

Rules for Safety

1. No grabbing or holding onto another player's chair.
2. No ramming into another player's chair from behind.
3. No chaining or linking chairs up to each other.

Chair Skills

Pushing: 1. hands in ready position (on rubber, not rims)
 2. hands lead, followed by head, shoulders, and then body
 3. begin at 12:00, move through to 3:00 and then cut across wheel back to ready position, forming the shape of a 'D'

Turning: hold one wheel while turning the other and vice versa

Stopping: arms straight, firmly grasp wheel, lock elbows, and lean back as far as possible

Games: Shark, Freeze Tag, Rolling Leap Frog around boundaries of court

Passing Skills

Chest Pass and Hook Pass (no bounce pass), always focus on the target

Games: Pass and Catch, Duke Passing, Caterpillar

Ball Skills

Handling: 1. finger pads
 2. keep head up
 3. use either hand (important in a game to dribble with hand furthest away from opponent)

Dribbling: 2 pushes per bounce, can either place ball in lap while taking 2 pushes or push in between bounces, no limit on coasting, pivoting counts as pushing

Games: Relay Race

Shooting Skills

Make sure chair isn't rolling and have shoulders facing (or square with) the net. Start low and aim high.

Games: Shooting with differential scoring