

LESSON 6

Wheelchair Rugby (Murderball) – The Game

Timing: 2 x 45
minute blocks



CROSS-CURRICULAR: Sciences, Physical Education

LEARNING OUTCOMES: Sample Grade 5, see p 76

OVERVIEW: This lesson focuses on how the game of wheelchair rugby is played.

CURRICULUM SKILLS / KNOWLEDGE / VALUES:

Students will:

- learn how the game of wheelchair rugby is played
- expand their knowledge about wheelchair rugby

TEACHING MATERIALS:

- computer and internet access
- website to view supporting web links and video:
– www.canadacupwcrugby.com
- Wheelchair Rugby: The Basic Rules
(see Teacher Backgrounder)
- Wheelchair Rugby Trivia Game
Questions and Answer Key
- Wheelchair Rugby Trivia Game
Cards (50) (photocopy one set)
and Blank Templates

Teaching Activities

- 1** View the wheelchair rugby games video clips and facilitate discussion around what students learned and what they found most interesting.
- 2** With the class, explain and discuss the Game of Wheelchair Rugby and Basic Rules.
- 3** Play Wheelchair Rugby Trivia. There are a number of ways to play:
 - have the students cut the questions from the answers and do a matching activity in partners or teams, or match the questions with answers that are posted around the classroom.
 - or play a team or group trivia live game show using any of the provided Trivia Questions and Answers.
 - or have students create more questions and answers to add to the trivia card set by filling in the blank templates.

WHEELCHAIR RUGBY

Basic Rules

COURT: Regulation-sized, hard-wood basketball court

EQUIPMENT: Soft volleyball, gator ball, playground ball

- A team has 12 seconds to advance the ball over centre into the opponent's half-court.
- Fouls are assessed and penalties can include awarding of a goal, a timed penalty, a turnover or a yellow or red card.
- A player with the ball has unrestricted pushes but must pass or dribble, pass or score, the ball every 10 seconds or a turnover is awarded.
- A goal must be scored before the 40-second clock expires.

The Game

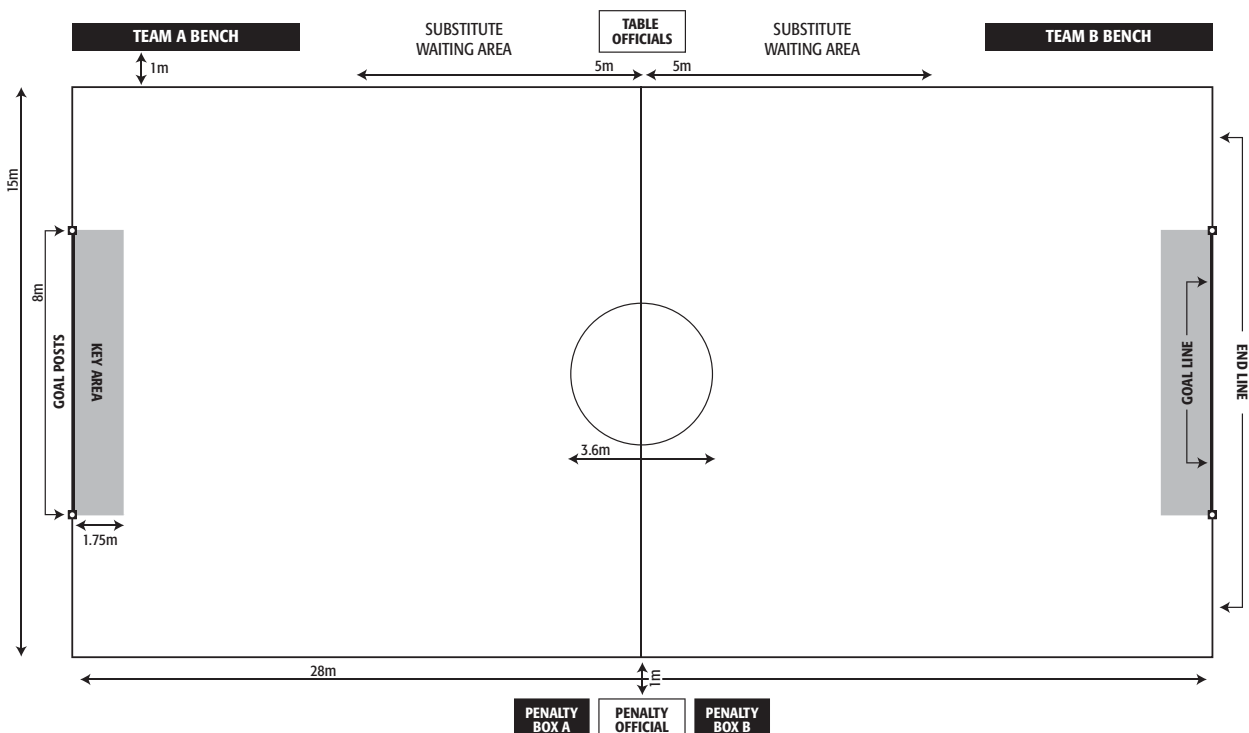
Four players from each team are allowed on the court at a time.

