

2023

STATION

SPORT

CARDS



asia-spinalinjury.org

ADAPTIVE SURFING

What is adaptive surfing?

Like able body surfing, adaptive surfing involves the surfer paddling out and riding a wave towards the shore.

Adaptive surfing can occur wherever there are suitable waves, this is mainly in the ocean, however, can also be done in lakes, river and through artificial waves. Surfing requires the use of a surfboard.

Who can participate?

Athletes must have a physical or visual impairment.

Athletes must have a classification to compete.

Classification has 6 divisions:

OPEN AS 1 (Stand/Kneel - Upper Limb Amputees, BK Amputees)

OPEN AS 2 (Stand/Kneel - Kneel, AK Amputees)

OPEN Visually Impaired

OPEN Upright (Wave ski)

OPEN Prone

OPEN Assist

www.sports.org.au/adaptive-surfing

ADAPTIVE SCUBA

What is adaptive scuba?

Adaptive scuba diving is a method of training persons with a variety of disabilities to participate in scuba diving as independently as their abilities allow them to do.

Who can participate?

Athletes must meet the basic medical criteria for scuba diving, you may try out adaptive scuba diving.

This includes but not limited to the following: individuals with amputations, spinal cord injuries, those with hearing loss or vision impairment

www.adaptivesportsfund.org/adaptive-scuba-diving

ADAPTIVE WATER SKIING

What is adaptive water skiing?

It is a sub-genre of water skiing in which the equipment used enables a person to enjoy the sport regardless of their level of mobility.

The equipment allows a skier to participate in a range of water sports from skimming the surface in an inner tube or to competitive skiing including slalom, tricks, and jumping.

Equipment includes modified waterski known as a sit ski, special rope, handle, and extra safety precautions not found in traditional water skiing.

Who can participate?

Sport is open widely available for almost anyone regardless of their mental or physical condition.

Common diagnosis: spinal cord injuries, amputee/limb loss, stroke, blind/low vision, muscular dystrophy, multiple sclerosis, cerebral palsy

Exclusionary diagnosis: brittle bones syndromes, uncontrolled seizures, hemophilia, and open tracheotomy

learnwatersports.com/adaptive-waterskiing

SLED HOCKEY

What is sled hockey?

Sled hockey is played with six players (including a goalie) on a team. Sled hockey follows most of the typical ice hockey rules except for some equipment.

Players sit in specially-designed sleds that sit on top of two hockey skate blades.

There are two sticks for each player instead of one and the sticks have metal pics on the butt end for players to propel themselves.

Goalies wear the same equipment but have metal picks sewn into the backsides of the gloves to allow the goalie to maneuver.

Who can participate?

Athletes with physical disabilities such as amputation/limb loss, spinal cord injury/wheelchair-users, cerebral palsy, brain injury, and stroke.

turnstone.org/sports

ADAPTIVE FISHING

What is adaptive fishing?

Adaptive fishing is an activity that can be enjoyed by people with a variety of disabilities.

There is a host of adapted fishing equipment available that range from simple devices such as rod holders to more complex adaptive devices such as powered and casting fishing reels that let you cast by merely pressing a button.

Who can participate?

All types diagnosis including physical and cognitive disabilities can participate

Can participate from wheelchair level or standing

**[spinalcord.org/disability-products-services/
adaptive-fishing-equipment](https://spinalcord.org/disability-products-services/adaptive-fishing-equipment)**

ADAPTIVE SWIMMING

What is adaptive swimming?

Adaptive swimming can utilize specialized devices and offers many benefits including strengthening the cardiovascular systems and the major muscle groups of both the upper and lower body.

It also develops flexibility in the muscles and joints as the swimmer performs a wide range of motion against the water's resistance.

Who can participate?

Impairments generally fall into one of the following categories:

Impaired muscle power, limb deficiency, leg length difference, short stature, hypertonia, ataxia, athetosis, impaired PROM, vision impairments, and cognitive impairment.

Competitive swimming has divisions based on diagnosis/impairments to create fair competition

usadaptive.net/adaptive-swimming

ADAPTIVE SNOW SKIING

What is adaptive snow skiing?

Adaptive skiing enables skiers with disabilities to participate in skiing by using special equipment. Athletes combine speed and agility while racing down slopes.

Types of skiing: downhill, slalom, giant slalom, super-G, super combined, and team events.

Types of equipment: Mono-skis, bi-skis and outriggers allow beginners to quickly feel the freedom of gliding down the mountain while those with more skill and determination take on the advanced slopes.

