

RULES OF WALKING NETBALL

Walking Netball is designed to be fun, engaging and low impact for all participants. These rule modifications ensure Walking Netball remains inclusive for participants who have a variety of physical, health and all abilities backgrounds. Rules are also designed to ensure equal opportunity on court and to cater to differing levels of mobility, balance and activity.

1. No running or jumping. Part of one foot must be on the ground at all times.
2. An extra step may be taken to maintain or regain balance.
3. Players have 4 seconds to catch and pass the ball
4. For safety reasons, no deliberate blocking, contact or obstruction.
5. No alternate centres. After a goal is scored, the non-scoring team has possession for next centre pass.
6. All other rules as per the official Rules of Netball.

Explanation:

1. Walking Netball requires one foot to be in contact with the ground at any time. This assists with balance and movement during the game.
2. Players may take one additional step to maintain or regain balance. Many players have mobility or injury concerns (which is what prevents them playing running netball). This modification ensures balance and stability remains a priority for all participants.
3. Players may have possession of the ball for up to 4 seconds before passing. This provides an opportunity for teammates to move and find space in attack. It also caters for those players who may be coming to netball for the first time.
4. For safety reasons, there is no deliberate blocking or stepping across in front of a player already moving which would cause contact or interference. This modification ensures balance and stability for all participants.
5. In the goal circle, shooters are discouraged from extending their leg in a split for a reoffer, as this can be a tripping hazard for other participants.
6. Late challenges on the ball are actively discouraged as this may affect the balance of other players.
7. After a goal is scored, the non-scoring team has possession for the next centre pass. This offers an opportunity for all participants to be actively engaged throughout the game.
8. These modifications for Walking Netball sit alongside the Rules of Netball.

We look forward to everyone playing the game with this spirit in mind as we celebrate and continue playing our great game in Walking Netball.