

Metro Fast 5 Rules

THE COURT

- The game is played on an Indoor Netball court with an additional semicircle marked outside the normal Goal Circle.

THE TEAMS

- There are 5 playing positions in each team whose playing areas are the same as our current indoor netball: Attack x2, Centre x1, and Defence x2.
- There can be no more than 2 males on the court per team at any one time. As per 6 – aside Indoor Netball, no end can have more than one male at a time. A male can play center.

THE GAME

- The game consists of four quarters of 8 minutes each and the teams shall change ends each quarter.
- Before the start of the game the Captains shall paper, scissors, rock off for choice of goal end and Power Play quarter.
- The team winning the paper scissors rock shall:
 - (i) choose goal end for the start of play
 - (ii) have first choice of a Power Play quarter
- The team losing the coin toss shall:
 - (i) choose a Power Play quarter not selected by the other team.
- Each quarter starts with a toss ball.

SCORING A GOAL

- Each successful goal will score a number of goal points as specified below:
 - (i) 3 goal points: the shot (known as a Super Shot) is deemed to have been made from outside the outer Goal Circle – this means the player who takes the shot shall not have any contact with the ground inside the Goal Circle during the catching of the ball or whilst holding it;
 - (ii) 2 goal points: the shot is deemed to have been made from between the Outer Circle and Inner Circle – this means the player who takes the shot shall not have any contact with the ground inside the Inner Circle during the catching of the ball or whilst holding it;
 - (iii) 1 goal point: the shot is deemed to have been made from the Inner Circle.
- Note: Contact with the ground refers to the grounded feet only. EG. A player can land inside the 3 point shooting circle, step back outside that circle and as long as the foot/feet that are on the ground is not touching on or inside the line of that particular shooting circle then the shot would count as 3 points.

POWER PLAY

- The Scorers will indicate when a team is using its Power Play. During a team's Power Play quarter all goal points scored are doubled.

EXTRA TIME (Finals only)

- When scores are tied at the end of the fourth quarter same rules apply as 6-aside netball ties as per the rule book.
- Power Play will not apply in Extra Time.

CONTACT

- The same rules apply as normal Metro Indoor Netball rules

GOALS SCORED

- The referee will call out how many points have been scored for each goal

MODIFIED 6 ASIDE INDOOR NETBALL RULES

- Centres are not allowed to step inside the two goal circles
- Centres are only allowed to shoot three point shots. Any contact with the outer circle will be deemed offside
- All other Metro Indoor Netball 6-aside rules apply