



Handbook



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WHAT IS WALKING NETBALL

Walking Netball is a modified version of netball with a few adjustments to the traditional rules. It is a low impact version of the sport that emphasises injury reduction so anyone, no matter your age or physical capabilities, can participate.

Walking Netball encourages adults to have a more gradual introduction or re-introduction to netball and physical activity by regaining basic motor skills, and encouraging balance, coordination, and better footwork. However, most importantly, Walking Netball provides an opportunity for participants to have fun, meet with friends and develop social networks.

Through Walking Netball, you can offer a non-competitive, low impact sport and exercise program built around social networks and accessible sites at low sign-up cost, to promote positive wellbeing and social inclusivity for participants.

THE MODIFIED RULES OF WALKING NETBALL

To create a low impact variation of netball, where traditional netball rules have been slightly amended to make the program more appropriate for everyone. These modified rules are:

1. No jumping: A player must always have at least part of one foot in contact with the court, **a player cannot run or jump at any time during the game**. Free pass where infringement occurred.
2. Two steps: A player may receive the ball with one foot grounded and then take two steps while in possession of the ball before it must be thrown or shot. *These steps can occur as they receive the ball or after they have stopped and grounded their feet.*
3. Four second rule: A player may throw the ball within four (4) seconds of receiving the ball. This gives participants an extra second with the ball compared to traditional netball rules.
4. Rolling subs: Rolling substitutions may be made at intervals or during play. There is no limit to the number that can be made.

WHAT DO THE MODIFIED RULES ACHIEVE?

These modified rules help to lower the impact on the body and reduce the risk of injury to participants. This is what these modifications achieve:

- The removal of running and jumping removes the impact to the body and reduces the risk of injury for participants.
- During the game, an extra step may be taken once a player has received the ball, which reduces the impact on landing and improves the momentum of the game.
- An extra second has been allowed to increase the decision-making time whilst in possession of the ball, which should encourage improved ball placement.
- These modified rules help remove the perceived and practical barriers to participating for participants.



WHY RUN WALKING NETBALL AT YOUR CENTRE

Walking Netball is a very fun and rewarding program to offer to your community with numerous benefits for both your centre and those who participate.

Providing the opportunity to participate in Walking Netball will allow your centre to increase the member base registered and participating in netball. With these increased registrations comes the opportunity to increase the revenue for participating centres; this is through registration fees and through other potential sales, such as food and drinks sales, Club/Association merch/attire and any additional registrations received via their participation (i.e. friends and family that then connect to you via their involvement).

Walking Netball is a program that can be offered to stakeholders already engaged with your Club/Association that otherwise wouldn't be able to officially play. This includes parents/grand-parents/guardians of already participating members, coaches, umpires and even Club/Association co-ordinators/deliverers/volunteers. This can help keep these key stakeholders more engaged with your centre and allow them the opportunity to play the sport as well. Adding Walking Netball to the list of netball programs and competitions being run at your centre helps prolong a participants life-cycle in the sport.

Walking Netball offers great physical and emotional wellbeing benefits as well as improved exercise rates to those that participate in the program. This program removes barriers to participating and, in turn, can allow participants the opportunity to partake in exercise. Additionally, those participating in Walking Netball have previously noted the benefits the program has had on their happiness and mental wellbeing.



PROGRAM OUTLINE

PROGRAM TYPES

- **Come-and-Try's** - Offer come-and-try's to allow brand-new participants to learn the basic, necessary skills and gives participants a taste to see if they will enjoy the program. This can be run prior to the program starting.
- **Social Competition** - This format is designed to offer weekly, casual fixtures where participants can register in teams or individually. The centre allocates the participant a team or will make a team on the day. Fixtures and scoring is not compulsory and no ladder will be kept.
- **Traditional Competition** - This format is designed with formal fixtures, scoring and tables. Players can create a team, register to an existing team, or register as an individual to be allocated to a team.
- **Exercise Class** - Coach-led class where participants register without a team. This class will take participants through a warmup, cool down, physical health and netball skill exercises and a Walking Netball Game.

PROGRAM PARAMETERS

- Recommended umpires:
 - For any casual or traditional competition, 2 umpires are expected for the Walking Netball game.
 - For the exercise class, 1 umpire (generally the coach who leads the session) will be adequate.
- Recommended run time:
 - 8 – 10 minute quarters.
 - 1 minute breaks for quarter time with a 1 – 3 minute halftime break.
- Recommended Scoring:
 - Casual Competition: Scoring can be done but isn't necessary.
 - Traditional Competition: Scoring should be kept.
 - Exercise Class: Scoring isn't recommended but can be done if the class is more competitive than casual.
- Finals:
 - Casual Competition: Finals or a ladder are not included in this program.
 - Traditional Competition: A ladder should be kept, and finals are optional.





PROGRAM ELEMENTS

- Warm up and cool down: Time will need to be allocated pre and post program for warm up and cool downs, even during casual and traditional competitions. Walking Netball emphasizes participant safety, which is achieved via appropriately warming up participants prior to participating and cooling them down post participating. This also provides important education to participants
- Emphasize fun and participation: Making sure the program prioritises maximum participation and being all-inclusive is a must. However, feedback does suggest that grading is required for the different participant groups (see next page).
- Registration: All participants must be registered to the PlayHQ Walking Netball program. This is inclusive of non-players (coordinators, umpires etc.) who register for free.