Classification points of the four players on the court must total no more than 8.0 points at one time (plus 0.5 additional points for each female player). Wheelchair rugby is played on a regulation-sized basketball court with some minor modifications (see diagram). During the games, team players pass a ball back and forth while advancing into the opponents' half-court. A goal is scored when a player in possession of the ball manoeuvres any two wheels of her or his wheelchair across the goal line.

While the offense is trying to advance the ball, the defence is trying to take it away and keep the opposing team from scoring. Only three defensive players are allowed in the key. If a fourth enters, a penalty can be assessed or a goal awarded. Another restriction is that an offensive

player can only stay in the key area for 10 seconds; otherwise, a penalty will be assessed. The offense or defence is allowed to make wheelchair contact with any opposing player at any time after the referee has signalled the play to begin.

A player is penalized if the wheelchair contact is considered to be unsafe, usually resulting from a charge, (taking too many pushes before making contact) or a spin (making contact in the back part of the wheels). The game is separated into four quarters; each quarter is eight minutes in length with the play stopping and starting at the referee's whistle. Each team is allowed four 30-second timeouts that may be taken at any time during the game, as long as that team is in possession of the ball, and two 60-second timeouts called on a deadball.

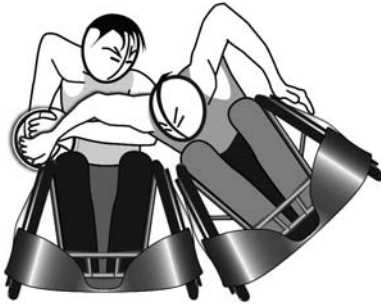


Wheelchair Rugby Trivia Questions

- Q1** All wheelchair athletes, regardless of their disability, can play wheelchair rugby. (T/F)
- Q2** How many classifications are there in wheelchair rugby?
- Q3** A 3.5 classification has the least amount of function. (T/F)
- Q4** Only men can play wheelchair rugby. (T/F)
- Q5** How many seconds does a team have to advance the ball over the centre line?
- Q6** A player with the ball must bounce it after two pushes. (T/F)
- Q7** How many seconds does a player have to pass, dribble or score before the ball is awarded to the other team?
- Q8** How many seconds does a team have to score before the goal clock expires?
- Q9** What is the maximum number of players allowed on a wheelchair rugby team according to IWRF rules?
- Q10** How many players from each team are allowed on the court at a time?
- Q11** To what must the classifications of the players on the court add up to when it is an all-male shift?
- Q12** The classification total changes when a woman is on the court? (T/F)
- Q13** All four wheels of a player's chair must pass the goal line to score a goal. (T/F)
- Q14** How many defensive players are allowed in the key at one time?
- Q15** How many seconds can an offensive player remain in the key?
- Q16** Give one example of a penalty for an unsafe contact.
- Q17** A wheelchair rugby game is separated into four quarters. (T/F)
- Q18** What is the total number of minutes played in a wheelchair rugby game?
- Q19** How many timeouts can a team call in a game?
- Q20** On what size court is wheelchair rugby played on?
- Q21** What was the original name for wheelchair rugby?
- Q22** Who created the game of wheelchair rugby?
- Q23** The definition of a quadriplegic is impairment in four limbs. (T/F)
- Q24** What is the name of the non-progressive disorder of movement or posture due to damage to the brain before, during or shortly after birth?
- Q25** What are the names of the two types of rugby wheelchairs?
- Q26** What is the name of the slowly progressing disease of the brain, spinal cord and optic nerves?
- Q27** What is the name of the international games for athletes with a disability that occurs every four years?
- Q28** Where was the original site of the Wheelchair Games?
- Q29** What is the name for an individual who is missing a limb or part of a limb?
- Q30** What is the name given when an individual has various degrees of paralysis to his/her legs and trunk?
- Q31** Name the three types of disabilities.
- Q32** What is the name given to paralysis on one side of the body?
- Q33** What is the group of bones which make up the spine?
- Q34** What is the name for an artificial limb?
- Q35** What is the sideways curvature of the spine called?
- Q36** What is the name given to wheelchair rugby in the United States of America?
- Q37** What is the term used to describe persons who do not have a physical disability?
- Q38** What part of the wheelchair is designed to provide stability and allows the athlete to turn the wheelchair faster?
- Q39** What is a chronic, hereditary condition characterized by progressive muscular weakness and atrophy of the muscle fibres called?
- Q40** What is a viral infection of the motor cells in the spinal cord that leads to muscular paralysis, atrophy or both called?
- Q41** What is an acquired injury to the brain caused by an external physical force, resulting in total or partial functional disability or psychosocial impairment called?
- Q42** What is the name of the activity that Duncan Campbell was doing when he was injured?
- Q43** What age was Duncan Campbell when he was injured?
- Q44** What is the part of the wheel the athlete uses to propel the wheelchair called?
- Q45** What is the part of the wheelchair that prevents the wheelchair from falling over backwards?
- Q46** What are the two small wheels at the front of the wheelchair called?
- Q47** What part of the wheelchair is designed to protect the spokes and the athletes' hands called?
- Q48** What part of the wheelchair is designed to have the athletes rest their feet on called?
- Q49** What part of the wheelchair is designed to stop the defensive bars from 'picking' into the wheels of the offensive wheelchair called?
- Q50** What is the body of the wheelchair called?

