

WHEELCHAIR BASKETBALL



WHAT TO EXPECT:

Interested in a team-based sport?

Wheelchair basketball is a fun, beginner friendly sport with 4 teams offered recreationally and at the competitive level with the National Wheelchair Basketball Association (NWBA). We'll teach you foundational skills to learn the game and get on the court right away. Whether you're looking to play for fun or challenge yourself in a competitive setting, there's a place for you!



Not all players use wheelchairs for everyday mobility!

JOIN THE GAME:

Sportable members participate in basketball with a wide range of diagnoses resulting in permanent lower limb impairments including, but not limited to:

- Spina Bifida
- Spinal Cord Injury
- Lower Limb Amputation
- Cerebral Palsy
- Spinal Muscular Atrophy
- Arthrogryposis
- Club foot
- Osteogenesis Imperfecta

EQUIPMENT

- Sportable will provide all equipment necessary including:
 - A basketball wheelchair that fits you securely with straps along your waist, thighs, calves, and feet
 - Regulation NWBA basketballs
 - Sportable's Prep team (13 and under) utilizes a smaller and lighter basketball than varsity (13 through high school)



COMMON ADAPTATIONS*

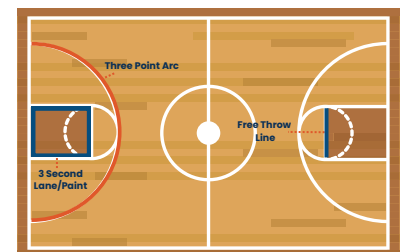
- The seat angle (dump) in the wheelchair can be adjusted to improve stability for individuals with decreased trunk control
- Straps can be utilized along your chest for added support to maintain your position in your chair
- Prep players can play with the Easy Up Youth Mini Goal, a basketball hoop with adjustable height to put the rim within reach!



HOW TO PLAY

- Wheelchair basketball is played with 2 teams of 5 players on a standard basketball court
 - The game consists of 4 10-minute quarters for adults and junior varsity, and 4 8-minute quarters for prep
 - The wheelchair is considered to be part of the player's body
- The goal is to score more points than the opposing team
 - Free throw = 1 point
 - Inside the 3-point arc = 2 points
 - Outside the 3-point line = 3 points
- Traveling violation
 - After every two pushes, the player **must** either dribble, pass, or shoot to avoid a traveling violation
 - There is **no** double dribble rule!
- Three second lane violation
 - Offensive players may not remain in the opponent's 3 second lane/point for **more than 3** seconds

BASKETBALL COURT



*This is not an exhaustive list - Sportable can adapt and modify equipment to meet your individual needs and find what works for you!

OUR PARTNERS:

