

Adaptive Sports and Exercise Resources

Adaptive Sports Organizations

- <https://moveunitedsport.org/>
- <https://adaptiveadventures.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
 - 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
 - Para archery is split into several classes
 - W1: Archers with severe impairments, including impairments in the torso and at least three limbs. They compete from a wheelchair
 - W2: Archers with paraplegia or similar disabilities, and minimal or no upper body limitations. They may compete from a wheelchair
 - ST: Archers with disabilities that affect their upper or lower body, but can stand or sit on a stool or chair to shoot
 - NE: Archers who are not eligible to compete in para archery, but may use assistive devices in able-bodied events
 - B1: Archers who are totally or almost totally blind. They compete in the VI1 competition class and use blindfolds
 - B2/B3: Archers with varying degrees of visual impairment
- Websites:
 - moveunitedsport.org/sports/adaptive-sports
 - www.paralympic.org/archery
 - Hunting: [Podcast](#)

Adaptive Fishing

- What is adaptive fishing?

- 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
- Websites:
 - [spinalcord.org/disability-products-services/ adaptive-fishing-equipment](http://spinalcord.org/disability-products-services/adaptive-fishing-equipment)
 - <https://unitedspinal.org/adaptive-fishing-coming-to-a-beautiful-lake-near-you/>

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
- Websites:
 - www.commonclimber.com/adaptive-climbing
 - www.climbroca.com/adaptiveclimbing
 - <https://catalystsports.org/>

Adaptive Sailing

- Websites:
 - <https://unitedspinal.org/the-high-seas-are-calling-adaptive-sailing-adventures-await/>

Adaptive Surfing

- What is adaptive surfing?
 - Like able body surfing, adaptive surfing involves the surfer paddling out and riding a wave towards the shore on a surfboard
 - Adaptive surfing can occur wherever there are suitable waves, this is mainly in the ocean, however, can also be done in lakes, rivers and through artificial waves
- 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
- Websites:
 - www.sports.org.au/adaptive-surfing
 - Adaptive Surfing [Directory](#)
 - <https://unitedspinal.org/join-all-the-best-dudes-and-go-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
 - This includes but not limited to the following: individuals with amputations, spinal cord injury, those with hearing loss or vision impairment
- Websites:
 - www.adaptivesportsfund.org/adaptive-scuba-diving
 - <https://unitedspinal.org/all-you-need-to-know-about-adaptive-scuba-diving-sharks-not-included/>
 - <https://divepirates.org/>
 - <https://stay-focused.org/>

Adaptive Snow Skiing

- What is adaptive snow skiing?
 - 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, blindness/vision impairment
- Websites:
 - www.disabled-world.com/sports/snow
 - moveunitedsport.org/sports/adaptive-sports

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?
 - Those with 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
- Websites:
 - usadaptive.net/adaptive-swimming

Adaptive Track and Field

- What does adaptive track and field include?
 - Adaptive races around a track
 - 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
- Websites:
 - dasasports.org/sports-and-fitness/competitive-teams/track-and-field
 - adaptivesportsnw.org/sports/track-field

Adaptive Water Skiing

- What is adaptive water skiing?
 - It is a subgenre 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 widely available for almost anyone regardless of their mental or physical condition
- Common diagnosis: spinal cord injury, amputee/limb loss, stroke, blind/low vision, muscular dystrophy, multiple sclerosis, cerebral palsy
- Exclusionary diagnosis: brittle bones syndromes, uncontrolled seizures, hemophilia, and open tracheotomy
- Websites:
 - learnwatersports.com/adaptive-waterskiing
 - <https://unitedspinal.org/how-to-waterski-wakeboard-and-go-tubing-adaptive-recreation-style/>

Kayaking

- Websites:
 - <https://catalystsports.org/>
 - <https://unitedspinal.org/everything-you-need-to-know-including-where-to-go-to-give-adaptive-kayaking-a-try/>

