



Olympic Park

Football 5-a-side
Football 7-a-side
Goalball
Wheelchair Basketball
Wheelchair Rugby
Wheelchair Tennis



London 2012 Paralympic Games
Official spectator guide

The sports

Football 7-a-side
Riverbank Arena

Played outdoors using a ball with a noise-making device inside, this thrilling sport has no throw-ins, no offside rule and a rebound wall along the sides of the pitch – ensuring non-stop action. Matches are played over two halves of 25 minutes. Outfield players have visual impairments and wear eyeshades to keep the games fair; however, the goalkeeper may be fully sighted and can act as a guide in a match. Please remain quiet during play so players can hear the ball.

Football 7-a-side
Riverbank Arena

Played outdoors, 7-a-side Football follows FIFA rules, with some changes: each team has seven players; the pitch and goals are smaller; there's no offside rule; throw-ins can be made with one hand; and each half lasts 30 minutes. Teams are made up of athletes whose coordination is affected when walking and running (most commonly by cerebral palsy), and each team must include players with varying levels of impairment.

Goalball
Copper Box

The exciting team sport of Goalball is played by athletes with a visual impairment, using a ball with bells inside. The aim is to score by rolling the ball into the opposition's goal, while the opposition attempts to block the ball with their bodies. Three athletes on each side of the court have 10 seconds to make the throw from the moment they receive the ball. All athletes wear eyeshades so they can compete fairly no matter their degree of vision. Please remain quiet during play so players can hear the ball.

Wheelchair Basketball
Basketball Arena

Wheelchair Basketball rules are broadly similar to those of basketball and the scoring is identical: two points for a regular shot from open play, one for each successful free throw and three for a shot from distance (6.75 metres from the basket).

Players must throw or bounce the ball after every two pushes of the wheels on their chairs to avoid being penalised for travelling.

Wheelchair Rugby
Basketball Arena

Featuring elements of basketball, handball and ice hockey, Wheelchair Rugby is one of the most thrilling and intense sports at the Paralympic Games.

A team may have four players on court at any time, and can be made up of both men and women. Contact between wheelchairs is permitted, but physical contact is forbidden. The result is a fast-moving sport that requires plenty of skill and toughness.

Wheelchair Tennis
Eton Manor

Fully integrated in all four Grand Slam tennis events, Wheelchair Tennis follows the same rules as tennis with one exception: the ball is allowed to bounce twice (the first bounce must be within the court boundaries). All matches are played over the best of three sets with a tie break in each set. Quad players have an impairment that affects three or more limbs. In Quad matches, male and female athletes may compete together in the same division.

BARCODE



6 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

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

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

9 Some venues are outdoors so **check the weather forecast and come prepared**, whether that means bringing a sun hat or rain jacket

10 If you're using a day pass, **entry to venues on the Olympic Park is on a first come, first served basis** – please wait until a break in play to leave a session

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

2 Remember your tickets! Everyone needs a ticket for entry

3 The Olympic Park will open at 7.30am – feel free to arrive any time after that! If you've got a ticket for a specific session, aim to **be at the venue on the Olympic Park around one hour before** the session starts

4 The transport system and venues will be very busy so **leave plenty of time to travel and be prepared to wait** – it may also take a while to exit the venue once your session is over

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 the Olympic Park** at london2012.com/paralympics/security

Top tips

Welcome

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!

Arriving at the Olympic Park

The Olympic Park will open at 7.30am. When you get there, you'll be asked to go through airport-style security screening. With thousands of people arriving at the same time, there may be a queue.

One soft-sided bag is allowed per person – for example, a medium-sized handbag or small backpack (max. 25 litres).

We want everyone to have a safe and enjoyable Games, so there are some things you can't bring into the Olympic Park. Go to london2012.com/paralympics/security for the full list, which includes water and other liquids.

You'll need to have your ticket ready to be checked at the entrances to the Olympic Park and venues.

Arriving at venues

The Olympic Park is very big so it could take up to 30 minutes to get to venues once you've gone through security screening. Make sure you wear comfortable shoes.

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 in the Olympic Park, except in designated areas.

