

Walking Netball FAQs

1. What is Walking Netball?

Walking Netball is a modified version of netball designed for older adults. Walking Netball is aimed at encouraging participation rather than competition, reducing the physicality of the game so that participants enjoy their involvement and continue playing. 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 modification to the rules.

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

2. Who is Walking Netball For?

Everybody! Every Walking Netball program is open to participants 12 years old and over of all abilities and backgrounds.

3. What are the benefits of playing Walking Netball?

Not only does Walking Netball provide a fun, safe environment for physical activity; it has some physical benefits including improved strength, balance, flexibility, and circulation, along with long-term fitness and weight maintenance benefits.

Participants will experience improvements to their physical exercise levels, physical health, and physical wellbeing.

Walking Netball is also a fabulous opportunity to develop team spirit and encourages social interaction – it's a great way to make friends or even spend time with old friends on a regular basis.

4. Am I too old to participate in the Walking Netball Program?

No, you are never too old! Walking Netball has been designed to be played at a slower pace which reduces the risk of injury and allows for players of all ability and skill levels to participate. There are no maximum age restrictions that prohibit players from participating, so it's never too late to start.

Please note, participants need to be at least 12 years old to participate.



5. How long does a Walking Netball Game go for?

Each Walking Netball game ranges from 30 to 45 minutes, dependent on the quarter length. The recommended quarter length varies from 6 minutes to 8 minutes.

Be sure to factor in time to appropriately warm up and warm down!

6. What equipment do I need to play?

- Your most appropriate sneakers.
- Your best workout/sports gear.
- A water bottle or sports drinks.

7. I am already a registered member of Netball WA, do I still have to pay the registration fee?

Yes, all players who wish to be part of the Walking Netball program are required to pay the participation fee as this is a standalone program, independent of the annual Netball WA membership process.

8. Do I need to be a registered member of Netball WA?

No, you do not need to be a registered member of Netball WA to be able to take part in Walking Netball.

9. Do I need medical clearance to be able to participate?

No, there are no requirements outlining that you must receive medical clearance from a doctor to participate in the Walking Netball program. However, if you are unsure of your ability or capacity to participate, it is highly recommended that you consult your doctor for clearance before registration.

