

## How to play Wheelchair Basketball

### The Basics

Wheelchair Basketball was part of the first Paralympic Games in Rome in 1960, and has been an integral part of the programme ever since.

The game consists of two teams of up to twelve players, with only five players on court from each team at a time. Each team aims to throw the ball into their opponents' basket. The ball is played with the hands only and can be passed, thrown or dribbled in any direction.



The match consists of four periods of ten minutes. If the score is tied at the end of playing time for the fourth period, the match will be continued with extra period(s) of five minutes until the tie is broken.

The game is played to rules that are broadly similar to Basketball, with the same size court and basket height. Players move the ball around the court by passing or dribbling, and are required to throw or bounce the ball after every two pushes of the wheels on their chairs to avoid being penalised for 'travelling'. A player is not allowed to touch the playing surface with their feet while in possession of the ball. Players are assigned a point value based on their functional ability, from 0.5 (the most severely disabled) to 4.5; the total point value for a team should not exceed 14 at any point during a game.

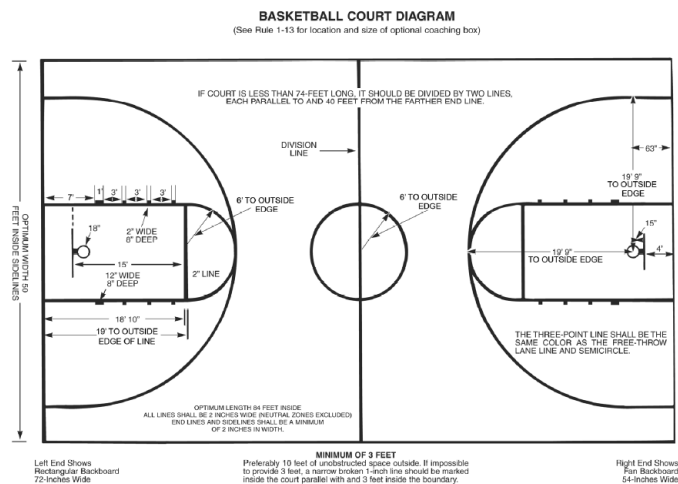
### The Court

At each end of the court are backboards with baskets. Each team has a basket to defend and another to score in; this switches round at half time.

The three point line is the straight line across the semi circle in front of the basket. Any shot which is scored from outside this semi circle and the key area earns the player three points because of the difficulty of the shot.

### The Rules

- A game of basketball begins with a player from each team in the centre circle; the referee tosses the ball up in the air between the two players. The player to get their hand on the ball first will tip the ball back to a teammate, this is called the tip-off.
- When a foul occurs, (a foul is a violation of the rules of Basketball, and there are two types of Fouls. Personal Foul is for disruptive physical contact and a Technical foul is for unsportsmanlike





behaviour), the ball is awarded to the team who was fouled, often in the form of a free throw. Free throws are taken from the free throw line which is 15 feet from the backboard.

### The Scoring

As with Olympic Basketball, one point is scored for a successful free-throw, two for a normal field basket and three for a shot made from behind the arc of the three-point line.

### Joining a Team

- Home of GB Wheelchair Basketball [www.gbwbba.org.uk](http://www.gbwbba.org.uk)
- The International Wheelchair Basketball Federation website [www.iwbf.org](http://www.iwbf.org)
- London 2012 website, link to information on Wheelchair Basketball [www.london2012.com/games/paralympic/wheelchair-basketball](http://www.london2012.com/games/paralympic/wheelchair-basketball)

