

High Five Netball Competition Rules

- Equipment - 9 foot high Posts, Size 4 Netball
- 4 Seconds to hold the ball
- 1 metre distance – players not permitted to defend shot or pass with arms outstretched. 1 jump allowed to defend.
- Matches will consist of 2 halves - 5 minutes each way, 2 minutes at half time
- Where the number of games prevent a half-time being included, games will be 8/10 minutes in duration
- Each squad will consist of 7, 8 or 9 players (**minimum** of 7 : **maximum** of 9)
- Playing positions – GK : GD : C : GA : GS
- Squads can be made up of boys and girls (or all girls only)
(maximum of 3 boys per squad)
- No more that 2 boys will be on court at any one time
- Players will rotate 1 place half time and 1 place between each match
- Scoring System;
 - 5 points – win
 - 3 points – draw
 - 1 point – loss