

3 Victoria Buildings, Victoria Road, Bishops Waltham, Southampton Hants SO32 1BG

**Allaboutnetballleagues@hotmail.com** 07745110119

**All About Netball**

***Fast Five Tournament***

***09/09/2023 10-4pm at Cams Hill School. Shearwater Ave, Fareham***

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| **TEAM** |  |
| **TEAM MANAGER** |  |
| **ADDRESS:****POST CODE** |  |
| **CONTACT NO:** |  |
| **EMAIL ADDRESS:** |  |

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| **Players Names** |
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Rules

* GK and GS can use 2 thirds of the court.
* Matches are 10 minutes one way, no stoppages
* Power Rounds for each team nominated at the beginning of the game.
* Power rounds start at minutes 4-6 and 6-8
* Toss for first centre or choice of power play time
* 1 and 2 points inside circle in indicated areas (by GS/GA)
* 3 point shots from outside of the circle (by GS/GA)
* Unlimited subs during a game, must start from sub area
* 5 on the court
* All other regular netball rules apply