Who can participate?

Classification of athletes must fall into following categories: Impaired Muscle Power, Limb Deficiency, Leg Length Difference, Hypertonia, Ataxia, Athetosis, Impaired Passive Range of Movement, Vision Impairment

Common diagnosis: spinal injury, cerebral palsy, amputation, les autres conditions and blindness/vision impairment

**www.disabled-world.com/sports/snow
moveunitedsport.org/sports/adaptive-sports**

WHEELCHAIR TENNIS

What is wheelchair tennis?

Wheelchair tennis is played on a standard tennis court and follows many of the same rules as tennis.

In wheelchair tennis, a player is allowed to let the ball bounce twice, not once, before hitting a return shot.

The athlete's wheelchair is considered a part of the body, so rules applying to the player's body apply to the chair.

Who can participate?

The player must have permanent physical disability that results in a substantial loss of function in one or both upper extremities.

For classification, impairments must fall into one of the following categories: Impaired muscle power, athetosis, impaired passive range of movement, hypertonia, limb deficiency, ataxia, leg length difference

**turnstone.org/sports
pva.org/adaptive-sports**

WHEELCHAIR RACING

What is wheelchair racing?

Wheelchair racing is racing by use of a racing wheelchair and occurs on a track or road.

Racing wheelchairs are similar to a recumbent handcycle with two wheels in the back and one wheel in the front.

Who can participate?

In wheelchair racing, athletes are classified in accordance with the nature and severity of their disability or combinations of disabilities. Classification ranges from:

- individuals who have complete function from the waist up only
- those who have complete function in upper limbs but impaired abdominals
- those with upper limb restriction.

Athletes with Cerebral palsy qualify for sport but have different classification.

Diagnosis commonly seen are amputees, spinal cord injuries, and cerebral palsy.

www.quantumrehab.com

ADAPTIVE HANDCYCLING AND OFF ROADING

What is adaptive handcycling/off roading?

Adaptive hand cycling and off-road cycling allows individuals to enjoy outdoors, improve cardiovascular fitness, and socialize with friends and family.

The concept: modify and adapt cycles to suit an individual rider. Many options are available.

Who can participate?

A variety of disabilities can participate.

Common diagnosis for customized cycles: multiple sclerosis, stroke, spinal cord injuries, amputations, stroke, spina bifida and cerebral palsy.

usadaptive.net/adaptive-cycling

WHEELCHAIR PICKLE BALL

What is wheelchair pickle ball?

Wheelchair pickle ball is the game of pickle ball where one or more players on the pickle ball court are in a wheelchair.

Players in a wheelchair must be always seated and cannot stand in the wheelchair.

The difference from abled body Pickle Ball:

- There is a larger court size.
- A wheelchair athlete can hit off double bounce

The wheelchair is considered part of player's body, therefore:

- Wheelchair player's rear wheels Must Be in the correct serving area at the Point of Contact on the Serve
- On-Volley Zone Faults are based on the back wheels of a wheelchair

Who can participate?

Any person, with or without a disability, who plays in a wheelchair

usapickleball.org

ADAPTIVE TRACK AND FIELD

What is adaptive track and field?

There are races that take place on the track. In addition, there are several competitions that take place on the field inside the track such as throwing and jumping events.

There are three different throwing disciplines in field competition: javelin, shot put, and discus. The goal in each of these events is to throw, hurl or put an object as far as possible. All three sports can be done from an ambulatory or seated position.

Who can participate?

Athletes can have physical disabilities and visual impairments that affect the ability to learn the running, pushing, and throwing techniques

Athletes can participate in stand-up events, as well as athletes competing in racing chairs and field chairs.

Athletes are evaluated for their strength and coordination and classified in ability-like classes. This evens the playing field and ensures the most successful competition.

Common diagnosis: dwarfism, amputation/limb loss, blindness/visual impairment, spinal cord injury, and cerebral palsy, brain injury, stroke

**[dasasports.org/sports-and-fitness/competitive-teams/
track-and-field](https://dasasports.org/sports-and-fitness/competitive-teams/track-and-field)**

adaptivesportsnw.org/sports/track-field

POWER SOCCER

What is power soccer?

Power soccer is a sport for those with very limited physical abilities.

Power soccer is played in power wheelchairs in a gymnasium on a regulation basketball court.

Two teams of four players attack, defend, and spin-kick a 13-inch soccer ball in a challenging game like able-bodied soccer.

Who can participate?

Athletes as young as 5 years old can participate in power soccer.

