



Senior Women Into Shooting Hoops

WALKING BASKETBALL RULES – Version 4 – March 2025

This modified game of basketball means we can accommodate all ages to continue to enjoy Basketball. No running and No jumping but everything else that basketball encourages, passing, catching, rebounding, defending, shooting and playing in a team environment.

PRE GAME: Wear good firm indoor sport footwear with a good grip. Remove all jewellery and check that fingernails are cut short. Warm up your body with stretches and light running.

COURT BOUNDARY: Boundary lines are usually painted black including half way mark, keyhole, charge area and foul shot lines. Standing on the outside boundary line is OUT. You may go anywhere on the court at any time.

GENERAL DEFENCE: This is best described as everyone plays in their own cylinder and is entitled to move in such a way that other players cannot enter your cylinder. You must remain a reasonable distance between your defence stance and a player. No leaning over a player, no jostling, no contact over the arms of players, no coming from behind and taking the ball when a player is attempting to shoot. Players with the ball should expect to be able to move freely within their cylinder. Attempts at intercepts and coming underneath (and not over) to take the ball can be done as long as **contact is not** made.

KEYHOLE AND 3 SEC RULE: This is the area under **YOUR** goal and outlined in black. If your team is in possession of the ball you need to keep moving through this keyhole and cannot remain in the keyhole for longer than **3 seconds**. If you are defending the goal, you may remain in the keyhole.

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FOULS : No contact is allowed to be made against an opposition player when that team has the ball. A personal foul will be called against you should you make contact when over guarding i.e. reaching in and blocking and the opposition will be granted a free pass from the sideline. If you foul while the opposition is shooting i.e. in the “act of shooting” that player will be awarded two free throws. Players may only incur 5 fouls each game. You must leave the game after five personal fouls.

BACK OVER HALF RULE: The court is divided at the half way line. When you are in possession at your goal end that is the front court and when you are in possession at your defending end that is back court. When you are advancing the ball from the back court into your front court (i.e. your goal area) it cannot be passed back into the back court.

WALKING : You must keep one foot on the ground at all times. No running or jumping. A turnover will be called if you violate this rule and the opposition will be awarded the ball on the sideline. You can walk very fast!!

BANDED (BANDITS) PLAYERS : To qualify as a Bandit you must be 80 years of age or over or a Newbie or ask for temporary status for injury cover. Bandits wear a coloured band to be easily recognisable. You must be at least a metre away at ALL times from any Bandit. This means moving to avoid a collision or infringement. Banded players cannot move into a player who has set their defence a metre away. Banded players can go around the defensive player but must NOT make contact. Banded players must also be one metre from another banded player.

Join us for a fun and friendly workout – Group Leader Jill Hill

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Enjoy the game, have fun and remember it's a team game.

