# It’s not a real sport if you have to adapt it

## Transcript

This video shows action shots of people playing different sports and disabled and non-disabled people talking about perceptions of disability, inclusion and sport. It begins with quick shots of people’s expressions and reactions to hearing the perception – It’s not a real sport if you have to adapt it.

Tennis club organiser, James: “Yeah that’s not true.”

Netball players, Asmita and Christine look at each other with confusion.

Wheelchair rugby player, Ryan: “Wow.”

Onscreen text reads: It’s not a real sport if you have to adapt it. Who says?

Who Says graphic appears onscreen with a stamping sound.

Cut to quick shots of wheelchair tennis players hitting tennis balls over the net.

Tennis club organiser, James: “A sport is defined by a set of rules that enables us to play a game. If we have to change those rules slightly so we can play the game, then by definition that’s still a sport.”

Cut to shot of a team playing wheelchair rugby in a sports hall. Players crash into each other as they compete for the ball.

Wheelchair rugby player, Ryan: “You’ve got to adapt all sports. Non-disabled sport you’re got to adapt, disabled sport you’ve got to adapt.”

Cut to shot of a game of inclusive field hockey. A player strikes the hockey ball and the goalkeeper makes a save.

Hockey coach, Steve: “We plan the same for that sport. We use the same equipment. The rules are slightly different because someone might not have the mobility. The goals are the same. The keeper is the same, blimey, I wouldn’t want a keeper like that bearing down on you! So for me it’s absolutely the same, it’s just done on a smaller pitch.”

Hockey player, Bryn nods in agreement.

Cut to shot of women taking part in an inclusive walking netball session. Wheelchair user, Asmita scores a goal and her teammates celebrate.

Netball player, Asmita: “Ruth puts that thing down for me to put the ball in. She’s got to do something because obviously from here, I’m not going to be able to reach it because I’m not tall enough. It’s not just that, even if I stand up I’d be small anyway.

Netball players Asmita and Christine laugh together.

Cut to shot of dance partners Goz and Lloyd practicing their choreography at a wheelchair dance session.

Dancer, Lloyd: “If you don’t adapt sports, then not everyone can take part. It’s ridiculous!

Wheelchair dancer, Goz smiles.

Cut of shot of bowler bowling the ball at a cricket session for visually impaired people.

Bowler: “Play” [shouts]

Batter hits the ball.

Cricketer, Freya: “It’s little adaptions like the ball is different, or we’re clapping to the ball. It makes it easier for us to play, and that’s all we want to do really is play sport.”

Onscreen text reads: Call time on negative perceptions, #WhoSays.

Who Says graphic appears onscreen with a stamping sound.

Video ends with Who Says graphic, Activity Alliance logo and Sport England logo onscreen.

End of transcript.