

# EXCEL

Boccia  
Judo  
Powerlifting  
Sitting Volleyball  
Table Tennis  
Wheelchair Fencing



## London 2012 Paralympic Games Official spectator guide



**Table Tennis**  
North Arena 1

Table Tennis blends power, speed, skill and subtlety. At the Paralympic Games, matches are played over the best of five games, with the first player to 11 points (by a margin of two clear points) winning each game. The programme includes events across 11 classifications: classes 1-5 cover athletes with a physical impairment who compete in wheelchairs, classes 6-10 cover athletes with a physical impairment who compete from a standing position, and class 11 covers athletes with an intellectual impairment.



**Sitting Volleyball**  
South Arena 2

The fast-paced Paralympic sport of Sitting Volleyball is played by two teams of six on an indoor court. Each team is allowed three touches of the ball (in addition to a legal block) before it must cross the net. Matches are the best of five sets, with the first four won by the team to reach 25 points; if there is a fifth set, it is the first to 15 points. In all sets, a margin of at least two points is required for victory.



**Boccia**  
South Arena 1

Boccia is a high-precision sport requiring breathtaking accuracy yet it is played by athletes whose physical impairment challenges every effort to control the flight of the ball.

The aim of Boccia is to propel balls towards a white ball known as the 'jack'. At the close of each period of play (known as an 'end'), the athlete, pair or team whose ball is closest to the jack scores one point, plus one for every ball nearer than the opposition's closest ball.



**Wheelchair Fencing**  
North Arena 2

Wheelchair Fencing athletes compete in wheelchairs fastened to the floor, giving them freedom of movement in their upper bodies while keeping them fixed in their chairs. Three types of weapon are used. In bouts using the Foil and Epee, hits are scored with the tip of the weapon. In Sabre, hits are more commonly scored with the edge of the weapon.

The target area for the Foil is the opponent's torso, while Sabre and Epee competitors can be hit anywhere above the waist.



**Judo**  
North Arena 2

Judo's one-on-one battles can be tough, tense and explosive, with visually impaired athletes competing in contests lasting five minutes.

Scores are awarded for throws, holds, armlocks and strangles. The contest ends immediately if a competitor is awarded 'ippon' – the maximum score. If a contest is tied after five minutes, there is a golden score period where the first score of any sort wins.



**Powerlifting**  
South Arena 3

Powerlifting is a bench-press competition – the ultimate test of upper body strength. Athletes must meet a minimum eligibility criteria based on their impairment and are grouped by bodyweight, which means athletes with different impairments compete for the same medals.

Powerlifters must lower the bench-press bar to their chest, hold it still, and then press it up to arm's length while keeping their elbows locked. Each athlete has three attempts.



## BARCODE

- There's a **wide variety of healthy and tasty food** inside the venue
- You can **pay by Visa (debit, credit or prepaid) or cash (£) only**
- Check the weather forecast and come prepared**, whether that means bringing a sun hat or rain jacket – we are in the UK after all!
- If you're using a day pass, **entry to arenas is on a first come, first served basis** – so aim to arrive early (but no earlier than two hours before a session)

**Your bag must fit under your seat or on your lap.** If you can manage without one, even better – it will help speed up security checks

**of items that aren't allowed inside ExCel** at london2012.com/paralympics/security

**5** You'll need to go through airport-style security when you arrive so make sure you've **read the list of items that aren't allowed inside ExCel** at london2012.com/paralympics/security

**9** **Check the weather forecast and come prepared**, whether that means bringing a sun hat or rain jacket – we are in the UK after all!

**8** You can **pay by Visa (debit, credit or prepaid) or cash (£) only**

**7** There's a **wide variety of healthy and tasty food** inside the venue

**3** You can **arrive at ExCel up to two hours before** the session you're going to see

**6** **Remember your tickets!** Everyone needs a ticket for entry

**1** **Check the London 2012 website for the latest information** before you travel

## Top tips

This guide includes handy tips to help you get to your event and make the most of your Paralympic experience. So have a good read – and don't forget to bring it on the day!

## Welcome

### Arriving at ExCel

You can arrive at ExCel up to two hours before the session you're going to see. When you get there, you'll be asked to go through airport-style security screening. With thousands of people arriving at the same time it will be very busy so expect to queue.

You'll need to have your ticket ready to be checked at the entrances to both ExCel and the arenas. Please bear in mind there's no re-admission to ExCel.

### Arriving at the arenas

It could take between 5 and 15 minutes to walk to arenas once you've passed through security screening. See the venue map for guidance.

Please do your bit for the environment – take your rubbish home or help us recycle it by following the coloured icons on the bins, and on food and drink packaging. Smoking is not permitted anywhere in ExCel.