Wheelchair Rugby Trivia Answers

- A1** False
- A2** 7 classifications
- A3** False
- A4** False
- A5** 12 seconds
- A6** False
- A7** 10 seconds
- A8** 40 seconds
- A9** 12 players
- A10** 4 players
- A11** 8.0 points
- A12** True
- A13** False
- A14** 3 defensive players
- A15** 10 seconds
- A16** A charge (taking too many pushes before contact) or a spin (making contact with the back part of the wheels)
- A17** True
- A18** 32 minutes
- A19** Four 30 second time outs and two 60 second time outs
- A20** A regulation-sized basketball court
- A21** Murderball
- A22** Duncan Campbell and his friends
- A23** True
- A24** Cerebral Palsy
- A25** Offensive and Defensive
- A26** Multiple Sclerosis
- A27** Paralympic Games
- A28** Stoke Mandeville, England
- A29** Amputee
- A30** Paraplegic
- A31** Intellectual, Physical and Sensory
- A32** Hemiplegia
- A33** Vertebrae
- A34** Prosthesis
- A35** Scoliosis
- A36** Quad Rugby
- A37** Able-bodied
- A38** Camber
- A39** Muscular Dystrophy
- A40** Polio
- A41** Brain Trauma
- A42** Diving
- A43** 17 years old
- A44** Push Rim
- A45** Anti-tip Wheels
- A46** Front Caster Wheels
- A47** Spoke Guard
- A48** Footrest
- A49** Offensive Chair Wings
- A50** Frame



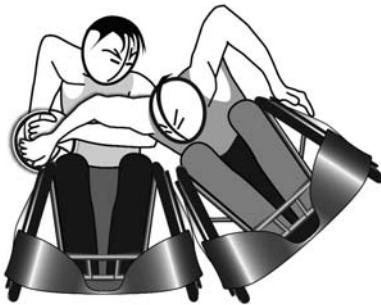
Q1

All wheelchair athletes, regardless of their disability, can play wheelchair rugby.
(t/f)



false

A



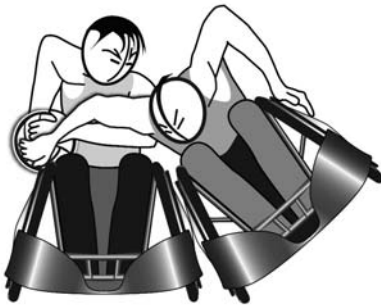
Q2

How many classifications are there in wheelchair rugby?



seven classifications

A



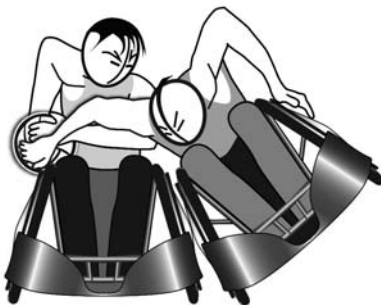
Q3

A 3.5 classification has the least amount of function.
(t/f)



false

A



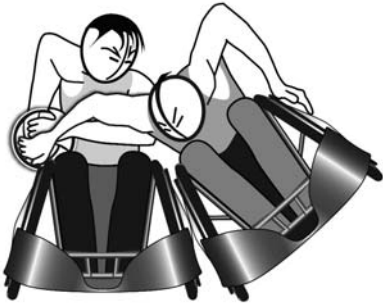
Q4

Only men can play wheelchair rugby.
(t/f)



