



2026 South Coast Netball FAST 5

Round	Date
Round 1	15 July
Round 2	22 July
Round 3	29 July
Round 4	5 Aug
Round 5	12 Aug
Round 6	19 Aug
Round 7	26 Aug
Round 8	2 Sept
GRAND FINALS (all play)	9 Sept

*Wash out contingency – GF moved to Sept 16.

FAST 5 – Fast Facts

Registrations NOW OPEN

Register your team via NC and invite players to the team

Cost per Player

- \$90 per player +GST
- Must have NQ Affiliation. If not Affiliated must pay NQ Fee.

Players per team

- 5 on court
- Recommend 7-8 players per team
- Boys – Max 2 per team
- Boys – 2 on court at any one time. Must be in different thirds (e.g. GD/GA and GS/GK OR GS/GK and C)

Age Divisions

- Juniors – U10-12
- Cadets – U13-15
- Opens – 14+

*Note pending team numbers we may split teams into divisions.

Time Slots

- 5pm
- 5.40pm
- 6.20pm

*Time slots vary weekly for each team/division. We will endeavour to give earliest time slot to junior teams where possible.

Game Duration

- 6-minute Quarters
- 1 min quarter time break
- 3-minute half time

Representative Players

- Each team to have a maximum of 4 rep players per team.
- Representative players include:
 - o A State Age player from any Association
 - o A Premier League player from any Association
 - o Does not include development players or Training partners.

Modified Rules

- 5 players on court at a time – no WA or WD
- Super shot in play throughout game
 - o 2-point goal in yellow painted area
- There is NO powerplay
- All other rules as per normal

Live Scoring

- Ensure your manager is allocated via Netball Connect. Live scoring for all games.

Uniforms

- Teams must be in uniform.
- Matching colour tee and bike pants is permitted
- BIBS – team must provide own bibs.
 - o Bibs can be hired from the office - \$50 payment. \$30 refunded upon return of complete set in good condition
- Bib hire for one night is \$5

Umpires

- Umpires are provided and included in your registration fee.
- RESPECT OUR UMPIRES AT ALL TIMES.
- South Coast will remove players or spectators that do not respect our officials.

Points

Win – 3
Forfeit Loss – 0

Draw – 2
Forfeit win – 3

Bye – 3

Wet Weather

- Always assume games are on unless notified otherwise.
- In the event of cancellation, we will immediately post to our social media. Please do not contact us as it slows the process down.
- We aim for 1 hour prior to game start at a minimum.

Grand Finals

- All teams will play in the following format:
 - o 1v2
 - o 3v4
 - o 5v6 and so on.
- Medals given to teams playing in 1v2 game across all divisions. (8 medals per team)
- Extra time (1v2 game only) – 1 period of 5 minutes to be played
- If match still tied play continues until a team is leading by 3 goals

Forfeits

Teams must notify the Competition Coordinator as soon as possible via competitions@southcoastnetball.org.au

Teams must notify before 12:00pm on game day. Any notification received after 12:00pm will be considered a late forfeit and a \$100 fine will apply.

Late notifications (after 12pm on game day) please text – 0432 172 667.

If a Grand Final is forfeited regardless of the notice a \$150 fine will apply.

Teams must have a minimum of five (5) players available at the scheduled start time, or a forfeit may be awarded.

Repeated forfeits may result in further review and action by the Association.

Follow South Coast on social media

- [Facebook](#)
- [Instagram](#)

Contact

Competitions@southcoastnetball.org.au

