



2024 South Coast Netball FAST 5

Round	Date
Round 1	10 July
Round 2	17 July
Round 3	24 July
Round 4	31 July
Round 5	7 Aug
Round 6	14 Aug
Round 7	21 Aug
Round 8	28 Aug
GRAND FINALS (all play)	4 Sept

*Wash out contingency – GF moved to Sept 11.

FAST 5 – Fast Facts

Registrations NOW OPEN - <https://bit.ly/3VuQYOW>

Register your team via NC and invite players to the team

Cost per Player

- \$85 per player
- Must have NQ Affiliation. If not Affiliated must pay \$112 for annual NQ Fee.

Players per team

- 5 on court
- Recommend 7-8 players per team
- Boys – Max 2 per team
- Boys – 2 on court at any one time. Must be in different thirds (e.g. GD/GA and GS/GK OR GS/GK and C)

Age Divisions

- Juniors – U10-12 (2 divisions)
- Cadets – U13-15 (2 divisions)
- Opens – 14+ (2 divisions)

*Nominate your division at time of registration. South Coast may need to adjust based on team numbers.

Time Slots

- 5pm
- 5.40pm
- 6.20pm

*Time slots vary weekly for each team/division. We will endeavour to give earliest time slot to junior teams where possible.

Game Duration

- 6-minute Quarters
- 1 min quarter time break
- 3-minute half time

GYG Super Shot

- The team with the most Super shots each round will receive \$100 thanks to GYG!

Representative Players

- Each team to have a maximum of 4 rep players per team.
- Representative players include:
 - o A State Age player from any Association
 - o A Premier League player from any Association
 - o Does not include development players or Training partners.

Modified Rules

- 5 players on court at a time – no WA or WD
- Super shot in play throughout game
 - o 2-point goal in yellow painted area
- There is NO powerplay
- All other rules as per normal

Live Scoring

Ensure your manager is allocated via Netball Connect. Live scoring for all games. Make sure you count the GYG Super Shots!

Uniforms

- Teams must be in uniform.
- Matching colour tee and bike pants is permitted
- BIBS – team must provide own bibs.

- Bibs can be hired from the office - \$50 payment. \$30 refunded upon return of complete set in good condition
- Bib hire for one night is \$5

Umpires

- Umpires are provided and included in your registration fee.
- RESPECT OUR UMPIRES AT ALL TIMES.
- South Coast will remove players or spectators that do not respect our officials.

Points

Win – 3 Draw – 2 Bye – 3
Forfeit Loss – 0 Forfeit win – 3

Wet Weather

- Always assume games are on unless notified otherwise.
- In the event of cancellation, we will immediately post to our social media. Please do not contact us as it slows the process down.
- We aim for 1 hour prior to game start at a minimum.

Grand Finals

- All teams will play in the following format:
 - 1v2
 - 3v4
 - 5v6 and so on.
- Medals given to teams playing in 1v2 game across all divisions. (8 medals per team)

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Contact

General Manager – Jackie Parra

Sportmanager@southcoastnetball.org.au