false

A



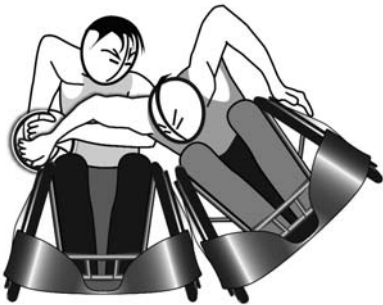
Q5

How many *seconds* does a team have to advance the ball over the centre line?



twelve
seconds

A



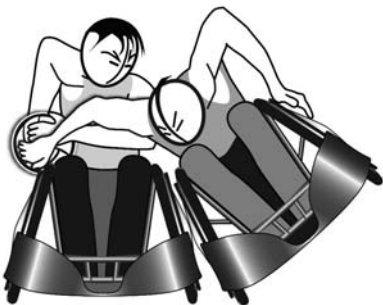
Q6

A player with the ball must bounce it after two pushes.
(t/f)



false

A



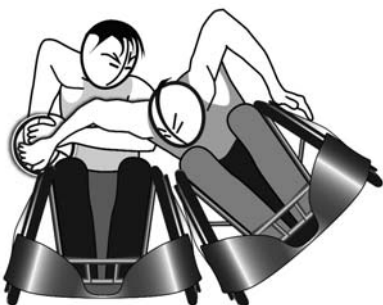
Q7

How many *seconds* does a player have to pass, dribble or score before the ball is awarded to the other team?



ten
seconds

A



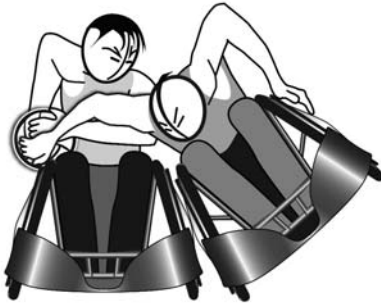
Q8

How many *seconds* does a team have to score before the goal clock expires?



forty
seconds

A



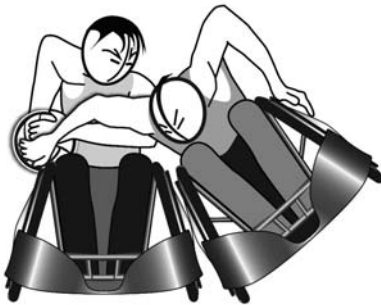
Q9

What is the maximum number of players allowed on a wheelchair rugby team according to IWRF rules?



twelve players

A



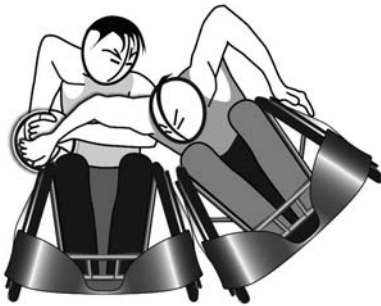
Q10

How many players from each team are allowed on the court at a time?



four players

A



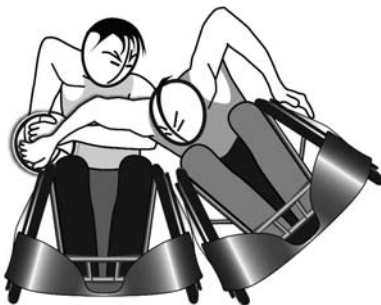
Q11

To what must the classifications of the players on the court add up to when it is an all-male shift?



eight points

A



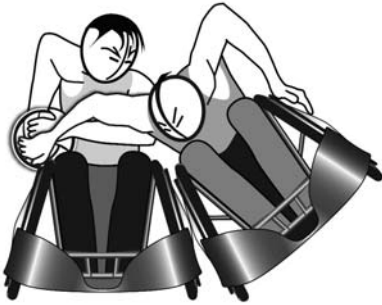
Q12

The classification total changes when a woman is on the court?
(t/f)



true

A



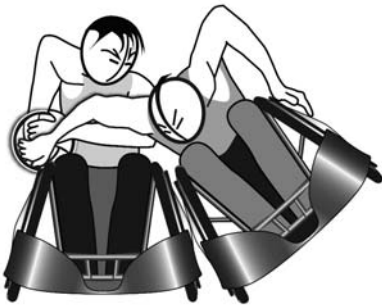
Q13

All four wheels of a player's chair must pass the goal line to score a goal.
(t/f)



false

A



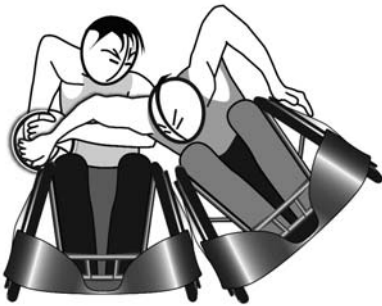
Q14

How many defensive players are allowed in the key at one time?



