Inclusive Zone Basketball:

Your School Games – Level 3

Guidance Document
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1. British Wheelchair Basketball Junior Development Programme and Competition Framework

The British Wheelchair Basketball (BWB) development programme began with junior community clubs playing modified 5v5 wheelchair basketball in The Lords Taverners Wheelchair Basketball Junior League. This pathway then expanded to incorporate the annual National Junior Championships, a regional competition that plays modified 5v5 wheelchair basketball rules. This can be seen on Figure 1.

To develop wheelchair basketball within schools and to include schools within our competition framework; BWB has developed an adapted version of the sport. Inclusive Zone Basketball (IZB) is an appropriate delivery tool for wheelchair basketball within a school environment. This is due to the sport being more inclusive to a range of young people and can be adapted to any situation.

The IZB Competition Pathway consists of nine annual regional competitions feeding into the National IZB Finals. British Wheelchair Basketball’s existing competition framework generously compliment levels 1-3 of the School Games, sitting slightly above level 3, to bridge the gap between school games level 3 and 4.

Unlike the National IZB Competition, which is a participation event, Level 4 of the School Games represents elite junior competition. This competition will be played in the 5v5 format with rules as closely aligned to international rules as possible (see fig 1 for full pathway). Level 4 will play host to the very best young wheelchair basketball athletes within the UK, many of whom will be on the GB junior development programme. Wheelchair Basketball will be represented at the School Games Level 4, in May 2012, at the Olympic Park.

Figure 1. British Wheelchair Basketball Junior Competition Pathway
2. BWB schools strategy

In July 2010 BWB began the implementation of the schools wheelchair basketball strategy. Funding from the Change 4 Life (C4L) sports clubs project was pivotal in underpinning the development behind the competition pathway; setting up 96 wheelchair basketball C4L clubs at different schools nationwide.

Change 4 life sports clubs focus on attracting young people who may not typically be ‘sporty types’ by offering alternative sports that may not traditionally be present in the school environment. These clubs will not only attract and engage young people but will also develop a sense of belonging within a club setting and encourage the regular participation that is associated with future community club membership and lifelong participation. Young people are at the heart of these clubs, and the aim is that at least 50% of the club workforce will be young people (organisers, coaches, officials etc.).

Club Characteristics:

- Target group: 13-19 year olds that are not yet engaged or are only partly engaged in sport
- Once a week, same time, same place
- Planned and delivered across the whole academic year and will be in a single sport
- Clubs will operate on a membership basis and have their own brand/name
- Clubs will have a coaching and competition element to them

Change 4 Life wheelchair basketball clubs package includes:

- 4 motivation sports wheelchairs
- 2 Tripod baskets
- 1 Equipment pack (balls, bibs, cones etc.)
- 2 free places on a BWB leaders award (preferably 1 school staff member & 1 young person)
- An invitation to the IZB Regional event

Wheelchair basketball C4L sports clubs complemented the work that was previously being done by community clubs working within schools. The project has now entered its second year and is looking to carry out bespoke work to sustain the opportunities that the C4L clubs bring for the young people that it engages.

Underpinning the delivery and development of the IZB programme, BWB fund 9 Regional Centres (1 per Sport England Region) to assist with the local delivery and promotion of the IZB programme. Regional centres host and organise the Regional IZB competitions along with the delivery of a young official’s award course and other development work tailored to the needs of the region. Regional Centres also host a moveable trailer of 16 RGK sports wheelchairs that are available for use for any legitimate wheelchair basketball development work within the region.
3. Inclusive Zone Basketball (IZB)

Inclusive Zone Basketball is a 4–a-side game, developed to enable players who cannot participate in a full game of basketball to enjoy playing the game. The zones used enable players to be matched in their abilities within their zones. Inclusive zone basketball is designed to be truly inclusive; therefore leaders should use their own discretion in order to match players according to ability in their respected zones. The main rules should be applied to all the variations i.e. 4v4, 3v3, 2v2.

