

WHEELCHAIR LACROSSE



WHAT TO EXPECT:

Interested in a fast paced, team sport?

Wheelchair Lacrosse is an action-packed contact sport with the opportunity to compete regionally and nationally. Whether you're new to the game or have played before, our skilled coaches will teach you everything you need to know—from passing and shooting to defensive strategies. Join us and experience the thrill of the game while building lasting connections on and off the court!



Not all players use wheelchairs for everyday mobility!

JOIN THE GAME:

Our athletes participate in wheelchair lacrosse with a wide range of diagnoses including, but not limited to:

- Amputation
- Multiple Sclerosis
- Spinal Cord Injury
- Cerebral Palsy
- Arthrogryposis
- Spina Bifida
- Post CVA (Stroke)
- Spinal Muscular Atrophy
- Osteogenesis Imperfecta

EQUIPMENT

- Sportable will provide all equipment necessary including:
 - A sports chair that fits you securely - waist and foot straps can be used for a more snug fit
 - Lacrosse sticks, helmets, and no-bounce balls
 - Chest protectors, throat protectors, gloves, arm pads, knee pads, and shin pads



COMMON ADAPTATIONS*

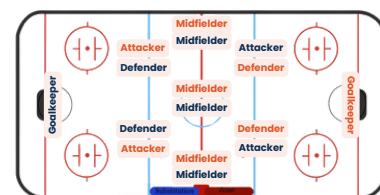
- The seat angle (dump) in the wheelchair can be adjusted to improve stability for individuals with decreased trunk control
- Straps can be utilized along your chest for added support to maintain your position in your chair
- Gripping aids can be utilized to keep your hand in a fist to grasp the stick for individuals with reduced hand function



HOW TO PLAY

- Wheelchair lacrosse is played **7v7** on a hard surface box lacrosse rink or basketball court
 - It includes 1 goalkeeper, 2 defenders, 2 midfielders, and 2 attackers
 - Game time consists of 4 10-minute quarters
- Players use lacrosse sticks to scoop, catch, carry, pass, and shoot the ball into the other team's goal!
- Body checking is **allowed** as long as the contact is made in front of the main axle!
 - Controlled stick checking of an opponent's sticks, hands, or arms with the intent to dislodge the ball is legal
- Substitutions are done on the fly and do not require a stoppage of play

LACROSSE RINK



(WLUSA, 2024)

*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:

