

# DORSET FEDERATION OF YOUNG FARMERS CLUB

## HIGH 5s NETBALL TOURNAMENT RULES



**ELIGIBILITY** - A squad of up to **nine players**, all of whom must be under 28 years of age or under on 1 September 2021, and full members of a Club affiliated to the NFYFC, may be nominated, **from whom five players** shall be chosen to form the team for each game. The team must always have at least one male and one female on court at all times when playing.

### PROCEDURE

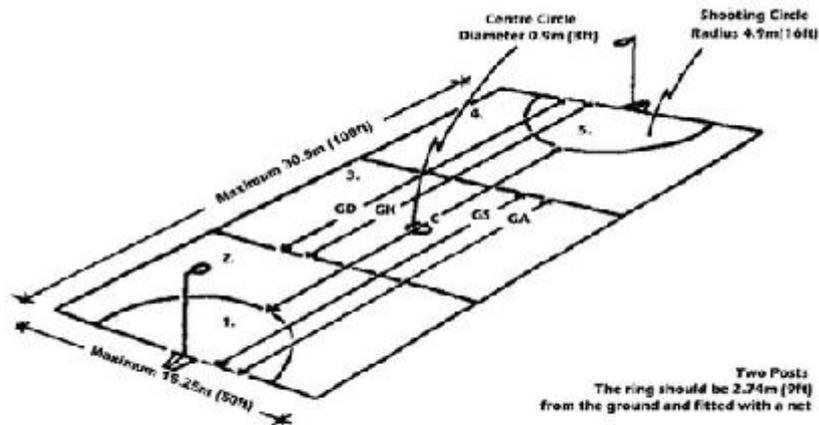
- a) All matches will be played under the Rules laid down by the All England Netball Association.
- b) **A full sized court will be used, size 4 netball and posts to be at 2.74m (9ft).**
- c) Games will consist of two halves of 6 minutes each way with 2 minutes allowed for half time. The tournament will be played in two leagues - A and B. The winner in A will play the runner-up in B, and vice-versa.  
League points will be awarded as follows:-

Win	3
Score Draw	2
No Score Draw	1
Loser	0
- d) Semi-Final and Final - in the event of the scores being drawn at full-time in either the Semi-Final or Final, a further four minutes each way will be played. If, at the end of extra time, the scores are still drawn, the captains will toss for centre pass and the first team to score a goal will be declared the winner.
- e) Dress - all members of the team to wear matching dress and bibs indicating playing position. Team colours to be stated on the entry form. A set of spare bibs must also be available of different colours, which is to be supplied by the team.
- f) Replacements - replacements may be made in the case of injury at any time during a game. A player who is taken off injured and replaced may take no further part in that game, but may play in a subsequent game. Tactical substitution may only be made at full or half time.
- g) A player sent off for a rule infringement, may take no further part in the tournament.
- h) Please note that **no** jewellery of any description or long nails is allowed.

# High 5 Netball Rules

## 1. The Court:

5 members of the squad are on court at any one time and are allowed in the following areas:



## 2. The Squad:

High 5 Netball is a game which may be played by single sex or mixed squads with a maximum of 3 boys in the squad. The squad should consist of a minimum of 7 and a maximum of 9 players with 5 on court at any one time. The squad is made up with the following playing positions GS GA C GD GK.

## 3. Duration of the game:

Matches should be 4 x 6 minutes with 2 minutes at each interval during which squad members' positions should be rotated. Each player must play in at least two different positions (shooting, centre, defending). Substitutions may be made at any time in the event of illness or injury. **NFYFC will play 6 minutes each way with a 2 minute half time. Squads to be rotated during the half time periods.**

## 4. Start of Play:

Team Captains toss a coin to determine who takes the first Centre Pass. Subsequent centre passes must be taken alternately.

Play is started by a pass from the 'Centre', who stands with both feet in the centre circle.

At the start of play the GS, GA, GD and GK may be anywhere in the goal third. The opposing Centre shall be in the centre third and free to move.

When the umpire blows the whistle, the Centre must pass the ball within 4 seconds and obey the Footwork rule. The ball must be caught or touched in the centre third.

## 5. Playing the Ball:

*A player must:*

1. Pass or shoot within 4 seconds;
2. Obey the footwork rule

*A player may not:*

1. Deliberately kick the ball
2. Bounce the ball more than once
3. Hand or roll the ball to another player
4. Place their own hands on a ball held by an opponent
5. Throw the ball while sitting/lying on the ground
6. Use the goalpost as a support in receiving a ball going out of court or to gain balance
7. Throw the ball over a complete third without it being touched or caught by another player in that third
8. Regain possession of the ball, having dropped or thrown it, before it has been touched by another player

**Penalty: Free Pass.**

#### **6. Footwork Rule:**

1. A player may receive the ball with one foot grounded or may jump to catch the ball and land on one foot. While that landing foot remains on the ground the other foot may be moved in any direction and any number of times, pivoting on the landing foot if desired. Hopping is not allowed.
2. A player may receive the ball whilst both feet are grounded, or may jump to catch and land on both feet simultaneously. The player may then choose to move either foot and the remaining foot shall then be considered to be the landing foot. Proceed as in a) above.

**Penalty: Free Pass.**

#### **7. Scoring a Goal:**

A goal may only be scored by the Goal Shooter or the Goal Attack from within the shooting circle.

#### **8. Obstruction:**

The player with the ball must be permitted an unimpeded throwing or shooting action. One jump to intercept a throw or shot at goal is permitted provided that the player is at least 1m away and that the arms are not outstretched prior to the jump. Jumping up and down in front of a player is not permitted.

**Penalty: Penalty Pass or Shot**

#### **9. Contact:**

No player shall knock or push an opponent or interfere with his/her play, either accidentally or deliberately.

**Penalty: Penalty Pass or Shot**

#### **10. Out of Court:**

A ball is out of court when it, or a player touching it, touches the ground or an object outside the court. The line counts as part of the court. If the ball hits the post and bounces back into court, it is still in play.

#### **11. The Throw-in:**

The throw-in is taken at the point where the ball crossed the line. Any player allowed in that part of the court may take the throw-in and must stand outside the court with both feet behind the line. When the player taking the throw-in has checked that all other players are on court, she/he must release the ball within 4 seconds.

**12. Offside:** A player is offside if she/he enters any area of the court in which she/he is not allowed. Penalty: Free Pass