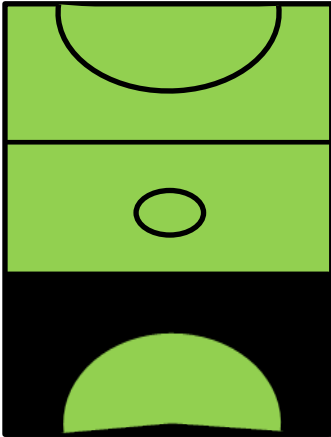
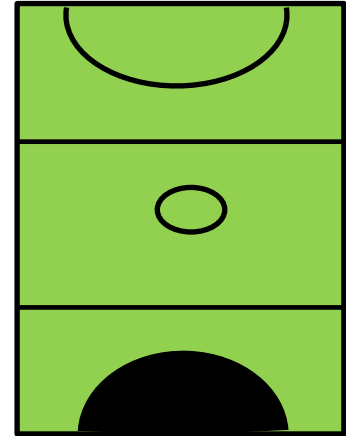


# Rocky Style Fast 5 Rules and Playing Areas (Green shooting end)

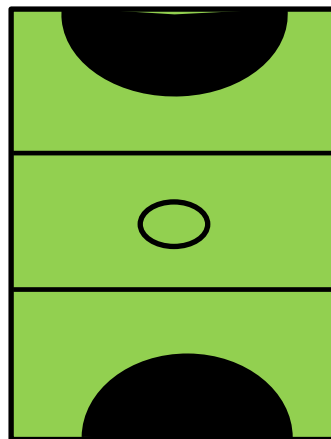
Goal Shooter



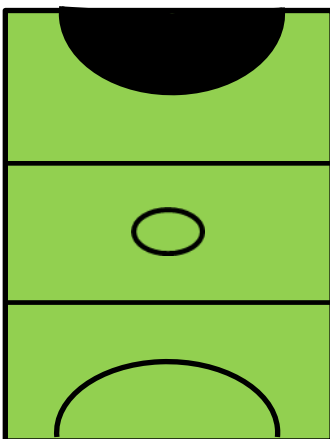
Goal Attack



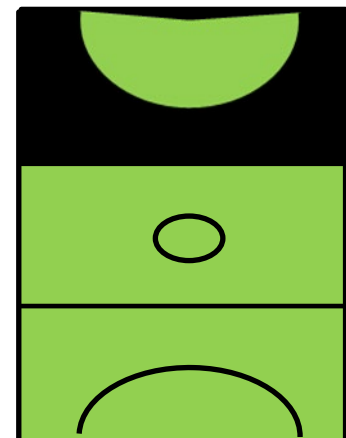
Centre



Goal Defence



Goal Keeper



## Rules Modified for Fast Five Netball

1. First centre pass will be determined by toss. Centre passes will then run alternately following quarter breaks.
2. No Centre pass after goal scored. Non-scoring team will take a baseline throw in to restart play.
3. Any player (except GK) can shoot from their respective playing areas. No power quarters
4. Successful shots from within the blue arc of goal circle are worth 1 point.
5. Successful shots taken from outside blue arc of the goal circle are worth 2 points.