

NETBALL – WALKING

Dates: Friday 5 - Sunday 7 February 2016

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<http://www.metroindoorsports.co.nz>

FACILITIES:	Parking is available on the street, some parking is Pay and Display. There is a parking building on the left in the block closer to town. Toilets and change areas provided. There is a licensed bar where the presentations will be held. Stairs only into the facility.
MEDALS:	There will be a Medal Ceremony at the completion of the competition.
DIRECTIONS:	93 Crawford Street, on the one way road heading into the city from the South. If you can find Rebel Sport and Briscoes then head North until you see McKenzie Willis on the right hand side. We are right next to them, if you get to the Car Clean business on your left you have passed us.
PROGRAMME:	Round robin followed by Semis and Finals. Draws completed between 3-5 days out from competition, and will be published on both Metro Indoor Sports and Masters Games websites (www.nzmg.com)
FIRST AID:	First Aid Kit on site, 5 minutes to nearest medical centre/urgent doctors.
REFRESHMENTS:	Licensed lounge on site, no BYO. Some snacks and sweets available on site, sports drinks and juice available for purchase too. Eftpos is available, sorry no credit.
SPORT SPECIFIC INFORMATION:	<p>Walking Netball is perfect for those who prefer low impact sport! Its all the great things that Netball is, competitive, fun, team sport, social, just without the high impact, without the possibilities of injuries outside that of simply walking around.</p> <p>There are slight variations to Walking Netball, you can take an extra step with the ball, and hold the ball for 1 second longer than regular netball. Walking Netball evens the playing field, if you are faster or jump higher, it doesn't matter, no one can do anything but walk, you won't get out jumped, you won't get beaten to the ball. Walking Netball, therefore, is far more strategic than regular netball!</p> <p>With two positions at each part of the court, only 6 players and nets which surround the courts, everyone is always in the game. You are able to shoot two pointers, and it doesn't matter whether you are male or female, any gender is able to play in any position.</p> <p>Each game lasts 35 minutes, all you have to do is turn up and have a great time!</p> <p>Our facilities have been fully upgraded to new surfaces, new scoreboards, and free wifi provided by Spark Business Hub Dunedin, all for your benefit.</p> <p>Points awarded for each win and for each quarter won. Possible 8 points available each game. If a quarter is tied the winning team of the following quarter receives the point. If the last quarter is tied the winner of the previous quarter receives the point.</p> <p>Metro Indoor Sports has been running for well over 30 years in Dunedin. Not only do we operate social sports – Netball, Dodgeball, Cricket, Turbo touch and Soccer, we also run Inflatable World.</p> <p>Our facility is home to the only online indoor umpire training and mentoring software world wide, helping us to provide the highest quality umpires. We have a great crew of over 20 staff, all young at heart, friendly and excited to be umpiring your game.</p>



