



What Is Walking Basketball?

Walking Basketball is a modified version of basketball, which has a simple premise: players can only walk; players do what they can manage; and the sessions are about enjoyment as opposed to competition

What are the Benefits of Playing?

- Keeping Active and Having Fun
- Meeting New People
- Social and Relaxed Sessions – at the end of each session there will be tea, coffee and refreshments



Who is Walking Basketball For?

The simple answer is “anyone” - If you can walk you can play! Catching and passing a ball, and bouncing it are the other physical skills used. Specific groups of people that may want to play:

- Former Players
- Active Retirees
- New Players
- Those Returning from Injury
- Older Players
- Whānau Wanting to Play Together



Only \$7.50

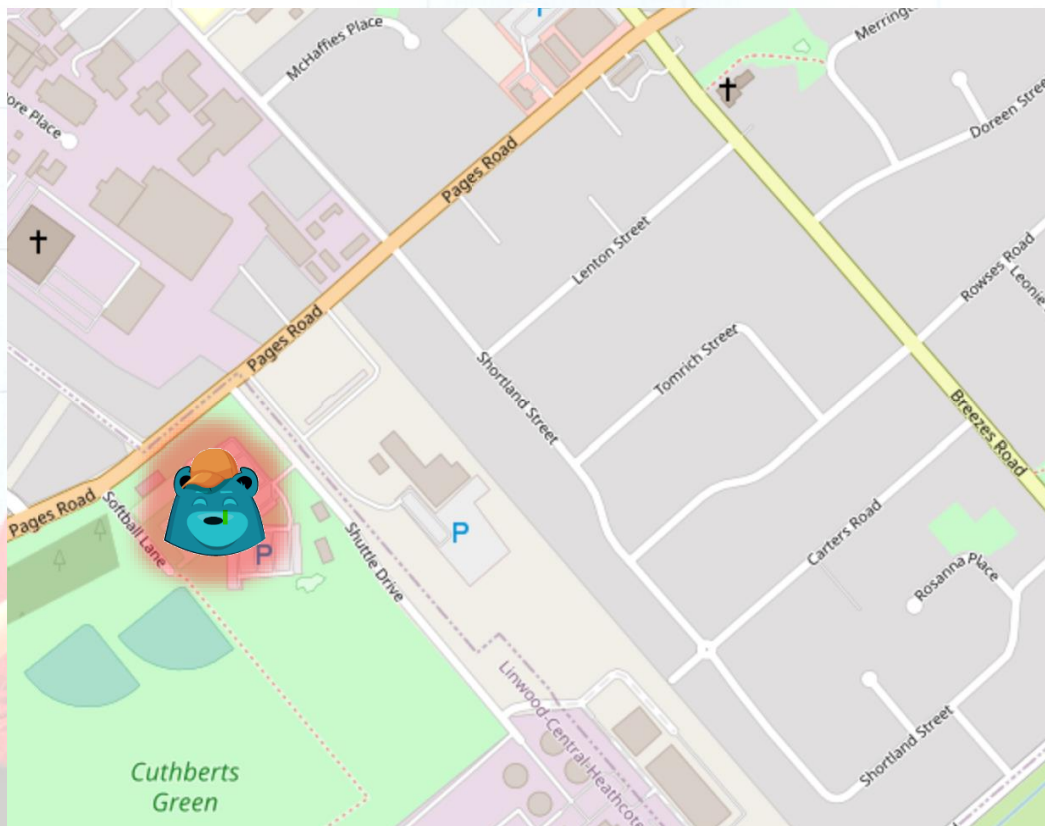
When and Where is Walking Basketball, and What is the Cost?

All sessions will be run at **Cowles Stadium** which is located off of Pages Road, just Southwest of the intersection with Breezes Road. Sessions will be held on Tuesday mornings from 10am until 12pm. The cost is only \$45 per player for all six sessions, or \$7.50 for a single day (which includes the refreshments post-game)



Six Tuesday sessions will be run:

- 2 March
- 9 March
- 16 March
- 23 March
- 30 March
- 6 April



Rule Changes/Adaptations:

- Walking ONLY – if jogging or running, a player is “sin-binned” for one minute. One heel must be on the ground at all times
- Hoops are lowered to approximately 2.5m high (equipment dependent)
- 12-minute running clock halves/games, with a five minute half-time break
- Size six balls are used
- Teams are encouraged to have 6-7 players (five players on court at a time)

