

A Guide to Netball in Queensland

Easy Read



A GUIDE TO NETBALL - EASY READ



This guide is for



People who are new to netball and their and their supports.



It is about how to be part of netball



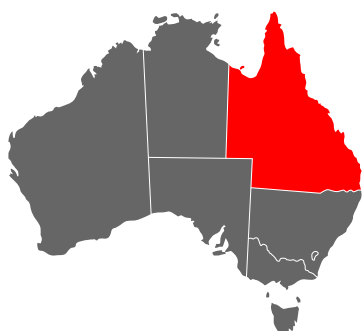
And the supports available to help you if you need them



A GUIDE TO NETBALL - EASY READ



Netball Queensland looks after netball associations across Queensland

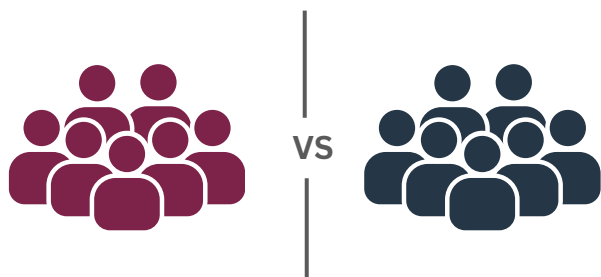


Netball Queensland wants to make sure that everyone that wants to can be involved



A GUIDE TO NETBALL - EASY READ

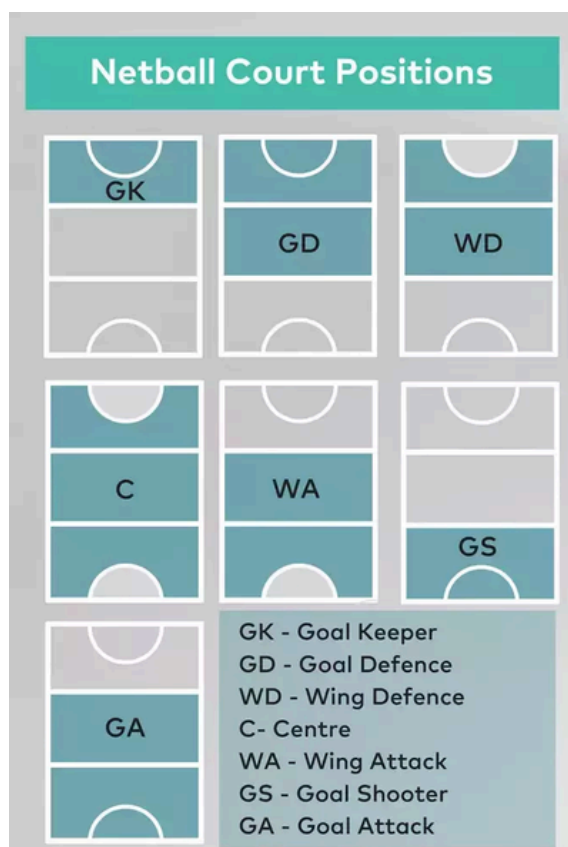
What is Netball?



Netball is a sport played by 2 teams of 7 players



It is played on a netball court with goal posts at each end



Players have different roles in the team

Each player has different areas they can go on the court



A GUIDE TO NETBALL - EASY READ

Netball Rules



If you have the ball, you cannot run with it



You can only hold the ball for 3 seconds



Then you must pass the ball to someone else or shoot



A goal is scored by throwing the ball through the netball ring



A GUIDE TO NETBALL - EASY READ



To win your team must score more goals than the other team

Learn more about netball...



← Click here to watch the video



← Or scan this QR code



A GUIDE TO NETBALL - EASY READ



There are a lot of ways you can be involved in netball

Playing Netball



Little Nettys is for 3 and 4 year olds.

To find a somewhere to play click here:
<https://qld.netball.com.au/little-nettys>



NetSetGo is for 5 to 10 year olds.

To find your nearest NetSetGo centre click here:
<https://netball.com.au/netsetgo/centres>



A GUIDE TO NETBALL - EASY READ

Playing Netball



Club netball is for players 7 years and older.

Click here to find your nearest club:

<https://qld.netball.com.au/play>



Netability is for people with a disability 11 years and older.

