

# Netball for Disabled People in Scotland



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This fact sheet provides an overview of Netball for disabled people in Scotland. It also provides useful contact details to signpost you to your local club to develop your skills and start to play or coach disabled people in Netball.

## The Development of Disability Netball

Netball is an exciting team sport predominantly played by girls and women around the world. Netball for Disabled people is slowly developing and we are positively looking to create a number of opportunities for a wide range of disabilities to take part.

The sport of netball can be tracked back to its inception in 1891 to Springfield Massachusetts, and then the Madame Ostenberg's College, England in 1895. It is governed by the International Netball Federation (INF) which has been in existence since 1960 and is played in 78 countries throughout the world.

Netball Scotland is responsible for promoting, organising and developing netball in Scotland from 'grass roots' to elite level. With an ever increasing membership and engagement throughout the regions, Netball Scotland is fully committed to being inclusive to meet the needs of the ever changing Scottish population.

We have four regional development managers covering East, West and Grampian (21 Local Authorities), working alongside all netball clubs and districts, coaches and officials, volunteers and partners to develop a proactive and robust netball athlete pathway, and improved netballing opportunities for all.



## The Classifications

Many people with disabilities enjoy playing netball with only a few adaptations from the traditional game. It could be as simple as installing an induction loop for people who are hearing impaired, using a ball that contains a bell inside to help those with visual impairments or using a softer ball to slow down the pace of the game. Individual clubs around the UK are running an increasing amount of disability sessions which they encourage anyone, regardless of



their disability, to have a go.

Walking netball is an ideal way to start playing the game and this adapted version is excellent for many disabilities. With the pace of movement restricted and the rules simplified, it allows those with a disability of any age and ability to enjoy the fun aspects of the sport, gain confidence and learn new skills. It uses a smaller sized court which can be set up in any hall or gym, thus allowing the sport to be played almost anywhere. There is no contact between players which adds to the safety aspect as well as allowing the game to flow. An excellent opportunity for disabled people to experience the sport of netball.

## Coach Education

UKCC Level 1 gives the coaches their initial introduction to disability in Factsheet 9 – Adapting a Session. The objective of the Level 1 Award in Coaching Netball (QCF) is to provide a benefit to learners through an introduction into the principles and practice of safe, ethical and effective management



and coaching of netball sessions for adults and young people in an appropriate environment.

## Helpful Resources

- Sports Coach UK: Coaching Disabled People Information Sheet
- Sports Coach UK: Disability Coaching Tips Factsheet
- Sports Coach UK: Inclusive Coaching Quick Guide

## Facts & Figures

We have more than 5,600 registered members and there are 500,000 participant sessions taking place annually in primary and secondary Scottish schools.

Scotland played its inaugural International match against England in 1948 and competed in the first World Championships in Eastbourne in 1963.

Scotland's highest ranking within a World Championships was 6th place in Singapore 1983.

Scotland competed in the Commonwealth Games for the first time in Glasgow 2014

and was placed 9th within the top 12 INF ranked teams – in the same year they qualified for the Netball World Cup in Sydney in 2015.

## Competitions

Disability Sport Fife (DSF) Basketball and Netball Championships were held at the Michael Woods Centre, Glenrothes as part of the annual DSF Sports Festival. The Basketball and Netball Championships attracted entries from East, West and Central Fife Community Support Services, Scottish Autism, Balwearie HS, Kilmaron School and clubs in membership of DSF.

Netball Scotland has supported Special Olympics in Largs, Inverclyde where 3 days of events took place. Netball Scotland provided umpires, technical support, support in developing adapted rules, training the umpires accordingly, providing scorers & timekeepers and conducting the Officials Oath.

## Head Office

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## Key Contacts

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## Key Websites

Netball Scotland  
[www.netballscotland.com](http://www.netballscotland.com)

Scottish Disability Sport  
[www.scottishdisabilitysport.com](http://www.scottishdisabilitysport.com)

