



WALKING NETBALL



What is Walking Netball?

Walking Netball is a modified version of the traditional game that is fully inclusive allowing anyone to participate regardless of their age, fitness level, ability or previous netball experience.

As the name implies, Walking Netball is a slower version of netball performed at a walking pace.

Walking Netball has a strong emphasis on getting people participating in an enjoyable, safe environment rather than focusing on the competitive aspect.

Benefits



Walking Netball provides a fun, safe approach to be active and increase your fitness levels with minimal risk of injury. It is the perfect way to be engaged in physical activity at your own pace, with a group of people who are ready to have some fun.



Other physical benefits include increased strength, flexibility, balance and coordination.



Aside from the physical benefits, Walking Netball has multiple social and wellbeing advantages. By participating in a team setting this allows an opportunity for regular social interaction with friends or a way to meet new people.

Types

SOCIAL

A social competition involves players turning up on the day with no regular fixtures or ladders. Come along by yourself or bring a friend - there is no need to arrange a team as this will be organised on the day.

TRADITIONAL

A traditional competition includes a regular fixture, ladders and season with set teams.

Register individually to be placed in a team or create and enter your own, to play in this traditional format with a social twist and modified rules.

For more information about Walking Netball visit

netballvic.com.au



WALKING NETBALL



ROCK UP NETBALL

an initiative of VicHealth

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.

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WALKING NETBALL



The Player

Walking Netball is a game that can be played by anyone whether you have played for years or never been involved. Walking Netball is a great way to get active.

WHAT TO EXPECT



Fun/laughter



Low impact exercise involving no running or jumping



Health benefits including increased fitness, strength, flexibility, balance and coordination



Social interaction: play with your friends and/or meet new people

WHAT TO BRING/WEAR



Runners



Comfortable exercise clothing



Water bottle



Please note the cost of Walking Netball sessions will vary depending on the provider who will set the price per game.

HOW TO START & COST INVOLVED

If you want to find out more information on how to become involved, finding a competition near you, and the cost involved please visit: netballvic.com.au > **Get Involved** > **Walking Netball**

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netballvic.com.au



WALKING NETBALL



The Provider

WHAT YOU NEED

Venue

An accessible, safe and welcoming environment with netball court and standard size rings.

Equipment

Standard size 5 ball, 2 x sets of bibs, timer, whistle.

Umpires

You will need to source your own umpires and determine payment.

SUGGESTIONS OF DELIVERY

You can deliver the program in two ways that include;

Social

A social competition can be created with players turning up on the day with no regular fixtures or ladders. This is designed for individual registrations, where teams will be organised on arrival.

Traditional

This approach involves a regular fixture and season decided upon by the provider. This allows teams to be created and entered or by registering individually and then being allocated to a team.

ADDITIONAL PROGRAM SUGGESTIONS

Warm-up

If running a social competition, it is recommended to complete a short group warm-up prior to game commencement. This will ensure players are ready for play and reduce the risk of injury. This can include any activity that gets the body moving and can be designed to have some fun. Some examples of exercise include dynamic stretching with music or for fun the Nutbush dance. This can also be performed for traditional competitions, or teams may rather perform their own warm-ups.

Cool-down

A cool-down is essential to allow the body to recover. A great example of this could be completing some fun stretching exercises in a group with music.

Social activities

Extending out the social interactions can be desirable for participants including activities such as morning tea/coffee afterwards.

Use of social media/website

It can be effective to have a social media presence e.g. Facebook page to promote as well as provide information on sessions to participants or those who may be interested.



Play music to create a fun environment

Song suggestions could include;

- Walk Like an Egyptian
- Walk of Life
- Walk this Way
- Walking on Sunshine
- These Boots are made for Walking

AFFILIATION AND PARTICIPANT REGISTRATION

If you are an affiliate or private provider and require more information on registration, please contact the Netball Victoria Participation team in your region. Netball Victoria staff will be able to assist you with the best option for running Walking Netball depending on the structure of your competition.

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