, play is restarted by the umpire in whose half the goal was not scored.
2. The initial centre pass in each quarter is taken as specified [Rule F3.4].
3. All other centre passes are taken by the team that did not score the last goal.
4. A team must not delay the centre pass or this will be treated as foul play. After a goal is scored, the ball must be returned promptly by the non-scoring team for the centre pass to be taken. The scoring team should not touch the ball between the scoring of a goal and the next centre pass, except to return the ball directly to the non-scoring team.

*Game Management Action: Penalty pass which is advanced once play restarts.*

*Terminology: Delaying centre pass.*

## RULE F9: SCORING A GOAL

### REQUIREMENTS

1. A goal is scored when the ball is thrown or batted over and completely through the ring by Goal Shooter or Goal Attack from any point within the goal third (including the goal circle).
2. Each successful goal scores a number of goal points as specified below. The number of points is determined by the place from which the shot is made and includes contact with the ground by the player during the catching and holding of the ball prior to the shot. If a player lands simultaneously across a circle boundary the shot is deemed to have been made from the circle area that scores the fewer number of goal points.

| Shot location   | Standard goal points | 'Power Play Period' goal points |
|---|----------------------|---------------------------------|
| The player had no contact with the ground in the goal circle ('super shot')                                   | 3 goal points        | 6 goal points                   |
| The player had contact with the ground in the outer circle but no contact with the ground in the inner circle | 2 goal points        | 4 goal points                   |
| The player had contact with the ground in the inner circle  | 1 goal point         | 1 goal point                    |

3. 'Power Play Period' goal points only apply to any successful shot that has left the hands of the Goal Shooter or Goal Attack after the 'Power Play Period' has commenced. This includes any subsequent penalty pass following an infringement immediately prior to the 'Power Play Period' commencing.

## **RULE F10: STOPPAGES**

### **ROLLING SUBSTITUTIONS**

1. Substitutions may be made during play (as well as during stoppages and intervals). 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. This replaces any rule in relation to tactical changes.
2. For a substitution during play:
  - a. The substitute stands wholly inside the team's substitution box to indicate a substitution is to be made.
  - b. Before leaving the substitution box, the substitute tags (with a hand) the player leaving the court.
  - c. Players must observe the offside rule as they enter/leave the court and must not interfere with the umpire's movement during the substitution.

*Sanction: Free pass where the ball was when the interference or offside entry/exit occurred.*

*Terminology: Incorrect substitution.*

- d. A team must not delay the centre pass in order to substitute its Centre [Rule F8.4].
- e. A player leaving the court returns to the team bench.

## **RULE F11: PLAYING THE BALL**

### **USING POSSESSION**

1. Once the ball has progressed out of one third (towards the attacking team's scoring end), it cannot be passed back in to that third.

*Sanction: Free pass.*

*Terminology: Not progressed.*
2. The attacking team must progress play forward through the non-scoring goal third and centre third towards its scoring goal third, in order to attempt to score a goal.
3. Once the ball is in the scoring goal third, the attacking team is required to attempt a shot for goal and may not waste time by passing the ball indefinitely. The attacking team is not required to progress play forward in the scoring goal third and may choose to play the ball backwards or sideways into a higher value scoring area to attempt a shot for goal.

4. If play does not meet these objectives the controlling umpire must call 'use it' and both umpires point to the goal end of the team concerned as a signal that the team must:
  - a. If the ball is in the non-scoring goal third or centre third: immediately progress the ball forward towards its goal end in order to attempt to score a goal.
  - b. If the ball is in the scoring goal third: attempt a shot for goal

Sanction: *Penalty pass.*

Terminology: *Not used.*

5. This signal remains in effect while the team has possession or until a genuine shot at goal has been attempted and is binding on both umpires.

## **RULE F18: GAME MANAGEMENT**

### **GAME MANAGEMENT ACTIONS**

1. The WN Rules of Netball apply except that:
  - a. The duration of a suspension is 1 minute of playing time
  - b. The duration of an ordering off is 2 minutes of playing time.
  - c. A player who commits any act of foul play during a 'Power Play Period' must either be suspended or in a serious case ordered off.

### **ADVANCE AND/OR ESCALATE A SANCTION**

2. An umpire may also advance a sanction by moving a penalty pass in or around the goal circle to a higher goal point area or offering this option to the non-infringing player.

## UMPIRE HAND SIGNALS

### **One goal point**

One arm raised vertically



### **Two goal points**

Two arms raised vertically



### **Three goal points**

Both arms extended horizontally from shoulder with hands raised vertically





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