three defensive players

A



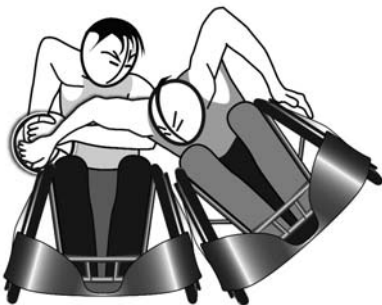
Q15

How many seconds can an offensive player remain in the key?



ten seconds

A



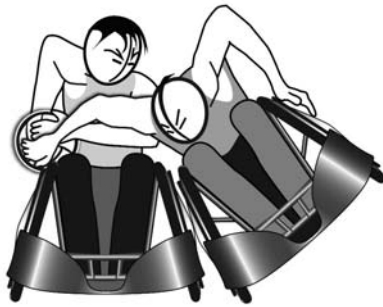
Q16

Give one example of a penalty for an unsafe contact.



A charge (taking too many pushes before contact) or a spin (making contact with the back part of the wheels)

A



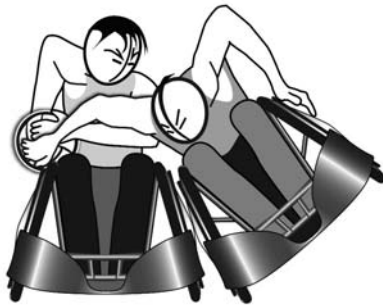
Q17

A wheelchair rugby game is separated into four quarters.
(t/f)



true

A



Q18

What is the total number of minutes played in a wheelchair rugby game?



thirty-two minutes

A



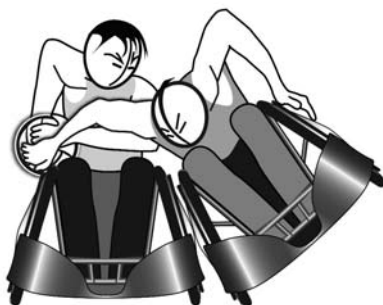
Q19

How many timeouts can a team call in a game?



four 30 second time outs and two 60 second time outs

A



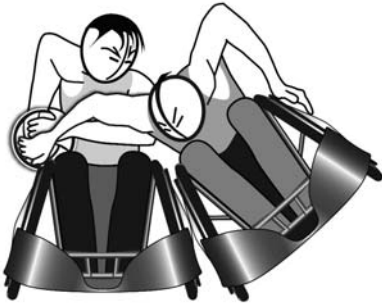
Q20

On what size court is wheelchair rugby played on?



A regulation-sized basketball court

A



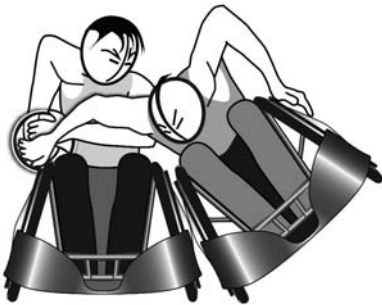
Q21

What was the original name for wheelchair rugby?



Murderball

A



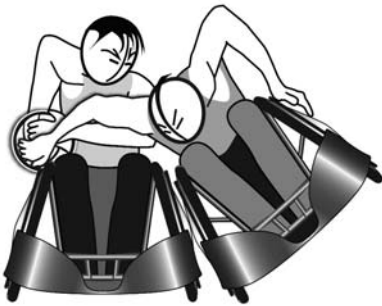
Q22

Who created the game of wheelchair rugby?



