



## **Frequently Asked Questions About Murderball**

1. **What is Quad Rugby?** Quad rugby is a fast paced, full contact wheelchair sport played indoors on a modified basketball court by individuals with some loss of function in all four limbs. The sport is also known as Murderball and Wheelchair Rugby, depending on where you are in the world. For a full description, including it's history click [here](#).
2. **Who can Play?** Typically the sport is played by quadriplegics, but there are many players affected by other disabilities such as Spina Bifida, Post-Polio Syndrome, Amputations, and Guillain Barre syndrome to name a few. All players must eventually go through a classification process to determine if they can officially play the sport.
3. **What is the difference between a Quadriplegic and a Paraplegic?** Without getting too technical, a quadriplegic is usually someone who has injured their cervical spine (neck), resulting in some loss of function in all four limbs. A paraplegic is usually someone who has inured either their thoracic or lumbar portion of the spine (back). A paraplegic will usually have the full use of their arms, hands and sometimes truck muscles, where a quadriplegic will usually loose significant function in all of these areas depending on the level of their injury.
4. **How many players/teams are there in the US?** There are over 30 teams in the US and more than 400 players that actively participate.
5. **Are there teams in other countries too?** Yes, a.k.a. Wheelchair Rugby, the sport is currently played in over 19 countries and is a Paralympic sport. The Paralympics are the second largest sporting event in the world following the Olympics, and take place 2 weeks after the Olympics in the same host city and playing venues. Take a look at [www.paralympic.org](http://www.paralympic.org)
6. **How long is the rugby season?** The season usually begins in late October and ends with our National Championships in April of each year.
7. **Where can I see some games?** Check out the Rugby Calendar on [quadrugby.com](http://quadrugby.com), also look under the "Scoreboard" which chronicles past tournaments from the previous years.
8. **How can I find a team in my area?** Go to [www.quadrugby.com](http://www.quadrugby.com) and look for "Team Contacts" on the Home Page, or feel free to contact our association secretary, Charles Ray, at [chazfray@bellsouth.net](mailto:chazfray@bellsouth.net) . He can direct you to the appropriate people in your area.



9. **How old do you have to be to play?** There is no real age limit per say. Some players have started in their early teens with their parent's permission, while others continue to play into their 40's and 50's.
10. **Can women play?** Absolutely. This is one of the few sports that allow both men and women to compete together on an equal basis.
11. **How much does a chair cost?** New Rugby chairs run anywhere from \$2,000.00 to \$3,500.00 each. They are designed to either be an offensive or defensive chair, depending on your role on the team. There may be some used chairs available through the USQRA and its club teams.
12. **Where can I get a chair?** There are two primary suppliers of chairs in the United States. Eagle Sportschairs is located on the east coast and Vesco Metal Craft is located on the west coast. Their contact information is:  
  
Eagle Sportschairs - Barry Ewing (770) 972.0763  
Website: [www.eaglesportschairs.com](http://www.eaglesportschairs.com) Email: [bewing@bellsouth.net](mailto:bewing@bellsouth.net)  
  
Vesco Metal Craft - Tom or Neil Vesco (619) 591-4862  
Website: [www.vmcrugbychairs.com](http://www.vmcrugbychairs.com) Email: [tom@vmcrugbychairs.com](mailto:tom@vmcrugbychairs.com)
13. **Have there been many injuries in the sport?** Injuries are associated with all sports, but precautions are taken to minimize them. The equipment used is designed to reduce the risk of injury, and rules are in place to make the conduct of play as safe as possible. Although infrequent, players have fractured bones, and there are occasionally torn muscles, cuts and bruises.
14. **How can I get started?** Check out [murderball.quadrugby.com](http://murderball.quadrugby.com) and click on "start a team." The USQRA is also developing flyers and informational sheets to help.
15. **What is the best way to help?** Donations and sponsorship are always needed. Equally important are the need for volunteers, players, coaches, referees, classifiers, trainers and equipment managers as well. If you can't donate money, then donating time to a local team is a great way to help. See [murderball.quadrugby.com](http://murderball.quadrugby.com) under "volunteers."
16. **Do you have a mailing list I can get on?** Yes, we do. Just give us your name, address, phone number and e-mail address, and we will be happy to add you to it so you can receive updates and newsletters periodically. Please send the information to Charles Ray at [chazfray@bellsouth.net](mailto:chazfray@bellsouth.net)



17. **Can I donate to the USQRA?** Yes! Like most non-profit organizations, money is a scarce resource. The USQRA funds player, referee, coaching and classifier clinics each year, and also governs the sport and runs all of our post-season tournaments. We also help develop the USA Rugby Team that competes in the Paralympics. This is all done on a shoestring budget, so we need your help. Since we are a 501(C)(3) organization, all donations are tax deductible. See our [Donation Page](#) to learn more or make a contribution.
18. **Do you accept in-kind donations?** Yes, all gifts of equipment and materials are gladly accepted by the USQRA and will be used accordingly.
19. **Who can I call for further help?** See Murderball.quadruby.com for a list of contacts, or ask any [USQRA Board](#) member for help.
20. **Is there a question you would like to see answered here?** If so, drop us an email to [edandcindy@comcast.net](mailto:edandcindy@comcast.net) with your questions and we'll try to add them in.