### Games Mobility

Inside the venue you can use our free Games Mobility service, which loans out mobility vehicles on a first come, first served basis. Audio description and guiding are also available. Find out more at london2012.com/paralympics/accessibility

Day	1	2	3	4	5	6	7	8	9	10	11
Date	30 Aug	31 Aug	1 Sep	2 Sep	3 Sep	4 Sep	5 Sep	6 Sep	7 Sep	8 Sep	9 Sep

Table Tennis – ExCel North Arena 1											
Morning	09:00-14:20	09:00-14:20	09:00-14:00	14:00-14:45	14:45-14:45						
Afternoon	16:00-21:20	16:00-21:20	16:00-20:30	16:30-22:45	16:30-21:45						

Boccia – ExCel South Arena 1											
Morning				09:00-14:00	12:20-13:50	12:30-13:30	09:00-13:50	09:00-13:50	09:00-13:50	09:00-11:55	
Afternoon				15:30-18:30	13:50-17:20	14:00-19:55	15:20-19:55	15:20-18:50	15:00-19:15	13:25-19:35	

Judo – ExCel North Arena 2											
Morning	11:00-13:45	11:00-13:45	11:00-14:45								
Afternoon	16:00-18:50	16:00-18:50	16:30-20:10								

Wheelchair Fencing – ExCel North Arena 2											
Morning							09:30-16:15	09:30-16:15	11:00-16:50	11:00-16:50	
Evening							17:45-21:15	17:45-21:15	16:45-19:15	18:00-21:15	

Sitting Volleyball – ExCel South Arena 2											
Morning		09:00-12:30	09:00-12:30	09:00-12:30	09:00-12:30	09:00-12:30	09:00-12:30	09:00-12:30	09:00-12:30		
Afternoon	14:00-17:30	14:00-17:30	14:00-17:30	14:00-17:30	14:00-17:30	14:00-17:30	14:00-17:30	14:00-17:30	14:00-17:30	14:00-20:00	
Evening	19:00-22:30	19:00-22:30	19:00-22:30	19:00-22:30	19:00-22:30	19:00-22:30	19:00-22:30	19:00-22:30	19:00-22:30	19:00-23:00	

Powerlifting – ExCel South Arena 3											
Morning		12:00-13:10	12:00-13:10	12:00-13:10	12:00-13:10	12:00-13:30	12:00-13:30	12:00-13:30	12:00-13:30		
Afternoon	15:00-16:30	15:00-16:30	15:00-16:10	15:00-16:30	15:00-16:10	15:00-16:10	15:00-16:10	15:00-16:10	15:00-16:10		
Evening	18:00-19:10	18:00-19:30	18:00-19:30	18:00-19:10	18:00-19:30	18:00-19:30	18:00-19:30	18:00-19:30	18:00-19:30		

Sessions where gold medals will be decided and/or awarded are highlighted in bold

Get the perfect souvenir or gift – including exclusive merchandise only available in venues – at the London 2012 Shop. Or go online at [london2012.com/shop](http://london2012.com/shop)



**While you're watching** If you're watching Boccia or Powerlifting, please remain seated until a break in competition. Flash photography is not permitted, except in Judo and Sitting Volleyball.



# Plan your travel

## Getting to and from ExCel

Great news! You can use the Games Travelcard sent to you with your ticket for free travel on public transport in London zones 1-9 on the day of your event, including to and from ExCel. The recommended stations are:

### For arrival

**Custom House** – around 10-minute walk  
**West Silvertown** – around 15-minute walk

### For departure

**Prince Regent** or **Pontoon Dock** – follow staff directions

London will be very busy so leave plenty of time to get to ExCel and be prepared for crowds. Plan and book your journey at [london2012.com/paralympics/travel](http://london2012.com/paralympics/travel) and check it before you set off as things may change. You'll also find plenty of walking and cycling routes on the website.

Been to ExCel before? The venue will be operating differently during the Games so please follow signs and directions from staff. There is no spectator parking at or near the venue, except for pre-booked Blue Badge spaces.

For days when you're not going to a London 2012 sports event or ceremony, beat the queues for travel tickets and buy a Visitor Oyster card before you leave home at [tfl.gov.uk/visitorshop](http://tfl.gov.uk/visitorshop)

## Accessible travel

If you've already reserved Blue Badge parking, you'll receive details in the post soon. For more information, go to [london2012.com/paralympics/bluebadge](http://london2012.com/paralympics/bluebadge)

Custom House (arrival) and Prince Regent (departure) are the recommended stations with step-free access and staff assistance available.

## Out and about

Find out what's on at a London 2012 Live Site near you or discover the great range of Paralympic, London 2012 Festival and other events taking place across the UK at [london2012.com/paralympics/joinin](http://london2012.com/paralympics/joinin)



Scan me now or go to [london2012.com/paralympics/mobileapps](http://london2012.com/paralympics/mobileapps) to find out about the official London 2012 apps, with sports results, spectator information and more.



# Inside the venue

ExCel is a multi-sport venue made up of five different arenas, each with its own unique spectator zone.

## Using a day pass?

A day pass gives you access to any session throughout the day (except reserved seating). Don't forget seats inside arenas are subject to availability – so aim to arrive early, but no earlier than two hours before a session. Use the competition schedule in this guide to plan your time and make the most of your day.

