

# High 5 Netball and the New Rules



**Duration of the game:** Matches should be 4 x 6 minutes, with two minutes at each interval. Teams should change ends at each interval.

**Start of Play:** Team captains toss a coin to determine who takes the first Centre Pass. Subsequent centre passes must be taken alternatively.

Play is started by a pass from the Centre, who stands with at least one foot wholly within the centre circle.



At the start of play, the GS, GA, GD and GK may be anywhere in their respective goal thirds. 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. Everyone must observe the 1m Obstruction Rule.

**Scoring a goal:** A goal is scored when the ball passes completely through the ring from top to bottom by either the GS or GA from within the goal circle. The Umpire will signal the goal by raising one arm vertically. **A Defending player may NOT;** Cause the goalpost to move so as to interfere with a shot at goal and cause it to miss, or deflect a ball on its downward flight towards the ring, including touching the ball up through the net.



**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 within 6 inches of the line. When the player taking the Throw-In has checked that all other players are on court, they must release the ball within four seconds.

**Sanctions (new terminology previous known as Penalties):** There are two possible sanctions an Umpire can award these are a) Free Pass or b) Penalty Pass.

a) **Free Pass** is awarded to a team for any minor infringement of the rules i.e. Footwork.

b) **Penalty Pass** is awarded to a team against any player for major infringements e.g. Obstruction or Contact. A player may shoot if the penalty pass is awarded within the goal circle to either the GS or GA. The player taking the penalty pass may choose to either wait for the infringing player to stand by their side before passing the ball or pass the ball immediately. The infringing player is not allowed to interfere with the pass whilst it is being made.

Footwork; Playing the Ball; Areas of Play; Defending, Obstruction, Contact; Out of Court; Offside and Toss-up are all the same as previous High 5 adaptations and /or INF rules.