

Sitting Volleyball



Description: Sitting volleyball is a modified discipline of volleyball that can be played by students with or without disabilities. Sitting volleyball is very similar to traditional volleyball, but there is one main difference: in sitting volleyball, a part of the student's body between the bottom and the shoulder must be touching the court when making or attempting ball contact. Students use their hands to play the ball and to move on the floor as well. Teams are allowed three touches of the ball before it must cross over the net into the opposing team's half of the court.

Objective: To "volley" the ball over the net to cause the opposing team to mishit or be unable to hit the ball, all while keeping the ball inbounds.

Players: Sitting volleyball is played with six players per team on a smaller court with a lowered net. This version of volleyball enables double-leg amputees, individuals with spinal cord injuries, polio, and various other lower-extremity disabilities to participate. Recreationally, players may play five-on-five, four-on-four, three-on-three, two-on-two, or one-on-one. The field could also be reduced in size (mini-courts) when playing with less players.

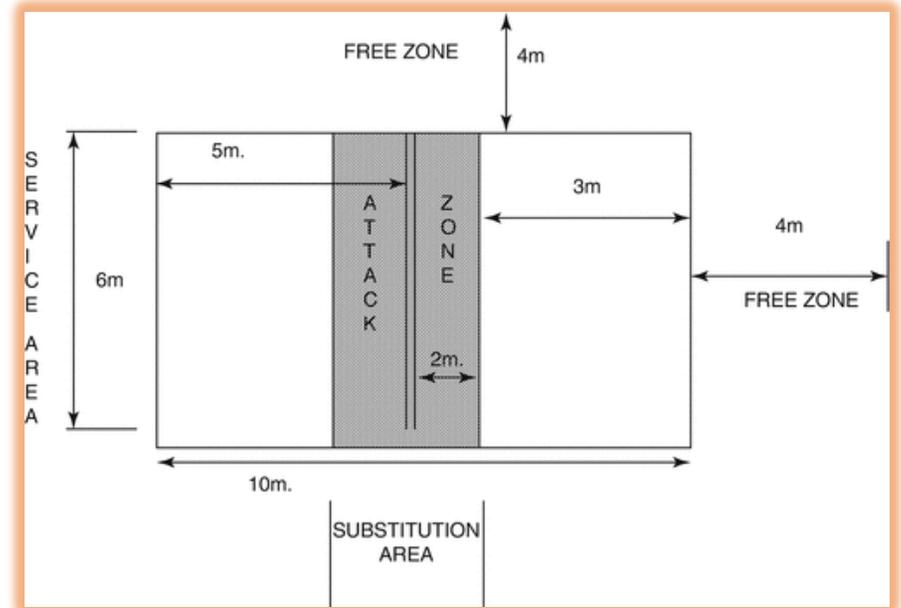


Boundaries: The size of the court is reduced from 18 m x 9 m to 10 m x 6 m. The height of the net is lowered to 1.15 m for men and 1.05 m for women.

Game-Play: Each match is made up of five sets. The first four sets are played to 25 points. The fifth set is played to 15 points. All sets must be won with at least a two-point advantage. The first team to win three out of five sets wins the match.

Adaptations:

- Change the size of the ball.
- Have various balls available to help students succeed with ball contact.
- Use large bright cones for students to see the boundaries.
- Have various heights for the nets.
- Allow for multiple hits beyond three for each side.
- Allow the ball to bounce (like in the game of Newcomb).
- Allow the server to serve closer to the net.
- Allow for underhand passing (do not call for lifting the ball).
- Allow the student to catch the ball first and then put it back up for play.
- Use larger, softer, brightly colored balls for motivation and fun.
- Minimize unnecessary background noises.
- Have students throw the ball in for serves, underhand pass, overhand pass, and sets.
- Use a beeping volleyball, or alternative ball, with a noise-making device for students with vision loss.
- Maintain bright lighting and a good contrast with background colors (brighter balls for easier tracking).
- If a wheelchair is obstructing underhand motions, work on overhand versus underhand serve skills.
- If the ball lands near a student who uses a wheelchair, instruct a teammate to set the ball on the lap tray of the student using the chair. Instruct the student who uses the wheelchair to put the ball back into play by knocking the ball off the lap tray (with head or arm) or rolling it down a ramp.



