



Walking Netball Information Pack

What is Walking Netball?

Walking Netball is a modified, low-impact version of netball designed for anyone who loves the game but prefers a gentler pace. It is ideal for those wanting to protect their knees, return from injury, improve fitness, or simply enjoy a fun and social night out.

No running.

No pressure.

Just netball – at walking pace.

When & Where

Location: Wurdi Baierr Stadium – Wadawurrung Way, Torquay

Day: Thursday Nights

Time: 6.30pm onwards (exact time TBC)

Season Length: 8 Weeks

Who Can Play: Everyone! 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 11 years old to participate.

Cost: The first six weeks are FREE! After that, \$10 per game which includes Victorian Netball Association (VNA) Fees, so you are insured in case of any injuries

What to Expect

- A relaxed, social atmosphere
- Music playing during games
- A welcoming and supportive environment
- Snacks available in Week 1 to kick off the season and help everyone connect
- Coaching session for the first week to help new players understand the game
- Modified rules to reduce impact and make it accessible for all abilities

Whether you haven't played in years, are managing sore knees, or simply want a fun way to stay active, Walking Netball is for you.

The Rules

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 these modifications to the rules:

- You are not allowed to run or jump. Walking is required at all stages.
 - Players get up to 2 steps with the ball!
 - You can hold possession of the ball for 4 seconds
 - Rolling substitutions are allowed throughout the game.
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What equipment do I need to play?

- Your most appropriate sneakers
 - Workout or sports wear
 - A water bottle or sports drinks
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Why Join?

- Stay active in a safe, low-impact way
- Meet new people in the Surf Coast community
- Enjoy a social Thursday night
- No experience required
- No running required

It's fitness without the pressure and netball without the strain.

Who Is It For?

- Former netballers who miss the game
 - Parents who want to play while the kids train
 - Anyone recovering from injury
 - Those wanting a gentle return to sport
 - Anyone aged 18+ looking for a fun, social activity
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Help Us Grow

We are looking to build our Walking Netball community and would love your help spreading the word. Tell a friend, bring a partner, invite your workmates – the more the merrier.

Get in Touch

Interested in joining or want more information?

Email: info@scna.net.au

Call Zoe: 0421 985 452

We would love to hear from you and see you on court Thursday night.