

1. Archery



About the sport

Archery has been a Paralympic sport since the first games in Rome, Italy, in 1960. In archery, men and women compete both individually and/or in teams, in either the sitting or standing class. The goal of archery is to shoot arrows accurately at a target from a distance of 70 metres. The target is marked with ten rings and each ring increases in point value the smaller and closer to the centre they become. A hit in the centre ring scores ten points and scoring zones decrease in value until the outer ring, which is worth one point.

Who can compete?

The sport is open to amputee athletes, athletes with spinal injuries or cerebral palsy, and *les autres*. Archers in the standing class compete standing or sitting in an ordinary chair with their feet on the ground. Archers in the wheelchair class compete in a wheelchair.

Equipment

- A bow and arrows made of carbon graphite and aluminum.
- They must shoot the arrows at a 122-centimetre target.
- Archers use finger tabs to protect the fingers that hold the arrow.

Finger tab

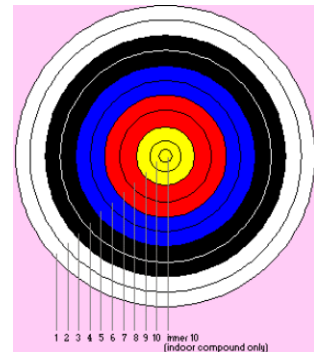


Name: John Stubbs

Country: England

Olympic medal: 1 gold

Facts: John Stubbs had his leg amputated above the right knee after a car accident. He competes sitting in a wheelchair and won the men's individual competition in the 2008 Beijing Paralympic Games. Stubbs hit 10 maximum 10's and four 9's.



Archery Target



Bow and arrow

Interesting Facts about Paralympic Archery

- Spain's Antonio Rebollo shot the famous flaming arrow to light the Olympic Flame at the Opening Ceremony for the 1992 Barcelona Paralympic Games.
- If an arrow touches two rings, the score is that of the higher ring.



Archery Video Clip: It's the Real Deal - Click on Multimedia Lesson
<http://www.paralymipeducation.ca/> - Click on Sports – Click on Archery

2. Athletics



About the sport

Athletic events (track and field) have been included in the Paralympic program since the first Games in Rome, Italy in 1960. Athletics consists of 18 events: nine track events, four throwing events, three jumping events, the Pentathlon (a multi-discipline event) and the Marathon (a long distance running event).

Who can compete?

Athletics events are open to all male and female athletes in all disability classes. The most common types of disabilities among athletes who compete are visual (including blindness), amputation, paraplegia, quadriplegia, and cerebral palsy. However, not all events are offered to all disability classes. Some athletes compete in wheelchairs, others with prostheses and athletes with blindness/visual impairment compete with the guidance of a sighted companion.

Equipment

- Many athletics events require specific sports equipment such as the discus, shot or javelin.
- Wheelchairs are considered to be sports equipment in track and field events. Wheelchair racers wear helmets, gloves and glasses
- Prostheses may be used by amputees. The International Paralympic Committee (IPC) rules require the use of leg prostheses in track events; however, the use of prostheses in field events is optional.
- Ropes or other devices may be used by runners with a visual impairment to link with their sighted guides.
- Acoustic devices (or a sighted "caller") may be used to indicate take-off in jumping events, throwing target areas, etc.



Name: Chantal Petitclerc

Country: Canada (Montréal)

Paralympic medals: 14 gold, 5 silver and 2 bronze

Olympic medals: One gold medal

Facts: Chantal was born on December 15, 1969 in Saint-Marc-des-Carrières, Québec. At the age of thirteen, she lost the use of both legs in an accident. When she was eighteen, she took part in her first race using a homemade wheelchair.

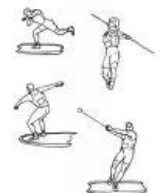
Chantal Petitclerc won an Olympic gold medal during the 2004 demonstration event for wheelchair racing in Athens, Greece.



Athletics wheelchairs tend to be very lightweight.



Leg prostheses



Field events

Interesting Facts about Paralympic Athletics

- Athletics is the largest Paralympic sport in both number of events and number of participants.
- Advances in technology and athletes' dedication to the sport have made once unimaginable feats become realities.
- Oscar Pistorius, "the fastest man with no legs", broke the 11 second barrier by running the 100 metre race in 10.91 seconds in 2007.



Athletics Video Clip: It's the Real Deal - Click on Multimedia Lesson
<http://www.paralymipeducation.ca/> - Click on Sports - Click on Athletics

3. Boccia



About the sport

Boccia was first introduced to the Paralympic program at the 1992 Barcelona Games, Spain. It is a game of precision and is played indoors. The goal of the game is to throw, roll or even kick a leather ball as close as possible to the white target ball (the *jack*). All competitors sit down in an “assigned box” when throwing the ball which makes boccia an ideal game for athletes in wheelchairs. Some athletes are permitted to use an assistive device (usually a ramp or chute to aid in throwing the ball).

Who can compete?

Boccia is open to male and female athletes with cerebral palsy, traumatic brain injury, stroke or similar non-progressive conditions. Only athletes with a severe disability are eligible to compete in boccia.

Equipment

- A set of 13 leather Boccia balls: 6 red balls for Team A, 6 blue balls for Team B and 1 white jack ball.
- A long and narrow play field similar in size to a badminton court, being 12.5 by 6 metres. The surface must be flat and smooth, and is usually wooden, tiled or blocked.
- A measuring device to measure accurately the distance of each ball from the jack.



A set of thirteen Boccia balls

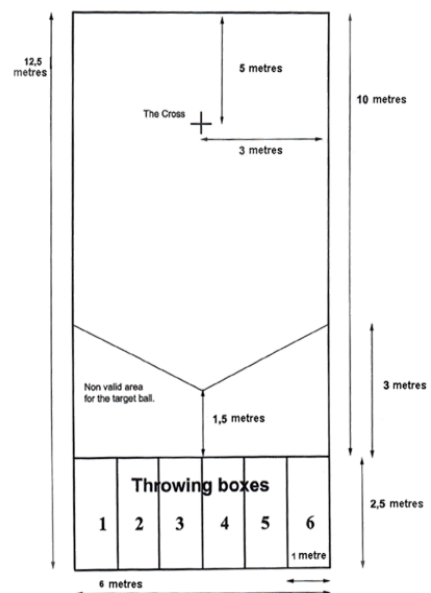


Name: Joao Paulo Fernandes

Country: Portugal

Paralympic medals: 2 gold, 1 silver

Facts: Joao Paulo Fernandes was born on August 11, 1984, in Vale de Cambra, Aveiro, with cerebral palsy. He won a gold medal in Beijing in 2008 in the individual competitions.



