



## Wheelchair Basketball

### History

Wheelchair basketball was first introduced in the USA around 1946. The sport was adapted by injured servicemen from World War II.

### Basic Rules

The rules are very similar to running basketball (e.g. height of the basket, distance to the foul line, three-point lines, etc.). A player may push his/her wheelchair and bounce the ball simultaneously; however, if the ball is picked up and/or placed in the player's lap, he/she is only allowed to push twice. After pushing, they have the option to shoot, pass, or dribble again.

### Classifications

Players are classified in different sport classes based on the player's physical capacity to execute fundamental basketball movements, such as pushing the wheelchair, dribbling, shooting, passing, catching, rebounding, and reacting to contact.

### Description

Wheelchair basketball is a fast-paced game played by two teams of five players where the object is to shoot the ball into the team's basket.





## 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.
- ✚ 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.
- ✚ If you don't have enough wheelchairs, use office chairs with wheels.
- ✚ To increase participation, enforce a rule in which every student touches the ball before attempting a shot.
- ✚ Decrease the size of the court and use more than two baskets if available.
- ✚ 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.

Rims of various sizes & styles



Kids playing wheelchair basketball

