

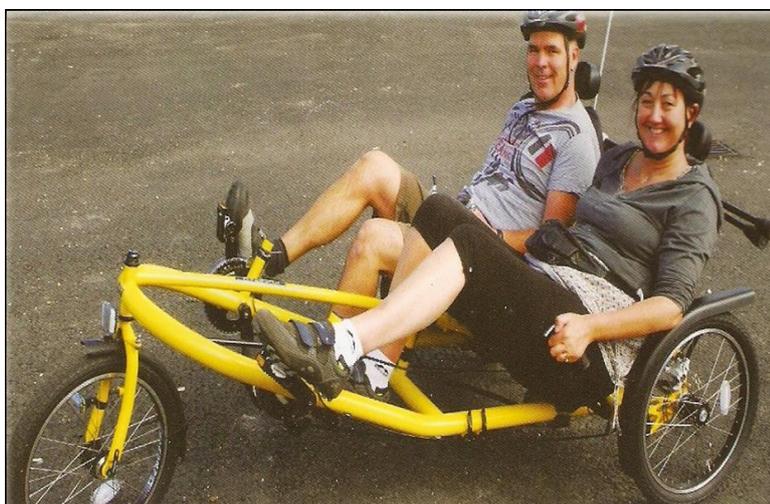
## Descriptions of sports for Local Directory and for BDSA website



### What is boccia?

Comparable to the French sport of boules or petanque, the aim of boccia is to throw a set of coloured balls as close to a jack as possible. The sport, which was refined from an ancient Greek game in Italy in the 16th century, was created specifically for athletes with a severe degree of physical disability and therefore has no counterpart in the Olympic Games.

At the Paralympics men and women compete together in team, pair and individual events and are grouped in four classifications, BC1, BC2, BC3 and BC4. BC1 comprises athletes with cerebral palsy who are able to project the ball once it is placed in their hand by an aide, while BC2 includes athletes with a less severe degree of cerebral palsy and do not require an aide. BC3 athletes have the most severe degree of disability and cannot grasp or release the ball and therefore play with the use of a technical device, such as a ramp to project the ball and an assistant. The final classification, BC4, is for players who do not have cerebral palsy but who are still severely disabled and these athletes do not compete with an aide. Boccia made its Paralympic Games debut in New York in 1984 and is now practiced at elite level in 42 countries worldwide.



### What is adapted cycling?

Cycles are adapted to varying amounts for those who are not able to walk independently or who are wheelchair users and unable to ride a standard bicycle, so e.g. tricycles, quadracycles, recumbents and three-wheeled hand cycles. Within competition, the classification for cycling is split into four divisions for athletes with cerebral palsy, CP1 to 4 with

1 being the most severely disabled and 4 being the most able. Visually impaired cyclists are all classified together and compete on tandem bicycles with a sighted-guide or pilot rider. Amputee and les autres athletes are also classified in four categories with LC1 for riders with upper limb disabilities, LC2 for riders with disabilities in one leg but who are able to pedal normally, LC3 for riders with a disability in one lower limb who will usually pedal with one leg only and LC4 for riders with disabilities affecting both legs or a combination of upper and lower limbs. Athletes who are unable to use conventional cycles are classified into divisions HCA, HCB and HCC, with HCA being the most severely disabled. Cycling at elite level is currently contested by over 40 countries but it's a sport that many take part in at recreational level just for fitness or enjoyment.



### What is race-running?

Race running is a fairly new sport in the UK. The race-runner is a 3-wheeled mobility device, where the user is supported by a saddle and a chest plate, but propels the frame with their feet and steers using their upper limbs. It is for users who cannot functionally run and rely on aids for their mobility and balance and provides freedom of movement and independence as well as improving the cardiovascular system and strengthening muscles. Users take

part in training/racing at the athletics track and there are championships for those who want to compete.



### What is wheelchair racing?

Racing wheelchairs are specially designed wheelchairs for use on the athletics track or as seen in road races like the London Marathon and Great North Run. Track events include many Olympic distances and competitors are classified as T51–54 (wheelchair track athletes).



### What is disability football?

The beautiful game... football is played by millions of people across the globe whether just in the local park or in a national stadium. Within disability football the rules are the same as in the able-bodied game except that the pitch is slightly smaller, there is no offside rule and throw-ins can only be made using one hand. Matches are played in two 30 minute halves with a 15 minute interval. There are seven a side and five a side versions of the

game, with matches lasting between 25 to 30 minutes. Participants may take part without mobility aids or using crutches, K-walkers or other open fronted walkers and there is a version of the game for the visually impaired.



### What is disability archery?

A sport of accuracy, precision and concentration, archery is open to all with a physical disability, and the discipline is growing in the UK. Participants are grouped into three classifications for competition – one standing (ST) and two wheelchair categories: wheelchair one (W1), which includes athletes with a disability in all four limbs and; wheelchair two (W2), where archers have limited mobility in their lower limbs.



### What is disability handball?

About Handball: Handball at the elite level is a physical and fast sport of intense physical contact, with shots being thrown at speeds approaching 100km per hour. It is played indoors on a 40m X 20m court with seven players (one goalkeeper + six court), which speeds up the game even more. The object is to score more goals than the opponents by throwing the ball into a D-shaped net. Disability

handball was established at Special Olympics in 1991 and can be played by wheelchair users, as well as those not using a wheelchair; it offers a series of optional modifications to team competitions of Handball. First, the length of the Handball court may be modified to no less than the length of a regulation basketball court. Second, beginner and lower ability players have to option to use a foam, air-filled ball for competitions. For beginning players, youth and lower ability players, referees have the option to limit player contact to what is allowed in a basketball game.



### What is goalball?

Goalball is a team sport unique to the Paralympic Games. It has been specifically developed for athletes with a visual impairment and therefore has no Olympic equivalent.

The sport, which is currently played in around 70 countries, was created in 1946 as a means of rehabilitating injured war veterans blinded during the Second World

War. The object of the game, which is played by teams of three, is to roll the ball past the opposition defence and into the opponent's goal. The ball contains bells that enable the players to locate it and as a result the game is usually played in complete silence to allow the players to concentrate on following the ball. Games are played on a court of 18m x 9m, marked out with tactile boundaries. Players are allowed to defend the ball by any means within specific areas of the court. When thrown, the ball must touch the floor to ensure defending players can locate the ball and a throw must take place within 10 seconds of first contact.

Anyone can play, as those who have partially or no visual impairment can wear shades, as shown in the photograph.