

South African Schools Netball

PRESIDENT:

Ms Di Woolley
Cell: 082 445 9406
Email: dynamicdi@mweb.co.za



SECRETARY:

Ms Ronelle Nell
Cell: 083 288 9246
Email: Ronellen1@gmail.com

INFORMATION SHEET 2023 FAST 5 & HOOPS

HOOPS

- **The games will be played with a maximum of 9 players per team.**
- Age group is u.13 (Born 2010).
- The games are played with four quarters of 6 minutes each.
- Rolling substitutes are allowed.
- Seven players are on court as per "normal" netball rules.
- The GS and GA may shoot for goal. Close to the post, the score is 1 point; the next level just inside the circle is 2 points and from outside is 3 points. (Sections are the same as for Fast 5)
- Each team will get to choose a power play quarter when tossing. The teams may not choose the same quarter. The team that wins the toss will choose first. In the power play quarter, all points are doubled.
- Centre passes are given to the team not scoring the goal, thus if a goal is scored by Blue, Red will have the centre pass, this will mean that Red can have three centre passes in a row.
- The goals shot will be tallied and after every game the total goals scored will be added. The team with the most goals for the tournament/league will be the winners.

FAST 5

AT A GLANCE

- Less use of the whistle, and less stoppages, keeping the game "fast".
- Power Rounds for each team nominated at the beginning of the game.
- 3-point shots from outside of the circle.
- Unlimited subs during a game.
- 5 on the court, and ability for players to use more of the court.

SASN COMPETITION RULES

- Age Groups: u.17 (no Grade 12 learners) and u.15.
- 4 quarters of 6 minutes.
- No injury time as you have rolling substitution.
- **Maximum number of players per team is 9.**

Please refer to the Rules in the hyperlink below.

[INF-Rules-of-Fast5-Netball-2016.pdf](#)