



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 games are about enjoyment as opposed to competition

What are the Benefits of Playing?

- Keeping Active and Having Fun
- Meeting New People
- Social and Relaxed Games



Who is Walking Basketball For?

- Former Players
- Active Retirees
- New Players
- Those Returning from Injury
- Older Players
- Whānau Wanting to Play Together (kids must be 12+)



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

All games will be run at **Cowles Stadium** which is located at 220 Pages Road, Wainoni. Games will be held on Tuesday evenings from 6:00pm until 8:30pm. The Cost will be \$400 for 8 weeks (equates to \$50 a week per team).



8 games will be run in Term One 2024:

- February 13th
- March 5th
- April 2nd
- February 20th
- March 12th
- April 9th
- February 27th
- March 26th

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
- 20-minute running clock halves, with a three-minute half-time break
- Free Throws – any fouls which would result in free throws are automatic points (1pt, 2pts or 3pts depending on the foul)
- Size six balls are used
- Teams are encouraged to have 7-8 players (five players on court at a time)



Entries will be limited to 8 teams (first come first serve basis). To enter a team, email Nicole at nicole@canterbury.basketball

