

WHEELCHAIR RUGBY

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!

EQUIPMENT

Sportable will provide all equipment necessary including:

- Regulation rugby balls
- Hand protection
- A Rugby wheelchair
 - » Offensive wheelchairs with front bumpers and wings.
 - » Defensive wheelchairs with bumpers set up to hook and hold onto other players.



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.



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
- Multi-limb Amputees
- Muscular Dystrophy
- Quadriplegic Cerebral Palsy

COMMON 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.

RUGBY COURT