Click here to find a Netability program:

<https://qld.netball.com.au/netability-program>



A GUIDE TO NETBALL - EASY READ

Playing Netball



The **Queensland Gems** are the State team for women with an intellectual disability.

To be on the Gems team you need to be over 16 years old.

Click here to find out more:
<https://qld.netball.com.au/marie-little-shield>

Deaf Netball Queensland



This is for Deaf and Hard of Hearing Queenslanders to be involved in netball.

To find out about the team email:
dnqld@hotmail.com



A GUIDE TO NETBALL - EASY READ

Playing Netball



Social Netball

Make your own team with friends or workmates and join a competition:

More information can be found by clicking here:

<https://qld.netball.com.au/social-netball>



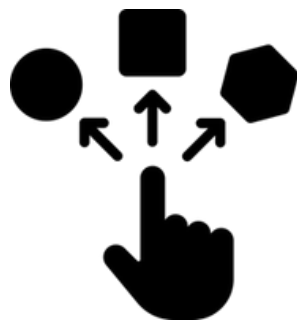
Walking Netball is netball played at walking pace.

Talk to your local association to see if they offer walking netball:

<https://qld.netball.com.au/walking-netball>



A GUIDE TO NETBALL - EASY READ



If you want to be involved but don't want to play, there are choices.



Become a **coach**.

Coaches help players learn skills and how to play netball.

To find out about coaching click here:
<https://qld.netball.com.au/coaching>



Become an **umpire**.

They make sure the rules are followed during games.

They make sure games are safe and fair for everyone.

Click the links below for more information:
<https://qld.netball.com.au/umpiring>

<https://qld.netball.com.au/umpire-accreditation>

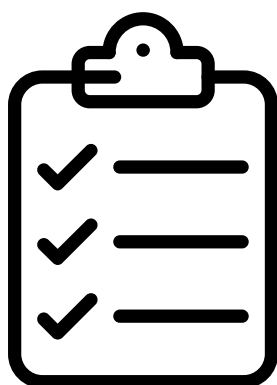


A GUIDE TO NETBALL - EASY READ



Be a **scorer**

They count the number of goals that each team get



Be a **Team Manager**

They help with organising things for the team



They organise things like uniforms



A GUIDE TO NETBALL - EASY READ



Be a **Team Supporter**

Support a team by cheering them on at games and encouraging the players.



Be a **volunteer**:

You may be able to help in the canteen.



Help tidy the club house.

Help run events.

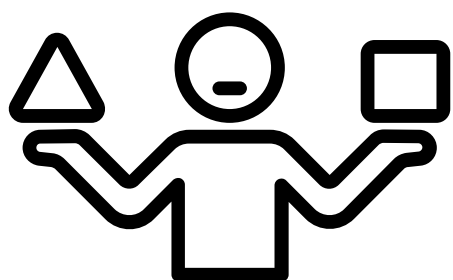


Email or call your local club to see how you can help.



A GUIDE TO NETBALL - EASY READ

How does everything work at a Netball Club?



Each netball club may do things a bit differently.



Email or call your local club to ask some questions

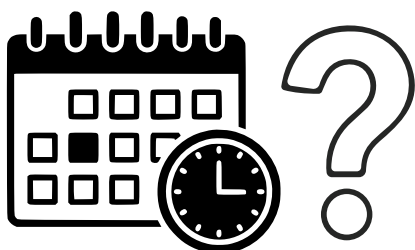


A GUIDE TO NETBALL - EASY READ

Questions for your local club



How do I sign up to play club netball?

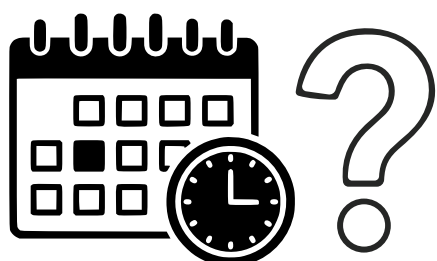


When are my games are played?



A GUIDE TO NETBALL - EASY READ

Questions for your local club



When is training?



How do I get a uniform?



And any other questions you may have.



