

How to Prepare for your First Wheelchair Basketball Game or Tournament

If you are playing in your first wheelchair basketball game (or even your 2nd or more) the following information will assist you in preparing for your participation and minimize any disruptions to you and your team. We want you to have a positive sport experience and enjoy your time on the basketball court. Not only are the following items important to consider for presenting a positive image for our sport – but they are also the rules. A referee has the authority and discretion to ask you to remove or change certain items and / or not permit you to play.

Your Uniform

- All team members must wear the same uniform top in both colour and style. T-shirts, regardless of style, may be worn under the uniform however the T-shirt must be of the same dominant colour as the uniform top.
- Team members must also wear the same colour playing pants or shorts, but not necessarily of the same colour as the shirts. We recommend you talk to your team and confirm but black is generally a safe bet for all players to wear. Undergarments that extend below your shorts may be worn provided they are of the same dominant colour as the shorts (ie. compression shorts).
- The first team named in the schedule is the home team and wears light or white coloured shirts (preferably white). The second team named is the visiting team and wears dark-coloured shirts.
- Team uniforms must use numbers from four (4) to fifteen (15) for any national and international competitions. Alternate uniform numbers may be allowed for local and provincial level activities.

Accessories

The following items **are not** permitted to be worn during a game:

- Headgear, hair accessories (ie. barrettes & bobby pins), and jewelry (ie. chains, ear and nose rings).
- Finger, hand, wrist, elbow or forearm guards, casts or braces made of leather, plastic, pliable (soft) plastic, metal or any other hard substance, even if covered with soft padding.

The following **are** permitted:

- Shoulder, upper arm, thigh or lower leg protective equipment if the material is sufficiently padded.
- Knee braces if they are properly covered.
- Headbands, maximum five (5) cm in width, unicolour (the same colour as the uniform).

Your wheelchair

- Only one cushion is permitted on the seat of the wheelchair. The maximum height from the floor to the top of the cushion, when a cushion is used, or the top of the seat platform, when a cushion is not used must not exceed: **63 cm for players 1.0-3.0; and 58 cm for players 3.5-4.5**. No board or rigid materials are allowed on the seat in addition to the cushion.
- Snowboard binding straps must be covered (wrist bands often do the trick depending on the size).
- No steering devices, brakes or gears are allowed on the wheelchair.
- Any tire or castor(s) that marks the floor is not permitted.
- There must be padding on the horizontal bar located at the back of the backrest of the wheelchair (minimum thickness of 1.5 cm).
- Any equipment that is designed to increase a player's height or reach or in any other way give an unfair advantage is not permitted.

A few other things to note:

Arrive in plenty of time for team meetings, to perform any adjustments or repairs to your sport chair (ie. tires should be pumped to 100 psi), and lastly to get strapped into your chair and have a good warm-up before your game. A small tool kit, tape for your hands, a spare tube, axle and wheel if you have them are the basics to getting started more competitively. Bring a water bottle and a quick snack for after your game. If you are traveling to your first tournament it is also a good idea to label your chair frame and wheels to help keep track of your equipment. Adhering to the above information will start you off on the right track before heading onto the court. You can also visit www.bcwbs.ca for more information

on rules of the game and the classification system. ***Good luck and have fun!***