

WALKING NETBALL

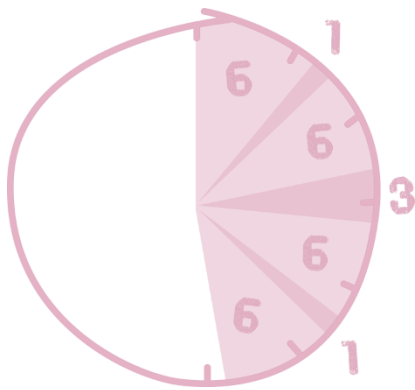
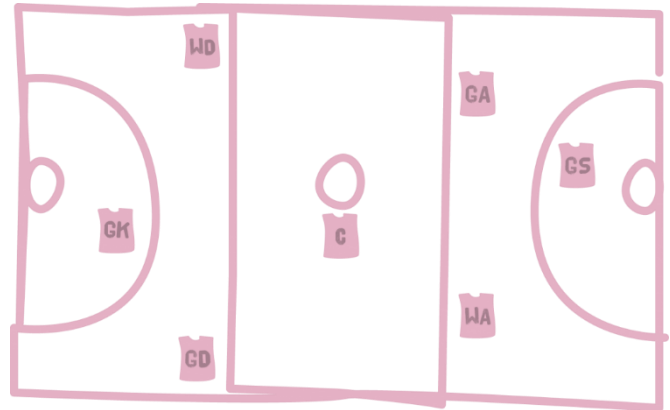
Have a ball at your own pace

THE RULES

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)



Recommended Timing*

Each game of Walking Netball includes:

Four quarters, six minutes each

One-minute break at quarter time and three-quarter time

Three-minute break at halftime

*Can be shorter or longer games depending on the competition

No Running or Jumping

A player must never have both feet off the ground at once (i.e. no jumping, running).



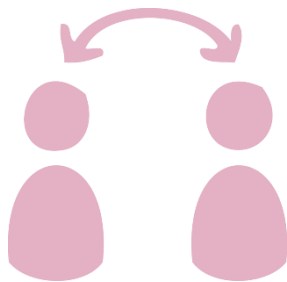
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Possession

A player may keep possession of the ball for up to 4 seconds before they must pass or shoot.

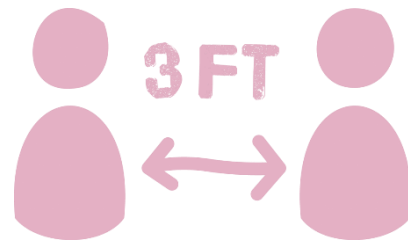


Rolling Substitutions

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.



1-2 Steps with Ball

When a player receives the ball, they can take 1-2 steps while in possession before they must pass or shoot.