Duncan Campbell and his friends

A



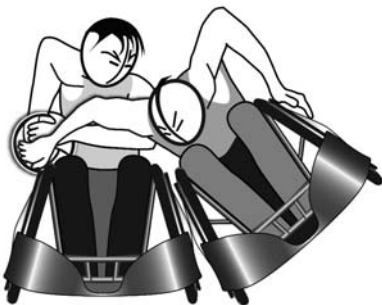
Q23

The definition of a quadriplegic is impairment in four limbs.
(t/f)



true

A



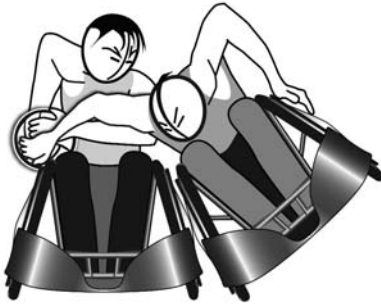
Q24

What is the name of the non-progressive disorder of movement or posture due to damage to the brain before, during or shortly after birth?



cerebral palsy

A



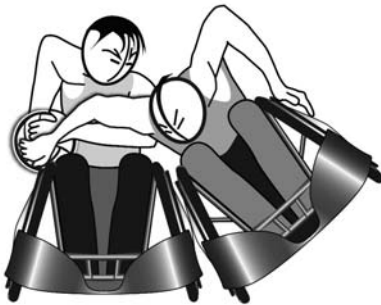
Q25

What are the names of the two types of rugby wheelchairs?



offensive and defensive

A



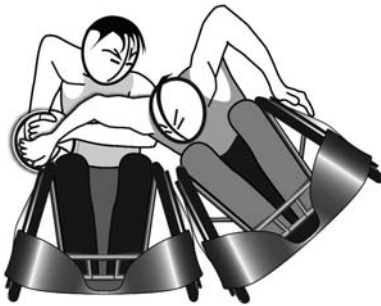
Q26

What is the name of the slowly progressing disease of the brain, spinal cord and optic nerves?



multiple sclerosis

A



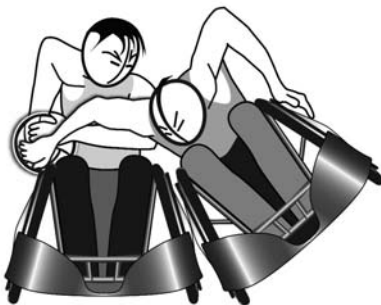
Q27

What is the name of the international games for athletes with a disability that occurs every four years?



Paralympic Games

A



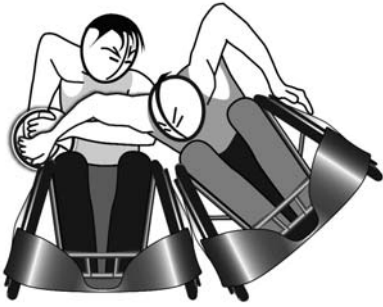
Q28

Where was the original site of the Wheelchair Games?



Stoke Mandeville, England

A



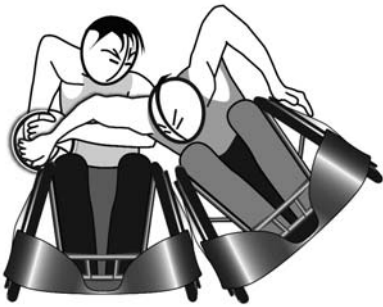
Q29

What is the name for an individual who is missing a limb or part of a limb?



amputee

A



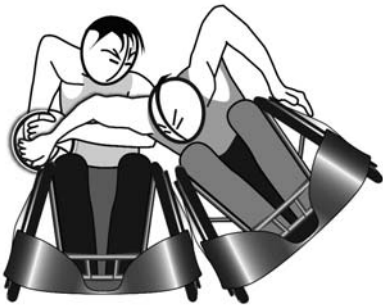
Q30

What is the name given when an individual has various degrees of paralysis to his/her legs and trunk?



paraplegic

A



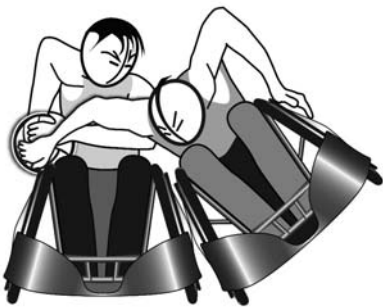
Q31

Name the three types of disabilities.



intellectual,
physical and
sensory

A



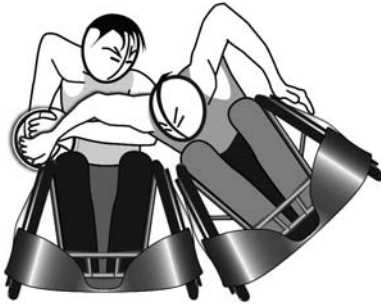
Q32

What is the name given to paralysis on one side of the body?