Boccia playing field

Interesting Facts about Boccia

- Boccia does not exist in the Olympic programme. In 2008, boccia was practised in more than 50 countries.
- Women and men can compete in this sport individually (6 balls per athlete), in pairs (3 balls per athlete) or in teams (3 athletes and 2 balls per athlete).



Boccia Video Clip: It's the Real Deal - Click on Multimedia Lesson
<http://www.paralymipeducation.ca/> - Click on Sports - Click on Boccia

4. Cycling



About the sport

Cycling was introduced as a demonstration sport in Seoul, Korea in 1988 and became an official Paralympic event at the 1992 Barcelona Games in Spain. Athletes compete in two disciplines - ten road events that take place on public roads closed to traffic and three track events that take place on a *velodrome* (a wooden riding oval).

Who can compete?

Amputee athletes and athletes with spinal cord injuries, cerebral palsy, and visual impairment can participate in this sport. Men and women compete together and are classified using the same standards. However, women compete against males in a category lower than the group they are classified in. Athletes with a visual impairment compete on tandem bicycles, both road and track, with a sighted pilot.

Equipment

- Depending on their classification, athletes use a bicycle, tricycle, tandem or handcycle. Adaptations to cycling equipment are strictly controlled and only permitted for reasons of safety.
- A hard shell protective helmet to a recognized international standard. The helmet colour is standardized depending on the athlete's class (red, blue, green or white).
- Track cycling takes place on a velodrome made up of two straight sides and two curved ends.



Name: Iryna Fiadotava and her sighted pilot Alena Drazdova

Country: Belarus

Paralympic medals: 1 gold

Facts: Iryna Fiadotava and her pilot Alena Drazdova blazed round the 72.6km course road event to take gold three seconds ahead of the silver medal winners in Beijing, 2008. They are wearing white helmets.



Blind cyclist with sighted pilot competing on a tandem bicycle in a track event on the wooden velodrome



Handcycles

Interesting Facts about Paralympic Cycling

- Paralympic cycling is now practised in more than 40 countries.
- The sport was developed by blind cyclists who first competed using tandem bicycles.
- In 2004, handcycling was added to the Paralympic program in Athens, Greece permitting athletes with spinal cord injuries to compete.



Cycling Video Clip: It's the Real Deal - Click on Multimedia Lesson
<http://www.paralympiceducation.ca/> - Click on Sports - Click on Cycling

5. Equestrian



About the sport

Often used for rehabilitation and recreation, equestrian was included in the Paralympic Games programme for the first time in Atlanta, Georgia in 1996.

Events are mixed and grouped according to their functional profiles. Riders compete in two Dressage events: a Championship Test of set movements and a Freestyle Test to music. There is also a Team Test for three to four riders per team.

Who can compete?

Athletes with visual impairment, cerebral palsy, amputation or other physical impairments can compete in Equestrian Sports.

Equipment

- Paralympic horseback riders use the same equipment as Olympic riders: riding boots, riding breeches, riding helmets, show clothes, and saddles.
- Paralympic riders may use assistive devices such as dressage crops, a connecting rein bar, rubber bands or other aids.
- For visually impaired athletes, riders may use beepers or callers to announce directional cues in the ring. These athletes wear special red-coloured armbands to notify other riders to proceed with caution.



Name: Lauren Barwick

Country: Canada (Langley, BC)

Paralympic medals: 1 gold, 1 silver

Facts: Lauren Barwick was training for a professional career as a stunt person with a specialization in horsemanship, when in June 2000 a bale of hay fell on her and broke her back. In Beijing, Barwick and her horse, Maile, performed to Asian music and won the gold medal in the Freestyle, Grade II event. The pair also won a silver medal in the Grade II Championship Test.



Dressage crops with wrist bands

Interesting Facts about Equestrian

- Equestrian is a multi-disability sport and is unique among Paralympic sports since men and women compete on the same terms.
- In a competition, both horse and rider are declared Paralympic medal winners. This means that if the athlete wins a gold medal, so does the horse.



Equestrian Video Clip: It's the Real Deal - Click on Multimedia Lesson
<http://www.paralymipeducation.ca/> - Click on Sports- Click on Equestrian

6. Goalball



About the sport

Goalball was invented in 1946 in an effort to rehabilitate blind veterans from World War II. It was introduced to the world in 1976 at the Paralympics in Toronto, Ontario. Women first competed in goalball during the 1984 Paralympic Games in New York, USA.

Goalball is a team sport comprised of six players. There can be no more than three players (two wingers and one centre) per team on the court at the same time.

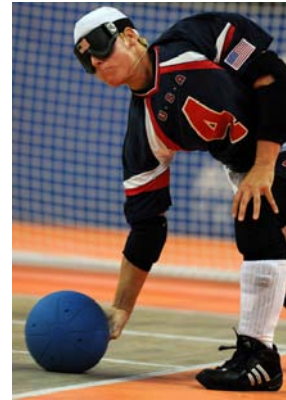
The object of the sport is to roll the ball into the opponent's goal while the opposing players try to block the ball with their body. Games last 20 minutes and are divided into two equal halves of ten minutes each, with a 3 minute half-time.

Who can compete?

Goalball is played exclusively by athletes with blindness/visual impairment. Competitions are divided into men's and women's divisions.

Equipment

- A court divided into six equal zones.
- Athletes have the option of wearing protective equipment. Many athletes create their own equipment from foam and elastic bandaging or commercially available equipment for hockey, volleyball or skateboarding.
- Teams must wear matching pants, socks, jerseys with a number clearly visible on the front and back of each player, and 'blackout' masks.
- Bells inside the ball help to orient the players indicating the direction of the on-coming ball.

