BARCODE







Football 5-a-side Football 7-a-side Goalball























Park

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

































London 2012 Paralympic Games Official spectator guide

The sports

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. ensuring non-stop action.
Matches are played over
two halves of 25 minutes.
Outfield players have visual Played outdoors using a ball with a noise-making device inside, this thrilling sport has no throw-ins, no offside rule eyeshades to keep the and a rebound wall along impairments and wear the sides of the pitch – SO

P

Played outdoors, 7-a-side Football follows FIFA rules, with some changes: each

Football 7-a-side

team has seven players; the pitch and goals are smaller; there's no offside rule; throwins 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

Riverbank Arena

palsy), and each team must include players with varying levels of impairment.

Riverbank Arena

S-a-side Football

Copper Box Goalball

0

Rugby

Wheelchair

Session timetable

Basketball Arena

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

players on court at any time, and can be made up of both men and women. Contact between wheelchairs is

is one of the most thrilling and intense sports at the Paralympic Games.

Football 7-a-side –

Riverbank Arer

14:00-17:30

09:00-12:30 14:00-17:30

09:00-12:30 14:00-17:30

09:00-12:45 14:00-17:45

08:30-12:15 13:30Featuring elements of basketball, handball and ice hockey, Wheelchair Rugby

Football 5-a-side – Riverbank Aren

09:00-

09:00-12:00

09:00-12:00 13:30-16:30

09:00-12:00 13:30-16:30

13:30-17:00 09:00-12:00

13:30-16:30

Fri 31 Aug

Sat 1 Sep

Sun 2 Sep

Mon 3 Sep

Tue 4 Sep

Wed 5 Sep

Thu 6 Sep

Fri 7 Sep

Sat 8 Sep

Sun 9 Sep

A team may have four

result is a fast-moving sport that requires plenty of skill and toughness.

Wheelchair Basketball – Basketball Arena

18:30-22:30

18:30-22:30

18:30-22:30

10:45-17:00 18:30-22:30

Basketball Are

18:30-22:00

18:30-22:00

18:30-22:00

09:00-12:30 13:45-17:15

09:00-12:30 13:45-17:15 18:30-22:00

09:00-12:30 13:45-16:00 18:30-20:45

09:00-11:15 12:30-14:45 17:15-20:45

09:00-11:30 12:45-16:45 18:00-22:00

13:30-16:00 18:30-21:00

13:30 16:35 18:30 21:35

permitted, but physical contact is forbidden. The

Wheelchair Tennis

Wheelchair

Wheelchair Basketball rules Basketball Arena Basketball Fully integrated in all four Grand Slam tennis events, Wheelchair Tennis follows

Eton Manor

Wheelchair Tennis – Eton Mai

11:00-20:00

11:00-20:00

11:00-20:00

11:00-

12:00-20:00

12:00-20:00

12:00-20:00

12:00-20:00

14:00-17:15

10:00-13:15 15:00-18:15

10:00-17:15

19:00-22:15

19:00-22:15 14:00-17:15

19:00-22:15

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 the basket). are broadly similar to those from distance (6.75 metres 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 allowed to bounce twice (the first bounce must be within the same rules as tennis with one exception: the ball is limbs. In Quad matches,

Find out more about these

Jease don't use flash photography and remain seated until a break in play. During 5-a-side Football and Ehes, please be as quiet as possible so athletes can hear the ball. But teel free to cheer when a goal is scoredl

pushes of the wheels on their chairs to avoid being penalised for travelling. Players must throw or bounce the ball after every two male and female athletes may compete together in the same division.

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

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

Everyone needs 7

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

Arriving at the Olympic Park

a ticket Remember your tickets!

6 Your bag must fit

The Olympic Park will open at 7.30am – feel for entry 6

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

same time, there may be a queue.

under your seat or on your lap. If you can manage without one, even better – it will help

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.

speed up security checks

free to arrive any time after that! If you've got a ticket for a specific venue on the Olympic Park around one hour

1

The transport system and venues will be very busy so leave plenty of time to session, aim to **be at the** travel and be prepared **before** the session starts 4

You can pay by Visa (debit, credit or prepaid)

8

or cash (£) only

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

> to wait – it may also take a while to exit the venue once your session is over 2

> > Smoking is not permitted in the Olympic Park, except in

Games Mobility

designated areas.

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.

outdoors so **check the**weather forecast and
come prepared, whether

Some venues are

0

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.

Arriving at venues

that means bringing a sun hat or rain jacket

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

paralympics/security

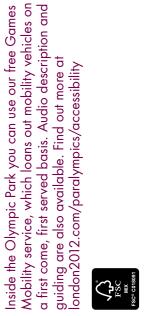
If you're using a day

9









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.

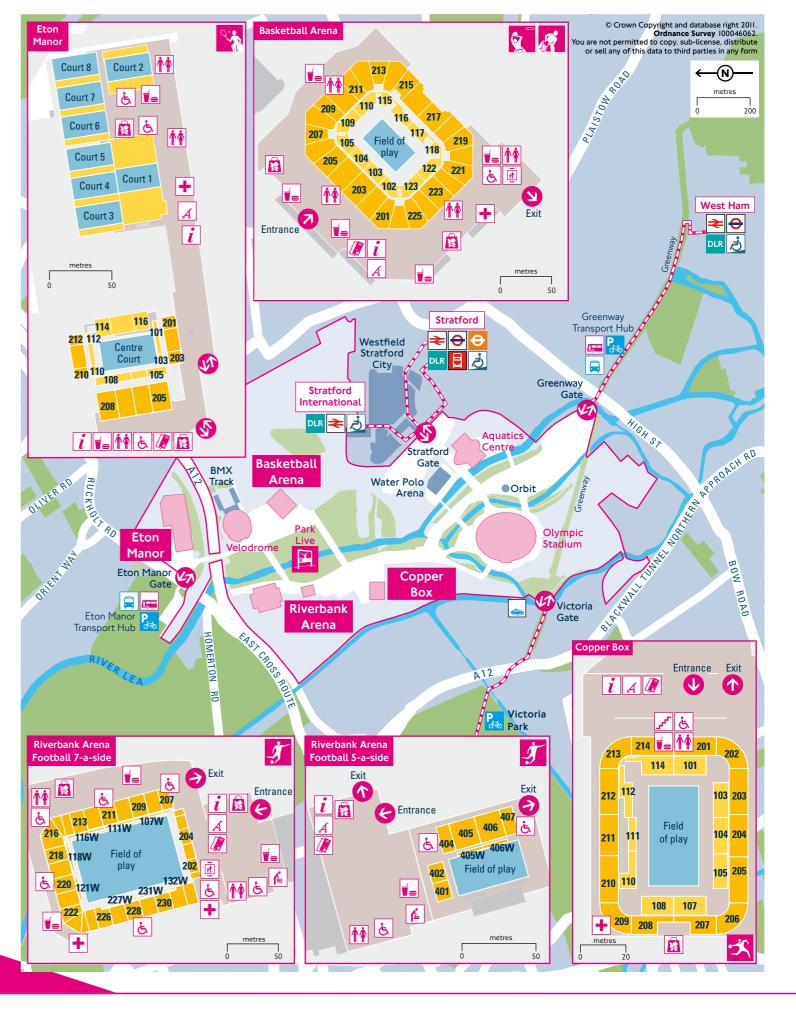
If you have a ticket for a reserved seat at 5-a-side Football, 7-a-side Football, Wheelchair Rugby or Wheelchair Tennis, a day pass is not included with your ticket and there's no readmission.

How to pay

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





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







































