

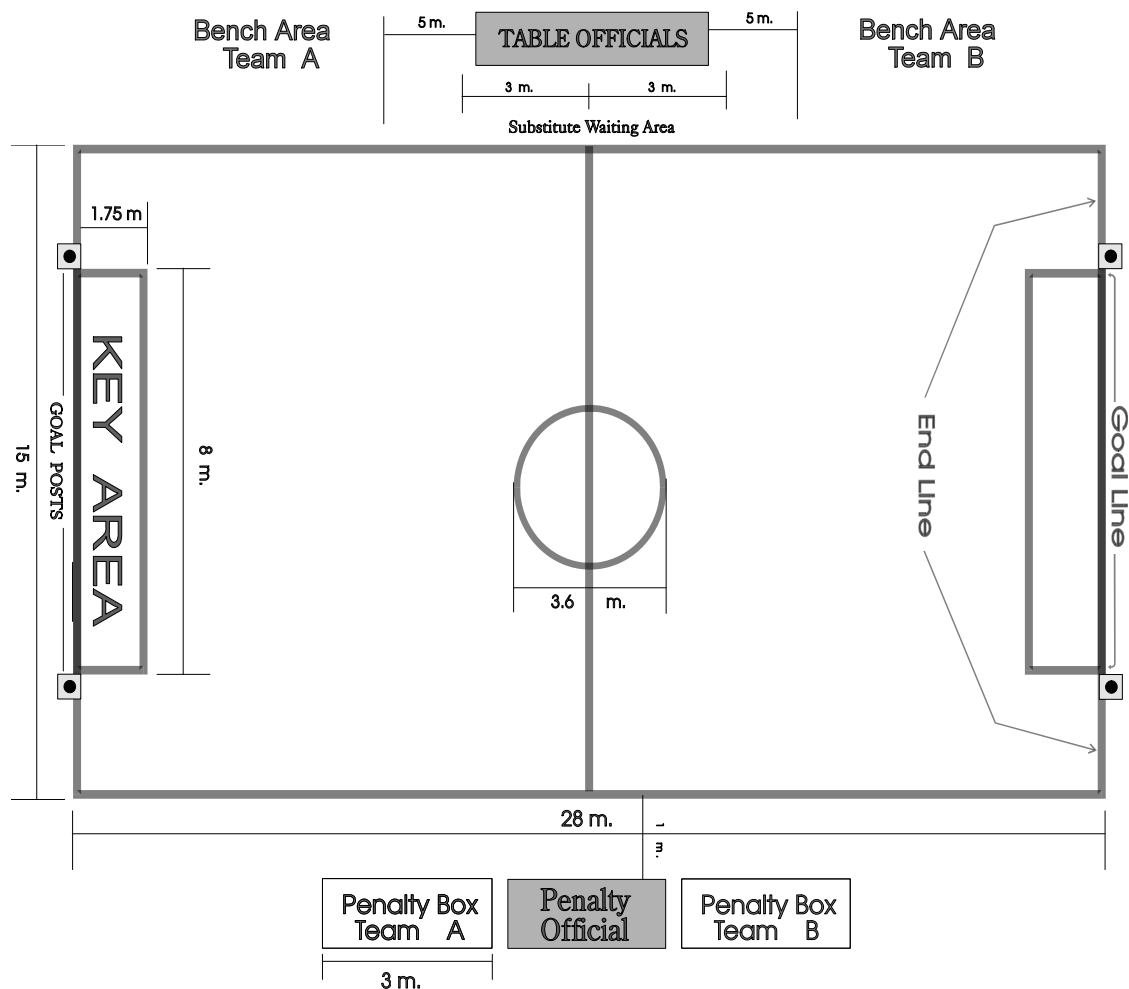
# Rhinos Wheelchair Quad Rugby Section

Rhinos Quad wheelchair rugby section was set up in 2005, after the club supported the change of name from midland bandits in the first year the section won the national league title from London wheelchair rugby club and have also playing in European rugby competitions, we are now developing the team and are always looking for new player

## *The Game:*

Wheelchair rugby is played on a standard basketball court and is marked out with goals and a key area at each end (see Figure). Volleyball is used instead of the usual rugby ball. Situated on the court side by the half way line is the 'Table' at which scorer and time keeping official sits. On the opposite side is the sin bin and penalty box official

The object of the game is to score by carrying the ball over the opponent's goal line. Most chair to chair contact is allowed, just not body contact! The opposition will try to gain possession by forcing errors and overpowering attacks on goal.



## A Few Rules:

The game consists of 4 x 8 minute quarters and the clock stops whenever the ball is deemed out of play; a typical match lasts for about 1.5 hours

Only three defenders are allowed in the key, all four of the attackers are allowed for up to 10 seconds

The ball handler must pass or bounce the ball once every 10 seconds

The offensive team have 12 seconds to get out of their half; they then can't go back in. A turnover can happen if the 40 second shot clock sounds

Penalties if in possession mean 'turn-over' or 'time in the bin!' if not in possession.

## WHEELCHAIR RUGBY

### Who can play?

Wheelchair rugby is the only team game for people with upper limb impairment, if you can push a chair; you can play! To enable teams to compete on level terms; a player classification system is used. This grades players on their individual bodily movement-i.e. body, arm, hand, muscle function and strength.

Classification is given from 0.5 points to 3.5, the lower the point, the less physically able the participant.

4 players are on court and they must not total more than 8 points during play.

### A role for all

Coaches are able to select a variety of player combinations to make up the 8 points.

The higher pointers generally handle the ball and the lower pointers help pick and protect. In some cases it maybe necessary to run a high/low line up, for example; 2x3.5 and 2x0.5=4 players and 8 points. In other games it might be beneficial to run a more

balanced line up such as 4x2 point players for solid speed and agility. Differing opponents require these tactical changes but in any event wheelchair rugby is very much a team sport and high and low point players have to work together to win games.

### Strategy

**DEFENSIVE**-After a goal is scored by your team, or from a 'tip off' or 'sideline' ball; There are 2 ways a team can defend; they can either put a press on, in which they attempt to hold the opposition in their own half for 15 seconds or force an error and the 'turnover'. Alternatively teams may opt to put 3 players in the key with 1 outside defending the weaker gaps, all 4 working in formation to defend the goal.

**OFFENSIVE**-Each team develops their own style and favoured plays for scoring, specific to their line up's strengths. Basic tactics involve the creating of an overlap by picking out an opponent behind the play, giving a 4 against 3 advantage. Then the team will miss-match the opponent's players on classification to create a strength

and agility advantage over their weaker players to allow easy scoring for the ball handlers.