SEATING GUIDELINES FOR CLASS 3.0

WHEELCHAIR BASKETBALL CANADA

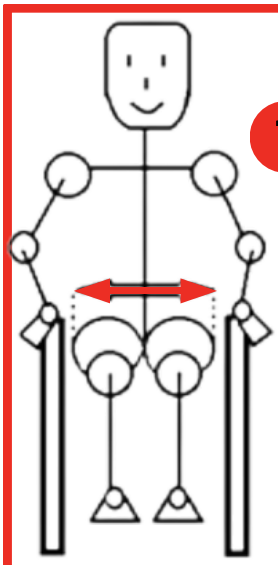
Class 3.0 athletes generally:

- can lead fully forward and return to upright without arm support
- can sustain the weight of the ball without strain
- can lean fully into their push or pivot
- have limited ability to:
  - maintain balance in reaction to moderate contact
  - push their pelvis into their backrest to stabilize in contact situations
  - stand on their casters, or jump or tilt while holding the ball in both hands

Proper seating will allow the athlete to:

- lean into their push past 45°
- rotate the trunk fully to shoot, pass or rebound
- lean forward to pick up a ball off the floor and return to upright without arm support

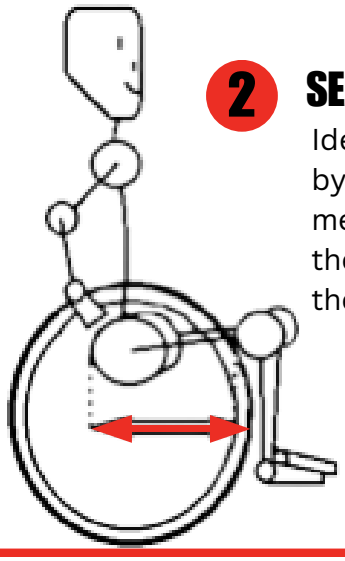
STEP BY STEP



1 SEAT WIDTH

Ideal seat width can be found by trying different chairs or measuring sitting width.

There should be minimal space between the athlete and the side guards. **TIP**



2 SEAT DEPTH

Ideal seat depth can be found by trying different chairs or measuring from the back of the pelvis to 2" (5 cm) behind the knee.

3 CUSHION

Most class 3.0 athletes can use a regular 2" (5 cm) foam cushion.

4 WHEEL SIZE

Recommended 25" (559mm) for women and 26” (590mm) for men.

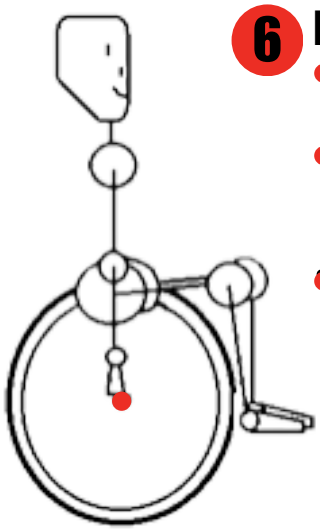
TIP Smaller wheels make acceleration easier; larger wheels offer a higher top speed and can be a better anatomical fit for some players.

5 CAMBER

(angle of rear wheels in relation to the ground)

20° is recommended for class 3.0 athletes who have good trunk control but do not work constantly in the key.

A wider base makes the wheelchair more responsive; a narrower base can fit into tighter spaces. **TIP**



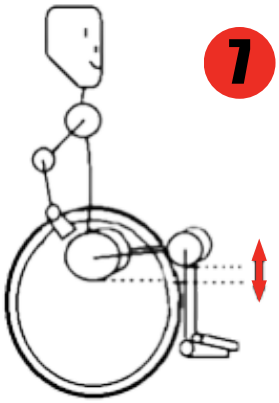
6 REAR SEAT HEIGHT

- athlete's fingertips should be close to the axles of the wheels
- athlete should be able to place hands at 12 o'clock without hiking their shoulders
- elbows should be bent at a maximum of 90°

A lower rear seat height allows the athlete to:	A higher rear seat height allows the athlete to:
• get up more easily from the floor after a fall • lean more easily on wheels for support	• reach higher up when catching or rebounding • be closer to the basket when shooting

No matter the seat height, the athlete should always be low enough to pick up a ball off the floor using the rear wheels.

