

# WAYS TO PLAY

There are several different ways for people with disabilities to play lacrosse. Choosing the best format often depends on a combination of disability type, level of impairment, and personal preference.

## **Inclusive Lacrosse**

Inclusive Lacrosse is designed to include players with a wide variety of disabilities. Any athlete with a disability may participate with appropriate support. Inclusive Lacrosse is often played in a station-based clinic format on natural grass, synthetic turf, or basketball court depending on the accessibility needs of the athletes.

## **Unified Lacrosse**

Unified Lacrosse is designed to allow athletes with and without disabilities to play together on the same teams. Unified Lacrosse is often played by neurodivergent athletes and athletes with other cognitive or developmental disabilities in a station-based clinic or small-sided game format.

## **Wheelchair Lacrosse**

Wheelchair Lacrosse is designed for athletes with disabilities that affect their mobility. Games are played 7v7 on a solid surface roller hockey rink using a no-bounce lacrosse ball and box lacrosse goals. A non-contact 3v3 version may also be played on a basketball court. Teams are often mixed gender and mixed ability. The same sport wheelchairs that are used for wheelchair basketball may also be used for wheelchair lacrosse.

## **Impairment-Specific Formats**

Impairment-specific formats are designed to allow athletes with similar disabilities to play alongside and against each other. Some examples of impairment-specific formats include programs for athletes with amputations/limb differences, vision impairments, and hearing impairments.

## **Mainstream Formats**

Athletes with disabilities may also participate in typical or “mainstream” formats of lacrosse at all levels of play.