



## WELCOME!

You are now part of one of the world's most exciting sports events. The Rio 2016 Paralympic Games Spectator Guide brings tips and important information to enable you to make the most of this great party. Enjoy your reading!



# Sitting volleyball

## GOLDEN TIPS

What you need to know to enjoy every single moment of the Rio 2016 Games

- Before leaving, **check out the latest information** about the Games on [rio2016.com](http://rio2016.com)
- Do not forget your tickets and **check the date, time and place** of competitions on the website before leaving. Get more tickets on [rio2016.com/en/tickets](http://rio2016.com/en/tickets)
- **Check the weather forecast** and prepare yourself accordingly
- **Use public transport.** It is not possible to park at the competition venues and their surroundings
- **Plan your trip.** Transport systems and competition venues will be crowded. It can take you a while to go back and forth!
- Arrive early: **this venue opens one and a half hour before the competition gets underway.** If the session has already started, you may have to wait for a break to enter. **Check out this information** at [rio2016.com/en/venues](http://rio2016.com/en/venues)
- You will go through a **security check** with X-ray equipment. **Forbidden or restricted items** will be collected and not returned. **Check the complete list** on [rio2016.com/en/venues](http://rio2016.com/en/venues)
- **Avoid carrying bags to speed up your entrance.** If necessary, choose the smaller ones that you can put on your lap or under the seat
- **Identify children** and other special cases with **bracelets made available at the public information desks**
- Look for the **Rio 2016 team** members wearing **green** - they are there to **help you!**
- **It is forbidden to smoke at the competition venues.** There are designated smoking areas. Get more information with the volunteers or at the public information desks
- This **Guide has a map with the services available at the venues**
- **Within Rio 2016 venues, payments** can only be made in **cash or Visa debit**, credit or pre-paid cards
- **Download the official app** on [rio2016.com/en/app](http://rio2016.com/en/app) and **stay tuned** to everything that happens during the Games
- Bring your energy and support. Let's make it an unforgettable party!

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## LEARN MORE ABOUT RIO

Nature, culture and gastronomy are permanent attractions in the city, which has been welcoming more and more tourists with open arms. The Olympic City is ready to welcome visitors arriving for the Rio 2016 Games and is preparing an amazing programme for the Live Sites installed at strategic locations in the city, where you can watch the Games broadcast and enjoy a vast cultural programme.

Go to the [visit.rio](http://visit.rio) portal and discover the wonders of Rio de Janeiro.

## SUSTAINABILITY

Do your part and dispose of your rubbish appropriately. Use the coloured recycling collectors provided: they benefit recycling cooperatives, generating social inclusion and new businesses.

## ACCESSIBILITY

Individuals with an impairment or reduced mobility, such as obese people, senior citizens, pregnant and breastfeeding women and people with small children are entitled to preferential service when accessing venues and on services offered to Games' spectators. Exclusive services intended for this audience are also available at all venues. Get more information with the volunteers or at the public information desks.

## FORMS OF PAYMENT

**VISA** In recognition of its long-standing support to the Paralympic Games, only Visa cards (debit, credit or prepaid) and cash are accepted for purchases at Rio 2016 venues.

## CONTACT US

An open channel to listen to you.  
Call centre: + 55 (21) 3004-2016\*  
[rio2016.com/en/contact](http://rio2016.com/en/contact)

\*Price of a local call if calling from Brazil.  
Price of a call to Rio de Janeiro if calling from overseas.

# Sitting volleyball

RIOCENTRO – PAVILION 6

Rio2016™

## UNDERSTANDING THE SPORT

### HOW IT ALL BEGAN

Sitting volleyball was first introduced in the Netherlands in the 1950s, combining Olympic volleyball with a German sport called "sitzball." However, it only started becoming more popular in the 1960s. International competitions went on to be organised from 1967, and sitting volleyball was accepted into the International Sport Organization for the Disabled (ISOD) in 1978.

The sport debuted in the Paralympic programme in the Arnhem 1980 Games and has been on the Paralympic Games agenda since. Until Sydney 2000, the competitions were divided into two categories: sitting and standing. From Athens 2004, they were restricted to sitting volleyball only.

### ABOUT THE COMPETITION

As with Olympic volleyball, the game is decided in the best of five sets. The team scoring 25 points first will win the set, and tie-breaks go to 15 points. There are two major differences between this sport and Olympic volleyball: the athlete's gluteus must be in contact with the floor in each move they make, and blocking the opponents' serve is allowed. It is also common to see contact between the opponents' legs during the match. This is allowed as long as it does not obstruct the opponent.

The court measures 60m<sup>2</sup> (10m long by 6m wide), and the net is positioned at a height of 1.15m from the floor in men's volleyball. For the women's competition, however, the height is slightly lower: 1.05m.

### DID YOU KNOW?

Although Brazil has already won nine Olympic volleyball medals, four gold, it has yet to win a sitting volleyball medal. Iran is this sport's powerhouse. The Iranian men's team have five gold medals and have competed in the last seven finals.



### PROGRAMME\*

SEPTEMBER		SESSIONS			
07	WED				
08	THU				
09	FRI	10:00 11:30	14:00 15:30	18:30 22:00	
10	SAT	10:00 11:30	14:00 15:30	18:30 22:00	
11	SUN	10:00 11:30	14:00 15:30	18:30 22:00	
12	MON	10:00 11:30	14:00 15:30	18:30 22:00	
13	TUE	10:00 11:30	14:00 15:30	18:30 22:00	
14	WED	10:00 11:30	14:00 15:30	18:30 22:00	
15	THU		13:30 17:00	18:30 22:00	
16	FRI		13:30 17:00	18:30 22:00	
17	SAT		 16:30 22:00		
18	SUN	 09:30 15:00			

\* Information subject to change without prior notice.

 Sessions with victory ceremonies are in bold.

### EVENTS

 Men's tournament

 Women's tournament

192 athletes / 96 men and 96 women

 Male  Female



## PLANNING YOUR TRIP

### ARRIVING AT RIOCENTRO

Known for hosting international exhibitions and trade shows, Riocentro is near Barra Olympic Park. Three of its pavilions are Rio 2016 Games venues. Check out how to get there:

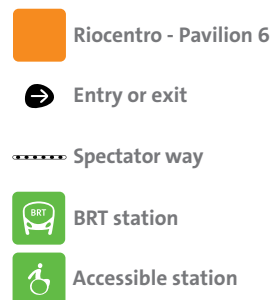
**BRT - JD. OCEÂNICO X CENTRO OLÍMPICO > CENTRO OLÍMPICO TERMINAL/MORRO DO OUTEIRO**  
18min walk/1,300m

**BRT - RECREIO X VILA MILITAR > RIOCENTRO STATION**  
8min walk/550m

**Accessible station - Riocentro station is accessible.** Learn more about public transport accessibility during the Games at [visit.rio](http://visit.rio).