## Got a ticket for a specific session?

This means you're guaranteed entry to that session. You will only be able to enter the arena after all spectators from the previous session have left – but there's plenty to explore in the spectator zone while you're waiting.

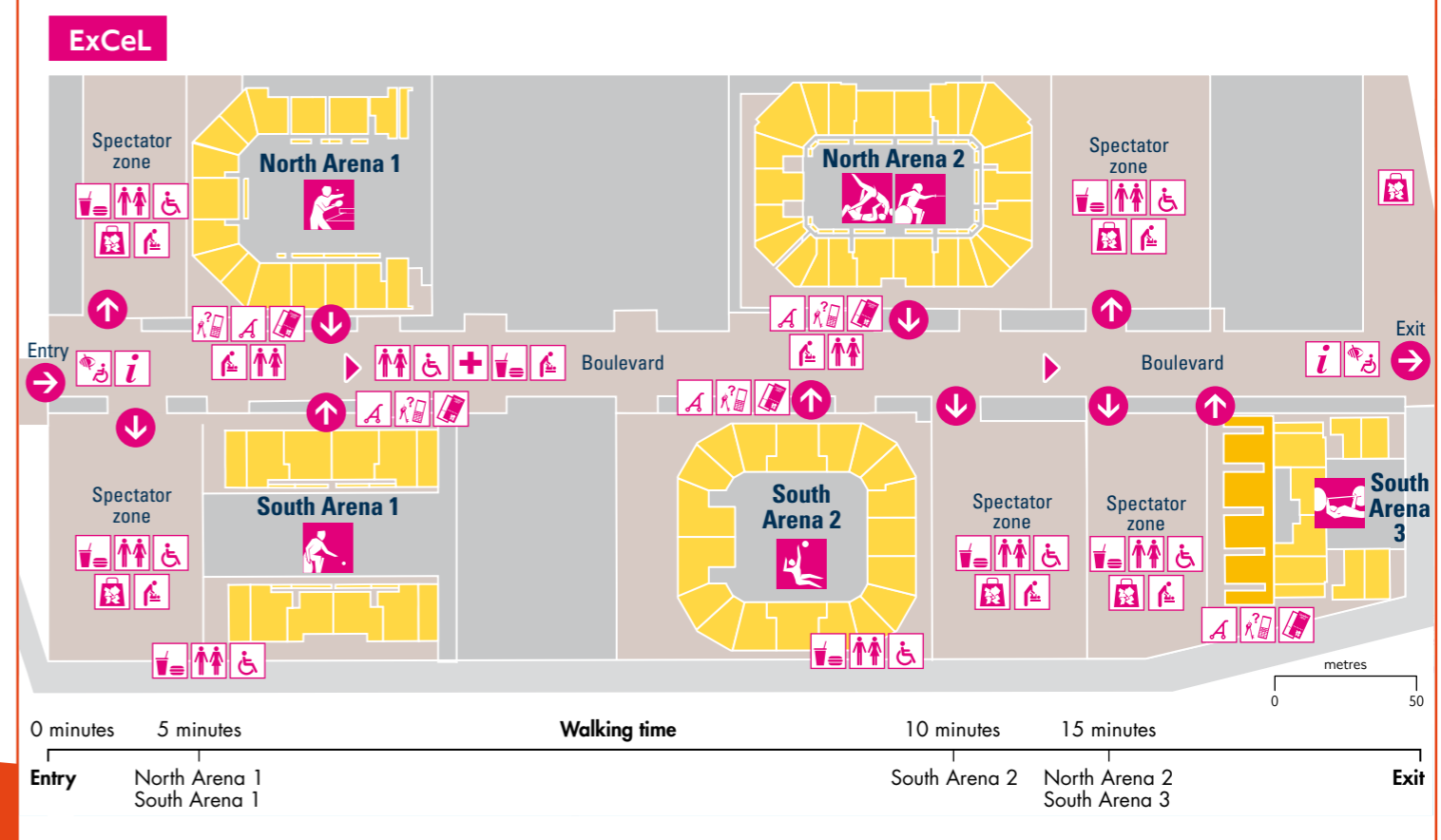
Once you're inside the arena, please follow directions from staff to the designated seating area.

## How to pay

**VISA** In recognition of Visa's longstanding support of the Paralympic Games, only Visa (debit, credit and prepaid) and cash can be used for purchases inside the venue. Contactless payment is also available.

## Key

Custom House Recommended station for spectators	Toilets
Event area during the Paralympic Games	Accessible toilets
Venue entrance or exit	Baby changing facilities
Accessible entrance or exit	Information
Spectator access route	Ticket resolution office
London Underground	Games Mobility
DLR	Lost and found
Bus station	Spectator medical
Station with step-free access and staff assistance	Pushchair and wheelchair storage
Park-and-ride shuttle bus pick-up/drop-off	London 2012 Shop
Coach pick-up/drop-off	Food and drink
Games Mobility shuttle service	Spectator flow



Delivering a memorable Paralympic Games to inspire a generation with the support of our Partners



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