



# INCLUSIVE ZONE BASKETBALL

## Quick introduction

Inclusive Zone Basketball is a fully inclusive game with different types of targets and different zones in which players of different abilities can be included.

## Getting started

- Explain the zoning of the court and get the participants to mark out the court themselves to understand each zone.
- Place the tripod basket (or alternative floor target) off the court and underneath the hoop (section off for safety).
- Explain the general principles of the game and how substitutes will be made e.g. on a dead ball if a rule has been broken.



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## Hints and tips

- Adapt equipment to suit the group.
- Reduce the hoop height.
- For players with more severe disabilities pupils i.e. power chair users – allow helpers to assist with this.

## Leadership and volunteering opportunities

- Equipment managers can set out the equipment using throw-down markers.
- Officials could practise by looking after one zone only.

## Officiating

- Officials - team members to rotate into umpiring and coaching roles.

## Think inclusively (STEP)

### Space

- Zones could be marked on any space and targets similar to tripod baskets could be used.

### Task

- All players must touch the ball.
- The ball must be passed into each zone before shooting.

- No over zone passing.
- Teams can only defend when the opposing team are over the halfway line (half court rule).

### Equipment

- If no tripod baskets are available use a bin or target in the same position.

### People

- All abilities can play in a wheelchair if needed.
- Teams can be adjusted and adapted according to participant ability e.g. smaller team or different zones.
- All abilities can play IZB as any combination of zones can be used as long as teams and zones are balanced equally and operate on the principle that the more severely disabled players play in the inside zone.
- Note: non-disabled players can play in domestic BWB wheelchair basketball leagues.



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## Health and safety

- Flexible markers to mark zones, throw-down lines, chalk, tape.
- Players must stay in allocated zone.
- Surrounding area to be clear of bags, equipment etc.
- Wheelchairs to be used only if fitted with an anti-tip wheel on the back e.g. five wheels.
- Tripod baskets/hoops to be sectioned off using throw-down lines, cones, chalk, tape etc.

## Equipment required

- In a 4v4 game, four manual wheelchairs required – two wheelchairs for each team.
- Two tripod free-standing basketball hoops (or alternative target).
- Standard basketball, or soft-touch or mini-basketball dependent on age or ability of participants.

## Quick rules

- 4v4 game, with two manual wheelchair users in the central zone, and one running player in each of the outer zones.
- Scoring: two points for scoring in the 10ft hoop and one point for scoring in the tripod basket/alternative target.
- Determine timings of the game e.g. four quarters of five minutes.
- Each player is subject to different rules dependent on which zone they are playing in, i.e. either wheelchair basketball rules or running basketball rules. All players are subject to the IZB rules.
- Wheelchair basketball rules: no contact and no travelling (i.e. more than two pushes before bouncing, passing or shooting).
- Running basketball rules: no contact, no double dribble (picking the ball up and dribbling again), no travelling (running with the ball or moving pivot foot).
- IZB rules: ball must be passed through all three zones before shooting, no over zone passing, cannot be in contact with the ball when out of bounds (external to the court), cannot go out of zone (including reaching into other zones). Teams must only defend in their own half.



## FOR YOUNG PEOPLE

### Think tactics

How can we be smart and ensure we use and pass to everyone in the team?

### Spirit of the Games: Excellence through Competition



Ensure all abilities are appreciated and applauded.

