



WHEELCHAIR

BASKETBALL

OFFICIAL AAASP INTERSCHOLASTIC
WHEELCHAIR BASKETBALL

2023-2024
RULEBOOK



AAASP GUIDELINES (RULE ADAPTATIONS)

AAASP teams will be split into two divisions: Varsity and Junior Varsity. Each division will have its own set of rule adaptations (to National Wheelchair Basketball Association rules).

The **Varsity** teams will follow the National Wheelchair Basketball Association Junior League rules with the following modifications:

I. PLAYING TIME

Each game will consist of six, eight-minute periods, three in the first half and three in the second half with a 10-minute half-time break and two minutes between periods.

The clock will stop for time-outs, injuries, official time outs, and for free throws.

Possession: After the jump ball to start the game, all possessions alternate after subsequent jump ball situations until the end of regulation. If overtime is necessary, a jump ball will start the overtime period.

II. PLAYERS

Only five players of a team are allowed on the floor during play. AAASP will follow an open classification system. Players are not allowed to play a zone defense.

III. SUBSTITUTION

Every player must play a minimum of one period in each half of the game. All players must play at least one complete, continuous eight-minute period per half. The coach has the option as to which of the three periods in each half to play all of their players. Players that are playing in their first period of the half cannot be substituted for (except for injuries). Players that have played a complete period may be substituted for in their second or third period of play in each half. The coach is responsible for making sure that all members of the team play. If for medical reasons a player, that is present, cannot play, the coach must notify the official, scorekeeper, and the opposing coach before the game.

Example: Ten players on a team
First period, eight minutes, five players complete eight minutes

Second period, eight minutes, the coach has the option to play the same five players or any combination of players that have played and players that have not played

Third period, eight minutes, the coach must play any player that has not played in the first or second period

IV. WIN/LOSS/TIE

OVERTIME: When the score is tied at the end of the sixth period, play shall continue without change of baskets for one or more extra period(s) with a two (2) minute intermission before each extra period. The game shall end, when, at the end of any extra period, the score is not tied. The length of each extra period is five (5) minutes. The extra periods are an extension of the second half.

V. TIME-OUTS

Each team is allowed four time-outs per game for 60 seconds each. For each overtime, there will be only one time-out allotted. The one-minute will not begin to count until both teams have reached their benches. It is the game officials' responsibility to be sure that the table does not begin counting down the one minute until this time.

VI. SHOT CLOCK

There will be no shot clock.

VII. FOUL LIMIT

There will be a five (5) foul limit per player.

The **Varsity** teams will use the following NWBA rules:

1. The baskets will be the standard ten foot (10') baskets
2. The ball used will be the NCAA men's basketball.
3. All players will shoot free throws from the free throw line.

4. Both teams will be allowed to full court press for the entire game. The team that is winning can full court press unless they are winning by 20 or more points. If a team is winning by 20 or more points, the farthest they can initiate their point of pick up is their 3 point line extended.

VIII. EQUIPMENT

All wheelchairs, except foot-propelled, must have a strap extending from one side of the chair to the other, behind the player's legs, and must be within six inches above the point where the player's feet make contact with the foot platform(s). This strap must be drawn taut enough to prevent the feet from falling off the platforms and being injured, or from being used as a brake. All players must keep their feet secured to their footplates. Strapping can be used to secure the player's foot/feet to their footplate. All Wheelchairs must also have a strap extending from one side of the chair to the other, over the player's upper thighs, as close to the hips as possible, or at the player's lap. This strap must be drawn taut enough to prevent the player from falling out of their chair. Bungee cords are not permitted.

The **Junior Varsity** teams will follow the National Wheelchair Basketball Association Junior League rules with the following modifications:

I. PLAYING TIME

Each game will consist of six, eight-minute periods, three in the first half and three in the second half with a 10-minute half-time break and two minutes between periods.

The clock will stop for time-outs, injuries, official time outs, and for free throws.

Possession: After the jump ball to start the game, all possessions alternate after subsequent jump ball situations until the end of regulation. If overtime is necessary, a jump ball will start the overtime period.

II. PLAYERS

Only five players of a team are allowed on the floor during play. AAASP will follow an open classification system. Players are not allowed to play a zone defense. Defensive players may not engage in a full-court press. Players will shoot on an eight and one-half-foot goal.

III. SUBSTITUTION

Every player must play a minimum of one period in each half of the game. All players must play at least one complete, continuous eight-minute period per half. The coach has the option as to which of the three periods in each half to play all of their players. Players that are playing in their first period of the half cannot be substituted for (except for injuries). Players that have played a complete period may be substituted for in their second or third period of play in each half. The coach is responsible for making sure that all members of the team play. If for medical reasons a player, that is present, cannot play, the coach must notify the official, scorekeeper, and the opposing coach before the game.