Inclusive Zone Basketball is a great alternative to wheelchair basketball, a participation sport that can be moulded to any environment. The game is cost effective in comparison to wheelchair basketball as it requires only four wheelchairs in comparison to ten in the traditional format of the game. This is perfect for schools that are trying to engage a small number of disabled pupils with sport. Although able bodied players are welcome to participate through playing in a chair as well as playing as runners in the wing zones. Competitive sides should have at least one physically disabled player within their team. This ensures that this inclusive game maintains its focus on young disabled people.

The game is suitable for electric wheelchair players, manual wheelchair players and ambulant with physical impairments. Players with learning disabilities may require additional support from leaders in recognising and playing within the designated zones. In a competition teams must have a minimum of one disabled player with a lower limb physical impairment playing on court at all times during a match.
4. IZB tournament organisation

What you need to host an IZB tournament within a Level 3 school games:

<table>
<thead>
<tr>
<th>Desirable / Minimum</th>
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<tbody>
<tr>
<td><strong>Equipment</strong></td>
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<tr>
<td>2 full size basketball courts + area for warm up/skills sessions</td>
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<tr>
<td>Court taping</td>
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<tr>
<td>16 Competition Standard Wheelchairs</td>
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<td>2 tripod baskets</td>
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<td>Team Uniforms/bibs</td>
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<tr>
<td>Medals</td>
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<tr>
<td>Young Officials T shirts and whistles (available from BWB)</td>
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<tr>
<td>Electric scoreboard and timer</td>
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<tr>
<td>Air horn for table officials</td>
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<tr>
<td>IZB score sheets (available from BWB)</td>
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<tr>
<td>Copy of IZB rules per table (available from BWB)</td>
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<td>Large possession arrow for the table</td>
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</table>

- Desirable
- Minimum
5. Event Date

To align with the BWB competition framework and ensure that young people engaging with IZB are embarking on a progressive competition structure. In order to fit in with the existing IZB Competition Pathway, BWB would encourage Level 3 IZB Competitions to be staged during the Winter. This will then allow the winning school to progress in to the BWB IZB regional competition and potentially the BWB IZB National Competition (as outlined in figure 2.). BWB would still offer the same support (outlined in section 6) to IZB tournaments within level 3 summer school games, under the understanding that this would act as a standalone competition.

Figure 2. BWB Academic Planner 2011/12

<table>
<thead>
<tr>
<th>IZB &amp; C4L Clubs active</th>
<th>Level 3 Winter School Games</th>
<th>BWB IZB Regional Competitions</th>
<th>BWB IZB National Competition</th>
<th>Level 3 Summer School Games</th>
<th>Level 4 competition</th>
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6. BWB support

BWB are able to offer a degree of support to the Level 3 Local Organising Committee. This support includes:

- Provide links to key local contacts within the county/area that could potentially organise and deliver the IZB aspect of the games; for example...
  - During the pilot events BWB identified key local personnel to support delivery and offer technical advice.
- Provide links for resources, such as wheelchairs
- Provide downloadable materials for the event
  - I.e. IZB scoring sheets and rules
- Identify current and ex GB Wheelchair Basketball athletes if you are interested in possible player appearances at the event.
- Direct contact and support from BWB School Clubs Officer
- BWB fliers and promotional material
- Guaranteed invitation to the regional IZB competition for at least the winning school in the tournament

**BWB can only support Level 3 competitions run in line with the IZB Competition Pathway as outlined above.**
Key Contact at BWB; Matt Gibbs: 
m.gibbs@gbwba.org.uk
07961547046 (work mobile)/ 01509 279900 (office)

7. Tournament structure

This depends on the number of teams involved with the tournament, length of time, and number of courts available to the organisers. It is suggested that time off court is kept at a minimum and all teams play a similar amount of games within a progressive tournament structure. This will enhance the quality of the experience give to the young people. For example:

