



WALKING NETBALL

COMPETITION OUTLINE & RULES

MAKE UP OF TEAMS

- Women's only competition allows for NO men to play in any teams.
- Mixed teams allow for a maximum of 3 men on the court at any one time, and these must be split into different court regions (ie: 2 men cannot play within the same court region)
- Minimum age of players is 12 years old.
- Maximum of 2 players under the age of 35 in each team
- Opposition and umpire must agree to any changes to the make up of teams that contradict the above rules, and if the changes create an unfair advantage permission may be revoked at any time.

RULES

Rules of Walking Netball are the same as for the International netball rules except for the following:

- A player must have one foot in contact with the court at all times.
- A player may receive the ball with one foot grounded and then take two steps while in possession of the ball before it is thrown or shot
- A player may throw the ball within 4 seconds of receiving the ball

GAME CONFIGURATION

- Games will be made up of FOUR 10-minute quarters with 1-minute breaks at quarter. Clock will run continuously through all periods to ensure we keep to time.
- This leaves 1 minute between games for change-over/warm up.

UMPIRES

- MainPower Stadium will provide ONE umpire per game and expects each team to accept the umpire's decisions at all times.
- There may be times when an umpire is unavailable or pulls out at the last minute. In these situations we may have to ask a team to supply an umpire for the game before or after their own game.
- **The umpire's decision is final** and has full control of the game.
- Rough play, swearing or back chatting **WILL NOT** be tolerated and may result in additional sanctions against an individual or team beyond those applied during a game.

- If any team has a player who would like to umpire please let the competition organizer know ASAP. Umpires are reimbursed for their time.

BENCH DUTIES

- Each team is asked to provide ONE person to operate the score bench / scoreboard during that team's game. This could be a sub player (changed as players are subbed on and off) or a team supporter.
- If there is no bench duty person supplied by either team the scoreboard will not display team goals / scores during that game but will show the game's running clock. In this situation the umpire will keep score.

CLOTHING & FOOTWEAR

- Players are expected to wear appropriate clothing and may choose to wear a uniform or consistent team colour – though this is not compulsory.
- Players must wear appropriate court shoes with **NON-MARKING** soles.
- Playing positional bibs will be provided.

FOOD & DRINK

- **BOTTLED WATER ONLY** is allowed on the courts in the team bench areas.
- No food, sports drinks, coffee etc is allowed on the wooden floors – there are allowed to be consumed outside or on the carpeted areas only.

CONTACT

- Players may not touch another player with or without the ball.
- Contact may not be pulled if it doesn't directly interfere with the game - it is up to the umpires' discretion.
- Dangerous or unsportsmanlike contact may result in player's removal from the game.

OBSTRUCTION

- A defending player must be 3 feet (0.9m) from their opposite BEFORE putting up their hands to defend.
- Obstruction is a penalty, and the offending player must stand beside and away from the player until the ball has been passed or shot.

THROW INS

- The player's feet must be back from the outside line when throwing in the ball. If the player's foot is on the line when throwing in the ball this is deemed to be an incorrect throw in and the other team gets possession.

BREAKING

- No player is to cross the transverse line before the whistle is blown for a centre pass. To ensure this doesn't happen players must get behind the line before the Centre player steps into the circle to pass the ball.

ADVANTAGE

- If the umpire calls advantage, play continues. It simply means that there was an infringement but not enough to stop the play of the game.

SHORT PASS

- At some point between the ball being released and caught, there must be sufficient space for an intercept with a hand.

WARNINGS

- If a player's actions are deemed inappropriate by the umpire that player will be given a warning. If that player continues to act inappropriately the umpire can ask them to leave the court, normally for a period of one-five goals. If inappropriate actions are severe, repeated or continued that player may be asked to leave the premises and additional sanctions may be applied to that person or their team.

INJURIES AND INJURY TIME

- The game clock will not be stopped for injury time, so if a player is injured and are unable to keep playing it is expected their teammates will assist them to vacate the court to allow the game to continue.
- Teams will need to provide their own basic first aid kit.
- Ice can be found at MainPower Stadium reception and there is an AED located in the Stadium Fitness Centre.
- In the event of blood spilled on the courts MainPower Stadium staff should be notified immediately so it can be cleaned up properly before play continues.

POSITION CHANGES

- Players may only change positions at quarter breaks or to reset the team following an injury substitution.

PLEASE NOTE: MainPower Stadium and its surrounding car parking, fields etc are a non-smoking, non-vaping and alcohol-free.

If you have any questions about the game formats and rules for MainPower Stadium's Walking Netball competitions, please email Rosie on roliver@sportstrust.org.nz