Playing Area Dimensions from:
musculoskeletalkey.com

Basketball



Description: Basketball is a sport involving two teams competing to score points by shooting a ball through a hoop. Basketball can be played successfully by individuals with a variety of disabilities. The two major versions of basketball played within the disability sport community are ambulatory and wheelchair basketball.

Objective: To shoot the ball into the team's basket that is mounted at a fixed height. Players advance the ball by bouncing (dribbling) it while walking, running, pushing, wheeling, or by passing it to a teammate.

Players: During professional competitions, teams are composed by 5 or 3 players in the court at one time for each team depending on the type of the event. Recreationally, players may play four-on-four, three-on-three, two-on-two, and one-on-one.



Photo credit: <http://playfoundation.net/faces/amp-1-basketball/>

Boundaries: The playing court shall be a rectangular surface free from obstructions and with minimum dimensions of 84 feet (25.60 m) in length and 50 feet (15.24 m) in width.

Game-Play: On offense, players may use a variety of shots—the layup, the jump shot, or a dunk; on defense, they may steal the ball from a dribbler, intercept passes, or block shots; either offense or defense may collect a rebound, which is a missed shot that bounces from rim or backboard. Recreationally, there are many variations on the duration of a game. You can split the game into time periods (2 halves or 4 quarters), or you can set at desired number of points to finish a game.

Adaptations:

- Use various adaptations to balls (size, weight, texture, color).
- Be flexible on rules by allowing a two-handed dribble, light traveling calls, and three-second lane violations.
- Lower the goal or use a basket or trash can for alternate scoring options.
- Slow the pace, especially when students are playing for the first time.
- Allow students to use mobility devices such as wheelchairs and walkers.
- Decrease the size of the court and use more than two baskets if available.
- To increase participation, enforce a rule in which every student touches the ball before attempting a shot.
- Use a ball with a beeping or noise device and place a different noise device under the basket to assist students with a visual impairment.
- Allow the players to practice movement in the chair without the ball, and then progress to skills with the ball such as throwing, passing, catching, and dribbling.

Playing Segment	Basket Height	Court Size	3-Point Distance	Free-Throw Distance
Ages 7-8	8'	50'x42'	N/A	14'
Ages 9-11	9'	74'x50'	N/A	14'
Ages 12-14	10'	84'x50' or 94'x50'	19'9"	15'
Grades 9-12	10'	94'x50'	22'2"	15'

Equipment & Court Specifications

Adapted from: www.usab.com

Floor Hockey



Description: Floor hockey is a term used to refer a collection of indoor hockey sports which were derived from various hockey codes. Five common variations of the sport exists, of which three are based on ice hockey, and two are based on bandy or field hockey. All variations of floor hockey is played on wooden surfaces like that of basketball courts. Different types of skates and sticks, and a ball or a puck, are used for different variations.

Objective: Teams must move the ball or puck towards the opponent's goal and score as many goals as possible within the match duration. To advance the ball or puck players must strike the ball or puck with a stick with a curved end.

Players: A typical team consists of six players: one goalie, one center—which is allowed to move full court, two forwards—offensive players who cannot go past the centerline, and the two guards—defensive players who cannot go past the centerline.



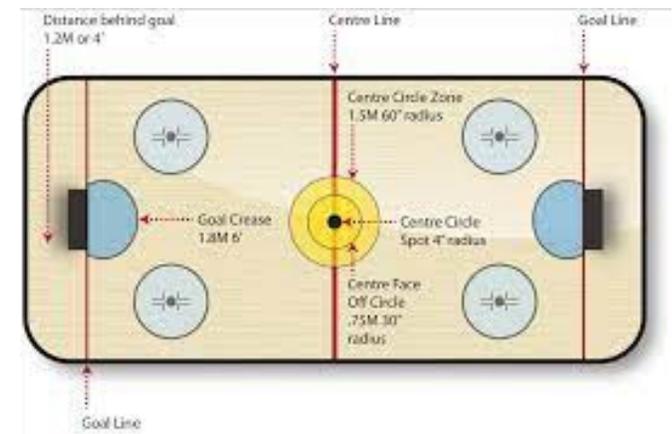
From: <https://history.vintagemnhockey.com/>

