

# **WALKING NETBALL RULES**

## **No running or jumping**

A player must always have at least part of one foot in contact with the court

- Sanction: free pass where the infirmement occurred

## **1-2 Steps with the ball**

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

## **Possession**

A player may throw the ball within four (4) seconds of receiving the ball

## **Timing**

Quarters will be 10-minutes. First and Third quarter break will be 2-minutes, Half Time will be 3-minutes

## **Umpires**

There will only be one umpire per court

## **Rolling Subs**

Rolling subs may be made at intervals or during play. There is no limit to the number that can be made

**ALL OTHER RULES FOLLOW THE  
INTERNATIONAL RULES OF NETBALL**



*Mandurah* **NETBALL ASSOCIATION**