



# WHEELCHAIR TENNIS

The most integrative and professional of all para-based sports, and we reckon it's the most fun too – welcome to wheelchair tennis!

- **One major rule change to non-disabled tennis** – Wheelchair tennis players are allowed up-to two bounces of the tennis ball during a rally/point
- **Bespoke sports wheelchairs** to give enjoyable and transformative experiences
- **A sport for every age and stage**, from juniors to seniors
- **A role model and ambassador** to inspire new players into tennis
- **Fantastic health benefits** from improved physical, social and mental wellbeing
- **Represent Great Britain** at Grand Slams, Paralympic Games and on the ITF Wheelchair Tennis Tour
- **Play socially** with friends, family, and an opportunity to meet new people



## COULD YOU BE OUR NEXT CHAMPION?

Click here to relive the groundbreaking Court 1 experience at Wimbledon.

# YOU DON'T HAVE TO BE A FULL TIME WHEELCHAIR USER TO PLAY WHEELCHAIR TENNIS



There are many opportunities available to you if you have a physical impairment (click any of the below to find out more):

- ▶ **FIND YOUR LOCAL SESSION**
- ▶ **WHEELCHAIR TENNIS INITIATIVE**
- ▶ **LTA WHEELCHAIR TENNIS COMPETITIONS**

## Eligible impairment groups for wheelchair tennis:

- Ataxia (e.g. cerebral palsy, brain injury, multiple sclerosis)
- Athetosis (e.g. cerebral palsy, brain injury)
- Impaired Muscle Power (e.g. spinal cord injury)
- Impaired Passive Range of Movement (e.g. joint immobilisation)
- Hypertonia (e.g. cerebral palsy)
- Leg Length Difference (e.g. congenital, disturbance of limb growth)
- Limb Deficiency (e.g. amputation)



**WHAT DO YOU REALLY KNOW ABOUT WHEELCHAIR TENNIS?**

