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Wheelchair Rugby

\nAbstract\n\nIn order to understand this sport, we have to understand how it is played and the rules that the players need to follow in order to be fully qualified to step in the court and play this beautiful sport. This sport has in the recent past grown into one of the best sports for the persons with disabilities. Others include basketball and handball but as West (2014) argue, wheelchair rugby does what basketball and handball, do better and collectively and as some may say, simultaneously.\n\nHodges (2012) explains that wheelchair football game is completed with two groups of up to 12 players. Solely four players from every team could also be on the court at any time. It is a mixed gender, sport, and each male and feminine athletes play in constant groups.\n\nWheelchair football game is completed inside on a hardwood court of regular measurements of a regulation court — twenty-eight meters long by fifteen meters wide. The desired court markings are a middle line and circle, and a key space measure eight meters wide by one. 75 meters deep at every end of the court. Stephens (2012)\n\nThe line is that the section of the top line inside the key. Every finish of the line is marked with a round shape structure. The players score by taking the ball across the line. It is important to note that two wheels of the player's chair should cross the road for a goal to count whereas the player has possession of the ball.\n\nA team is not allowed to own enough three players in their core, whereas they are defending their line. Offensive players are not allowed to stay within the opposing team's key for quite 10 seconds. When a player has possession of the ball, they should bounce or pass the ball within 10 seconds. Within 12 seconds, the teams should move the ball from one side of the court to the

other (back to front) and a complete of forty seconds to attain a degree or concede possession.

Physical contact between wheelchairs is allowable, and forms a significant part of the sport. However, physical contact between wheelchairs that has deemed dangerous — like putting another player from behind — is not allowed. Direct physical contact between players is not allowable.

Fouls are fined by either a one-minute penalty, for a loss of possession for offensive fouls or defensive fouls and technical fouls. In some cases, a penalty goal could also be awarded in place of death. Common fouls embody spinning (striking associate opponent's chair behind the most shaft, inflicting it to rotate horizontally or vertically), hot use of hands or reaching in (impressive associate opponent with the arms or hands), associated holding. Wheelchair football game comprises four eight-minute quarters. If the sport is tied at the top of regulation play, three-minute overtime periods are competing.

Much like fit football game matches, extremely competitive chair football game games are fluid and fast moving, with possession shift back and forth between the groups whereas play continues. The sports clock is stopped once a goal is scored, or within the event of a violation — like a ball being completely out of bounds — or a foul. Players could solely be substituted throughout a pause live.

Understanding the impact of Wheel Chair Rugby on people suffering from spinal injuries

Altmann in their article "Improvement of the Classification System for Wheelchair Rugby: Athlete Priorities." Conducted by a survey that contains a sample size of 302 participants with wheelchair football game competition background. The article focuses on the extent of every participant and

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evaluates their ability points based their incapacity mostly. They vary from 0.5 (most impaired) to 3.5 (least impaired) is that the level of knowledge points pre-appointed previous the competition. Additionally, the article desires to create a brand new class within the learning purpose, which is 4.0; however, it is not enough to fulfill the eligibility to satisfy the factors. Thus, this text is trying to prove the new class within the wheelchair football/rugby game rules.

In this article, we understand the basic rules and classification in wheelchair rugby. From, my research is on how the coaching techniques and new technology improve the quality of the general sport and to a person with a disability how wheelchair rugby is beneficial, this article came in handy as it explains more about these techniques.

Tawse, Holly in the article *Qualitative Research in Sport, Exercise, and Health*; states that one of the fastest growing sport of persons with disability is wheelchair rugby. This article mainly focuses on coaches and how they train the athletes for the game professionally. Different coaches use different techniques as to how to encourage and improve the physical abilities of their athletes as well as improve and boost their psychology. This article compares both athletes with disabilities and able-bodied athletes and tries to determine the considerations to improve the training of both categories of athletes.

