Everything you need to know about the game of wheelchair rugby!

**Wheelchair rugby**
Invented by a group of quadriplegic athletes, who were looking for an alternative to wheelchair basketball. The sport they created, incorporates some elements of basketball, handball and ice hockey.

- **Players of mixed functionality**
- **Duration**: 4 x 8min quarters + 3min decider periods if the game is tied

**The court**
- 1.75m
- 8m
- 2.8m
- 1.5m

- **Posession**
- **GOAL**
- **Key area**
- **Scoring zone**

**For a goal, two wheels must cross the goal line within the key area**

**The wheelchairs**
- **Attack chair**
  - Supportive chairs with straps for waist, body and legs
  - Bumpers make it difficult to stop and hold attack chairs
- **Defence chair**
  - Pick bar designed for striking and holding the opposition
  - Metal disk wheel armour

**http://www.telegraph.co.uk/sport/olympics/paralympic-sport/8717688/London-2012-Paralympics-wheelchair-rugby-guide.html**

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**Challenged Athletes Foundation (CAF)**
The mission of CAF is to provide opportunities and support to people with physical challenges, so they can pursue active lifestyles through physical fitness and competitive athletics.

The flagship program, known as *Access for Athletes*, steps in where rehabilitation and health insurance end by providing funding grants for equipment such as sports wheelchairs, handcycles, mono skis and sports prosthetics, and resources for training and competition expenses related to physically challenged individuals. Be on the lookout for the 2017 grant application this upcoming fall.

For more information please visit: [http://www.challengedathletes.org/site/c.4nJHJQPgEiKUE/b.6449453/k.E830/Access_for_Athletes.htm](http://www.challengedathletes.org/site/c.4nJHJQPgEiKUE/b.6449453/k.E830/Access_for_Athletes.htm) or email: Carolyne Chen at carolyne@challengedathletes.org.

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The Physically Challenged Athlete SIG webpage can be viewed at: [http://www.spts.org/education/special-interest-groups/physically-challenged-athletes](http://www.spts.org/education/special-interest-groups/physically-challenged-athletes)
The following programming is sponsored by the Physically Challenged Athlete SIG:

**Business meeting** for the SIG will be held on **Friday February 19, 2016 at 7:00 am**, Anaheim Marriott, Grand Ballroom E

Physical Therapist Management for the Physically Challenged Athlete - **Thursday February 18, 2016 at 8am**, Anaheim Marriott, Platinum Ballroom 9

**Other Programming of Interest:**

Students with Physical Disabilities: Challenges and Successes — **Friday February 19, 2016 at 11am**, Anaheim Convention Center, Room 209B

Advocacy to Advance Inclusion of People with Disabilities - **Saturday February 20, 2016 at 3pm**, Hilton Anaheim Pacific Ballroom D

The SIG will also be sponsoring the following programming in Nashville at the upcoming NEXT 2016 conference:

**Be Healthy! Endurance Sports and Recreational Activities for Individuals with Disabilities.** Friday June 10, 2016 at 8am. Location TBD

Please “like” the Physically Challenged Athlete SIG – APTA on facebook to get up to date information on the SIG. We also now have a twitter handle: PC Athlete SIG

For further information about this SIG, or if you would like to contribute to future newsletters, please contact Shana Harrington, PT, PhD, SCS, MTC at: shanaharrington@creighton.edu

This biannual newsletter is provided for the members of the Physically Challenged Athlete SIG of the Sports Section of the APTA. To learn more about the Sports Section or to join the SIG, please go to the: www.spts.org