Athletes' disabilities can include tetraplegia multiple sclerosis, muscular dystrophy, cerebral palsy, head trauma, or stroke.

turnstone.org/sports

moveunitedsport.org/sports/adaptive-sports

WHEELCHAIR BASKETBALL

What is wheelchair basketball?

As the name suggests, wheelchair basketball is an adaptation of the able-bodied version. The court dimensions, basket height, scoring structure, number of players on court, and playing time are the same.

Adaptations as follows:

Dribbling – player takes one or two pushes while the ball is either resting on his or her lap or held in his or her hand, followed by dribbling the ball, and this sequence may be repeated as often as the player wishes.

Travel violation – called when player in possession pushes more than twice without dribbling;

Fouls – infraction of the rules concerning illegal personal contact with an opponent – the wheelchair is considered a part of the player

Who participate?

Athletes with physical injury that severely limits ability to jump, run or pivot. Person must have a permanent lower extremity disability that precludes then from playing competitive stand-up basketball.

Diagnosis can include amputation/limb loss, leg length discrepancy spinal cord injury, spina bifida, post polio syndrome, cerebral palsy, brain injury, stroke, and other orthopedic and locomotor disabilities with permanent joint disorders

**www.paralympic.org/wheelchair-basketball
turnstone.org/sports • pva.org/adaptive-sports**

American Spinal Injury Association • asia-spinalinjury.org

WHEELCHAIR FENCING

What is wheelchair fencing?

Wheelchair fencing has the same objective as able body fencing which is to earn points through touches to your opponent.

The difference is that in wheelchair fencing, the athlete is sitting in a wheelchair and is stationary.

Who can participate?

There are 2 categories of athletes. *Category A* have good trunk control and *Category B* athletes have an impairment that impacts their trunk or their fencing arm.

Sport deems the following as eligible impairment types: Impaired muscle power, athetosis, impaired passive range of movement, hypertonia, limb deficiency, ataxia, leg length difference

Common diagnosis: athletes with amputations, spinal-cord injuries and cerebral palsy

www.paralympic.org/wheelchair-fencing
moveunitedsport.org/sports/adaptive-sports

WHEELCHAIR BOCCIA/BOCCE

What is wheelchair boccia/bocce?

Like able bodied bocce, a set of balls is thrown or rolled onto a court by opposing players, getting as close as possible to a target ball. Players can strategically knock opponents' balls away from the target ball.

In adaptive boccia: there are 6 balls per side and a ramp can be used to propel the ball, and someone can be used to assist with lining up to ramp during games.

Who can participate?

Persons who have conditions of a non-cerebral origin that affect all four limbs such as high spinal cord injury, muscular dystrophy, arthrogryposis, MS, stroke, or ALS

Competitive boccia is open to persons with tetraplegia, cerebral palsy, traumatic brain injury

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WHEELCHAIR FOOTBALL

What is wheelchair football?

Wheelchair football can be played on indoor basketball court or concrete/asphalt that is 60 x 25 yards divided into 15-yard segments with end zone 10 yard.

There is two 20-minute halves with 10-minute half time

7 players are on the field for each team.

Players are classified via a functional classification system comparable to wheelchair basketball

As in pro football, both teams, play offense, defense and special teams.

The special teams are for kick offs, field, goals, and punts

Scoring is the same as pro football with one exception.

Teams that passes for the point-after-touchdown (PAT) will receive two points.

Field goals are scored when the ball is thrown through the first two vertical uprights that support the hanging basket.

Who can participate?

Players that have permanent physical disability which consistently reduces the function of the lower limbs to a degree where they cannot run, pivot, block or tackle, at the speed and with the control, safety, stability and endurance required to play running football as an able-bodied player.

A person with any type of neuromuscular loss and or disability

www.sportsnspokes.com/the-ins-and-outs-of-wheelchair-football

moveunitedsport.org/sports/adaptive-sports

American Spinal Injury Association • asia-spinalinjury.org

ADAPTIVE ARCHERY

What is adaptive archery?

In adaptive archery, the target size and distance archers stand from the target differs based on the competition category.

Para archery is split into two classes: Open and W1.

Open class contains both standing athletes and those in a wheelchair, archers position themselves at a 90-degree angle to the target and may use body support.

W1 athletes may use either bow limited to 45lbs in draw weight and without magnifying sights.

In individual events, archers shoot 72 arrows at the 10-circle target, divided into 12 ends of six arrows each.

Each athlete is allowed four minutes per round.