Misener, and Simon in their article "Managing Disability Sport: From Athletes with Disabilities to Inclusive Organizational Perspectives", which was based on a multiple of researches, compares between physical activity and medical care, and their influence on individuals with disability. One of the most natural and beneficial way to improve a person qualifies of life is promoting and improving physical activity. Adding to that, studying and

understanding a sample size of individuals with a disability helps in managing disability sports.\n\nThe reason as to why I put this research article in my research is because it compare able-bodied people with people with disabilities in mental health and also in physical health, Rugby both in able-bodied and in people with disabilities is known to be a very physical sport but still it requires a sound mind hence bringing the mental health into play here.\n\n

Life Experience

\n\nBefore this near demise incident, he was a very positive and happy person as we used to hang out more often. This changed greatly because after he was a totally different person. He felt stigmatized and was hiding from people, all closed down. Despite not being able to do simple tasks like putting on socks, he kept insisting that he does it by himself and would feel crushed once I would offer any form of help saying that he felt like a burden. This worried not only me as a friend, but also his family because we really cared about him.\n\n\nHowever, the situation improved after a year of physiotherapy and he could now do some of the basic things by himself, and his confidence started kicking in. He was not 100% back to the Peter Chow before the accident as his confidence was a bit shaken still as he worried so much about his self-image and how the rest of the society perceived him. He believed that people viewed him differently after the accident and that we showed him loved due to sympathy other than a genuine love from our heart.\n\n\nOne day, while, at the hospital, he saw an advert on wheelchair rugby, and because he had always had a passion for the sport, he decided to

try it out. This is because he had always been active before then as he was a very active basketball player. Over the years, he became very active with the rugby sport, and he becomes much stronger, and his confidence is up to par. This is because he gets back his control that had gone after his accident.

My paper is to outline the importance of sport to everyone, whether able-bodied or special/ physically disabled. It is to come up with how beneficial it is both physically and mentally. Further to this, discuss how some sports organizations and the government may be willing to make rules or changes to mind the people with disabilities.

The other study involved five different guys. This helped or rather assisted in exploring the meaning of wheelchair rugby as seen through these five athletes. From their stories, we will draw conclusions on how the sport affected or influenced each of them and assessed whether it helped them as it helped Khok. In the end, you will realize that the findings fully support and encourage the use of this sport as a means and way of handling and helping persons with spinal cord injuries.

Here, the players were put through great training both physical and mental after their respective accidents. This study has been used to explain the effect of wheelchair rugby by different researchers, and I will mention it through my research/findings

Findings on Wheelchair Rugby

Physical Health

Peter Chow commented on life challenges he overcame on and off the playground and changes in physical abilities. There were notable changes such as improvements in strength and endurance where he acknowledged by being stronger, faster, and saw changes in his triceps. The

game also taught him what physical skills he possessed and how he was going to apply these skills learned in his day-to-day activities.\n

Psychosocial Well-being

\nAfter therapy, Peter Chow stated,“ I am more confident, even in situations that have nothing to do with rugby. With my job, I have no fear talking in public”. He even accepts that before he could not accept any help, but not that he has finally accepted who he is, he has no problem asking for help from anyone.\n

Full Contact Sport

\nPlayers after learning the sport accept and embrace it in a deep way as seen in Peter Chow. This is because the players usually find deep meaning in playing the game and expressed a strong mental and physical ability and become all proud to be an athlete and stop seeing themselves as persons with disability. Rugby becomes their life and something they can relate to and this gives them a sense of belonging and a sense of life, showing them that there is more to them after the spinal injuries that they were unfortunate enough to get.\n

Athlete Identity is Important

\nIn another study that was taken on 5 players, the athletes spoke about the desire of being looked at as normal people and not just looking at them as cripples and start looking them as athletes.\nOne of them says,“ I play rugby to fill a spot that is missing from all the years playing football. I cannot

imagine not doing something athletic. If I was not playing rugby, I would be miserable. I would not have an athletic outlet.”\n

Benefits of Wheelchair Rugby

\nSome of the benefits of chair football are; increased physical health, psychosocial well-being, expression of a contestant identity, and cultivation of that means associated with taking part in a full sport. Improved physical health is AN expected outcome for many sports engagement. Material gains on the court additionally generalized to alternative life things. Peter Chow commented regarding his strength rising and carrying over to having the ability to push his chair more to urge to figure. This might facilitate to clarify the findings of Anneken et al. (2010) and Hanson et al. (2001), wherever persons with SCI UN agency engaged in sports had higher rates of employment. 3 of our five athletes within the current study Litchke, Hodges, Schmidt, Lloyd, Payne, and Russian thirty-seven were operating, and 4 were attending faculty. Players reportable that their outlook on life or psychosocial well-being was increased through football experiences\nThese reports from the athletes square measure supported by the previous analysis that found that persons with tetraplegia UN agency participated in chair sports had a lot of opportunities for social contact, increased confidence, and social ability on overall quality of life (McVeigh et al., 2009; O’Neill & Maguire, 2004; Stevens, Caputo, Fuller, & Morgan, 2008; Zabriskie et al., 2005). Particularly to wheelchair rugby, newcomers to the game relied on the saw players UN agency had been disabled longer to show them the way to do everyday activities and acquire on with their lives (Lindeman & Cherney, 2008).\n

