

Wheelchair Rugby Information Sheet

About the sport

Wheelchair rugby is an intense, contact team sport played by males and females in eight-minute quarters. To be eligible to compete, athletes must have a significant impairment that affects their arms and legs.

Players are assigned a point value from 0.5 to 3.5 – the higher the number of points, the less impairment the athlete has. The four players on court cannot exceed a combined total of eight points.

Wheelchair rugby is played indoors on a regulation-sized basketball court.

A volleyball is used and it can be carried, dribbled or passed in any way except by kicking. It must be bounced at least once every 8 seconds.

As a contact sport, Wheelchair rugby places high demands on players' wheelchairs. They are lightweight and easy to manoeuvre while still being strong enough to protect the players and withstand frequent collisions. Wheelchair rugby chairs include bumpers at the front and wings to protect the sides.

Who can compete?

Wheelchair rugby is open exclusively to athletes with more significant physical impairments. Athletes are required to submit medical reports and meet the minimum impairment criteria in order to compete.

Eligible impairments	Description	Minimum Impairment Criteria
Muscle Weakness / Impaired muscle power	Muscle weakness or paralysis from conditions such as muscular dystrophy, multiple sclerosis, nerve damage, spinal cord injury or other spinal condition or change in muscle origin/insertion.	Loss of strength in both legs AND at least one hand.

Eligible impairments	Description	Minimum Impairment Criteria
Impaired passive range of movement	Restricted movement or tightness in a joint/s from conditions such as joint fusions and other restricting conditions.	Restricted movements in both legs AND at least one hand.
Limb Loss	Partial or complete absence of bones or joints due to amputation or deficiency from birth.	Limb loss in both legs AND at least one arm/hand.
Co-ordination impairments: Hypertonia/Spasticity Motor Ataxia, Dyskinesia	Impairments from neurological conditions such as acquired brain injury, cerebral palsy and multiple sclerosis that affect co-ordination and smoothness of movement and balance.	Co-ordination or movement difficulties in both legs AND at least one arm.

Wheelchair Rugby Sport Classes

Sport Class	Description (Guide Only)
Athletes with a Physical Impairment	
0.5	Players with no torso or leg movement; limited shoulder; elbow and hand movement. Use chest strapping and significant tilting on their playing chair to assist with balance. Players elbows are out to the side, and the head bobs while pushing. Players need to stop to change direction. Players are typically defensive blockers and are not major offensive ball handlers.
1.0	Players with no torso or leg movement; limited shoulder; elbow or hand movement, but with more control than 0.5 players. Players are typically blockers, may inbound the ball but are not major offensive ball handlers. Players catch the ball with forearms or wrists and are able to turn their chairs without stopping.
1.5	Players with some shoulder, elbow and wrist strength; weakness in torso and legs. Players are excellent blockers and may be an occasional

	ball handler. Players catch with forearms or wrists and have the ability to throw some distance.
2.0	Players with strong shoulders, some weakness in wrist and fingers. Players have a role as ball handler. Players use wrists to catch and hold ball securely from opponents. Are able to throw a good chest pass and move quickly around the court.
2.5	Players with strong shoulders, elbows and wrists; but finger and torso weakness. Players are ball handlers and fast playmakers. Can dribble the ball well and have the ability to overhead pass with one hand. Can catch with one or two hands. Good ability to defend ball from opponents
3.0	Players have good shoulder, arm and hand strength, and may have some control of their torso. Players are very good ball handlers and fast playmakers. Players are capable of good, controlled catches with one or two hands and can dribble and pass well with one hand. Are able to protect the ball well against opponents.
3.5	Players have good arm and torso control. Are major ball handlers and very fast playmakers. Players are very stable in their playing chairs and have excellent ball control with one hand in passing and receiving. Players can protect the ball well against opponents and can powerfully ram their opponents' chairs to try to steal the ball.
Not Eligible (NE)	Player does not meet the minimum criteria for the Para sport classes but may still be able to compete. Contact Wheelchair Rugby Australia for more information.

Find out more

To get involved or for more information contact:

Wheelchair Rugby Australia

W: www.wheelchairrugby.com.au

E: Classification@wheelchairrugby.com.au

Note: The classification information provided is intended as a guide only. Only authorised classifiers are able to provide a formal classification in accordance with the rules of the sport.