

RULES AND DEFINITIONS

PLAYER: Any individual who is eligible, who because of permanent severe leg disability or paralysis of the lower portion of the body, will benefit from participation in wheelchair basketball, and who would be denied the opportunity to play basketball were it not for the wheelchair adaptation.

WHEELCHAIR: The height of the seat must not exceed 21" from the floor. The height of the foot platform or first point of contact must be no more than 4 7/8" from the floor. Seat cushions are permitted for medical and therapeutic reasons. A medium weight foam rubber is permitted (2" maximum thickness for Class III and IV players and 4" maximum thickness for all other players). Each wheelchair must be equipped with a roll bar or other protective device to ensure against damage to the playing surface.

CONTACT: The wheelchair is considered a part of the player. General rules of contact in stand-up basketball (charging, blocking, etc.) apply to wheelchair basketball.

FALLING: If a player falls out of the wheelchair during play, the officials will immediately suspend play if there is any chance of danger to the fallen player. If not, the officials will withhold their whistles until the particular play in progress has been completed. If a player falls out of the wheelchair to gain possession of the ball, the ball is awarded to the opposing team.

FAQ

HOW DOES WHEELCHAIR BASKETBALL COMPARE TO STAND-UP BASKETBALL?

The first thing about wheelchair basketball is that it is the same game as played by able-bodied athletes. Wheelchair basketball players set picks, run fast breaks and are able to shoot with accuracy from three-point range. With a few modifications, wheelchair basketball abides by the same rules as the stand-up game, including court size, basket range and lane violations. Men's games are divided into two 20-minute periods with a 10-minute halftime. Women's games are four 1-minute quarters. There is a 24-second shot clock.

WHAT ABOUT WHEELCHAIRS AND THE LINES?

For a successful three-point field goal or free throw, the point of the contact for the large wheels of the wheelchair with the floor must be behind the three-point line or free throw line when the player attempts the shot. However, the front casters may be over the line. There is no relation to the plane regarding the position of the shooter. A player is out of bounds when any part of his/her body or wheelchair touches the floor or any object on or outside of a boundary.

WHAT IF A PLAYER COMES OUT OF THE WHEELCHAIR?

All players use straps to stay in the wheelchair. Rules state that players remain firmly seated in the wheelchair at all times, not using a functional leg or stump for physical advantage over an opponent (e.g. rising out of the wheelchair, using the heel on the floor to maneuver the wheelchair, leaning forward on the footrest to guard a player). A defensive player may not gain advantage by leaning so far forward the footrest touches the floor.

WHY DO WHEELCHAIR BASKETBALL PLAYERS SEEM TO KEEP CRASHING INTO OR BLOCKING EACH OTHER?

The strategy of wheelchair basketball differs a little by the nature of the wheelchair. Setting picks in the back court allows for numerical advantages or prevents a player from getting into the action. This and the natural interaction of basketball lead to inevitable contact. When 10 players in wheelchairs are moving rapidly in a limited area some contact is certain to occur. Contact, which is entirely incidental to an effort by the opponents to reach a loose ball, or accidental contact that may happen when opponents are in equally favorable positions to perform normal movements should not be considered illegal. General rules of contact apply in wheelchair basketball. Because of the nature of the game, negligible contact is at the discretion of the officials. Intentional wheelchair contact caused by a player to affect the progress or position of another player is a form of blocking, charging, holding or pushing and is a foul. Contact caused by the momentum of a wheelchair by a player who has made no visible effort to his/her wheelchair while moving in for a goal is a charge.

HOW DO PEOPLE WITH DIFFERENT TYPES OF DISABILITIES COMPETE EQUALLY?

Players are classified according to their level of ability. These classifications are then mixed so that any five players on the court will be level in their physical (if not basketball) abilities. Classification also encourages and extends the opportunities of participation to more individuals with severe disabilities. The higher the classification number, the less extreme the disability.

CLASSIFICATION

While most athletes have complete arm and hand function, the main differences between athletes of different sport classes are trunk control and sitting balance, which allows them to lean forward and sideways to catch and pass the ball.