Boundaries: The playing surface shall be a maximum of 17m x 31.6m (56' x 103.7') and a minimum of 12m x 24m (40' x 80') on a level surface and properly marked for Floor Hockey. The standard size shall be 14.6m x 26.8m (48' x 88'). Most schools will use the existing basketball boundaries at their gymnasiums to replicate a Floor Hockey rink. The dimensions of "the goal" shall be those of a regulation ice hockey goal. The goal posts shall be set 1.8 m (6 ft.) wide, 1.2m (4') high, and 0.6m (2') deep

Game-Play: The game begins with a face-off at the centerline, and a face-off begins play after a goal is scored. Each player tries to move the puck toward the opponent's goal. Play should be continuous, and the players will be moving almost constantly. Players will be more successful if they watch the puck or ball rather than their opponents. Keeping the stick below the waist and avoiding body contact with opponents are also essential factors in good play.

Adaptations:

- Allow mobility devices in the court.
- Mark the area with poly-spots, mats, cones, tape, or rope.
- Use visual start and stop signals and penalties.
- Students can attempt to score in any goal net.
- Students are split into two teams and play scooter floorball.
- Use a ball with a noise device for students with visual impairments.
- Use a bright color and noise emitting balls for those with visual impairments.
- When attempting a goal, use visual cues for precision such as things to knockdown or a noise emitting device.
- Adjust the distance and size of the playing surface and goal nets to better accommodate the students' abilities.
- You can use more than two goal nets for larger classes. Assign a goal net for each team.
- Instead of a regulation size ball, you can use a bigger ball and floorball sticks made with pool noodles.
- Ensure that students are safe by using protective equipment such as protective goggles.



Floor Hockey Rink Dimensions
From: www.sosc.org

Flying Disk



Description: Flying Disc is a low-contact, self-refereed team sport played with a flying disc (or Frisbee™).

Objective: The team that scores the most goals wins the match. A goal is scored if a player catches a disc in the opposite end zone.

Players: A regulation outdoor game is played seven vs. seven, with substitutions allowed between points and for injuries. Recreationally, players may play six-on-six, five-on-five, four-on-four, three-on-three, or two-on-two. The field could also be reduced in size when playing with less players.



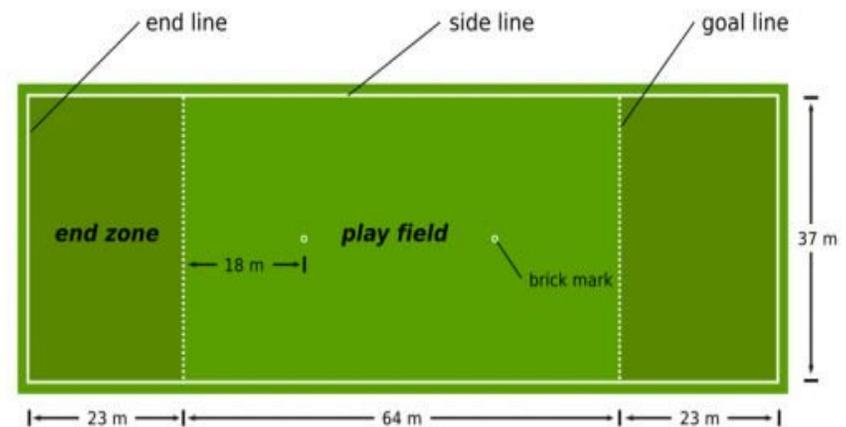
From: <https://chhs.unh.edu/kinesiology/program/graduate-certificate/adapted-physical-education>

Boundaries: A World Flying Disc Federation (WFDF) regulation field is 100 meters (330 ft) by 37 meters (121 ft), including end zones each 18 meters (59 ft) deep. The length of a USA Ultimate regulation field is 110 meters (360 ft).

Game-Play: Two teams of seven players compete on a playing field roughly the same length as a football field, but narrower. At each end of the playing field, there is an end zone. Each team defends one end zone. The player holding the disc cannot move, but only one foot must be stationary. Stretching and kneeling with the other foot is allowed. A team can advance the disc to the opposing end zone with any number of passes, including one long throw to the end zone. If a pass is incomplete (not caught before touching the ground), caught out of bounds, caught by a defending player, or knocked out of the air by the defense, it is a turnover and the opposing team immediately gains possession, playing to score in the opposite direction. Defenders cannot take the disc from an offensive player who has secured a catch.

