



Melbourne East Netball Association

Registration No: A0011747L

ABN 54 201 268 575

Correspondence to: PO Box 613, Heathmont 3135

Email: admin@menanetball.com.au

Phone: 0411 691 888

2025 MONDAY EVENING WALKING NETBALL GAMES RULES

The Walking Netball Games aim to provide mixed women and men teams of various ages the opportunity to play socially amongst friends, family, and peers without the pressure of finals or ladder points.

This program is Open age, catering for players who are aged 15 years and over.

Games are played weekly on a Monday evening at The Maroondah Nets, Heathmont.

1. Teams must have a designated Team Manager for the season who is over the age of 18yrs. They are the primary contact for all on and off –court matter for their team. The Team Managers responsibilities include:
 - Registering the team through Netball Connect
 - Ensuring all team fees are paid in full by due date.
 - All players (including themselves) are registered through Netball Connect by the due date.
 - All players have played the minimum required games to qualify for finals.
 - All players meet the age requirements as per competition rules.
 - All players acknowledge and abide by the competition rules as outlined in this document as well as Netball Victoria Code of Behaviour.
 - All players are informed of game times and/or game changes.
2. The Competition/Program Coordinator will direct all important communications to the Team Manager and/or players via email and /or phone.
3. It is the responsibility of the Team Manager to ensure that teams members are fully aware of the Rules of Netball as well the information written in this document “2025 Monday Evening Walking Netball Games Rules”. MENA have the right to change and update any ruling within this document to ensure the best possible competition for is members. Any changes will be communicated to umpires, competition staff and team managers in a timely manner prior to implementation.
4. All teams must pay the Team Registration Fee \$65.00 (incl GST) via Netball Connect **PRIOR** to taking to the court for their first game.
5. Court fees are \$90.00 (incl GST) per team per week, to be paid at the competition office **PRIOR** to commencement of the game. Payment is to be made by direct bank transfer or through online payment window prior to the game.
6. Players
 - a. Must be at least 15 years of age before 31st December of the current year of play.
 - b. All players must be Netball Victoria registered prior to playing. Registration is through Netball Connect by purchasing either annual player membership or Single Game Voucher. Players are not covered by Netball Victoria insurance unless they are registered.



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- c. New players who have registered after the commencement of the season and/or players who are filling in are also to be recorded on the back of the scoresheet. As per rule 3, all players must be registered before taking the court.
7. Uniform
 - a. Teams must wear a matching-coloured t-shirt/singlet and black leggings, shorts and/or skirt.
 - b. T-shirts and singlets must not have any strapping detail and singlets must have a wider shoulder strap of no less than 4cm wide.
 - c. Bibs are to be supplied by each team and must have an alternative colour set should they clash with the opposing team.
 - d. Players must not wear anything that could endanger themselves or other players, specifically:
 - i. No adornment or jewellery may be worn other than a wedding ring which must be covered with tape.
 - ii. Fingernails shall be cut short and smooth or taped with correct tape prior to the game commencing.
 - iii. A medical alert bracelet may be worn provided it is covered with tape.
 - iv. Hair must be suitably tied back.
 - v. Beads may only be worn if secured TIGHTLY against the head with no movement possible.
 - vi. Gloves are permitted on the provision that nails are taped underneath as well.
8. Each team must provide a scorer. SCORERS MUST SIT TOGETHER. Melbourne East Netball will supply an official score sheet which must be collected from the Competition office by the HOME team prior to the game. After the game the completed scoresheet is to be handed into the office immediately by the WINNING team.
9. Walking Netball Modified Rules
 - i) No running or jumping. Players must always have one foot placed on the ground throughout the game. If two opposing players are deemed to be running or jumping a toss-up is taken between the two players in their own area of play.
 - ii) Defending distance. A player must be at least 3 feet away from the opposition player when defending.
 - iii) 1-2 steps. Each player can take 1-2 steps from when they gain possession until they pass or shoot the ball.
 - iv) Time possession. A player can keep possession of the ball for up to 4 seconds before they must pass or shoot.
 - v) Centre Pass. The centre pass will be taken as per usual netball rules alternating between the centre of each team.
10. Mixed Competition

Maximum number of males on a court at any one time is 3.

There can only be up to one male in each third on court from a positional perspective, e.g. Shooter (GS or GA) and mid-court (WA, C or WD) and defence (GK or GD).



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11. Byes

MENA cannot guarantee an even number of teams across all sections/divisions. As a result, byes may be necessary to fulfil the draw.

12. Withdrawals

- Any team who withdraws after taking the court in the first grading game is liable to pay the full balance of any outstanding competition fees and if already done so they will not receive any refund for competition fees.
- No refunds can be made if a player decides to leave the competition. It is up to the Team Manager as to how payments are received and/or transferred amongst players.
- Draws and ladders will be appropriately adjusted by the discretion of MENA for any team who is withdrawn from the competition.

