



## SPRING WALKING COMP 2026

**CONVENOR:** TBA

**COMMENCES:** Thursday Oct 8 **CONCLUDES:** Thursday Nov 26 (**MATCH TIMES:** TBA)

**CONTACT:** T: 5480-1725 E: [edna1@iinet.net.au](mailto:edna1@iinet.net.au) W: [edna.org.au](http://edna.org.au) Office Hours: 9am - 3pm Mon-Fri

**GAME FEE:** **\$ 10.00** per player per week

**BYLAWS:** Access copy at [edna.org.au](http://edna.org.au)

### NV INSURANCE:

\*\*\* Players are responsible for self registering their **Netball Victoria Insurance**. Go to [edna.org.au](http://edna.org.au)  
Telephone the Netball Office for assistance, if required \*\*\* Players without insurance will not be permitted to take the court.

**\* TEAM & INDIVIDUAL ENTRIES ACCEPTED \* (\*Individuals placed into team for season)**

**SEE ATTACHED INFO - RULES ETC.**

**ENTRIES CLOSE: THURSDAY 1ST OCTOBER**

# SPRING WALKING 2026

## TEAM

## SECTION

### CONTACT

### EMAIL

1. **NAME** AGE DOB.

MOBILE EMAIL

GAMES PLAYED 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 Office use only

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2. **NAME** DOB AGE

MOBILE EMAIL

GAMES PLAYED 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 Office use only

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3. **NAME** DOB AGE

MOBILE EMAIL

GAMES PLAYED 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 Office use only

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4. **NAME** DOB AGE

MOBILE EMAIL

GAMES PLAYED 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 Office use only

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5. **NAME** DOB AGE

MOBILE EMAIL

GAMES PLAYED 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 Office use only

6. **NAME** **DOB** **AGE**  
MOBILE **EMAIL**  
GAMES PLAYED 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 Office use only

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7. **NAME** **DOB** **AGE**  
MOBILE **EMAIL**  
GAMES PLAYED 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 Office use only

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8. **NAME** **DOB** **AGE**  
MOBILE **EMAIL**  
GAMES PLAYED 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 Office use only

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9. **NAME** **DOB** **AGE**  
MOBILE **EMAIL**  
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10. **NAME** **DOB** **AGE**  
MOBILE **EMAIL**  
1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 Office use only

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COMMENTS



**SPRING WALKING COMP 2025**  
**\*\*\*INDIVIDUAL REGO FORM\*\*\***

**NAME**

**EMAIL**

**MOBILE**

**ADDRESS**

**DOB /AGE**

**CLOSING DATE: THURSDAY 25th SEPTEMBER**



## 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



# 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.

For more information about Walking Netball visit

[netballvic.com.au](http://netballvic.com.au)



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#### Queries or interested in joining?

If you are interested in entering a team, or joining an existing team, please **contact us at**  
[programs@menanetball.com.au](mailto:programs@menanetball.com.au).



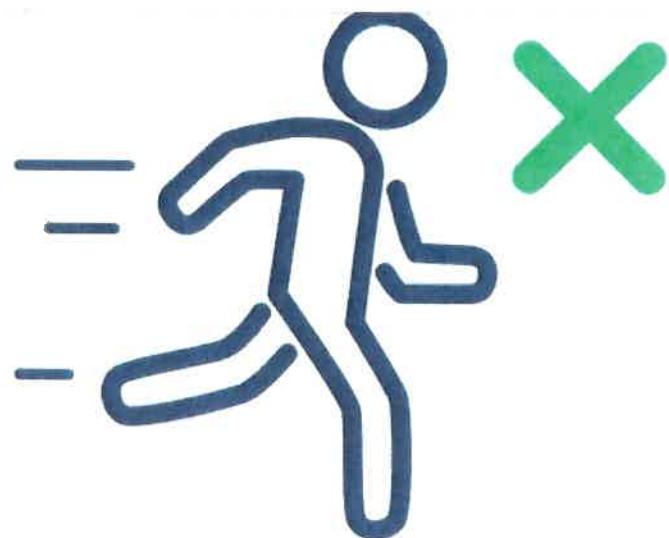
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# The Player

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](http://netballvic.com.au) > Get Involved > Walking Netball

For more information about Walking Netball visit  
[netballvic.com.au](http://netballvic.com.au)