<table>
<thead>
<tr>
<th></th>
<th>Court 1</th>
<th>Court 2</th>
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<tbody>
<tr>
<td>Round 1</td>
<td>A v B</td>
<td>C v D</td>
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<tr>
<td>Round 2</td>
<td>A v C</td>
<td>B v D</td>
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<tr>
<td>Round 3</td>
<td>A v D</td>
<td>B v C</td>
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<tr>
<td>Semi Final</td>
<td>1st v 4th</td>
<td>2nd v 3rd</td>
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<tr>
<td>Final</td>
<td>Winner Semi 1 v Winner Semi 2</td>
<td>Loser Semi 1 v Loser Semi 2</td>
</tr>
</tbody>
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8. Young Officials

Through the work of the Regional Centres and junior community clubs, the Young Officials programme has successfully underpinned the delivery of BWB IZB competitions. It is envisaged that any Level 3 competition delivered will follow the same workforce development strategy. Using young official’s at the event is a great way for leaders to be involved with the school games at level 3 and scales down the costs of an event dramatically.

9. Team Criteria

BWB suggest that the following team criteria are used:

- Squads size: 4-8 players
- Minimum of 2 disabled players with a lower limb impairment in the squad
- Minimum of 1 disabled player must be on court in a wheelchair at all times throughout the match
- Mixed Gender is encouraged

This criteria ensures IZB remains a fully inclusive disability sport.

Where a school only has one disabled player, it is recommended that at least one other disabled player from the SSP or surrounding schools is included in the squad. The criteria specifies that 2 disabled players are required in the squad so that during a tournament there is no pressure on a
singled disabled player playing every minute of every game (under the rule that 1 disabled player must be on court in a wheelchair at all times).

10. Classification of Disabilities for IZB

What constitutes a lower limb disability?

A long term or permanent impairment, that prevents a young person from competitively playing running basketball.

Examples of disabilities include:
- Cerebral Palsy
- Amputees
- Paraplegia
- Hemipelvectomy
- Extensive orthopaedic involvement of hips, knees or ankles
- Post-polio paralysis of an arm and trunk, trunk, leg(s), knee(s), ankle(s)

Does a young person with a learning difficulty qualify as a disabled player in IZB and why?

Unfortunately those with a learning difficulty are not classified as disabled for IZB. This is in line with the BWB leagues classification criteria that clearly outlines that only those playing with a lower limb disability are classifiable within the sport of wheelchair basketball.

Why align IZB classification criteria with BWB leagues?

BWB are aligning the classification of disabilities for IZB with national criteria as local community clubs that play in the BWB leagues are the exit routes for the young people playing IZB within schools.

Why have specific team criteria in IZB?

To ensure IZB and wheelchair basketball remains an inclusive disability sport.
11. IZB Rules

Game length

As long as the event allows, however it is suggested there is 1 minute allowed for half time. To prevent the event over running a rolling clock is suggested. However if a stop clock was to be used, it is suggested that this is only used in the final 2 minutes of the second half.

Scoring targets

- Full sized baskets (10ft)
  - 2 points inside 3 point line
  - 3 points outside 3 point line
- Tripod basket (to be boxed to avoid goal tending)
  - 1 point

Fair play

- Players will be given a personal foul or will be instantly fouled out of the game for rough or dangerous play. The opinion of the referee will decide the extent of the punishment.
- Players may not impede or attempt to defend a player with the ball by reaching into an adjacent zone.
  - Where a player’s momentum unavoidably takes them across a zone marking, no violation is given provided this action in no way influences the play.

Starting and re-starting the game

- The game is started with a ‘tap-off’ involving one player from each team within the centre circle. Any player may take the tap-off and return to their designated playing zone.
- The players may tap the ball twice after the referee has tossed the ball to reach the highest point.
- Neither of these players may catch the ball nor touch it again until it has touched the floor or another player (see BWB rules for starting game).
- The second half is started by the team who lost position at the tap off (in accordance with the alternating possession rule).