Example: Ten players on a team

First period, eight minutes, five players complete eight minutes

Second period, eight minutes, the coach has the option to play the same five players or any combination of players that have played and players that have not played

Third period, eight minutes, the coach must play any player that has not played in the first or second period

IV. WIN/LOSS/TIE

OVERTIME: If regulation play ends in a tie, one five (5) minute overtime period will be played. If the score remains tied after this overtime period is played, a five (5) minute sudden death overtime period will be played. If neither team scores in this sudden death overtime period, the game will be resolved through free throws. Each team will select one (1) player (it can be any player on the roster whether they played in either of the earlier overtime periods or not). These two players will shoot free throws from wherever they have been shooting free throws during the game. The second shooter will always get the opportunity to tie if the first shooter scores. Once one player scores and the other misses, the game is over. If, after five (5) attempts by each player no one has scored, both players will be allowed to move closer (by half the distance) to the basketball goal. If neither player makes a shot from this distance after five (5) attempts each, they may move up to the lay-up distance. The players will shoot from this distance until one scores to end the game.

V. TIME-OUTS

Each team is allowed four time-outs per game for 60 seconds each. There will be only one time-out allotted for each overtime period.

VI. SHOT CLOCK

There will be no shot clock.

VII. DEFENSIVE POINT OF PICKUP

- A) There is no full-court press allowed at any time during the game.
- B) The initial point of pickup is the outer edge of the center jump circle which is six feet beyond the half court line. After the initial point of pickup, the defense can extend and guard the offense until the half-court line. The initial point of pickup can start when the offensive player with the ball crosses the outer edge of the center jump circle extended. This rule applies during the entire game. This will allow the offense to cross the half court line uncontested but will allow the defense to pick up before the three-point line.
- C) If a team goes up by 20 points, the point of pickup will become the top of the key extended (also described as the three point line extended).

VIII. BASKET HEIGHT

The basket for the junior varsity teams will be set at eight and one-half feet (8 ½’).

IX. FREE THROWS

In venues where AAASP attachable goals are used all players, regardless of age, must shoot free throws from the foul line. In venues where the goals lower from 10 feet to 8 ½ feet, players aged 6-12 may shoot free throws from the hash marks located just inside the foul line. Players age 13 and up must shoot from the foul line.

Junior Varsity: For a shooter who shoots free throws from the hash marks, two offensive players and two defensive players may line the lane with the defensive players being closer to the basket. The third space from the basket must remain empty during a free throw so that no player is lining the lane even with or behind the shooter.

X. FOUL LIMIT

There will now be a six (6) foul limit per player. (This rule is now uniform for Wheelchair Handball and Wheelchair Basketball.)

XI. BALL

The ball used for the junior varsity teams will be the NCAA women’s ball.

XII. EQUIPMENT

All wheelchairs, except foot-propelled, must have a strap extending from one side of the chair to the other, behind the player’s legs, and must be within six inches above the point where the player’s feet make contact with the foot platform(s). This strap must be drawn taut enough to prevent the feet from falling off the platforms and being injured, or from being used as a brake. All players must keep their feet secured to their footplates. Strapping can be used to secure the player’s foot/feet to their footplate. All Wheelchairs must also have a strap extending from one side of the chair to the other, over the player’s upper thighs, as close to the hips as possible, or at the player’s lap. This strap must be drawn taut enough to prevent the player from falling out of their chair. Bungee cords are not permitted.

PERSONAL FOULS, PHYSICAL ADVANTAGE FOULS (PAF's), AND TECHNICAL FOULS:

I. How different fouls count toward the foul limits:

All personal fouls count as team fouls. Technical fouls also count toward athlete's personal foul limit and toward team foul limits. PAF's are also counted toward both personal and team foul limits. In varsity, an athlete will be ejected upon committing a fifth personal foul. In junior varsity, an athlete is ejected upon committing a sixth personal foul. In both divisions, an athlete is ejected upon committing a second technical foul (or a combination of personal and technical fouls that add up to that division's foul limit, with only one being a technical). Upon committing a third PAF (or a combination of fouls that adds up to that division's foul limit with only one being a technical foul and only two being a PAF) an athlete is ejected.

Examples: (1) In varsity, an athlete has four personal fouls and is given a technical. The athlete is ejected because the technical foul counts toward the five personal foul limit. (2) In junior varsity, an athlete has five personal fouls and is given a technical foul. The athlete is ejected because the technical foul counts toward the sixth personal foul limit. (3) An athlete has two personal fouls and commits two technical fouls. The player is ejected because they have committed their second technical (even though they are under the foul limit). (4) In varsity, an athlete has four personal fouls, and is called for a PAF. The athlete is ejected because PAF's do count toward the five foul limit. (5) In junior varsity, an athlete has five personal fouls, and is called for a PAF. The athlete is ejected because PAF's do count toward the six foul limit. (6) An athlete has only one personal foul, but commits three PAFs. The athlete is ejected upon committing the third PAF.