hemiplegia

A



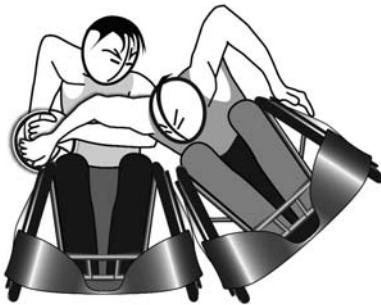
Q33

What is the group of bones which make up the spine?



vertebrae

A



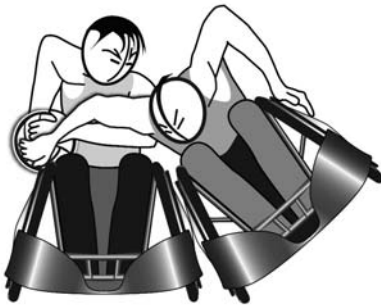
Q34

What is the name for an artificial limb?



prosthesis

A



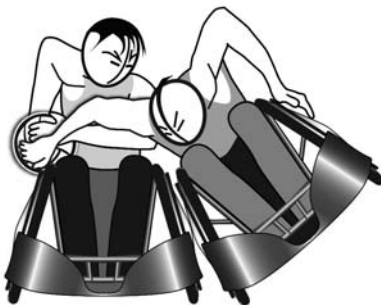
Q35

What is the sideways curvature of the spine called?



scoliosis

A



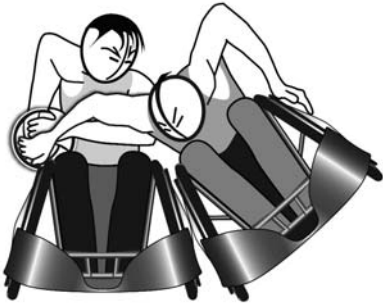
Q36

What is the name given to wheelchair rugby in the United States of America?



quad rugby

A



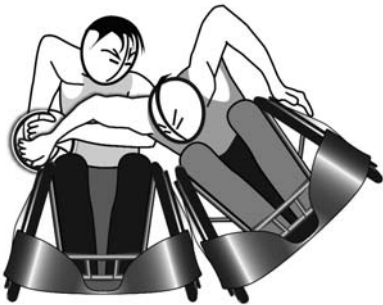
Q37

What is the term used to describe persons who do not have a physical disability?



able-bodied

A



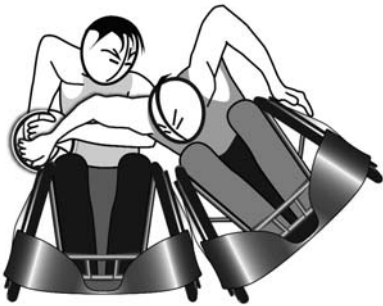
Q38

What part of the wheelchair is designed to provide stability and allows the athlete to turn the wheelchair faster?



camber

A



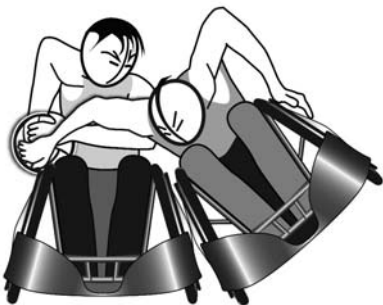
Q39

What is a chronic, hereditary condition characterized by progressive muscular weakness and atrophy of the muscle fibres called?



muscular dystrophy

A



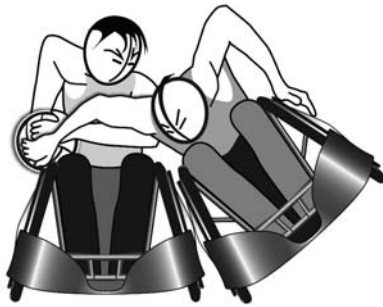
Q40

What is a viral infection of the motor cells in the spinal cord that leads to muscular paralysis, atrophy or both called?



polio

A



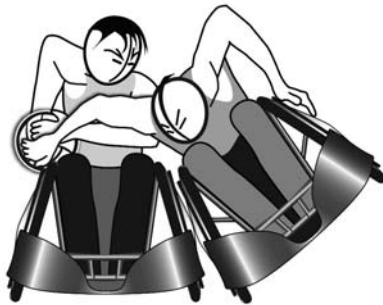
Q41

What is an acquired injury to the brain caused by an external physical force, resulting in total or partial functional disability or psychosocial impairment called?



brain trauma

A



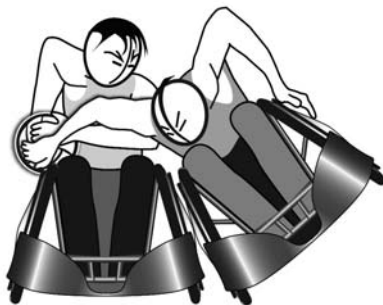
Q42

What is the name of the activity that Duncan Campbell was doing when he was injured?



diving

A



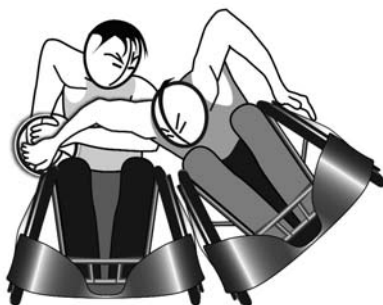
Q43

What age was Duncan Campbell when he was injured?



