

# Paralympics Fact File

## All About Wheelchair Basketball

### What is Wheelchair Basketball?

Wheelchair basketball is a very popular and technical Paralympic sport. It is a quick-moving sport that requires plenty of skill and toughness.

Wheelchair basketball is for athletes that have a physical impairment that affects the lower limbs, and also those athletes that have a long-term, permanent injury. Not all players are daily wheelchair users.

Wheelchair basketball was first played in the USA when basketball players, injured during the Second World War, adapted the running game to wheelchairs.

### The Rules

- Wheelchair basketball is played by two teams of five with the same size court and basket height as used in the Olympic event.
- A match is four quarters of 10 minutes each.
- Players move the ball around the court by passing or dribbling. A dribble is where the player bounces the ball and pushes the chair, or places the ball on their lap and takes up to two pushes of the chair, bounces the ball again and then places it back on their lap.
- After every two pushes of the chair, players need to bounce the ball. If they do not bounce the ball, they can be penalized for 'travelling'.
- A team has 24 seconds from getting the ball to attempt to score a basket. One point is scored for a free throw, two for a field basket and three for a shot made from behind the arch of the three-point line.
- A player that commits five fouls must be replaced by another player.



### Facts About Wheelchair Basketball:

- Wheelchair basketball is a very popular sport; it is played in many different countries.
- Wheelchair basketball was first introduced to the Paralympics in Rome in 1960.
- At Rio in 2016, Great Britain got the bronze in the men's wheelchair basketball event.