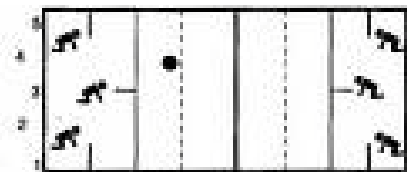


Name: Asya Miller

Country: United States

Paralympic medals: 1 silver and 1 gold with her team

Facts: Asya Miller was born on Oct 16, 1979, and enjoyed a childhood that was inspired by her parents' participation in sports. In the 11th grade she was diagnosed with Stargardt's disease and suffered a loss of central vision. In May 2008, she graduated from Western Michigan University with a Bachelor of Arts degree in Criminal Justice.



Goalball



Bell in the ball



Blackout eye mask

Interesting Facts about Paralympic Goalball

- In 2008, goalball was played in more than 50 countries worldwide.
- During the game, complete silence is required to allow the players to concentrate and react instantly to the ball.
- However, cheering is permitted after a goal is scored and at the end of a game.



Goalball Video Clip: It's the Real Deal - Click on Multimedia Lesson
<http://www.paralympiceducation.ca/> - Click on Sports - Click on Goalball

7. Judo



About the sport

Judo first appeared on the Paralympic program at the 1988 Games in Seoul, Korea. For female competitors, judo was a demonstration event at the 1996 Games in Atlanta, USA and became a full medal event in 2004 Athens, Greece.

Athletes (judokas) battle against each other in a five-minute long match. In order to win a match, a judoka must score ten points (an *Ippon*) using successful techniques.

Who can compete?

This event is open to blind and partially sighted athletes in several weight categories providing they meet the International Blind Sports Association guidelines. Based on the degree of visual impairment, athletes are classified in three categories B1 (no usable vision), B2 (low vision) or B3 (visually impaired).

Equipment

- A tatami is a textured mat measuring 10x10m with a danger area of 1m and an outer safety area of 3-4m. In most competitions the mat is green with a red danger area.
- A judogi is the judo uniform. For many years there were only white judogi. In the Sydney 2000 Paralympic Games, blue judogi were added to make the distinction between competitors easier.
- A belt. Judo belts are used to identify the athletes' skills, technical proficiency and contribution to the sport. Rank is shown by a belt colour.



Name: Anthony Clarke

Country: Australia

Paralympic medals: 1 gold

Facts: Anthony Clarke was blinded instantly after a car accident in 1978 at the age of 17. He has represented Australia at five Summer Paralympics Games, from 1992 to 2008. Clarke was an official torch bearer at the 2000 Summer Olympics in Sydney. He won the gold medal in 1996 at the Atlanta Games.



The first judoka is wearing a white judogi and the second one, a blue judogi. They are competing on a tatami.

Interesting Facts about Paralympic Judo

- Paralympic Judo is widely practised in 45 countries by both male and female athletes.
- The rules of Paralympic judo are the same as regular judo with a slight modification which allows visual impaired athletes contact with their opponent before the start of the match.



Judo Video Clip: It's the Real Deal - Click on Multimedia Lesson
<http://www.paralympiceducation.ca/> - Click on Sports - Click on Judo

8. Powerlifting



About the sport

Powerlifting for athletes with a disability made its first appearance in 1964 at the second Paralympic Games in Tokyo, Japan as 'Weightlifting'. Later it changed from 'Weightlifting' to 'Powerlifting'. Women competed in this sport for the first time in Sydney, Australia in 2000.

Athletes compete in the bench press and must lower the bar to the chest, hold it motionless on the chest and then press it upwards at arms length with locked elbows. The athletes are given three attempts and the winner is the athlete who lifts the most kilograms.

Who can compete?

The competition is open to all athletes with cerebral palsy, spinal injuries, amputees (lower limb amputees only) and *les autres* who meet minimal disability criteria. All lifters regardless of their actual disability lift against one another in what is called an open competition (i.e. open to all athletes that meet the eligibility criteria).

Equipment

- **Discs:** International Paralympic Committee (IPC) powerlifting approval discs must conform to many requirements.
- **Collars:** A collar weighing 2.5kg must be worn by all athletes in competition.
- **The bench:** Athletes compete lying on a bench. The official bench is 2.1m long. The main part of the bench is 61cm wide. At the end of the bench and towards the head, the bench narrows down to 30cm. The height of the bench varies between 45 and 50cm from the ground.

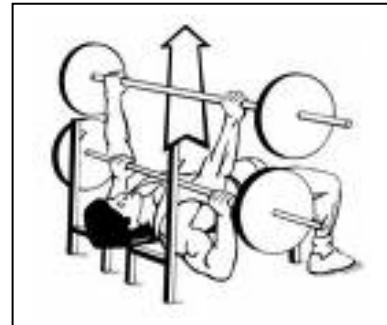


Name: Sherif Othman Othman

Country: Egypt

Paralympic medal: 1 gold

Facts: Othman was born on September 15, 1982. In the 2008 Games, at the age of 25, he was in the spotlight at the men's 56kg category competition, as he lifted 202.5kg to win the gold and made a hat-trick of the world record. Othman asked for 195kg in his first attempt, 200kg in the second attempt and 202.5kg in his third.



Powerlifting and bench press

Interesting Facts about Paralympic Powerlifting

- In order to assist in competition, athletes may be strapped onto the lifting bench at any point on the legs from the ankles to the hips with a single strapping belt, and in the case of an athlete with cerebral palsy, two strapping belts are acceptable.
- Amputee athletes are permitted to compete wearing prostheses.



Powerlifting Video Clip: It's the Real Deal – Click on Multimedia Lesson
<http://www.paralympticeducation.ca/> - Click on Sports – Click on Powerlifting

9. Rowing



About the sport

Adaptive Rowing is the youngest sport in the Paralympic Games. It was introduced to the Paralympic program in 2005 and held its first Paralympic competitions at the Beijing 2008 Paralympic Games.

Adaptive implies that the equipment is '*adapted*' to the athlete to practise the sport. This is why the boat and the basic techniques of *adaptive rowing* are the same as rowing for the able-bodied.

There are currently four boat classes. Two are mixed gender events and the single events are separate competitions for men and women.

Who can compete?

Disabilities include: amputee, spinal cord injuries, cerebral palsy, visual impairment, *les autres* (MS, MD, polio, spina bifida). Many different types of disabilities can be accommodated within the same crew, allowing for integration among disabilities.