II. Individual fouls vs. team fouls:

Team fouls start over each period. Personal fouls, PAF's and technical fouls accrue for the whole game plus any overtime periods.

III. Technical fouls called on coaches:

A technical foul called on a coach does not count toward a team's limit. A coach will be ejected upon committing his/her second technical foul. A coach might receive a technical foul for arguing a referee's call, for stepping out onto the court (unless asked to by a referee), for cursing, etc.

IV. Technical fouls assessed for point of pick up violations in junior varsity:

A technical foul will be assessed against a team after two warnings for violations of the point of pick up rule. Each team may have two warnings for each of these rule infractions, however, upon breaking either of these rules for the third time, the opposing team will be awarded two foul shots plus possession at half court. This technical will not count toward the team foul limit or toward any individual.

V. One and one fouls vs. two shot fouls:

If during any period, a team reaches its fifth team foul, the opposing team is awarded two free throws. Before the fifth team foul is reached, teams are awarded foul shots only on fouls committed during a shot attempt. If the shooter is fouled while attempting a two-point shot and the shot is successful, the basket will count and they will be awarded one foul shot. If the shooter is fouled while attempting a three-point shot and the shot is successful, the basket counts for three points and they are awarded one foul shot. If a shooter is fouled during the shot attempt and the shot is unsuccessful, they will be awarded as many foul shots as the basket would have counted for. For example, if they were attempting a two-point shot, they would be awarded two free throws. If they were attempting a three-point shot, they would be awarded three free throws.

VI. Defense on an inbound attempt:

On an inbound attempt when the offensive team is within the legal point of pickup, a defensive athlete may be as close to the inbounder as possible so long as they remain on the court (this is unlike wheelchair handball where a three-foot barrier is required). If the defensive player reaches over the plane of the out-of-bounds line and touches the basketball, the referee should call a technical foul on the defensive player.

LANE VIOLATIONS

I. Three second lane violation:

Once a lane violation count begins, it is terminated if the ball becomes “loose” (because no one has possession), or if the offensive player leaves the lane. It is also suspended if the offensive player with the ball engages in the act of shooting. This is defined as “cocking” the wrist with the lower and upper arms at approximately a 90-degree angle. In this position, the ball handler may stay for five seconds during which the count is suspended. If the athlete then does anything other than take the shot (i.e., passes, dribbles or brings the ball down from a shooting position), a lane violation is immediately called.

- II. In the instance of the offensive team inbounding in his or her front (or offensive) court, no offensive player may be in the lane prior to or during the referee handing the ball to the inbounding player. Once the ball is given to the inbounder, his/her teammates may enter the lane to receive an inbound pass. They simply cannot set up in the lane before the referee completes the act of offering the ball to the inbounder. If the offensive team is in their backcourt, they may be in the lane any time prior to, during, or after the referee gives the ball to the inbounder.

INCIDENTAL CONTACT

- I. Contact which is entirely incidental to an effort by opponents to reach a loose ball or which may result when opponents are in equally favorable positions should not be considered illegal. It is up to the referee's discretion as to what is "equally favorable".
- II. Contact caused by a player to affect the progress or position of another player is not incidental. It is a form of blocking, charging, holding, or pushing. Contact caused by the momentum of a chair by a player who makes no visible effort to stop their chair is a charge. Contact after the ball is dead is unsporting conduct and will result in a technical foul being assessed.

EXAMPLES OF TECHNICAL FOULS

XIII. TECHNICAL FOULS CALLED ON AN ATHLETE

- Purposely obscuring the vision of the shooter without playing on the ball
- Unsportsmanlike contact during a dead ball situation
- Cursing
- Arguing with a referee's call
- Unsportsmanlike behavior such as slamming the ball down in disgust, etc.
- Obscene gestures
- Taunting opponents

XIV. TECHNICAL FOULS CALLED ON COACHES

- Entering the court during play or on a dead ball (unless called out onto the court by a referee)
- Cursing
- Arguing with a referee in a disrespectful manner
- Putting a player back on the court who has already fouled out

ADMINISTRATIVE TECHNICAL FOULS

- Fans throwing debris onto the court
- Fans cursing, taunting, or berating referees or players, etc.



The following are the Official Wheelchair Basketball Rules and Casebook of the National Wheelchair Basketball Association (NWBA).

AAASP acknowledges and thanks the NWBA for the encouragement and support in this effort to serve youth of all physical disabilities through sports.