WHO IS WALKING NETBALL FOR

- Walking Netball is for everyone! However, here are 2 distinct participant groups that your centre will need to cater for:
 - Competitive: participants who still want to play relatively competitive netball. These participants still can play a relatively high paced and marginally physical game.
 - Social: participants looking to play modified netball with those new to the game or less competitive in play. They will play at a slower pace and require less physical play.
- Walking Netball attracts both new and pre-existing participants to the program. Centres need to be aware that new participants will need guidance on the rules (including traditional netball rules) and the required skills, especially in exercise classes.

INSURANCE

Personal accident insurance is provided with the participants registration. Any participants not registerer to the Walking Netball program on PlayHQ, will not be covered via this insurance.

FEES TO PAY

All players will be charged a Netball WA fee of \$10.20 for every program the participants register to.

Participants also pay a \$3.37 fee to Netball Australia. This fee is only payable the first time a participant registers to PlayHQ per annum.

Centres may add additional fees, as they see fit, to help cover additional costs, like umpire fees and court costs. However, it is encouraged to keep the program cost effective, to maximise participation numbers.



HOW TO SET UP WALKING NETBALL ON PLAYHQ

PROGRAM SET UP AND REGISTRATION LINK

Setting up your Walking Netball program is slightly different to your Woolworths NetSetGO, Juniors, and Seniors. Walking Netball falls under the classification of Program instead of Competition. Firstly, prior to setting up your program, your centre will require Netball WA to share the Walking Netball Program and its season to your centre on PlayHQ.

From this point you can follow the admin support articles on PlayHQ on how to effectively set up your Walking Netball program. To find this you can visit: <https://support.playhq.com/hc/en-au> and select 'I'm an Administrator of a program'.

From there you can find support on the following:

- Programs overview
- Setting up a program
- Managing program participants
- Program reports

You can then share your registration link for participants to register themselves.

TEAM REGISTRATION

When you create your Walking Netball program, you can then create a participant registration link and not a team registration link. Participants will not be registered to their team.

You can still create a competition for your Walking Netball program, but you will not have participants register to their subsequent teams nor will you be able to allocate them yourself.

This is still useful if you want to utilise PlayHQ to create fixtures, ladders etc. To learn how to do this please visit the PlayHQ link above and select 'I'm an Administrator of a Competition'. From there you can learn:

- Competition setup
- Fixtures
- Ladder management
- Many more

Team forms and submission will need to be actioned separate from the PlayHQ system.

Hint: you can add a custom field question that asks for the participants' team, if they have one, when creating your program to track which team the participant will play for.

MARKETING THE PROGRAM

HOW TO MARKET WALKING NETBALL

Marketing and building awareness for Walking Netball is very crucial to the successful establishment of the program. Here are some ways to market the program at your centre:

SOCIAL MEDIA

Advertising through your social media platforms is essential. This will include all key information on what you will provide, what it is and how to get involved.

Netball WA offers generic marketing collateral to use in your social media marketing and we have videos that can be posted to highlight the program.

FLYERS AND POSTERS

Netball WA have generic flyers and posters that can be shared and then printed to leave at key venues to assist with building the awareness in the program. Additionally, we can offer to create personalised flyers and posters with your centres specific details for you to print out.

Centres should also use new avenues of promotion such as workplaces, community groups and other organisations. This includes targeting venues such as local governments, senior services, libraries, retirement villages, schools, shopping centres, rec centres etc. can help reach the key target audiences of the program.

WORD-OF-MOUTH

The strongest form of marketing for Walking Netball is the word of mouth you get from participants and the surrounding community. This is why building the awareness of the program and providing a high quality product is key to building and making the program sustainable.

Encourage participants already involved to bring their friends and family down to see it and potentially give it a go. Encourage members involved in other forms of netball (both playing, coordinating, coaching etc.) to get involved or get their friends and family involved in Walking Netball.

It's important to utilise the already pre-existing relationships and target those connected to your centre who don't play traditional formats of the game.

SHOWCASE GAME

A great way to build the awareness of the program is to run a Walking Netball showcase game alongside pre-existing netball programs. With parents and participants already attending your netball courts, you can provide a Walking Netball game to provide them with the opportunity to see what it looks like.

Advertise on social media and with signage and your PA system that there is a Walking Netball game occurring and where it is. Have a representative answer questions and promote it to those who stop and watch or pass by the game.



WHAT RESOURCES ARE AVAILABLE

Netball WA offer generic marketing material for all centres to use and print to market the program. This is inclusive of social media tiles, printable A5 flyers and A3 posters.

Netball WA offer resources to help run the program, this is inclusive of a rules sheet, what is Walking Netball video, A Rules Explanation video, How To Umpire Walking Netball video and What is a Exercise Class video and Exercise Class Session Plans.

Additionally, Netball WA offer upskill opportunities for the coordination and umpiring of the program. This can be organised through Netball WA, please see contact details at the end of this handbook.

All these resources can be found on the Netball WA website. See our back page for the [website](#) link

WHERE CAN YOU PLAY WALKING NETBALL

Walking Netball can be played anywhere, inside, or outside. All you require is a netball court space and some adult sized netball hoops.

Netball Associations, Clubs, Recreation centres, Schools etc, can all get involved and provide.

Please note, due to the nature of the program and the needs of the participant groups, it is recommended to make the program playing environment as comfortable as possible. This can be achieved by fixturing the program indoors if possible, utilising well-kept courts etc.





For more information on or to get involved in delivering Walking Netball, please visit:

<https://wa.netball.com.au/walking-netball>

Alternatively contact Netball WA on

(08) 9380 3700

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