Power Soccer

- What is power soccer?
 - 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
- 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
- Websites:
 - turnstone.org/sports
 - moveunitedsport.org/sports/adaptive-sports

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 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
- Websites:
 - turnstone.org/sports

Wheelchair Basketball

- What is wheelchair basketball?
 - Adaptation of the able-bodied version. The court dimensions, basket height, scoring structure, number of players on the court, and playing time are the same
- Adaptations as follows:
 - The dribbling player takes one or two pushes while the ball is either resting on their lap or held in their 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 - an infraction of the rules concerning illegal personal contact with an opponent - the wheelchair is considered a part of the player
- Who participates?
 - Athletes with physical injury that severely limits the ability to jump, run or pivot. A person must have a permanent lower extremity disability that precludes them 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
- Websites:
 - www.paralympic.org/wheelchair-basketball
 - turnstone.org/sports
 - pva.org/adaptive-sports

Wheelchair Boccia/Bocce

- What is wheelchair boccia/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
 - 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 spinal cord injury, muscular dystrophy, arthrogryposis, MS, stroke, or ALS
- Websites:
 - turnstone.org/sports
 - pva.org/adaptive-sports

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
 - Category B athletes have an impairment that impacts their trunk or their fencing arm
 - Eligible impairment types: Impaired muscle power, athetosis, impaired passive range of movement, hypertonia, limb deficiency, ataxia, leg length difference
 - Common diagnosis: amputation, spinal-cord injury and cerebral palsy
- Websites:
 - www.paralympic.org/wheelchair-fencing
 - moveunitedsport.org/sports/adaptive-sports

Wheelchair Football

- What is wheelchair football?
 - Played on an indoor basketball court or concrete/ asphalt that is 60 x 25 yards divided into 15-yard segments with a 10 yard end zone
 - There are two, 20-minute halves with a 10-minute half time
 - 7 players 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 pass for the point-after-touchdown 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
- Websites:
 - www.sportspokes.com/the-ins-and-outs-of-wheelchair-football
 - moveunitedsport.org/sports/adaptive-sports

Wheelchair Pickleball

- The difference from abled body Pickleball:
 - There is a larger court size
 - A wheelchair athlete can hit off double bounce
 - Players in a wheelchair must be always seated and cannot stand in the wheelchair
- The wheelchair is considered part of the 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
- Websites:
 - usapickleball.org

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
- Diagnosis commonly seen are amputees, spinal cord injury, and
 - cerebral palsy (CP has different classification)
- Websites:
 - www.quantumrehab.com
 - <https://catalystsports.org>- cycling and mountain biking

Wheelchair Rugby

- What is wheelchair rugby?
 - Wheelchair rugby is a full-contact sport played on a basketball court. The goal line (baseline) consists of two cones 24 feet apart

- It is a four-on-four sport. There is a point classification assigned to athletes based on their disability, ranging from 5 to 3.5
- The game's object is to take the ball and advance it from one end of the court to the other. A team earns a point when any 2 wheels go over the baseline while possessing the ball. The game has 4, eight-minute quarters and a half-time
- There must be a bounce or pass every 10 seconds. There is a 40-second clock and a team must score within that time frame or it is a turnover
- 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
- Websites:
 - moveunitedsport.org/sports/adaptive-sports
 - turnstone.org/sports
 - pva.org/adaptive-sports
 - uswra.org

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
 - 10 players of the field for the team
- Who can participate?
 - Players must have a valid WNBA or USWRA classification
 - Quad (any) = 1 point (following same as basketball class)
 - Class I = 1 point, Class II = 2 points, Class III = 3 points
 - Team may not exceed 24 points.
 - Diagnosis can include spinal cord injury, 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
- Websites:
 - [www.passionate people.invacare.eu.com](http://www.passionatepeople.invacare.eu.com)
 - www.wheelchairsoftball.org

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
- Websites:
 - turnstone.org/sports
 - pva.org/adaptive-sports