

Walking Netball

Rules of the Game



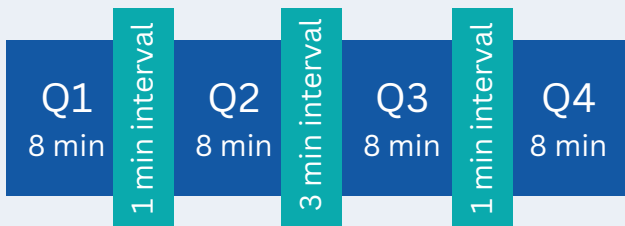
The Team

In Walking Netball, all 7 positions are used. Two Shooters (GA & GS), two Defenders (GD & GK), and three Midcourt (C, WA & WD)



Game Play

No running or jumping is allowed during the game. Players must have one foot on the ground at all times. Players can take one step.



Timing

Walking Netball games will be four x 8 minute quarters



Held Ball

Players can hold the ball for up to 4 seconds



Substitutions

Rolling substitutions are permitted. This means a player change can be made at any point in the game. Subs need to be made in the middle third. The umpire needs to be informed



For Mixed Teams

Maximum of three males on the court at any one time - one in defence circle area, one in the mid-court area, and one in the shooting circle area