Experiences associated with wheelchair rugby participation were reportable to aid athletes in their sense of social happiness. Adam talked regarding new opportunities for showing on TV and traveling. It had been discovered throughout this study, and the wheelchair rugby athletes engaged in several social/leisure activities with alternative team members' public settings and talked to able persons regarding wheelchair rugby and their experiences of being a wheelchair rugby athlete. These findings square measures supported by Goodwin et al. (2009), UN agency found that wheelchair rugby athletes incontestable and verbalized a " shared sense of community, membership, and fulfillment of would like, influence, and shared emotional connections they want to genuinely express themselves with their sport" (p. 102).

Hanson et al. (2001) additionally found a positive impact of sports participation for persons with SCI on community integration versus non-athletes with SCI. Physical contact was associated with stress relief. The statements by the athlete(s) reflected the findings by Hicks et al. (2003) and Kennedy et al. (2006), suggesting that sport participation decreases stress and helps individuals manage psychosocial problems associated with stress. Analysis of Gioia et al. (2006) indicated that persons with tetraplegia United Nations agency engaged in sports had lower levels of tension and depression than people who did not participate. Following up on the focus cluster interview Chad and Sean, United Nations agency were each concerned in this tipping incident, talked concerning, however, it brought them along and there was a way to team building/bonding when the tipping. The very fact might lays the results of this gift study level that everyone five players were athletes with their injuries. Therefore, it is difficult to pinpoint whether or not

their levels of ability and confidence were low or high before their injury. All 5 of those chair football game players were athletes, working, or attending to college, before and after this nine week coaching the amount, which can have affected the results. Additionally, all were concerned with activities considered of a lot of physical risks before their injuries like soccer or gymnastics exercise. They were athletes competed at the national level, one with over seventeen year's chair football game expertise. A bunch of the newer players may not as of nonetheless completed, the carry-Litchke, Hodges, Schmidt, Lloyd, Payne, and Russian thirty-nine\nOver price of their participation. However, as a phenomenological study, the results are not meant for reasoning, however; rather illuminate the life experiences of 5 choose wheelchair rugby athletes\n

Conclusion

\nA recent study showed that a pair of years' participation in chair football game coaching resulted in great improvement by patients who suffered from spinal cord injuries.\n\nIn the study, we found that the muscular strength greatly improved throughout the study. This is due to the intense working out and dedication of the athletes to the cause that is to make an impact in the world of sport by being team players and by being productive members of the society. Valent et al., Found no changes in upper-arm strength, but, Dallmeijer et al. Acknowledged improvement within the greatest isometric strength performed after a few months of intense and professional coaching. Therefore, the change of muscle strength is not caused by just intense workout, but also by professional and cutting-edge coaching skills. The major

contributing factor to growth in both mental and physical abilities among the athletes is the ability to learn new techniques and use them in the sport.

One of the most necessary goals of rehabilitation for persons with tetraplegia is to come to a satisfactory life within the community. To its finish, this current analysis study helped determine chair football as a way of enhancing participants' perceptions of self and should offer rehabilitation professionals with a richer precise image of the influence of head sports on these perceptions.

Replication with alternative athletes to expand the understanding of this development is bonded. Upon gaining a breadth of understanding from the athletes' perspective, future analysis may cut into additional empirical investigations to see the incidence of comparable experiences. Additionally, the player's expression of deep which means, of participation lends itself to studies associated with chair sports as serious leisure and also the culture related to membership in head sports groups for persons with SCI.

The study findings helped determine that participation in head football plays a task in the adjustment method in the initial and semi-permanent outcomes for persons with tetraplegia. Therefore, it is necessary for therapeutic recreation professionals to foster sports participation, together with chair football, as a way to maximize the psychotic person social and physical health and well-being of people with tetraplegia.

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