17 years old

A



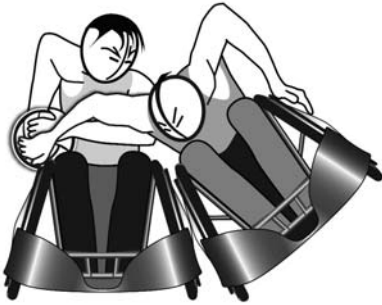
Q44

What is the part of the wheel the athlete uses to propel the wheelchair called?



push rim

A



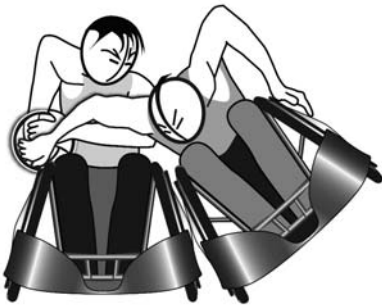
Q45

What is the part of the wheelchair that prevents the wheelchair from falling over backwards?



anti-tip wheels

A



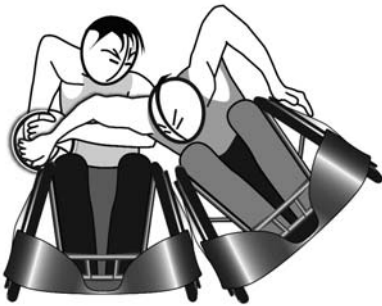
Q46

What are the two small wheels at the front of the wheelchair called?



front caster wheels

A



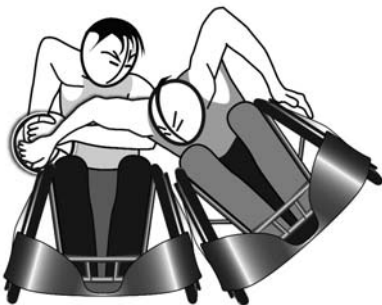
Q47

What part of the wheelchair is designed to protect the spokes and the athletes' hands called?



spoke guard

A



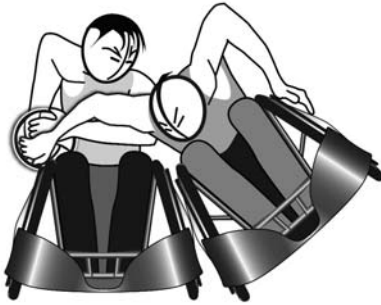
Q48

What part of the wheelchair is designed to have the athletes rest their feet on called?



footrest

A



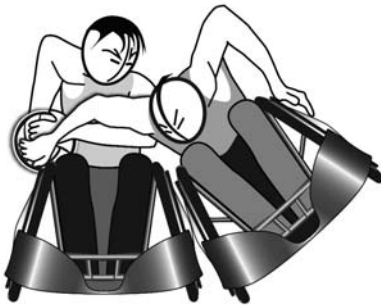
Q49

What part of the wheelchair is designed to stop the defensive bars from 'picking' into the wheels of the offensive wheelchair called?



offensive chair wings

A



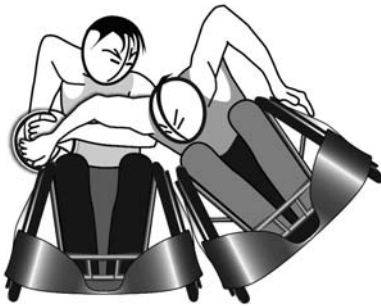
Q50

What is the body of the wheelchair called?



frame

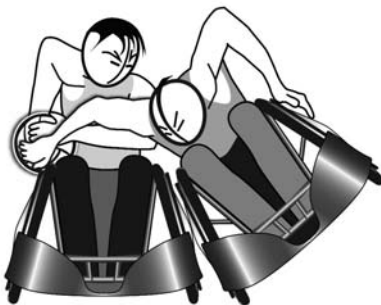
A



Q



A



Q



A