

WHEELCHAIR BASKETBALL

Wheelchair basketball is a fun, beginner friendly sport with teams offered, recreationally and competitively, 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!

EQUIPMENT

Sportable will provide all equipment necessary including:

- A sports wheelchair
- Regulation NWBA basketballs
- Sportable's Prep (ages 13 and under) and Women's Division/Teams utilizes a smaller and lighter basketball.



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.
- Scoring:
 - » 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/paint for more than 3 seconds.



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:

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

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!

BASKETBALL COURT

