

# WHEELCHAIR RUGBY



## WHAT TO EXPECT:

Interested in a fast paced, contact sport?

Wheelchair rugby is a team-based, contact sport with non-stop action and the opportunity to play at the competitive level with the Sportable Possums! We'll teach you the foundational knowledge of the sport you need to know with basic drills and skills to get playing right away. Come meet welcoming peers of all abilities, learn new skills, and build a community!



## JOIN THE GAME:

Sportable members participate in rugby with a wide range of physical disabilities impairing movement of 3-4 limbs including, but not limited to:

- Quadriplegic Spinal Cord Injuries
- Muscular Dystrophy
- Multi-limb Amputees
- Quadriplegic Cerebral Palsy



## EQUIPMENT

- Sportable will provide all equipment necessary including:

- Regulation rugby balls
- Hand protection
- A rugby wheelchair that fits you securely with lap and foot straps
  - There are two types: offensive chairs with front bumpers and wings, and defensive chairs with bumpers set up to hook and hold onto other players



OFFENSIVE CHAIR



DEFENSIVE CHAIR

## CHAIR FITTING & ADAPTATIONS\*

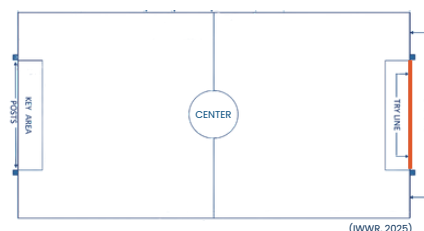
- Straps can be utilized along your chest for added support to maintain your position in your chair
- Palm and high wrist gloves provide added stability, comfort, and protection
- The seat angle (dump) in the wheelchair can be adjusted to improve stability for individuals with decreased trunk control
- Ball holders can be attached to chairs to support the ball while in play



## HOW TO PLAY

- Wheelchair rugby is played on an indoor court with 4 players from each team
  - Begins with a tip-off in the center circle
  - Consists of 4 periods of 8 minutes
- Goal is to score 'tries' by crossing the opposing team's **try line** while in possession of the ball - in your lap, hand, or dribbling
- Ten second violation:
  - Players **must** dribble the ball every **10 seconds**
- Forty second violation:
  - Each team has **40 seconds** to cross the other team's try line
- The USA Wheelchair Rugby Association classifies competitive players based on their functional ability from 0.5 to 3.5 points

### RUGBY COURT



(WWWR, 2025)

\*This is not an exhaustive list - Sportable can adapt and modify equipment to meet your individual needs and find what works for you!

OUR LEAGUE: **USWRA**  
UNITED STATES WHEELCHAIR RUGBY ASSOCIATION