

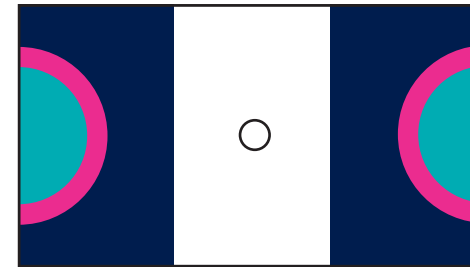


## THE TEAM

Think you know netball, think again!  
In Fast5 there's only **five playing positions**, with two shooters (GS and GA), two defenders (GK and GD) and one midcourter (C).

## GOAL SCORING

There are three different scoring zones in Fast5.



- Goal third
- Outer circle (3.5-4.9m)
- Inner circle (3.5m)



## TIMING

All Fast5 Netball World Series games will be short and sharp, with **four six-minute quarters**.

**3**  
points

The Super Shot made outside the goal circle, for the long-bomb specialists.

**2**  
points

A shot made in the outer circle, for those who want to be a little more daring.

**1**  
point

A goal scored in the inner circle, the safer option.



## POWER PLAY

During a team's Power Play quarter all goal points scored are **doubled**. The team that wins the toss will have the first choice of a Power Play quarter.

## CENTRE PASSES

All centre passes shall be taken by the team that **did not score the last goal**.

The coin toss at the start of the game will determine who takes the first centre pass in each quarter.

The winner will take the initial centre pass in the first and third quarters, and the loser the second and fourth quarters.



## SUBSTITUTIONS

Fast5 includes **rolling substitutions**, which means a change can be made at any stage of the game, during breaks or during play.

There will be a designated area where subs must be made.