ONTARIO WHEELCHAIR BASKETBALL LEAGUE GUIDELINES

2026 COMPETITION CATEGORIES, ELIGIBILITY GUIDELINES & RULES OF PLAY

Category	Proposed focus	Eligibility status in this draft
Fundamentals	Introduction to the sport, basic skills, confidence and participation.	Confirm age range, registration and whether formal competition is included.
Juniors	Youth athlete development and preparation for age-appropriate competition.	Confirm age limits and whether this is the same as Junior Prep.
Basketball for Life	Inclusive, lifelong participation and recreational competition.	Any age may participate in BFL Division 3, subject to ONPARA registration requirements.
Division 2	Developmental/intermediate competitive play.	Confirm eligibility, team placement and playing regulations.
Division 1	Advanced competitive play.	Confirm eligibility, team placement and playing regulations.

FUNDAMENTAL DIVISION

Eligibility: U14 athletes, with exceptions considered on a case-by-case basis, must be registered and paid with ONPARA before the start of the season; the deadline will be posted on the ONPARA website and communicated to club coaches

Game Play Rules:

- Hula hoop colors are Orange (top) Bule (middle) Yellow (bottom)
- Must have tape on the back of chair visible to refs and table officials
- The color of the tape must match the color of the appropriate hula hoop for tracking points
- Size 5 basketball
- 3 on 3 cross court/ short court when available
- 5 minute Warm Up
- 10 minutes running time x 2 halves with 2 minutes for half time (25 mins for a game includes 5 minutes for Warms up)
- No classification/ Any function
- Use basketball wheelchair
- Use court boundaries
- 5 sec in key
- No shot clock/ No 8 sec call
- No over and back

- Fouls that will be called : footplate, backing in, reaching with arm contact made on arm, body, or chair (these will be called if there is no attempt for proper positioning)
- Foul will be called in addition to +1 point + possession on ball
- On foul with a miss = 1 point
- On foul with a make = 2 points
- No double dribble
- 2 pushes + basketball move (dribble, pass/shot fake)
- Stay seated in chair with feet in (1 point + loss of possession)
- Defence must start in front court only
- Coaches are allowed to be anywhere
- Coaches can be a designated post

JUNIOR PREP DIVISION

Eligibility: U23 athletes with a disability, with AB athletes required to be U19 at the start of the season, must be registered and paid with ONPARA before the start of the season; the deadline will be posted on the ONPARA website and communicated to club coaches.

Game Play Rules:

- 10 ft net Orange and hula hoop is blue
- Must have tape on the back of chair visible to refs and table officials
- Size 6 basketball
- 3 on 3 Full court (cross court optional)
- 5 minute Wam up
- 2 x 10 minutes running time with 2 minute half time

- Substitution on deadball
- Press is allowed until there is a 6 point differential then press must be called off
- Use court boundaries
- 3 seconds in key
- No shot clock
- No 8/10 seconds
- Over and back will be called
- Fouls will be called: on foot plating, backing in plus lack of wheel overlap, reaching with arms, hands+ body with arms+ hands are reaches
- (1 point + possession on fouls)
- 2 pushes dribble
- No double dribble
- Coaches will be allowed to move baseline to half court

BASKETBALL FOR LIFE DIVISION (D3)

Eligibility: Athletes of all ages are welcome to participate and must be registered and paid with ONPARA before the start of the season; the deadline will be posted on the ONPARA website and communicated to club coaches.

Game Play Rules:

- 10 ft net Orange and hula hoop is blue
- Must have tape on the back of chair visible to refs and table officials

ONTARIO PARA NETWORK

- The color of the tape must match the color of the appropriate hola hoop for tracking points
- Size 6 basketball
- 3 on 3 Full court
- 5 minute Wam up
- 2 x 10 minutes running time with 2 minute half time
- Substitution on deadball
- basketball wheelchair
- No classification
- Use court boundaries
- 5 seconds in the key
- 2 push dribble
- No shot clock
- No 10 sec in back court
- No over and back
- Defence starts in back court no press
- Fouls will be called: on foot plating, backing in plus lack of wheel overlap, reaching with arms, hands+ body with arms+ hands are reaches
- (1 point + possession on fouls)