



# WALKING NETBALL



## Rules

Walking Netball follows the standard netball rules with a few modifications to reduce risk of injury and speed of the game. These modified rules are highlighted below with extra alternatives that can be made if desired.



### NO RUNNING OR JUMPING

Players must always have one foot placed on the ground throughout the game.



### DEFENDING DISTANCE

A player must be at least 3 feet away from the opposition player when defending.

**Alternative:** player must be 4 feet away from the opposition player.



### 1-2 STEPS

Each player can take 1-2 steps from when they gain possession until they pass or shoot the ball.



### SUBSTITUTIONS

Substitutions can be made at quarter, half or three-quarter time.

**Alternative:** Rolling substitutions can be made throughout play.



### TIME WITH POSSESSION

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



### CENTRE PASS

The centre pass will be taken as per the usual netball rules alternating between the centre of each team.

**Alternative:** The centre pass to be taken by the team that didn't score the last goal.

### GAME DURATION



**Quarter length**  
4 x 8-10 minutes

#### Interval time

1-minute break at quarter and three-quarter time and 3 minutes break at half time.

**Alternative:** Quarter lengths and interval breaks can be shortened or extended at the discretion of the provider.

For more information about Walking Netball visit

[netballvic.com.au](http://netballvic.com.au)