Equipment

- Adaptive oars: A long tool used to row.
- A blade: A large rectangular piece on the end of the oar that goes into the water and creates the movement of the boat during the race.
- Special seats: They vary according to the disability of the athlete.
- Pontoons: Stabilizers for small boats, attached to the boats' riggers, providing additional lateral balance.



Names: Zhou Yangjing and Shan Zilong

Country: China

Paralympics medal: 1 gold

Facts: Female athlete Zhou, and male athlete Shan, made history by winning the first gold medal in the Mixed Double Sculls. Born in 1981, Zhou lost her right leg in a car accident when she was a little girl. She played wheelchair tennis and was a wheelchair fencer before she began rowing training in 2006. Shan, born in 1983, is paraplegic.



Oars



Blade



Sliding

Interesting Facts about Paralympic Rowing

- All races are held over a 1,000-metre course for all four events.
- Each country is allowed to enter one only boat in the competition.
- "Sculling" means that the rower holds one oar in each hand.



<http://player26.narrowstep.tv/assets/players/3206/html/player.html> (Paralympic sports TV)
<http://www.frontrower.com/videoclips.htm>
<http://www.row2k.com/video/view.cfm?vid=5655>

10. Sailing



About the sport

Sailing is a relatively recent sport at the Paralympic Games. The Atlanta 1996 Paralympic Games introduced sailing as a demonstration sport, leading to its acceptance as a full medal sport at the Sydney 2000 Paralympics. The sailing classification system is based on four factors - stability, hand function, mobility and vision.

Athletes compete in three events. The Single-Person and Three-Person Keelboats are open to most disability groups, while the Two-Person Keelboat event is specifically designed for athletes with a severe disability.

Who can compete?

Sailing is open to male and female athletes with physical disabilities such as an amputation, cerebral palsy, spinal injuries or visual impairment.

Equipment

Two types of boats:

1. The international 2.4mR boats are single-handed keelboats. They are 4.1m long and weigh 260kg.
 2. The sonar (crew boat) has a crew of three, is 7m long and weighs 950kg. It has three sails and provides the option of sailing together with a crew of various disabilities. Its bigger size and flexibility allows many different adaptive aids to be incorporated into the boats to assist sailors with more severe disabilities.
- All boats have, on each side of the mainsail and on each side of the hull, the country code denoting its national authority.



Name: Paul Tingley

Country: Canada (Halifax, Nova Scotia)

Paralympic medals: 1 gold, 1 bronze

Facts: Paul Tingley started sailing when he was ten years old and has competed since 1995. At 24, he suffered spinal cord injuries due to a skiing accident. He won a bronze medal at the 2000 Sydney Paralympic Games and captured the gold medal at the 2008 Beijing Games at the One-Person Keelboat (2.4mR) event.



Paul Tingley sailing in his single-handed keelboat International 2.4mR.



Main sail

Keel

Greece: Country code on the main sail of the individual keelboat

Interesting Facts about Paralympic Sailing

- In 2008, over 70 countries practised sailing for persons with a disability.
- Keelboats are used in competition primarily because this boat design is the most stable.



Sailing Video Clip: It's the Real Deal - Click on Multimedia Lesson
<http://www.paralympiceducation.ca/> - Click on Sports - Click on Sailing

11. Shooting



About the sport

Shooting was introduced to the Toronto Paralympic Games in 1976. Shooting is a test of accuracy, precision and control (a steady hand), in which competitors use pistols or rifles to fire a series of shots at a stationary target inside the centre ring of the bull's eye.

There are two classes of competition, wheelchair and standing. Athletes compete in Rifle and Pistol events from distances of 10, 25 and 50 metres in men's, women's and mixed competitions.

Who can compete?

Competitions for shooting at the Paralympic Games are open to all athletes with a physical disability as long as they meet the minimum requirements.

Equipment

- Athletes use .22 calibre rifles and pneumatic, Co2 gas or spring air pistols.
- For 10-metre events held with an Air Rifle or Air Pistol, bullets with a diameter of 4.5mm are used.
- For 25-metre Pistol events, and 50-metre Pistol and Rifle events, 5.6mm bullets are used.
- The standard target is a cardboard square with concentric white and black rings around a black centre ring (or bull's eye). For the Paralympic Games, five different targets are used depending on the type of gun. These targets are electronic for increased accuracy.



Name: Matt Skelhon

Country: Great Britain

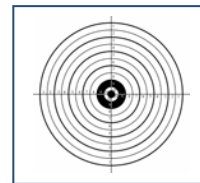
Paralympic medal: 1 gold

Disability: Spinal cord injury

Facts: Matt Skelhon is known for his most distinctive Mohawk hair style. He took up shooting after losing the use of his legs in a car accident that injured his spine and confined him to a wheelchair. The 24 year-old shooter won his first Paralympic medal at the Beijing 2008 Paralympic Games when he claimed a title in the mixed 10-metre Air Rifle with



Skelhon shooting with his air rifle at the target, hitting the bull's eye.



The target

Interesting Facts about Paralympic Shooting

- In 2008, shooting was practised in 59 countries.
- Athletes who have no ability to support the weight of the firearm require a shooting stand.
- Shooting utilizes a functional classification system, which enables athletes from different disability classes to compete together either individually or in teams.



Shooting Video Clip: It's the Real Deal - Click on Multimedia Lesson
<http://www.paralympiceducation.ca/> - Click on Sports - Click on Shooting

12. Soccer-5-a-side (Football)



About the sport

Soccer 5-a-side (or football) made its debut at the Athens 2004 Paralympic Games. Every match is played between two teams with four blind athletes and one sighted or visually impaired goalkeeper on the field as well as five substitutes.

The ball is passed between team members with the objective of kicking it into the goal. Only the goalkeeper can use his hands to play the ball. Games last 50 minutes, with two halves of 25 minutes each.

Who can compete?

The sport is open to athletes with a visual impairment, with the exception of a sighted player as goalkeeper.

Equipment

- Except for the goalkeeper, athletes use eye masks or blindfolds to ensure fairness.
- A shortened and narrowed soccer field with two penalty spots rather than the usual one.
- The official soccer ball is made of leather or special synthetic material and has a diameter of 62cm and weighs between 490 and 520gr. It has an internal sound device (bells) so the athletes can hear it.
- All team members are obliged to wear the same uniform, which is comprised of a shirt, a pair of shorts, socks and special shoes.
- Special gloves protect the goalkeeper's hand and help him stop the ball and prevent the scoring of a goal.
- Shin pads are protective pads made of plastic or rubber that are placed inside the athlete's socks, mainly to protect his shins.



