



## **A Bit about Wheelchair Basketball**

Wheelchair basketball is played on standard basketball courts with standard height goals. Games are the same structure as stand up basketball. There are 10 minute stop clock quarters, 24 second shot clocks, normal time outs, subbing etc. The bulk of the rules are as for stand up basketball with some specific differences to cater for the chairs in terms of obstruction and fouls, double dribbles are allowed (as some players need to carry the ball on their lap) and a travel is where a player pushes on the wheel more than twice without bouncing the ball.

Players are classified on a points system to ensure a mix of players can play, those with the highest level of disability have a 1 point classification through to players with minimal disability (or an able bodied player – yes they can play at any level under full international rules) having a 4.5 classification. A team may only have five players totalling 14 points or less on the court ensuring the lower point players get fair court time. The lower point players (1-3) tend to be guards and the higher point players (3.5-4.5) forwards.

*Article by Cathy Parker*