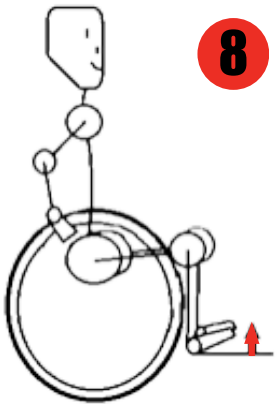
TIP



7 FRONT SEAT HEIGHT

The maximum front seat height for class 3.0 athletes is 63 cm.
Typically, class 3.0 athletes benefit from having their front seat at the same height or 1" (2.5cm) higher than their rear seat height.

Lower placed knees:	Higher placed knees:
• allow the athlete to reach further forward and pick up the ball more easily from the floor	• provide stability in the forward plane • ensure the athlete's pelvis does not slide forward

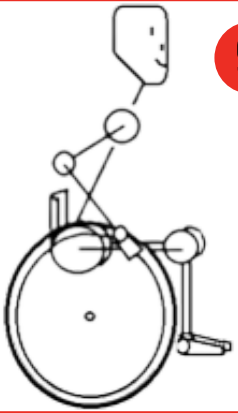


8 FOOT PLATE

The foot plate should be high enough to sustain the weight of the lower legs, yet low enough to not raise the thighs off the seat.
Ankles should be positioned directly under knees.

TIP

If the athlete has very flexible ankles, the balls of the feet should be positioned higher than the heel or the athlete may wear ankle foot orthoses.



9 BACKREST

The typical backrest height is the upper border of the pelvis.

The backrest serves to support the pelvis of class 3.0 athletes while leaving the lower trunk free to move forward and rotate.

TIP

10 STRAPPING

- Feet may be strapped to the footrests.
- Knees should be kept together and secured with an over the knee strap.
- Pelvis should be secured to the chair using a ratchet strap positioned as near to the hips as possible.
- A below knee strap (just below kneecaps) may be useful for the class 3.0 athlete to substitute for their inability to push their pelvis back into their wheelchair to brace against contact or maneuver in tight turns.

11 FRAME LENGTH

Longer wheelchair frame	Shorter wheelchair frame
• allows athlete to keep defenders farther away while shooting or passing	• lighter wheelchair • can pivot within a tighter space

12 ANTI-TIP CASTERS

- Class 3.0 athletes with 2 back wheels will benefit from additional stability when leaning back over their backrest to shoot, pass, or pressure a shooting opponent.
- Those with one back wheel will be able to keep the opponent slightly farther away from the ball when leaning back to shoot or pass.
- The back wheels should be low enough to avoid rocking back and forth when leaning forward and back.
- They should be high enough to prevent the rear wheels from spinning.

13 SIDE TO SIDE ASYMMETRY

Most class 3.0 athletes are symmetric when pushing or pivoting.
For those who are leaning or rotating more towards one side than the other, it may be due to a hip or knee contracture or pelvic asymmetry.

Possible solutions:

- Knee contracture: shorten seat depth
- Hip contracture: lower one knee
- Pelvic asymmetry: extra support under the lower hip, typically with a firm foam wedge

14 CENTER OF GRAVITY

Class 3.0 athletes can usually maintain their balance with an aggressive COG adjustment (i.e. the weight of the player is positioned closer to the rear than the front).

Less aggressive COG	More aggressive COG
• more stability when shooting and leaning back	• more speed • more maneuverability

Every athlete is different, and finding the right chair fit can require a lot of trial and error. Don't get discouraged if something doesn't work right away, get creative finding a solution!

Seating of athletes should follow the Wheelchair Basketball Canada Rule of Two Guidelines. For more information, visit wheelchairbasketball.ca/the-sport/safe-sport

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