

# Adaptive Sports vs. Traditional Sports: What's the Difference?



## Adaptive Sports

### Who is it for?

- Children with disabilities.

### What is it?

- Games with rules and scoring that can be played alone or on teams.

### Why?

- So children with disabilities can play sports.

### How?

- Children may use special equipment or games may have special rules so everyone can play. Athletes may get grouped with kids of similar age, weight, gender, diagnosis, or abilities.

### Where is it?

- Regular fields and courts can be used or they may be played in smaller or indoor spaces.



## Traditional Sports



### Who is it for?

- Children without disabilities and children with disabilities who do not need help to play.

### What is it?

- Games with rules and scoring that can be played alone or on teams.

### Why?

- So children can enjoy playing sports.

### How?

- The same rules and types of equipment are used by everyone. Athletes may get grouped with kids of similar age, weight, or gender.

### Where is it?

- Regular fields and courts. Some sports spaces may be smaller for younger kids.

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## *Adaptive Sports*

### **Examples:**

#### **Equipment that might be used:**

- Sports wheelchairs for children who cannot walk or get tired quickly.
- Forearm crutches for children who have one leg or one weak side.
- Running blades for children who are missing all or part of one or two legs.
- Handcycles for children who cannot use their legs to pedal.
- Lightweight balls for smaller children or children with weak muscles.
- Beep baseballs for children who are visually impaired.

#### **How players are grouped:**

- Each adaptive sport has its own way of grouping kids. Some sports are open to kids with many different ability levels, like swimming and cycling. Other sports group kids with similar abilities, like goalball for children with visual impairments.

#### **Rule changes:**

- Rules are usually changed for adaptive sports. Rule changes help make the sport fair and fun for all of the kids who are playing. For example:
  - In tennis, players using wheelchairs can let the ball bounce twice instead of once.
  - In wheelchair basketball, players can push their wheelchairs twice before they must dribble the ball, similar to the two-step rule in traditional basketball.





<https://www.nbba.org/>

## Beep Baseball



<https://sportable.org/sportable-introduces-youth-wheelchair-basketball-team/>

## Wheelchair Basketball



<https://moveunitedsport.org/get-involved/youth/>

## Adaptive Cycling



<https://www.childrensclinics.org/tag/adaptive-soccer/>

## Adaptive Soccer



<https://www.packaworld.com/news-blog/goalball-uk-trials-revolutionary-portable-goals?srsltid=AfmBOoozySxs8UQ2Hd9JHsk8QBofDmp3cJpV-03jwk5RbyelJfYzTxOy>

## Goalball

# Examples of Adaptive Sports

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