



# Official Walking Basketball Rules 2026

**PAN PACIFIC MASTERS GAMES - Basketball**

As approved by  
Basketball Queensland



**JUNE 4, 2026**

v 1.0a

## **Pan Pacific Masters Games & Basketball Queensland Philosophy of Participation**

The Pan Pacific Masters Games Walking Basketball competition is designed to promote active participation, social connection, health, and enjoyment through basketball. The focus is on creating an inclusive and welcoming environment where participants can engage in the game at a pace that suits their abilities while fostering friendships and a sense of community.

All players, officials, volunteers, and spectators share responsibility for maintaining a positive, respectful, and supportive atmosphere throughout the competition.

### **Participant Eligibility**

#### **Gender**

Walking Basketball welcomes participants of all genders. Competitions may be conducted as gender-specific, mixed-gender, or open divisions, depending on participant numbers and event requirements.

#### **Ability and Experience**

Walking Basketball is suitable for individuals with a wide range of basketball experience, fitness levels, and physical abilities. Competition organisers may establish multiple divisions or grading structures to ensure participants can compete in an environment that best matches their experience and capability.

#### **Inclusion**

The Pan Pacific Masters Games is committed to providing opportunities for all eligible participants to enjoy the benefits of sport. Walking Basketball embraces diversity and encourages participation from individuals of varied backgrounds, experiences, and abilities, ensuring the competition remains accessible, welcoming, and enjoyable for all.

## Playing Regulations

- **No Running or Jumping**
  - One (1) foot must remain in contact with the ground at all times - no running or jumping, with or without the ball. The exception to this rule is a player being permitted to jump in the act of shooting.
  - If the offensive team commits a running / jumping violation then the defensive team is awarded the ball to inbound.
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    - If the defensive team commits the violation and the offensive team:
      - Successfully makes a basket -> play on
      - Misses the basket / has their shot blocked -> the shot it will be counted
      - The defensive team will inbound the ball as after any successful basket.
- **Jump ball**
  - Replaced with a coin toss.
    - Team who wins the toss will take the first possession from the centre line.
    - Arrow will be pointed in the direction of the team who losses the toss
  - Held ball situations – possession to be determined by the possession arrow.
- **Timing violations**
  - No 5 second violations on throw ins, free throws or closely guarded players
  - No 8 seconds in backcourt
  - 3 Seconds in keyway modified to 5 seconds
- **Defensive Restrictions**
  - No zones, no presses, no traps, no double teaming.
    - Non-compliance will result in a violation call with the offensive team inbounding the ball.
  - Mercy Rule: If a team leads by 15 points or more, the leading team must retreat behind the centre line when on defence.
- **Reduced Contact**
  - Contact should be avoided; there should be no deliberate attempt to make contact or to dislodge an opponent, e.g., bumping a cutter or setting screens. This will result in a foul call on the player who initiated the contact.
- **Mixed Gender Regulations**
  - At least 2 Non-Male Participants per team must remain on court at all times.

*With all modified violations, the referee will still judge whether the action has had an effect on the opponent, prior to whistling the violation. The referee is within their right to disregard a minor infraction so as to not disrupt the flow of the game. The decision of the referee must be respected.*

## Equipment, Court and Timing

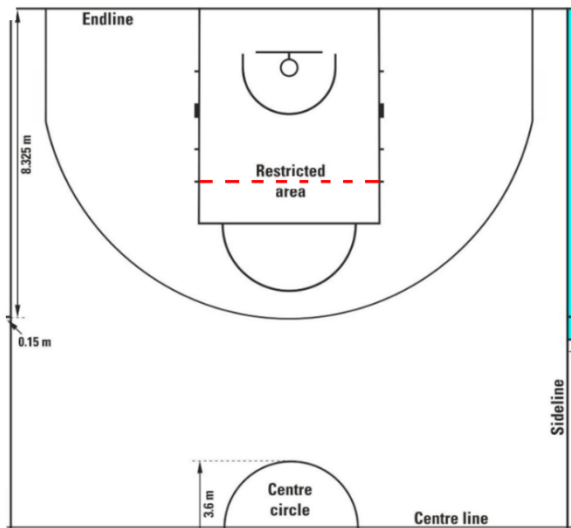
	<b>Community – Pan Pacific Masters Games</b>
Ball Size	Size 5 Basketballs will be used for all games.
Ring Height	The Ring Height will be set to 10 Feet (Standard Height)
Free Throw Line	1 Metre in front of the standard line (See Diagram 1.) Players may choose to shoot from the standard Free Throw Line
Game Time	Warm up – 3 Minutes 4 Quarters – 6 Minutes Quarter Time Interval – 1 Minute Halftime Interval – 3 Minutes
Timeouts	1 x 30 Second Timeout Per Team, Per Quarter 1x Additional 30 Second Timeout Per Overtime Period
Last Two Minutes of the Game	Fully timed, when the margin is 10 points or less
Overtime	1 Minute Quarter time Break, 3 Minutes overtime. – Finals Only

**The Sports Committee reserves the right to alter these Rules and Regulations in the event of extraordinary circumstances at its discretion**

**Regarding inclusion, please refer to the Basketball Australia Transgender and gender diverse inclusion policy for Community Basketball**

**Basketball Rules and Regulations FIBA Rules apply unless otherwise stated below (rules as at 2024).**

**Diagram 1.**



**Red dotted line represents amended Free Throw Line\***