SPORT CLASS 1.0

Players in sports class 1.0 have no trunk control and thus cannot bend forward or sideways or rotate to catch and pass the ball. To keep a stable position, the backrest of the wheelchair is a bit higher and the athletes are strapped to the wheelchair.

SPORT CLASS 2.0 These players can lean forward and rotate their body to some extent, allowing them to catch the ball within a larger radius. Like their team members in sport class 1.0, their wheelchairs have a higher backrest and strapping for trunk support.

SPORT CLASS 3.0 These players can lean forward and rotate their body to some extent, allowing them to catch the ball within a larger radius. Like their team members in sport class 1.0, their wheelchairs have a higher backrest and strapping for trunk support.

SPORT CLASS 4.0

While 4.0 players can move forward and rotate like their team members in sport class 3.0, they can partially lean to the sides as well. Often players in this sport class can lean to one side only; for example, because an impairment in one leg would cause loss of balance to the other side.

SPORT CLASS 4.5

Players in this sport class have the least impairment and no restriction in trunk rotation or leaning forward or sideways. Players with an amputation or a 6 cm leg length difference would be eligible for this sport class.

An athlete can also be allocated the sport classes 1.5, 2.5, or 3.5. The activity profile of these "half-pointers" fit in between the profiles of the lower and higher classes.

14 Each team of five players is only allowed to have 14 points on the court at the same time.

GOALBALL OVERVIEW



Goalball is played exclusively by athletes who are blind or visually impaired. It was invented in 1946 to help rehabilitate veterans who had lost their sight during the Second World War. Hans Lorenzen of Austria and Sepp Reindle of Germany are credited with inventing the game.



Players must wear opaque eyeshades at all times ensuring fair competition. All international athletes must be legally blind, meaning they have less than 10 per cent vision, and are classified as a B3, a B2, or a B1 – totally blind.



Teams are made up of six players, with three members playing at any one time. The three positions are centre, right wing, and left wing.



The object of the game is to throw a ball using a bowling motion past the opponents and into their net to score points. This can be achieved by bouncing, curving, and spinning the shots around the opponents. Players stay on their hands and knees to defend their net and score against their opponents.



A goalball court is the same size as a volleyball court, measuring 18 metres long and nine metres wide. It has goals at each end covering the entire nine-metre back-line. String is taped to the markings on the court to allow players to feel the lines and orientate themselves.

1.25kg

The ball weighs 1.25 kilograms, is approximately 76 centimetres along its circumference and contains bells to allow players to hear it and track its movements.



Only players and referees may talk or make noise during play. Coaches, teammates on the bench and spectators must remain silent so players can hear and locate the ball. Officials use verbal commands to inform players of what is happening during the game.



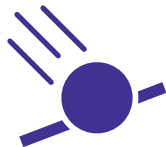
Goalball requires two referees during each game. Four goal-judges remain at the corners of the court to verify if the ball touches crosses the line into goals. They also retrieve the ball when it goes out of bounds.

10 secs

When a member of the defensive team touches the ball, they have 10 seconds to throw it back without being penalised. Penalties normally result in a penalty shot, during which the penalised player has to defend the entire nine-metre net alone.



Along with the 10-second violation, penalties are also awarded for high ball, long ball, excessive noise, delaying the game and touching one's eyeshades.



A "high ball" occurs when a team throws the ball and it fails to land before or on the first high ball line. There are two high-ball lines which are six metres from each goal line, dividing the court into thirds. The ball must land before or on the first high-ball line, and then again on or before the second high-ball line. If it does not touch the ground again on or before the second high-ball line, it is considered a "long ball."



Goalball was a demonstration sport at the Heidelberg 1972 Paralympic Games. In 1976, it made its official Paralympic debut when eight international men's goalball teams competed for medals at the Paralympics in Toronto, Canada. The sport has been part of every Paralympic Games since. Women's goalball made its Paralympic debut at the 1984 Paralympic Games in New York.



The first World Championships for goalball were held in Vocklamarck, Austria, in 1978. The International Blind Sport Federation (IBSA) governs goalball and holds World Championships every four years, in between the Paralympic Games.

