



PAN PACIFIC MASTERS GAMES

GOLD COAST AUSTRALIA 4-13 NOVEMBER 2022

IT'S LIVE!
in Queensland

Walking Netball – Competition Rules

The Court and Team

Walking Netball uses the regular netball court and seven playing positions.

No Running or Jumping

A player must never have both feet off the ground at once (i.e. no jumping, running).

Possession

A player may keep possession of the ball for up to 4 seconds before they must pass or shoot.

Rolling Substitutions

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

1-2 Steps with Ball

When a player receives the ball, they can take 1-2 steps while in possession before they must pass or shoot.

Distance

When defending a player must 4 feet away from the opposition.

These are the basic rules for the Pan Pacific Masters and no exceptions will be adhered to.