Adaptations:

- Use bigger and bright color discs and hoops.
- Use bicolor sports markers.
- Reduce the perimeter of the playing areas.
- Allow the students to score by touching a flying disc instead of catching it.
- Allow the students to use a light basket to catch the flying disc instead of catching it with their hands only.
- Allow students to hand the flying disc instead of throwing it on tag games.
- Allow the students to tip objects with the disc in their hand instead of throwing the disc towards the objects.
- Use a foam disc.



Flying Disc Field Dimensions

From: : [http://en.wikipedia.org/wiki/Ultimate_\(sport\)](http://en.wikipedia.org/wiki/Ultimate_(sport))

Author: Gustavb

Soccer



Description: The sport of soccer (called football in most of the world) is the world's most popular sport of the world. Soccer is played on a large grass field with a goal at each end. Soccer can be played by people with and without disabilities. There are various soccer modalities for people with disabilities:

- Hypertonia/Dyskinesia/Ataxia Soccer – for athletes with neurological conditions
- Blind Soccer – for athletes with visual impairments
- Amputee Soccer – for athletes with limb loss
- Deaf Soccer – for athletes with hearing impairments
- Power Soccer – for athletes who use power chairs
- Frame Soccer – for athletes who use a walker or mobility device
- Special Olympics Soccer – for athletes with intellectual disabilities
- Dwarf Soccer – for athletes of short stature

Objective: The object of the game is to get the soccer ball into the opposing team's goal. The key to soccer is that, except for the goalie, players cannot touch the ball with their hands, they can only kick, knee, or head the ball to advance it or score a goal.

Players: The team has one designated goalkeeper and outfield players. Outfield players are usually specialized in attacking or defending or both. A team is typically split into defenders, midfielders and forwards, though there is no restriction on players moving anywhere on the field.

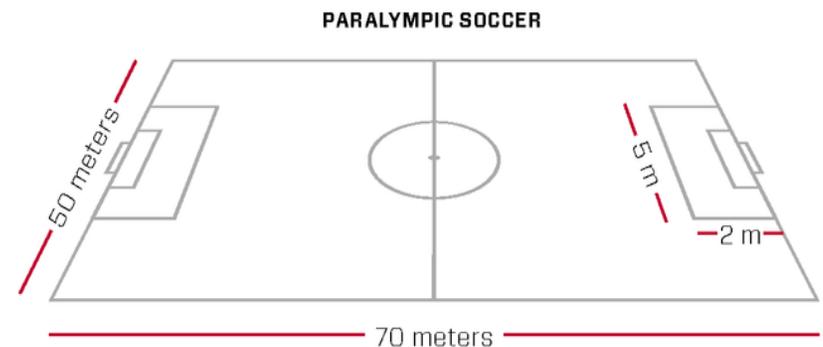


Boundaries: The field of play for 7 a side Soccer, which is a Paralympic Sport, consists of a rectangle flat surface of 70 meters long and 50 meters wide. The dimensions of the field might be different for other soccer modalities.

Game-Play: The game of soccer is built around the pursuit of scoring goals. Teams move the ball up and down the field to kick it into the goal. A regulation game is played in two 45-minute halves. A penalty shootout is used when teams remain tied after 90 minutes of regulation and 30 minutes (two 15-minute halves) of overtime. During a penalty shootout, players will attempt to kick the ball from a designated distance into the opponent's goal against the opposing goalie.

Adaptations:

- Reduce the field size.
- Increase the size of the goal.
- Use a lighter ball.
- Change speed to walking only or moving fast.
- Provide wheelchairs with a bumper to protect the feet.
- Use a beeping ball or one that has bells inside.
- Play on a smooth service and remove any barriers.
- Provide descriptive skills cues.
- Use a very large ball and allow players to use hands or push with wheelchair.
- Allow push-ins, kick-ins or throw-ins for players using a wheelchair.
- Provide a dry erase board or scoreboard for students with hearing impairments.
- Use flags to signal fouls for players with hearing impairments.
- Balls must stay on the ground for safety.
- Play five-a-side soccer.
- If a student uses a wheelchair, allow use of hands to propel the ball.
- Use a deflated ball to slow down the speed of the flight of the ball.
- Place a noise device on the goals.



7 a Side Field Dimensions

From: <http://www.recognizetorecover.org/soccer-for-athletes-with-a-disability#disability-soccer>