

SECONDARY INTRA-SCHOOL/LEVEL 1 RESOURCE

INCLUSIVE ZONE BASKETBALL

SCHOOL
GAMES

Quick introduction

Inclusive Zone Basketball is an exciting introduction to wheelchair and running basketball that enables players with different abilities (for example, disabled and non-disabled players) to play together in the same team. This is achieved by dividing the traditional basketball court into zones. Players who have mobility impairments play in the inner zone with running team-mates in the outer wing zones.

Think tactics

Are you passing to team-mates in the other zones as well as those in your zone?

Getting started

- 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/hoop.
- Wheelchair basketball specific rules: no contact and no travelling (more than two pushes before bouncing).
- Running basketball specific 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, can only play defence when the opposing team are over the half way line (half court rule), 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).



Dribbling when in a chair: PUSH, PUSH, BOUNCE.



Suitable for all wheelchair users and able bodied players.

INCLUSIVE ZONE BASKETBALL



Organising the game

- Explain the zoning of the court and get the participants to mark out the court themselves to understand each zone.
- Place tripod basket off court underneath hoop and section off.
- Explain the general principles of the game and how substitutes will be made.
- Determine timings of the game e.g. four quarters of five minutes
- Encourage the participants to think about tactics and understand the importance of a team game.

Think inclusively

- 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.
- Able-bodied players can play in domestic BWB wheelchair basketball leagues.
- Adapt equipment to suit the group, e.g. reduce the hoop height.
- Allow helpers to assist those with more severe disabilities.

Safety

- Flexible markers to mark zones, throw down lines, chalk, tape.
- Surrounding area to be clear of bags, equipment etc.
- Wheelchairs only to be used 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.

Officiating

- Extensive rules and refereeing signals available from BWB.
- Substitutions: as required.
- Time outs: one per quarter.

Court size

- The game is played on a basketball sized court or similar dimension according to availability. The playing area is divided into longitudinal zones down the court as illustrated. Leaders may wish to use coloured marking tape, flexible dome cones, or 'throw down' lines to help players identify which zone they are in.

Spirit of the Games: Excellence through Competition

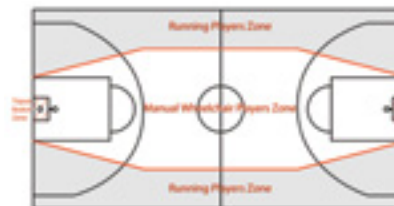


Do you recognise and applaud good play in your opponents?

IZB court markings



IZB layout on existing FIBA/IWBF court markings.



IZB layout on new FIBA/IWBF court markings (from 2012).



INCLUSIVE ZONE BASKETBALL - SPOTS

Quick introduction

Spots: a quick-fire game to develop shooting skills.

Think tactics

Is it better to score more baskets in the easier targets or go for the high-scoring shots?

Getting started

- Throw down or safety markers are put down as spots, different distances and different directions from the basket, set up tripod basket or hoop underneath main hoop.
- Players discuss the value of each spot with the leader, values can be from 1 to 8. The values are remembered or marked on sheets of A4 paper next to the spot. Spots close to the basket should have a smaller value.
- Shots into the tripod basket or hoop are awarded half the number of points as the 10ft or 8ft hoop.
- Competitions can be between individuals or pairs taking turns to shoot.
- Players shoot at the basket from the spot of their choice. If they score they get as many points as the value of the spot. For example a successful shot in to the 10ft or 8ft hoop from a four-point spot scores four points.
- Players try to score as many points as possible in one minute (or adjusted time).
- Players must move from spot to spot by dribbling legally.
- Winner can be highest score made in one minute or highest score cumulated over X amount of turns. Can also be played as a knockout, league or tournament.



Rebounder to collect stray balls.



INCLUSIVE ZONE BASKETBALL – SPOTS

Organising the game

- Explain the spots on the court and how many points each are worth – mark this on the spot if possible.
- Explain the central timing of the game and how teams will rotate on court
- Determine timings of the game e.g. one minute to score as many as possible
- Appoint a scorer to each basket to count the score and report back afterwards
- Recommended:
 - maximum size of teams: two
 - maximum games per court: one per basket (side baskets can be used spaced allowing).

Safety

- Equipment used for spots must be flat to enable wheelchair access e.g. mats, tape, chalk.
- Surrounding area to be clear of bags, equipment etc.
- Wheelchairs only to be used 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.
- Stationary chairs must be stable and well gripped.

Think inclusively

- All abilities can play in a wheelchair. If equipment allows, get non-disabled participants to play in a wheelchair rather than use stationary chairs.
- Non-disabled players can play in domestic BWB wheelchair basketball leagues.
- Why not time the game using music?
- Adapt equipment to suit the group e.g. reduce the hoop size.
- Separate abilities onto different height hoops but have spots / points in same place to allow a level playing field.

Spirit of the Games: Excellence through Competition



Shooting is the perfect activity for developing confidence and self belief.



Use a tripod basket.



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INCLUSIVE ZONE BASKETBALL - COUNTDOWN

Quick introduction

Countdown: a passing and catching game where players try to beat the clock!

Think tactics

Do you always keep your hands up ready for a pass?

Getting started

- This is a passing game, with players in chairs in a circle. Ordinary chairs as well as wheelchairs can be used.
- The ball is passed in any direction across or round the circle, with players trying to avoid being the player with the ball when the time runs out.
- This is an individual game rather than team.
- The winner of the game is the last person left in.
- The winner of each game receives a point. These can be accumulated over the session or period of competition.
- Chest or bounce passes only, no dodging away from passes, a bad pass results in that player being out, no dribbling or moving the ball – stationary passing only.
- 30 seconds counted down to 0, the player with the ball on 0 is out (time can be adjusted accordingly).



Chest or bounce pass only.



Try making the circle bigger.



Keep track of who wins.

INCLUSIVE ZONE BASKETBALL – COUNTDOWN



Safety

- Ensure at least 2m space between each group.
- Stationary chairs must be stable and well gripped.
- Sensible passing – be aware of who you are passing to and their ability.

Organising the game

- Explain the central timing of the game and how individuals will rotate after each game has finished.
- Determine timings of the game e.g. 10-30 seconds.
- Ensure all participants know the format of competition used e.g. points will be accumulated and the winner will be the one with the most points at the end of so many games.
- Recommended:
 - maximum size of groups: 10 (dependent on area size)
 - maximum games per court: 6 (preferably 3 using the circle markings on the basketball court).

Make it easier

- Smaller, lighter or different textured ball.
- Smaller passing distances.
- Larger space to give more time for decisions.

Think inclusively

- All abilities can play in a wheelchair. If equipment allows, get non-disabled participants to play in a wheelchair rather than use stationary chairs.
- Aabled bodied players can play in domestic BWB wheelchair basketball leagues.

Officiating

- Appoint an official to:
 - judge fair passes
 - judge who has the ball at the end (this can be difficult)
 - keep the time
 - keep a record of who wins.

Keep it enjoyable

- Why not time the game using music?
- Get the participants to count down the time themselves.
- Appoint a referee to judge who is out when the time has lapsed.
- Encourage players to use quality passing.

Spirit of the Games: Excellence through Competition



Do you own up if you are last to touch the ball when time runs out?



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