Name: Ricardo Alves

Country: Brazil

Paralympic medal: 1 gold

Facts: Ricardo Alves was born on December 15, 1988. At the age of 20, he helped his team win the gold medal against the Chinese team, with a final score of 2-1, in the 2008 Beijing Paralympics.



Visually-impaired Ricardo Alves, on the left, and his opponent play on the outdoor soccer field.



The goalkeeper is not blind and does not wear a blindfold. He is stopping the ball that looks like an ordinary ball but with two jingling bells inside.

Interesting Facts about Paralympic Soccer 5-a-side

- The fact that the players cannot see the ball, their opponents or the goal makes 5-a-side football an extremely exciting game.
- Each team has a guide behind the opponent's goal to direct the players when they shoot.
- Players may be charged with a penalty for touching their blindfold during the game.



No video <http://www.mefedia.com/entry/paralympic-moments-with-football-5-a-side-team-china/12251753/>

13. Soccer-7-a-side (Football)



About the sport

Soccer-7-a-side(or football) (or football) is an exciting team sport that combines speed, agility and impressive ball handling. It has been officially part of the Paralympic Program since 1984 at the Stoke Mandeville Games in England. is an exciting team sport that combines speed, agility and impressive ball handling. It has been officially part of the Paralympic Program since 1984 at the Stoke Mandeville Games in England.

This sport is played by a team of seven athletes. A match lasts 60 minutes and is played in two halves of 30 minutes each. A goal is scored when the entire ball passes over the goal line, between the goalposts and under the crossbar. The goalkeeper may kick or throw the ball back into play after a maximum of four steps and throw-ins may be made with one hand instead of two hands.

Who can compete?

Disabilities include athletes with varying degrees of cerebral palsy and other neurological impairments such as traumatic brain injury or stroke. Competing teams are made up of men only.

Equipment

- A rectangular soccer field. The preferred playing surface is natural grass, but some types of synthetic grass can be used.
- The goal posts are 5m wide x 2m tall.
- The soccer ball is made of leather or special synthetic material and must conform to FIFA specification.
- The athletes of a team must wear the same uniform which consists of a shirt, a pair of shorts and socks.
- Special protective shin pads made of plastic or rubber plastic are placed inside the athlete's socks, mainly to protect his shins.
- Special soccer shoes are used by athletes, depending on the surface of the field.
- Goalkeeper's gloves are optional. They facilitate the goalkeeper in stopping the ball and preventing the scoring of a goal, while protecting his hands.



Name: Vitaly Trushev

Country: Ukraine

Paralympic medals: 2 gold

Facts: Vitaly Trushev was born on April 18, 1983. He first participated in the 2004 Athens Paralympic Games and helped his team win the gold medal. His team repeated the exploit and won a second gold medal at the 2008 Beijing Games. Trushev wears the Number-2 jersey.



Vitaly Trushev, Ukraine star player, prepares to kick the soccer ball.



Opponents wearing white jerseys are playing against the Ukrainian players.

Interesting Facts about Paralympic Soccer-7-a-side

- A referee and two assistant referees (linesmen) monitor the match.
- Each goalkeeper must wear colours which distinguish him from the other players, the referee and the assistant referees.



Football-7-a-side Video Clip: It's the Real Deal - Click on Multimedia Lesson
<http://www.paralympiceducation.ca/> - Click on Sports - Click on Football-7-a-side

14. Table Tennis



About the sport

Table Tennis was included in the first Paralympic Games in 1960. Good hand-eye-coordination and quick reaction are needed to play this sport. The objective of the game is for a player to cross the ball into the opponent's area, without him or her being able to successfully return it.

Who can compete?

Athletes from all disability groups (with the exception of athletes with blindness/visual impairment) participate and compete in table tennis in standing and sitting classes. Men and women compete individually, in doubles, and in team events.

Equipment

- The table is 2.74 x 1.525 metres wide and 76 centimetres high. Its surface must be a minimum of 20 centimetres thick and is usually made of wood or synthetic materials.
- Wheelchair friendly tables should have table legs at least 40 cm from the end line of the table for wheelchair players.
- The net, made of blue nylon, divides the table into two equal parts.
- The ball, white or matte orange, has a 40mm diameter and weighs about 2.7 grams. It is made of celluloid or of similar plastic material.
- Rackets or paddles. Equipment modifications have been created to give all athletes a chance to participate such as a strap-on paddle used for players with grip difficulties or a table tennis cuff for players with minimal hand and wrist function.



Name: Liu Jing

Country: China

Paralympic medals: 2 gold

Facts: Chinese Liu Jing was born on July 25, 1988. Liu won a gold medal in the women's individual class at the 2008 Beijing Games. She also won a gold medal with her teammate Li Qian in the women's team class. These gold medals along with the ones in men's individual and team classes were China's first-ever



The "paddler", Liu Jing, is returning the ball to her opponent.

Interesting Facts about Paralympic Table Tennis

- In 2008, table tennis was played as an elite sport in 104 different countries.
- Chinese table tennis athletes won almost all the medals in the 2008 Beijing Paralympics.
- Athletes are classified into 11 classes. Classes 1 to 10 are for athletes with a physical disability. Classes 1 to 5 compete in wheelchairs and classes 6 to 11 compete standing. Class 11 is for intellectually disabled athletes and is not included in the Paralympics competition.
- A match comprises five sets of 11 points each and the winner is the player (or pair) winning three of the five sets.
- Table tennis is often called ping-pong.



Table tennis Video Clip: It's the Real Deal - Click on Multimedia Lesson
<http://www.paralympiceducation.ca/> - Click on Sports - Click on Table tennis

15. Volleyball (sitting)



About the sport

The sitting volleyball event was introduced at the Arnhem Nederland's 1980 Paralympics. The sport is played sitting down. The object of the game is to pass the ball over the net and have it hit the ground on the other's team court.

At all times, the athlete's pelvis must touch the ground, and the service block is allowed. Each team is allowed to have up to three contacts with the ball before a player returns it towards the opposing team.

New to Paralympic play is the addition of the libero player. The libero is a specially trained defender that can be substituted for a backcourt defensive player during any stop in play. The libero is easily identifiable as he or she wears a different coloured uniform than the rest of the team.

