

## High 5 Rules

**1. The Court:** 5 members of the squad are on court at any one time and are allowed in the following areas:

Goal Shooter (GS) & Goal Attack (GA) – allowed in two thirds and the shooting circle. These two players are both allowed to shoot. GS marks the GK & GA marks the GD.

Centre (C) – allowed in all three thirds, but not in either of the shooting circles. Responsible for taking the centre pass. Marks the other C.

Goal Defence (GD) & Goal Keeper (GK) – allowed in two thirds and the shooting circle. GD marks the GA & GK marks the GS.

### **2. The Squad:**

Please note the following guidelines for squad size:

- You must have a MINIMUM of 7 players and a MAXIMUM of 9 players in a squad.
- You can have your whole squad made up of girls.
- If you are going to have boys playing these are the only options:
  - 7 players - 6 girls and 1 boy OR 5 girls and 2 boys
  - 8 players - 7 girls and 1 boy OR 6 girls and 2 boys
  - 9 players - 8 girls and 1 boy OR 7 girls and 2 boys OR 6 girls and 3 boys
- There must never be more than 2 boys on court at one time.
- Very easy rotation sheets will be provided.

The squad is made up with the following playing positions GS GA C GD GK as well as scorers/time keeper and centre pass marker who take on these roles when off court:

- **Scorers:** Keep a simple score card.
- **Timekeeper:** Time the game and indicate to the umpire when the half is finished.
- **Centre Pass Marker:** Keep a note of whose centre pass it is and indicate to the umpire after each goal is scored and at the beginning of each quarter.

### **3. Start of Play:**

Play is started by a pass from the 'Centre', who stands with both feet in the centre circle.

At the start of play the GS, GA, GD and GK may be anywhere in the goal third. 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.

#### **4. Playing the Ball: A player must:**

- a. Pass or shoot within 4 seconds.
- b. Obey the footwork rule.

#### **A player may not:**

- a. Deliberately kick the ball.
- b. Bounce the ball more than once.
- c. Hand or roll the ball to another player.
- d. Place their own hands on a ball held by an opponent.
- e. Throw the ball while sitting/lying on the ground.
- f. Use the goalpost as a support in receiving a ball going out of court or to gain balance.
- g. Throw the ball over a complete third without it being touched or caught by another player in that third.
- h. Regain possession of the ball, having dropped or thrown it, before it has been touched by another player.

*Penalty: Free Pass.*

#### **5. Footwork Rule:**

- a. A player may receive the ball with one foot grounded or may jump to catch the ball and land on one foot. While that landing foot remains on the ground the other foot may be moved in any direction and any number of times, pivoting on the landing foot if desired. Hopping is not allowed.
- b. A player may receive the ball whilst both feet are grounded, or may jump to catch and land on both feet simultaneously. The player may then choose to move either foot and the remaining foot shall then be considered to be the landing foot. Proceed as in a) above.

*Penalty: Free Pass.*

**6. Scoring a Goal:** A goal may only be scored by the Goal Shooter or the Goal Attack from within the shooting circle.

**7. Obstruction:** The player with the ball must be permitted an unimpeded throwing or shooting action. One jump to intercept a throw or shot at goal is permitted provided that the player is at least 1m away and that the arms are not outstretched prior to the jump. Jumping up and down in front of a player is not permitted.

*Penalty: Penalty Pass or Shot*

**8. Contact:** No player shall knock or push an opponent or interfere with his/her play, either accidentally or deliberately.

*Penalty: Penalty Pass or Shot*

**9. Out of Court:** A ball is out of court when it, or a player touching it, touches the ground or an object outside the court. The line counts as part of the court. If the ball hits the post and bounces back into court, it is still in play.

**10. The 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. When the player taking the throw-in has checked that all other players are on court, she/he must release the ball within 4 seconds.

**11. Offside:** A player is offside if she/he enters an area of the court in which she/he is not allowed.

*Penalty: Free Pass*

**12. Penalties:** Free Pass/Penalty Pass or Shot. A free pass is awarded to a team for any infringement of the rules except obstruction and contact. A player may not shoot directly from a free pass. A penalty pass or shot is awarded to a team against any player causing obstruction or contact. A player may shoot if the penalty is awarded inside the circle. The offending player must stand still beside the player taking the pass.