Games Mobility

Inside the Olympic Park 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

Session timetable

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

Football 5-a-side – Riverbank Arena											
Morning	09:00-12:00	09:00-12:00	09:00-12:00	09:00-12:00	09:00-12:00	09:00-12:00	09:00-12:00	09:00-12:00	09:00-12:00	09:00-12:00	09:00-12:00
Afternoon	13:30-16:30	13:30-16:30	13:30-16:30	13:30-16:30	13:30-16:30	13:30-16:30	13:30-16:30	13:30-16:30	13:30-16:30	13:30-16:30	13:30-17:00

Football 7-a-side – Riverbank Arena											
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	09:00-12:30	09:00-12:45	08:30-12:15
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	14:00-17:45	13:30-18:00

Goalball – Copper Box											
Morning	09:00-12:30	09:00-12:30	09:00-12:30	09:00-12:30	09:00-12:30	09:00-11:15	09:00-11:30	09:00-12:45	13:30-16:30	13:30-16:35	
Afternoon	17:15-22:00	17:15-22:00	17:15-22:00	17:15-22:00	16:00-20:45	14:45-20:45	17:15-22:00	18:00-21:00	18:30-21:35	18:30-21:35	

Wheelchair Basketball – Basketball Arena											
Morning	10:45-17:00	10:45-17:00	10:45-17:00	10:45-17:00	10:45-17:00	10:45-17:00	10:45-17:00	10:45-20:00	12:00-20:00	12:00-20:00	12:00-20:00
Afternoon	18:30-22:30	18:30-22:30	18:30-22:30	18:30-22:30	18:30-22:30	18:30-22:30	18:30-22:30	18:30-22:15	19:00-22:15	19:00-22:15	

Wheelchair Rugby – Basketball Arena											
Morning										10:00-13:15	10:00-17:15
Afternoon								14:00-17:15	14:00-17:15	15:00-18:15	12:00-16:00
Evening								19:00-22:15	19:00-22:15	19:00-22:15	

Wheelchair Tennis – Eton Manor											
Morning	11:00-20:00	11:00-20:00	11:00-20:00	11:00-20:00	11:00-20:00	11:00-20:00	12:00-20:00	12:00-20:00	12:00-20:00	12:00-20:00	12:00-20:00

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

Find out more about these sports – pick up an official London 2012 daily or souvenir programme at the event.

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



Plan your travel

Getting to the Olympic Park

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 the Olympic Park. The recommended stations are:

Stratford – around 15-minute walk

Stratford International – around 15-minute walk

West Ham – around 25-minute walk

London will be very busy so leave plenty of time to get to the Olympic Park and be prepared for crowds. Plan and book your journey at london2012.com/paralympics/travel and check it before you set off as things may change.

Or why not take the active option and get on your bike? There's secure cycle parking in Victoria Park (around 15-minute walk to Victoria Gate), and outside Eton Manor Gate and Greenway Gate. You'll also find walking and cycling routes on our website.

There is no spectator parking at the Olympic Park, 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

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

Stratford and Stratford International stations have step-free access, with 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



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



Inside the venue

Using a day pass?

If your ticket is or includes a day pass, you can access a number of sessions throughout the day. Don't forget seats inside venues are available on a first come, first served basis. Use the schedule in this guide to plan your visit. Or if you've got a smartphone, switch on Wi-Fi and visit london2012.com/paralympics

Got a ticket for a specific session?

This means you're guaranteed entry to that session. Aim to arrive at the venue one hour before. You'll only be able to enter the seating area after all spectators from the previous session have left. Once you're inside the venue, please follow directions from staff to the designated seating area.

If you have a ticket for a reserved seat at 5-a-side Football, 7-a-side Football, Wheelchair Rugby or Wheelchair Tennis, a day pass is not included with your ticket and there's no readmission.

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

Recommended station for spectators	Venue entrance or exit
Event area during the Paralympic Games	101 Seating block
Venue entrance and exit	Toilets
Spectator access route	Accessible toilets
National Rail	Baby changing facilities
London Underground	Food and drink
London Overground	Ticket resolution office
Docklands Light Railway	Lift
River services	Stairs
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
Cycle parking	Information, lost and found and Games Mobility
Coach pick-up/drop-off	
Live Site	

A Games Mobility shuttle service and information points will be available across the Olympic Park

Eton Manor inset map showing Courts 1-8, Centre Court, and various facilities.

Basketball Arena inset map showing Field of play, seating blocks 101-223, and entrance/exit.

Riverbank Arena Football 7-a-side inset map showing Field of play, seating blocks 101-230, and entrance/exit.

Riverbank Arena Football 5-a-side inset map showing Field of play, seating blocks 401-407, and entrance/exit.

Copper Box inset map showing Field of play, seating blocks 101-206, and entrance/exit.

© Crown Copyright and database right 2011. Ordnance Survey 100046062. You are not permitted to copy, sub-license, distribute or sell any of this data to third parties in any form.

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



This guide is available on request in other formats up to and including 30 June 2012. To obtain these please quote reference number LOC2012/PSG/09. Email info@enquiries.london2012.com. Phone +44 (0)845 267 2012. This guide is also available to download at london2012.com/paralympics

All maps and information contained in this guide are subject to change. This guide and the official Emblems of the London 2012 Games are © London Organising Committee of the Olympic Games and Paralympic Games Ltd (LOCOG) 2012. All rights reserved. Printed at an environmentally aware ISO4001-certified printer on recycled paper.