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S P O R T P R O J E C T



GAME - NETBALL
TRADITIONAL AND ADAPTED **GAMES**
FOR SOCIAL INCLUSION AND INTEGRATION OF
PEOPLE WITH DISABILITIES AND ABLE-BODIED

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HISTORY

Netball originated in England in the late 19th century as a female version of basketball. It was initially played in schools before it spread to other countries with British influence. The first international matches were played in the early 20th century, and the International Netball Federation was formed in 1960. The sport has been included in the Commonwealth Games since 1998.

DESCRIPTION OF THE GAME

Netball is a fast-paced, strategic team sport played on a rectangular court with a large ball, similar to basketball but with unique rules emphasizing passing, positioning, and shooting into a raised net.

RULES

I. Equipment

- A round ball, slightly smaller than a soccer ball.
- Court: A rectangular court divided into three sections.
- Two goal posts, each about 3.05 meters high, with a netted ring at the top.

II. Setup

- Court Dimensions:
 - Standard size: 30.5 meters in length and 15.25 meters in width.
 - Divided into three equal sections: two goal thirds (at each end) and a centre third (in the middle).
 - Each goal third contains a goal circle with a 4.9-meter radius, where the goal posts are located.
- Player Age: Generally recommended for children aged 6 and above due to physical requirements and rules. Modified versions exist for younger children.
- Teams: Two teams (standard 7 players per team, though not explicitly stated in the provided text, it's the most common format).



III. Gameplay Objective

- The objective of the game is to score goals by throwing the ball through the netted ring at the top of the opponent's goal post.

IV. Match Structure

- A typical match lasts for 60 minutes.
- Divided into four 15-minute quarters.
- Short intervals are provided between quarters for team talks and player substitutions.

V. Core Gameplay Principles

Points are awarded to either the batting or fielding (catching) team:

- Passing-Based: Netball heavily relies on passing the ball between teammates.
- No Dribbling: Players cannot dribble the ball (a key distinction from basketball).
- Footwork Rules: Strict rules govern player footwork once the ball is received (players generally cannot take more than 1.5 steps).
- Positional Play: Players have designated positions and are restricted to certain areas of the court.
- No Contact: Physical contact between players is minimized and penalized.
- Shooting: Only designated players (Goal Shooter and Goal Attack) can shoot for goal, and only from within the goal circle.

VI. Key Skills and Benefits

- Physical Fitness: Promotes overall physical fitness.
- Agility & Coordination: Develops agility and hand-eye coordination.
- Strategic Thinking: Requires constant awareness of positions, opponents, and play flow.
- Teamwork & Communication: Crucial for success, involving both verbal and non-verbal communication.
- Versatility: Can be played casually or competitively, from local games to international tournaments.

INTEGRATION VALUES AND POSSIBLE ADAPTATIONS

I. Adapting the Equipment

- Netball
 - Lighter/Softer Balls: Use balls made of foam, sponge, or lighter rubber.
 - Varying Sizes: Offer slightly larger balls, which can be easier to grip and catch for players with limited dexterity or hand control.
 - Textured Balls: Balls with textured surfaces can improve grip for players with fine motor challenges.
 - Auditory Balls: For players with visual impairments, use a "beeper ball" or a ball with bells inside so its movement can be tracked by sound.
 - High Contrast: Use brightly colored balls that stand out against the court color.
- Netball Posts:
 - Adjustable Height: Use posts with adjustable heights. Lowering the hoop can make shooting more accessible.
 - Wider Ring: A slightly wider netball ring can increase the success rate of shots.
 - Stability: Ensure posts are stable and do not pose a tipping hazard.
- Bibs/Position Markers: Use high-contrast bibs. For players with cognitive disabilities, bibs with clear pictures or symbols representing their position can be helpful.

II. Adapting the Playing Environment

- Court Surface: The court must be smooth, level, and fully accessible.
- Court Dimensions:
 - Reduced Length/Width: For players with limited endurance or mobility, reduce the overall size of the court.
 - Modified Zones:
 - Wider Zones: Widen the goal circles and court thirds to allow more movement space.



- Fewer Zones/No Zones: For players with significant mobility limitations or cognitive challenges, simplify or remove the strict zonal restrictions entirely.
- Clear Boundaries: Mark court lines with high-contrast tape. For visually impaired players, tactile lines (e.g., raised tape or rope) can help them orient themselves.
- Goal Circle Access: Ensure the goal circle is easily accessible from multiple angles for shooting.
- Shaded Areas/Rest Stops: Provide accessible shaded areas and designated rest spots immediately adjacent to the court for players to take breaks as needed.

III. Adapting Rules and Gameplay

- Movement (Footwork & Dribbling):
 - Walking Netball: For players with general mobility limitations, Walking Netball is an excellent adaptation where players must walk at all times, with one foot always on the ground.
 - Wheelchair Netball: Players use sports wheelchairs. Rules are adapted for propulsion.
 - "More Steps" Rule: Allow players to take an extra step after receiving the ball, providing more time for balance and adjustment before passing or shooting.
 - Allow Dribbling/Bouncing (Modified): For some players, allowing a bounce or two (like in basketball) before a pass could make ball handling easier, although this fundamentally changes netball. Consider this for highly modified, recreational play.
- Passing & Holding:
 - Longer Holding Time: Extend the 3-second rule giving players more time to make decisions and execute passes.
 - Underarm Passing: Encourage or allow underarm passing for easier control, especially for players with limited arm mobility.
 - "Soft Toss" Passes: Encourage gentler, more lobbed passes for easier catching.
- Positional Play:
 - Reduced Number of Players: Play with fewer players per team to increase space on the court and ensure everyone gets more touches on the ball.
- Designated Roles: Assign specific roles based on strengths (e.g., a player excellent at shooting, another good at receiving passes, another at defending space).
- Shooting:
 - Lower Hoops: As mentioned, lower the netball post height.
 - Assisted Shooting: A teammate can help set up a shot, or even provide a gentle assist.
- Contact & Obstruction:
 - Strict No-Contact: Reinforce strict no-contact rules for safety, especially for wheelchair users or players with



- balance issues.
- Increased Obstruction Distance: Increase the 3-foot obstruction distance giving players more space..
- Game Duration: Shorten quarter lengths or introduce more frequent intervals to manage endurance and fatigue levels.
- Scoring: Keep standard scoring, but celebrate participation and successful efforts, not just points.
- Communication:
 - Visual Cues: Use hand signals, flashcards, or visual timetables for players with hearing impairments or cognitive disabilities.
 - Clear Verbal Instructions: Speak clearly, concisely, and ensure you have players' attention before giving instructions. Use demonstrations.
 - Sign Language: If a player uses sign language, ensure an interpreter is present or provide basic training in relevant signs to coaches and teammates.



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