The top-scoring athletes advance to 15-arrow-head-to-head matches, which are single-elimination.

Who can participate?

Archery is inclusive of all ages, genders and abilities.

Athletes with physical or cognitive impairments, who may otherwise be dissuaded from participating in sports can participate in archery alongside athletes without any disability.

Eligible impairment types: impaired muscle power, athetosis, impaired passive range of movement, hypertonia, limb deficiency, ataxia

**moveunitedsport.org/sports/adaptive-sports
www.paralympic.org/archery**

WHEELCHAIR SOFTBALL

What is wheelchair softball?

The game is played on hard surfaces which include cement/blacktop field

Players must tag the bases with their wheels. No running, hopping, or using the lower limbs to reach the bases is allowed.

Athlete must have a NWBA or USWRA. There are 4 classes which are as follows: Quad (any) = 1 point (following same as basketball class)

Class I = 1 point, Class II = 2 points, Class III = 3 points

10 players of field for team; one must be quadriplegic (adaptations to their bat to make it easier to grip). Team may not exceed 24 points.

Who can participate?

Players must have a valid NWBA or USWRA classification

See wheelchair rugby and wheelchair basketball cards for details of classification

Diagnosis can include tetraplegia, muscular dystrophy, multiple sclerosis, post polio, amputation/limb loss, leg length discrepancy spinal cord injury, spina bifida, post polio syndrome, cerebral palsy, brain injury, stroke, and other orthopedic and locomotor disabilities with permanent joint disorders

www.passionatepeople.invacare.eu.com

www.wheelchairsoftball.org

WHEELCHAIR LACROSSE

What is wheelchair lacrosse?

Wheelchair lacrosse is played on a roller hockey rink or box lacrosse pad, using a no-bounce ball and the same sport wheelchairs that are typically used for wheelchair basketball.

Players use their lacrosse sticks to scoop, catch, carry, pass, and shoot the ball into the other team's goal. Gameplay is 8v8 (including a goalie) and players can change positions on the fly similar to sled hockey.

Who can participate?

Athletes with physical disabilities who want to play a demanding, fast-paced team sport.

Common disabilities include amputation, spina bifida, spinal cord injury, cerebral palsy, congenital limb issues, leg length discrepancy, muscular dystrophy, Parkinson's, multiple sclerosis, motor dyspraxia, and stroke.

www.usalacrosse.com

WHEELCHAIR RUGBY

What is wheelchair rugby?

Wheelchair rugby is a full contact sport that is played on a basketball court. There are 2 cones 24 feet apart at goal line (baseline).

It is a four on four, with four players per team on the court at one time. There is a point classification assigned to athletes based on their disability, ranging from .5 to 3.5.

The object of the game is to take the volleyball and advance it from one end of the court to the other end. A team earns a point when any 2 wheels goes over the baseline while having possession of the ball. The game has 4 eight-minute quarters and a half time

There must be a bounce or pass the ball every 10 seconds. There is a 40-second clock and must score within that time frame or it is a turnover. Two cones, 24 feet apart, make up the goal line.

Who can participate?

Classification requires impairments in one of the following:

Impaired muscle power, Athetosis, Impaired passive range of movement, Hypertonia, Limb deficiency Ataxia

Common Diagnosis: tetraplegia, cerebral palsy, muscular dystrophy, multiple sclerosis, lateral sclerosis, amputates, post polio

**moveunitedsport.org/sports/adaptive-sports
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uswra.org**

ADAPTIVE GOLF

What is adaptive golf?

Adaptive golf allows players the opportunity to enjoy golf independently or with friends and family by providing access to equipment and supplies.

In adaptive golf, the golfer may adjust the ball's position to allow the club to be swung and the ball to be hit, as long as the movement is reasonable and minor.

Who can participate?

Anyone with a physical disability who can move one or both arms and has at least minor trunk function can be an adaptive golfer.

turnstone.org/sports

ADAPTIVE ROCK CLIMBING

What is adaptive rock climbing?

Para climbing/adaptive climbing makes climbing accessible to people with any type of physical or cognitive disability

Specialized equipment is utilized during adaptive rock climbing that is customized to the individual.

Who can participate?

Physical impairments: those who use a wheelchair or have limited mobility, limb difference, amputees, spinal cord injury, those with visual impairments

Cognitive impairments: autism, Down syndrome, cerebral palsy, traumatic brain injury, multiple sclerosis, and epilepsy.

www.commonclimber.com/adaptive-climbing

www.climbroca.com/adaptiveclimbing