The game lasts up to five sets and the winning team is the first to win three sets. The team winning the set is the one who reaches 25 points, with at least a two-point lead.

Who can compete?

Volleyball is open to athletes with a physical disability who meet the minimum disability requirements for volleyball. An athlete's disability must be permanent and includes the following: amputee, spinal cord injuries, cerebral palsy and *le*

Equipment



- The approved volleyball is usually light in colour, with a circumference of 65-67 cm, and a weight of 260-280g.
- The court is separated into two equal parts by a centre line and measures 10m x 6m.
- The net measures 1.15 metres high for men and 1.05 metres for women and is placed along the central dividing line.
- The athletes' uniforms are shorts, team jerseys and special volleyball shoes.



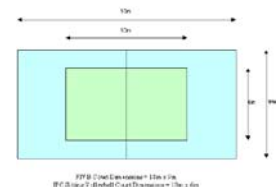
Name: Davood Alipourian

Country: Iran

Paralympic medals: 1 gold, 1 silver

Facts: Davood Alipourian was born of May 6, 1985 and wears the number 6 jersey. His team won a gold medal in Beijing and a silver medal in Athens. The Iran's team attack was the most dangerous of the Beijing Games, as the team could rely on the best *spiker* of the tournament, Davood Alipourian, who scored 22 goals.

The volleyball court



Alipourian spiking the ball.



The Iranian team celebrating their gold medal win.



Where is the libero?

Interesting Facts about Paralympic Sitting Volleyball

- Teams consist of mixed classes in male and female events, with six players on court at one time.
- The *spiker* is the player who drives the ball sharply downward with a hard smash.
- A lot of teamwork, skill, strategy and intensity are needed in volleyball.



Sitting Volleyball Video Clip: It's the Real Deal - Click on Multimedia Lesson
<http://www.paralypiceducation.ca/> - Click on Sports - Click on Sitting Volleyball

16. Wheelchair Basketball



About the sport

Wheelchair basketball was originally developed by World War II veterans in the USA in 1945. Since then, it was introduced to the Paralympic Games in Rome, Italy in 1960. Wheelchair basketball is open to male or female athletes and is played by two teams of five players each.

Depending on their functional abilities, a point value from 0.5 (most severely disabled) to 4.5 is given to each player. Five players out of 12 from each team are on the court during playtime.

The aim of each team is to score into the opponents' basket and to prevent the other team from gaining control of the ball or scoring. This sport requires a lot of team work.

Who can compete?

In general, any individual who is unable to participate in able-bodied basketball as a result of a disabling condition or injury is eligible to play wheelchair basketball. Not all athletes who compete in wheelchair basketball will use a wheelchair for daily living. Disabilities include: amputee, spinal cord, cerebral palsy, and *les autres* (MS, MD, polio, and SB).

Equipment

- The measurements of the basketball court and the height of the baskets are the same as in able-bodied basketball. For official national and international matches, a wooden floor is required.
- The ball must be an approved single shade of orange with eight traditionally shaped panels and black seams.
- The competition wheelchair is considered to be part of the player and must meet the specifications set by the International Wheelchair Basketball Federation (IWBF). It has either three or four wheels: two large wheels at the back or one or two small wheels at the front of the chair.



Name: Troy Sachs

Country: Australia

Paralympic medals: 2 gold, 1 silver

Disability: Amputee

Facts: Troy Sachs was born with part of his right leg missing. He first represented Australia at the 1992 Barcelona Paralympic Games at the age of 16. He won his first gold medal in 1996, setting a world record by scoring 42 points. He has been the captain of his team since 1996. Troy Sachs is known as the "Michael Jordan" of wheelchair basketball.



The Australian team, *The Rollers*, beat the Canadian team 72-60 in the Men's Wheelchair Basketball gold medal match on September 16, 2008 during the Beijing Paralympic Games.

Interesting Facts about Paralympic Wheelchair Basketball

- In 2008, the sport was practised by athletes in around 80 countries.
- Wheelchair basketball is one of the most popular sports in the Paralympic Games.
- In a 40-minute game, some athletes can push their wheelchair up to 20 kilometres!



Wheelchair basketball Video Clip: It's the Real Deal - Click on Multimedia Lesson
<http://www.paralympiceducation.ca/> - Click on Sports - Click on Wheelchair basketball

17. Wheelchair Fencing

About the sport

Wheelchair fencing, one of only two combat sports in the Paralympic Games, was developed by Sir Ludwig Guttmann at the Stoke Mandeville Hospital. It was introduced at the 1960 Paralympic Games in Rome, Italy. In fencing competitions, the target is everything above the waist. Athletes are connected electronically to a signal box that records the touches of the weapon. A point is awarded each time a fencer touches the opponent in the target area.

Who can compete?

Athletes who use wheelchairs are eligible to compete in wheelchair fencing. Men and women who have a spinal cord injury (quadriplegic and paraplegic), athletes with lower leg amputations, athletes with cerebral palsy and athletes with other physical disabilities that require the use of a wheelchair are all eligible to compete in wheelchair fencing.

Equipment

- The wheelchair. It is the key piece of equipment and is fixed into a metal frame on the floor in the competition area to maintain stability and hold the competitors at a given distance.
- The weapons. Weapons include the foil, épée and sabre, which are the same equipment as for able-bodied fencers. Fencers who have a significant loss of grip or control of the sword are allowed to attach the sword into the hand using a bandage or similar type of wrapping.
- Clothing. Fencers must wear protective clothing, including a mask, a jacket, a vest and a glove covering the sleeve opening. For foil events a protective cover is placed on the wheelchair to prevent hits on the chair from being recorded. In épée, a metal covering (an "apron") must be placed over the athlete's legs for added protection.



Name: Laurent François

Country: France

Paralympic medals: 1 gold, 1 silver

Facts: Laurent François of France beat Hui Charn-hung of Hong Kong, China, 15-9 in the Men's Individual Sabre Category gold medal match during the 2008 Beijing Paralympic Games. He also won the Men's Individual Foil - Category silver medal



Two opponents are competing with sabres. The fencers are wearing a mask, a jacket, a vest and gloves. Their wheelchairs are fixed to the floor.