A GUIDE TO NETBALL - EASY READ

Support

ALL ABOUT ME

Complete this form to tell us more about you and how you like to communicate and learn. This information will be kept confidential and only provided to your coaches to ensure they can best support you at netball.

Date

Participant Name	Participant Age	Participant Contact Phone Number (Where applicable)
Parent/Guardian/Carer/Support Person's Name	Parent/Guardian/Carer/Support Person's Phone Number	

Please disclose any disability/disabilities or conditions that you may identify with

What are your goals? (Let us know what you would like to learn and achieve!)

What is the best way for us to communicate to you during sessions? (Communication Board, Verbal, Flash Cards, Other)

Do you need any specific or modified equipment to fully participate?

How does your disability/disabilities or relevant conditions impact your ability to perform any skills and activities? (If applicable)

Who else can I speak with to better understand how best to support you and your needs during the sessions?	Contact Phone Number (If applicable and different to above)
---	--

Please let us know if there is anything else you would like to tell us?

To help your coach know a bit more about you - fill out the '**all about me**' form.

You can find this form by clicking here:
https://qld.netball.com.au/sites/qld/files/2025-07/NQ_All%20About%20Me%20Form.pdf



You can **organise a visit** to your local club to have a look around.



Some clubs will have information on their websites.

Here is an example:
<https://www.toowoombanetball.com.au/netability>



A GUIDE TO NETBALL - EASY READ

Support



Netball Queensland has some **different rules for netball** if you need them to make sure games are safe and fair.

Find out more here:

<https://qld.netball.com.au/modified-netball-rules>

DISABILITY RESOURCE CARDS

COMMUNICATION TIPS

GENERAL TIPS

- 1**
Talk to the person
Direct your conversation to the person rather than anyone with them (e.g. support person)
Get to know the person and their communication including any communication aids they use. Ask them what works for them with communication.
- 2**
Allow time
Don't rush the communication - allow the person time to take in information and respond, don't jump in with what you think they are saying.
- 3**
Check for understanding
Ensure that participants understand the activity or message. You can do this by asking a specific question such as: "How many items can you shoot from the need at one time?" Ask the person what will help with communication.
- 4**
Ensure respectful interactions
Use your usual tone and volume of voice (don't speak more loudly than normal unless the person asks you to).
Don't pretend to understand, let the person know you are having difficulty by asking yes or no questions or other cues "can you show me what you mean?" to help.
If someone has limited or no speech don't assume they don't understand what you are saying.
If the information the person wants to talk about is private (e.g. information about their disability), make sure you are in a space that maintains their privacy and confidentiality.
- 5**
Consider social parts of communication
Some people may struggle with social aspects of communication such as understanding non-verbal cues, making or holding eye contact or understanding social 'rules' such as turn-taking or conversation or knowing how close to stand to someone when talking. Model what to do in social interactions, but don't force things like eye contact (just because someone isn't looking eye contact doesn't mean they're not listening to you, in fact they may find it easier to listen if they are not having to also concentrate on trying to give eye contact).
Some people may struggle with understanding more abstract aspects of communication such as sarcasm, jokes, phrases that may have two meanings. So, be mindful that unintentional misunderstandings may occur and learn from them.
- 6**
Consider where you are communicating
If background noise and a busy environment are making communication difficult for the person suggest moving somewhere quieter.
- 7**
Don't overlook it!
Just do your best - everyone makes mistakes, apologise if you believe you have said something in error or embarrassed someone or if you haven't been able to understand them. The main thing is to include everyone and make them feel as comfortable as possible, this will get easier as you get to know each person over time.

Continues on the next page ->

Our **disability inclusion toolkit** has resources to help everyone involved in netball.

Have a look at our toolkit:

<https://qld.netball.com.au/disability-inclusion-toolkit>



A GUIDE TO NETBALL - EASY READ

Support



If you're not sure where to start with sport – this toolkit from Carers Queensland may help you!

https://carersqld.com.au/wp-content/uploads/2026/02/Sport_-_Recreation-Legacy-Resource-e-Booklet-08-2025-INTERACTIVE.pdf



White cloud is a tele-mental health service.

The service is free for anyone 12 years or older involved in the netball community.



For details:
<https://qld.netball.com.au/news/netball-queensland-partners-tele-mental-health-service-white-cloud-foundation>