### ATTENTION!

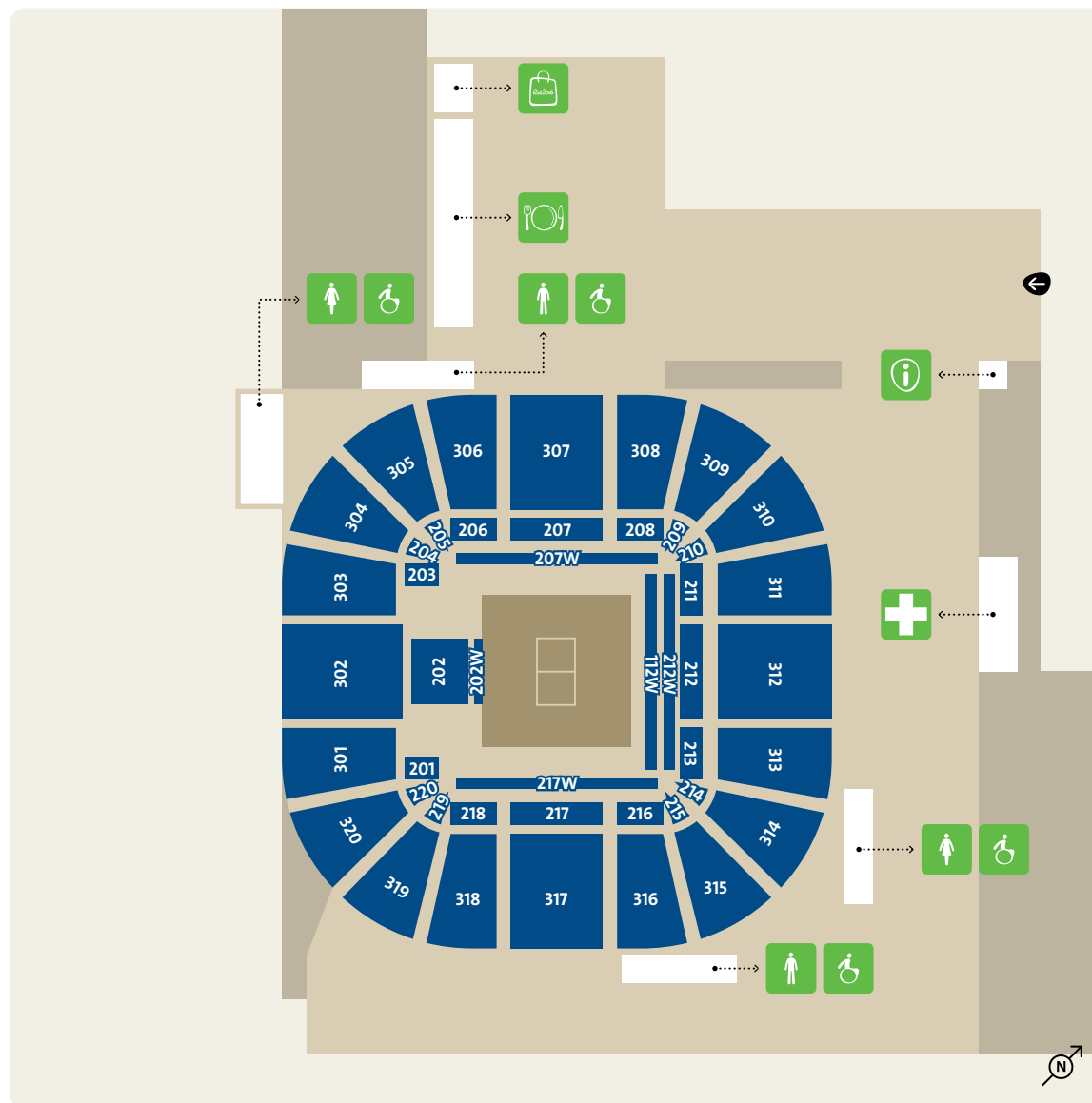
- Make sure you check the competition schedule and public transport stations
- Buy in advance the Cartão dos Jogos (transport card). Some stations are only available for transport card and ticket holders
- Learn more about Cartão dos Jogos and public transport at [visit.rio](http://visit.rio)
- Check the venue entry locations and pay attention to the signs at the stations
- After the competition, check the venue exits and public transport access signs
- Walking times are estimated based on the average speed of 1.2m/s



## DISCOVERING THE VENUE



- Entry
- Stands
- Public information
- Spectator medical post
- Women's toilet
- Men's toilet
- Accessible toilet
- Food and beverage
- Rio 2016 Store



ACCESSIBLE SUBTITLE: IMAGE OF THE VENUE BLUEPRINT



WORLDWIDE PARALYMPIC PARTNERS



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Casa da Moeda do Brasil Ceg EF Education First OFF! Ottobock 3 Corações

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