



ALL4ONE

WE ARE UNITED

POWERCHAIR SOCCER

WHAT IS POWERCHAIR SOCCER?

Powerchair Soccer is a modified version of soccer for power wheelchair users. It is the fastest growing sport for power wheelchair users and it is played all over the world! This sport is for all ages and combines the skills of the power chair athlete with the speed of the chair to attempt to spin-kick a 13-inch soccer ball into a goal.



OUR PROGRAM:

Our program is an introductory program aimed at introducing powerchair users to Powerchair Soccer. The focus of our program is to ensure that individuals have a positive first experience in a safe, welcoming and inclusive environment.

Throughout this program the basic skills of powerchair soccer will be taught. There will be two programs, one for youth and another program for adults. The programs will run once a week at the new Zatsman Sportsplex facility for 10 weeks. Gear and equipment will be provided to players.

EQUIPMENT:

Footguard

- The footguard is used to maneuver the ball as well as protect the player's feet. This is provided by the program.

Ball

- The ball is 33cm in diameter. This is provided by the program.

Power Wheelchair

- A power wheelchair (no scooters) is necessary. A seatbelt is required along with other restraints normally used.

HOW TO REGISTER:

1. Register online at udfc.ca
2. Attend our Come Try Event/ Bench Testing – March 6th or 13th 2019
3. Program Starts April 3rd 2019

RULES OF THE GAME:

The rules are based on the able-bodied game with a few changes.

- There are 4 players to a side
- 20 minute halves
- There is no offside
- There are 2 on 1 and 3 in the goal area violations
- Minimal contact

These rules are used to create space since the ball can't be kicked over player's heads.

WHO IS UDFC?

Four soccer clubs of the Dartmouth, Cole Harbour and Eastern Passage areas have merged under a new identity – United DFC. United DFC is a result of the Cole Harbour Soccer, Dartmouth Football, Dartmouth United Soccer and the Eastern Passage Soccer Clubs' vision to create a club greater than any single club as they currently exist.

We maintain a strong grassroots focused program for the learning, development and enjoyment of this beautiful game by all players, while at the same time supporting the aspirations of all players to develop to their highest potential.

United DFC provides players with the opportunity to play soccer from age 3 to senior at both the community and performance levels. Coaching and volunteer development is a priority and the club is taking great care to implement the best practices from the member clubs and from across the country as they build United DFC's programs and policies.



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To learn more about Powerchair Soccer visit udfc.ca or email powerchairsoccer@udfc.ca