Foil

Épée

Sabre

Interesting Facts about Paralympic Wheelchair Fencing

- The foil is the lightest of the weapons and has a square extremity. The épée and the sabre have a triangular extremity.
- Individual and team events are included in foil and épée for men and women. Sabre events (individual and team) are limited to men.
- The most striking feature of wheelchair fencing is the fact that athletes compete in wheelchairs that are attached to the floor. However, these chairs allow the fencers freedom of movement in the upper body only and the activity is as fast as in fencing competitions for the able-bodied.



Wheelchair Fencing Video Clip: It's the Real Deal - Click on Multimedia Lesson
<http://www.paralympiceducation.ca/> - Click on Sports - Click on Wheelchair Fencing

18. Wheelchair Rugby

About the sport



Wheelchair Rugby was developed in Canada in 1977 by athletes with quadriplegia. In Atlanta at the 1996 Paralympic Games, it was presented as a demonstration sport, and was officially included on the Paralympic Programme at the Sydney 2000 Paralympic Games.

Wheelchair Rugby is a unique sport combining some elements of basketball and handball. The object of the game is to carry the ball across the opposing team's goal line. Two wheels must cross the goal line for a goal to count, and the player must have firm control of the ball. Two teams of at least four players each compete for four periods of eight minutes each.

Who can compete?

Wheelchair rugby is played by male and female athletes with quadriplegia (limited or no function in four limbs or limited or no function in 3 of 4 limbs and trunk). As such, wheelchair rugby could include athletes whose disability is the result of a spinal cord injury, polio, cerebral palsy, or conditions such as muscular dystrophy or multiple sclerosis.

Equipment

- Wheelchair Rugby is played indoors on a regulation-sized hardwood basketball court and the key part is eight metres wide and 1.75 metres deep. The goal line is marked with one pylon at each end.
- An official size volleyball is used to play wheelchair rugby. The ball must be white and weigh 280 grams.
- The wheelchairs must be lightweight and easy to manoeuvre while still being strong enough to protect the players and withstand the frequent intense collisions. Wheelchair rugby chairs have several unique features that include bumpers at the front and wings to protect the side area. Spoke protectors and anti-tip devices are mandatory.
- Athletes may wear gloves to improve their grip on the ball.



Name: Will Groulx

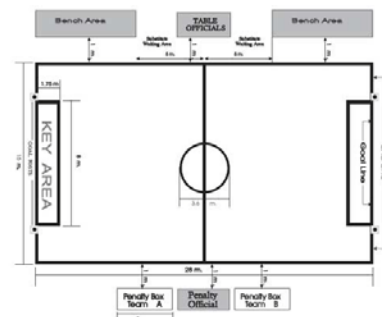
Country: USA

Paralympic medal: 1 gold

Facts: At the age of 26, Will Groulx became paralyzed when he lost control of his motorcycle on a wet highway in 2000. He decided to play wheelchair rugby. His first Paralympic Games were in Athens. He and his team won the gold medal in 2008 at the Beijing Paralympic Games.



Wheelchairs with special features and the rugby ball



The playing court

Interesting Facts about Paralympic Wheelchair Rugby

- As of 2008 the sport is practised in 25 countries, and is under development in at least three others.
- The sport's original name was *Murderball* and in the USA, it is known as *Quad rugby*.
- Hard physical contact between wheelchairs is an integral part of the game.



Wheelchair Rugby Video Clip: It's the Real Deal – Click on Multimedia Lesson
<http://www.paralympiceducation.ca/> - Click on Sports – Click on Wheelchair Rugby

19. Wheelchair Tennis



About the sport

Wheelchair Tennis appeared for the first time on the Paralympic Programme in Barcelona in 1992. It originated from the USA in the 1970s and continues to develop a strong following of players and fans internationally. Speed and chair manoeuvrability are two very important criteria for wheelchair tennis. In wheelchair tennis, the ball is allowed to bounce two times - the first bounce being within the bounds of the court.

Who can compete?

Tennis is an open competition for men and women in singles and doubles competition. Athletes must have a permanent substantial or total loss of function in one or both legs due to conditions such as spinal injury, amputation or other lower limb disability. For the quad division, the eligibility criteria require that a player has a disability in three or more limbs.

Equipment

- A yellow or white ball made of two elastic hemispheres joined together and covered by a layer of wool and synthetic threads.
- Today, the rackets are made of technologically advanced material such as graphite with strings made of synthetic threads.
- A tennis wheelchair is lighter than a regular wheelchair.
- The court is a 23.77m x 8.23m rectangle for singles and a 23.77m x 10.97m rectangle for doubles. The court is divided into two halves by a net.



Names: Korie Homan (L) and Sharon Walraven (R)

Country: Netherlands

Paralympics medals: 1 gold for Korie and Sharon; 1 silver for Sharon Walraven (Sydney 2000)

Facts: Korie Homan and Sharon Walraven won the gold medal in the Women's Wheelchair Tennis Doubles Open final at the Beijing 2008 Paralympic Games. It was the first Paralympic Games for Korie Homan. Sharon Walraven started to play wheelchair tennis in 1994.



The athletes are playing in their wheelchairs on a green carpet court.

Interesting Facts about Paralympic Wheelchair Tennis

- In 2008, wheelchair tennis was practised by athletes in more than 90 countries.
- The events are singles (between two players) and doubles (between two pairs). The winner of a match is the first athlete (or pair) to win two sets.
- There are four types of tennis courts: clay, grass, hard and carpet.



Wheelchair Tennis Video Clip: It's the Real Deal - Click on Multimedia Lesson
<http://www.paralympiceducation.ca/> - Click on Sports - Click on Wheelchair Tennis

20. Alpine Skiing



About the sport

Two Alpine Skiing events (Slalom and Giant Slalom) were introduced at the first Paralympic Winter Games in Örnköldsvik, Sweden, in 1976. Today, there are four events on the Paralympic Programme just as in Olympic competition: Downhill, Super G (Super Giant Slalom), Giant Slalom and Slalom.

The invention of the mono-ski, a seat fixed on single ski, opened the sport to athletes who could not stand up to ski.

Who can compete?

Paralympic competition includes male and female athletes with a physical disability such as spinal injury, cerebral palsy, amputation, and visual impairments and *les autres* (MS, MD, Polio, SD). In alpine skiing, athletes are classified as standing, sitting or visually impaired and compete against other athletes with a similar disability.