13. Forfeits

- To take the court a minimum of five (5) players are required.
- If a team fails to have 5 players on court by the start of the game, the opposition will be awarded one (1) goal for every full minute that elapses until the minimum player requirement is met.
- If after ten (10) minutes the team cannot meet the minimum of 5 players, they will forfeit the game. The offending team will be penalised with a Late Forfeit. Forfeits are to be communicated to the Program Coordinator by email at programs@menanetball.com.au

Early forfeit	Before 3pm the day prior to the scheduled game no court fees or fine will be payable
Late forfeit	After 3pm the day prior to the scheduled game will be fined \$90

14. Melbourne East Netball will provide umpires.

15. All matches shall comprise four 10-minute quarters. A Central clock shall time all matches

16. Match Results:

Grading/Season

- After half a game or more has been played, then the score at the point of stopping the match is the final result; or
- Where a match is cancelled by MENA for health and safety of participants, or does not reach half a game of play, no result is achieved.
- This match will not be replayed.



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- d. If no result is achieved, the match will be considered a draw and points awarded to each team.

17. Rolling Substitutions.

- a. Only one (1) rolling substitution per team be made at a time.
- b. Substitutions may be made during play (as well as during stoppages and intervals). There is no limit to the number that can be made during a game.
- c. Play will not be held for substitutions (umpires do not need to be notified if a player wished to complete a substitution).
- d. Players can only enter the play once the subbing player has completely exited the court and tagged the hand of the player coming on. The player coming on must already be wearing the correct bib before taking the court.
- e. The rolling substitution stands at the designated area. The designated zone for rolling substitutions is delineated by lines marked on the ground at each end of the team's bench. For indoor courts the designated area is situated alongside the score bench.
- f. Players must observe the offside rules as they enter/leave the court. A sanction of a free pass where the infringement occurred (advantage may be applied if this would place the non-offending team at a disadvantage).
- g. Players must not interfere with the umpire's movement during the substitution. A sanction of a free pass where the ball was when play was stopped (advantage may be applied).
- h. Players cannot change positions whilst on the court. Any changes to positions require a player to sub off and return to the court in the desired position.
- i. If a player leaves the court as a rolling substitution, and there is no player in the designated area, the replacement player is treated as a late player and must wait until a break in play to enter the court.

18. Behaviour of players & spectators

- a. Melbourne East Netball Association requires all players, umpires and spectators to comply with the Code of Conduct – General, Code of Conduct – Player, Code of Conduct – Umpire, Code of Conduct – Spectator as outlined by Netball Victoria and to be read upon player registration.
- b. A player must not act in a way that may add hostility to a match or is contrary to accepted standards of good sporting conduct and the integrity or image and spirit of what Walking Netball Social Games is intended, which is to promote a social, fun and safe environment for all players of all abilities to be able to participate. This includes play that is body on body that an umpire sees as unsporting, endangers a player and/or is not in the spirit of social play. If an infringement occurs the umpire can apply a penalty pass where the infringement occurred and if deemed dangerous play the player is either suspended or in a serious case ordered off. A player must always be ordered off for intentional or highly reckless acts of dangerous play. For instances where there are two opposing players deemed to be infringing simultaneously, a toss-up is taken between the two players in their own area of play and if deemed dangerous play both players can be suspended or in a serious case ordered off.



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- c. Team managers are responsible for the behaviour of all team member and spectators on and off the court.
- d. Inappropriate behaviour, disrespect and foul language will not be tolerated.
- e. This behaviour and any other behaviour deemed not to be in the good spirit of the competition will result in players being sent from the court at the discretion of the Umpire. Spectators will also be removed from the court/stadium.
- f. Players who are sent off from the game will receive further disciplinary action at the discretion of the Competition Coordinator.
- g. Players who are repeatedly reported for foul language and/or aggressive behaviour will be removed from the competition at the Competition Coordinators discretion

19. First Aid

- a. A certified First Aid Office will be supplied at the venue by Maroondah City Council during all games.
- b. It is the responsibility of the Maroondah City Council First Aid Officer to provide immediate assistance to the injured player with on court injuries or to continue treatment of injuries after player has been removed from the court.
- c. They are authorised to provide the appropriate medical advice/treatment (including ice packs and call for an ambulance).

20. The venue is a non-smoking area during competition/events.

21. The venue is alcohol free during competition/events.

22. The Coordinators and Convenors will have the right to interpret the rules due to circumstances which may arise on the day of play.

23. Breaches of these rules could result in the loss of points and to the team's score. For more details on breaches, refer to the MENA By-laws.