

## **October Special Event**

### **Fast 5 Friday**

**Friday October 22nd 7.00 – 9.00 pm**

**Christine Sinclair Centre**

**3713 Kensington Avenue Burnaby.**

#### **Team Registration:**

Register a women's team or a mixed team. Maximum 7 players per team. Mixed teams may have one man **only on court at a time**. Please complete the registration form and submit to Ann Willcocks at [annwillcocks@shaw.ca](mailto:annwillcocks@shaw.ca).

#### **Registration Fee:**

\$50.00 per team

Payment by etransfer to be sent to [bcnetball.payments@gmail.com](mailto:bcnetball.payments@gmail.com) Payment due at time of registration. Keep the receipt for the transfer. Put name of team on note.

#### **Registration Dates:**

Registration starts on October 13th and closes on October 17th. There is a limited amount of time and space. The first teams to register will participate.

#### **Player Waiver and Player Contract:**

Any athlete who has not submitted a waiver or consent form this season must submit a completed waiver and contract before they may participate. The forms can be found on the BC Netball website at <http://bcnetball.ca>

#### **Health and Safety Protocols.**

##### **Players must:**

- **Provide proof of vaccination**
- **Be registered and have completed a BC waiver and contract. There will be no drop – ins.**
- **Stay home if sick.**
- **Hand sanitize before, during breaks and after playing.**
- **Practice social distancing from other teams when off court.**
- **When your team is not playing wear facemasks.**
- **Avoid touching multiple surfaces while in the facility – hand sanitize after touching surfaces.**

## Fast 5 Netball.

The rules can be found on the World Netball website. Below are the differences between regular and Fast 5 netball.

- 1. Court.** - the same as a regular court except in the shooting circles. There is a designated area at the edge of the circle from which you get 2 points for every successful shot.
- 2. Games** - will be 6 min quarters 1 minute between quarters and 2 minutes half time.
- 3. Teams** may have up to 7 players with 5 only on the court at a time. One man only on court at a time. Positions are GS/GA/C/GD/GK. **7 players is the BC Rule for this event**
- 4. Substitutions** – any time (not just after a goal.) Too many players on court results in a free pass. No limit to how many times you make subs.
- 5. Start of game** - the captains toss for centre pass. The team that wins the toss has the centre pass and must declare in which  $\frac{1}{4}$  they will use their power play. Thereafter the team that wins the first centre pass will have the centre pass to start the 3rd quarter. The team that loses the toss gets the centre pass to start the 2<sup>nd</sup> and 4<sup>th</sup> quarters.
- 6. Centre Passes** – the team that does not score receives the centre pass.
- 7. Scoring** – 1 point if the goal is scored inside the 11'5" mark, 2 points if the goal is scored between the 11'5" mark and the edge of the circle. 3 points if the goal is scored from outside the circle.
- 8. Power Play** – a team declares 1 quarter as their power play quarter. In that quarter every successful shot gets double the points. The team must declare which quarter will be their power play quarter before the game starts.

<https://netball.sport/wp-content/uploads/2016/11/INF-Rules-of-Fast5-Netball-2016.pdf>

All other rules are regular netball rules.