Equipment

- Athletes with physical disabilities use equipment that is adapted to their needs including single ski, sit-ski or orthopedic aids.
- Skiers with a visual impairment use the same equipment as able-bodied skiers (skis, poles, boots, bindings, helmets and goggles) but ski with a sighted guide.
- Standing skiers may either use the same equipment as able-bodied skiers or a prosthesis (an artificial arm or leg) and stabilizers in place of ski poles (stabilizers are a type of crutch with a small ski at the end).
- Sitting skiers use a mono-ski. Mono-skis are equipped with short outriggers (poles with short skis attached at the base for balance).



Name: Lauren Woolstencroft

Country: Canada (Calgary, Alberta)

Paralympic medals: 3 gold (Super G, Giant Slalom and Slalom), 1 silver (Super G) and 1 bronze (Giant Slalom)

Facts: Lauren is known as *Canada's Golden Girl*. She was born on November 24, 1981. She began competitive skiing at the age of 14. She is missing her left arm below the elbow as well as both legs below the knees. She won two gold medals and one bronze at her first Paralympic Games in 2002 in Salt Lake City, USA and won a gold medal and a silver medal at the 2006 Games in Torino, Italy.



Mono-ski

Outriggers

Interesting Facts about Paralympic Alpine Skiing

- Skiers with blindness/visual impairment are guided through the course by sighted guides using voice signals to indicate the course to follow.
- Alpine skiing is currently practised by athletes in 39 countries and is steadily growing.
- In Paralympic alpine skiing, racers can reach speeds of more than 100 kilometres an hour, traveling down a vertical drop that ranges from 120 to 800 metres.



Alpine Skiing Video Clip: It's the Real Deal – Click on Multimedia Lesson
<http://www.paralympiceducation.ca/> - Click on Sports – Click on Alpine Skiing

21. Nordic Skiing



About the sport

Nordic skiing competition involves two disciplines: biathlon which combines cross-country skiing and rifle shooting, and cross-country skiing.

Male and female individuals may compete in short distance, middle distance, and long distance and biathlon events, or participate in a team relay using classical or free techniques.

Visually impaired athletes compete with a guide.

Who can compete?

In both biathlon and cross-country skiing, the competition is open to athletes with a physical disability (standing or sit-ski) or visual impairment.

Equipment

- Visually impaired skiers use the same equipment as able-bodied skiers but ski with a sighted guide.
- Standing skiers are skiers with a locomotive disability and who are able to use the same equipment as able-bodied skiers: fibreglass skis, poles, goggles for blind skiers, ski suits, boots, gloves, etc.
- Sit-skiers usually have no use of their legs (paraplegic) and use a special made sit-ski (a specially built chair attached to a pair of skis).
- In biathlon, blind athletes use electronic rifles to aim at the target (a white target face plate with five target apertures).



Name: Verena Bentele (Number 95)

Sighted coach: Franz Lankes

Country: Germany (Tettnang)

Paralympic medals: 7 gold, 2 silver, and 2 bronze

Facts: Verena Bentele was born blind on February 28, 1982. When she was 16 years old, at her first 1998 Paralympic Winter Games in Nagano, she won a gold medal, two silver medals and a bronze medal. Four years later, she won four gold medals in Salt Lake City, followed by two gold medals and one bronze medal in Torino, Italy in 2006. Verena Bentele competes with her sighted coach, Franz Lankes. Her motto is *Never give up!*



Biathlon: cross-country skiing and rifle shooting



A sit-ski for paraplegic skiers



Biathlon target

Interesting Facts about Paralympic Nordic Skiing

- Cross-country skiing appeared at the 1976 Winter Games in Örnsköldsvik, Sweden, but biathlon was not introduced until Lillehammer in 1994.
- Blind athletes shoot with an electronic rifle that allows aiming by hearing (acoustic device). The closer the rifle points to the centre of the target the louder the tone is.



Nordic Skiing Video Clip: It's the Real Deal – Click on Multimedia Lesson
<http://www.paralymipeducation.ca/> - Click on Sports – Click on Nordic Skiing

22. Wheelchair Curling



About the sport

Wheelchair curling is a relatively new sport, making its Paralympic debut at the Torino 2006 Paralympic Winter Games. It is essentially the same as curling as we know it but with a few exceptions. There is no sweeping. The athletes (curlers) slide the stone along the ice from their wheelchair.

Two teams play against each other, taking turns pushing 19.1 kilogram stones down a sheet of ice towards a series of concentric rings or circles. The object is to get the stones as close to the centre of the rings as possible. The team with the most points – with more stones closer to the centre of the rings – is the winner.

Who can compete?

The sport is open to male and female athletes with a physical disability in the lower part of the body. This includes athletes with significant impairments in lower leg function (e.g. spinal injury, cerebral palsy, multiple sclerosis, etc.) who require a wheelchair for daily mobility.

Equipment

- The granite stone can not weigh more than 19,96 kg, cannot have a circumference longer than 91,44cm or cannot be higher than 11,43cm. A handle is attached to every stone to lift, deliver and release it.
- Delivery of the stone can be used by the normal hand delivery or by using the extender cue.
- The introduction of the extender cue, the end of which is attached to the handle of the stone and then pushed, has allowed athletes with a more severe disability to participate.



Name: Sonja Gaudet

Country: Canada (Vernon, BC)

Paralympic medal: 1 gold

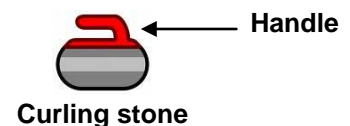
Facts: Sonja Gaudet was born on July 22, 1986. One day, her horse fell over backwards. She sustained a spinal cord injury and was confined to a wheelchair. She took up wheelchair curling and in her first Paralympic Games, won the gold in 2006, in Torino. Her personal motto is *Always believe in yourself.*



Sonja and her team winning gold



A player pushing the curling stone with the extender cue.



Interesting Facts about Paralympic Wheelchair Curling

- Wheelchair curling consists of a single tournament, with each team comprised of both male and female athletes.
- In 2006, Wheelchair Curling was practised by athletes in over 20 countries.



Wheelchair curling Video Clip: It's the Real Deal – Click on Multimedia Lesson
<http://www.paralympiceducation.ca/> - Click on Sports – Click on Wheelchair curling