Alternating possession

- Teams will alternate in taking possession of the ball on every held-ball situation.
- The team that does not gain possession from the tap-off will be first to start the alternating possession process.
- The team entitled to the ball on an alternating possession process is indicated by the direction of the possession arrow on the scorer’s table.
Scoring

- All players may shoot for a basket.
- The ball must pass through each zone during the team’s offence before a basket may be attempted.
- A shot attempt is defined as the ball hitting either the basket rim or the backboard.
- If a shot is attempted and the team in offence gain the rebound their offence continues, therefore do not have to pass the ball through each of the zones to shoot again.
- One point is awarded for scoring a free throw.
- Players unable to shoot in the 10ft ring must notify the table prior to the match. These players are the only players that will be able to shoot in the tripod basket.

Team play

- All players attack and defend
- The ball must pass through each zone in an offence
- The ball is not permitted to ‘skip’ a pass between the wing zones over the central zone. This will result in a turnover of possession.
- Full court press is not permitted. If the defensive team turn over the ball, the attacking team must retreat to their half. Failure to do so will result in a foul and a side line ball for the opposition at the half way line.

Out of bounds

- When a team causes the ball to go out of bounds it shall be put in by a player of the opposing team by passing
- No opposing player may be within 1 metre of the in-bounding player
- From a side line in-bound pass the ball will be passed in to the central zone.

Time limitations

- A player who gains control of a live ball in their back court must advance the ball into its front court within 8 seconds.
- An offensive player may not remain in the opponents ‘key’ area for longer than 3 seconds.
- Stop clock will be used in the last two minutes of a game.
  - The clock will be stopped by the referee if the ball goes out of bounds, there is a ‘thumb ball’ or if there is a foul.
  - The clock will not be stopped for a basket unless the referee indicates otherwise.
Back court violation

- A team in possession of the ball may not cause the ball to return into its back court. This violation will result in the opponents being awarded an inbound side line ball from the halfway line.

Progressing with the ball/travelling

- A player in control of the ball may move in any direction, but may not take more than two pushes of the wheelchair wheels or two steps without bouncing, passing or shooting the ball. This violation will result in the opponent being awarded an inbound side line ball from where the violation occurred.
  - Braking or steering does not constitute a push
- Power chairs players may advance with the ball on their lap/tray table for three seconds without dribbling the ball, or until they are stopped by an opponent being in their path.

Double Dribble

- Running players may not:
  - Dribble/bounce the ball with two hands
  - Dribble. Stop. Dribble.
- This violation will result in the opponent being awarded an inbound side line ball from the where the violation occurred.

Contact

- A player may not deliberately impede the movement of an opponent by holding, blocking or illegally screening. This is a foul, resulting in the opponents being awarded an inbound ball from where the foul occurred. A personal foul will be recorded against the player who committed the foul.
  - It is the responsibility of players on court to control their chairs and not cause contact with another player, whereby that player is at a disadvantage.

Contact on a player in the act of shooting

- If a player is shooting and a foul is committed...
  - If the shot scores...
    - the player is awarded 2 points for the basket, plus given a bonus unopposed shot from the designated free throw line
  - If the shot misses...
    - The player is awarded 2 bonus unopposed shots from the designated free throw line.
- A personal foul is recorded against the player who fouled
Free Throws

- Players will form around the outside of the key...
- After last shot no challenge will be made from the key regardless of the shot going in or not. Play will be restarted from the end line from the defending team.
- Free throws in to tripod basket for the designated players who are unable to reach 10ft basket.

Personal fouls

- A player is permitted 5 personal fouls before being fouled out of the remained of the game and is replaced by a substitute.

Charged time outs

- Teams are entitled to two time-outs each of one minute during the game, to be taken whenever they wish
12. Inclusive Zone Basketball Court Layouts

IZB Markings on the new FIBA basketball court lines.

IZB Markings on the old basketball court