

WALKING NETBALL POLICY

Version: 3	Reviewed on: 30/10/2025
Responsible Person: Charlene Smith	Approved by Board on: 30/09/2022
Position: President	

APPLICABILITY

This policy applies to all Board, Sub Committees, Affiliated Members and their Members. All volunteers, spectators and other participants of Success Netball Association Activities.

CHANGES TO THIS POLICY

This Policy may be cancelled, amended, or supplemented by the Association as and when it sees fit. Any variation will be emailed to Clubs and Entity Teams by the Association and uploaded to our website. The Association will review this policy on a regular basis to ensure that it remains effective in supporting the objectives and strategic direction of the Association, and to ensure ongoing best practice.

INTENT OF POLICY

Walking Netball is netball but at a walking pace! This program is a modified version of netball that reduces the risk of injury while promoting a safe, non-threatening environment for play.

Walking Netball is a great alternative for those who feel they cannot play the traditional Netball format anymore, for anyone brand new to the sport or for those just looking for a fun and friendly way to play.

POLICY

The rules are played the same as the [International Netball of Rules](#).

Walking Netball is designed to reduce the risk of injury and falls to the players while promoting a safe, non-threatening environment for play, which is achieved through these modifications to the rules:

- You are not allowed to run or jump! Walking is required at all stages. It is up to the umpire to determine if a player is running rather than walking.
- Players get up to 2 steps with the ball for injury prevention not to gain ground
- You can hold possession of the ball for 4 seconds
- There is rolling substitutions allowed throughout the game
- Players may not play more than 2 quarters in the same position during any game
- 10 Minute Quarters

Further explanation of the Rules can be found [here](#). Please note the above rules have been modified at SNA.

Refer to the [Rolling Substitutions Policy](#) for explanation of the rules and procedures.

Penalty for rule infractions is a turn over, either footwork, held ball, contact etc.

RELATED DOCUMENTS

[Competitions Handbook 2023](#)

[Rolling Substitutions Policy](#)

[International Rules of Netball](#)

[Netball WA Walking Netball](#)