

# Walking Netball Rules



## No Running or Jumping

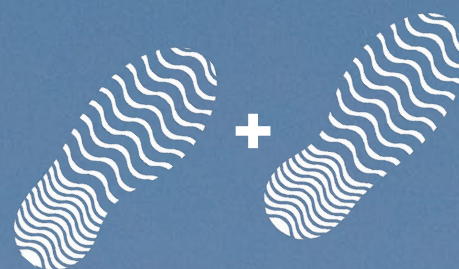
A player must always have at least part of one foot in contact with the court. i.e., no running or jumping.

- Sanction – Free pass where infringement occurred.



## 1-2 Steps with Ball

A player may receive the ball with one foot grounded and then take two steps while in possession of the ball before it must be thrown or shoot.



## Possessions

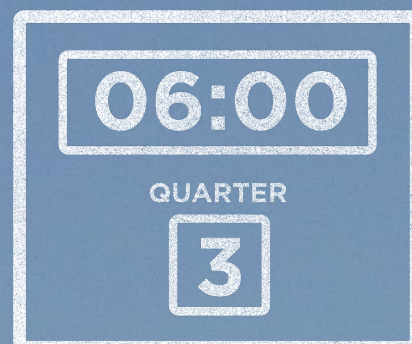
A player may throw the ball within four (4) seconds of receiving the ball.



## Recommended Timing

Each game of Walking Netball includes:

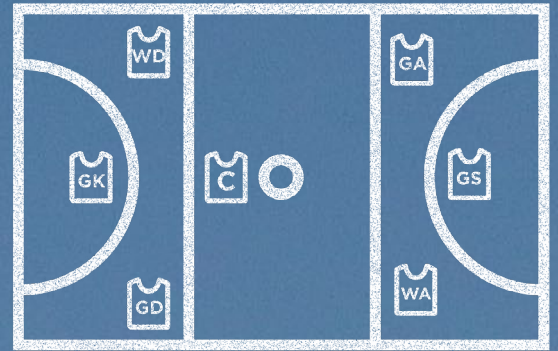
- Four quarters, six or eight minutes each
- One-minute break at quarter time and three-quarter time
- Three-minute break at halftime



## The Court & Team

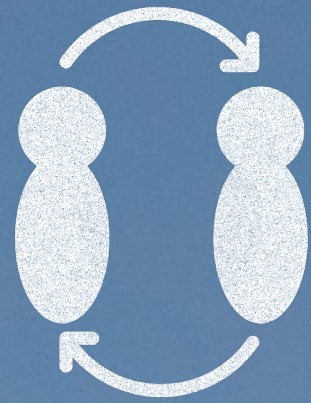
Walking Netball uses the regular netball court and seven playing positions:

- Goal Shooter (GS)
- Goal Attack (GA)
- Wing Attack (WA)
- Centre (C)
- Wing Defence (WD)
- Goal Defence (GD)
- Goal Keeper (GK)



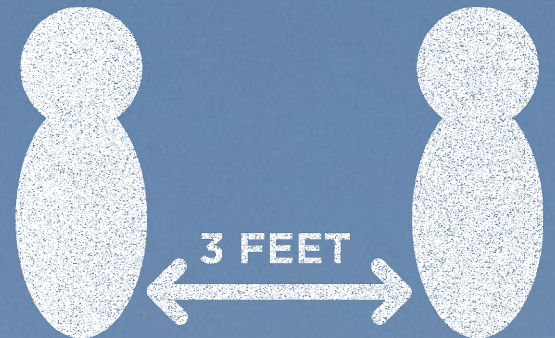
## Rolling Substitutions

Substitutions may be made at intervals or during play. There is no limit to the number that can be made.



## Distance

When defending, a player must be 3 feet (0.9 metres) away from the opposition player.



## Other Rules

All other rules fall in line with the International Netball Federation rules of netball rulebook!

[Click here to read the rules](#)

