

WINTER SPORTS

ALPINE SKIING:

There are three categories: visually impaired, standing and sitting.

The event types are as follows: Slalom, Giant Slalom, Super Giant Slalom (Super-G) and Downhill, all for men and women.

External link to the official website: <http://www.asdracing.org>

CROSS-COUNTRY SKIING/BIATHLON:

Nordic Skiing is comprised of cross-country and biathlon (cross-country skiing and shooting) events.

It is open to men and women in three categories: sitting, standing and visually impaired.

Biathlon: Athletes ski three 2.5-km legs (7.5 km in total), (short distance) or 5 legs for a total of 12km (long distance) and fire at five targets between each leg.

They are given five shots at targets that are 10 meters away using air guns that are mounted on stands. A sound system is used to aid visually impaired athletes. The strength of the signal indicates when to shoot.

The penalty for a missed shot can be a time penalty that is added to the total time or a penalty loop to ski once per missed shot.

In Cross-country, athletes compete on distances ranging from 2.5 to 20 kilometers. Depending on the functional disability, a competitor may use a sitski or mono-ski or normal skis. Visually impaired skiers compete in the event with the aid of a sighted guide.

Nordic Skiing is governed by the IPC through the IPC Nordic Skiing Technical Committee.

External link to the official website:

http://www.paralympic.org/release/Winter_Sports/Nordic_Skiing/About_the_sport/

ICE SLEDGE HOCKEY:

Ice Sledge Hockey is played by male athletes.

Sledge Hockey is a team sport conforming to the rules of the International Ice Hockey Federation (IIHF) with a few modifications. It is a form of traditional ice hockey played by male athletes with a physical disability. Like in standard ice hockey, each team has six players, including the goaltender.

In sledge hockey, the athlete sits low to the surface of the ice on top of a metal frame that rests on two blade sledges that allow the puck to pass beneath. Athletes use two 75 cm long hockey sticks, with spikes on one end and blades on the other. The spike is used to propel the sledge across the ice, and the slightly curved blade is used to handle the puck.

The sport is governed by the IPC through the International Paralympic Ice Hockey Committee.

External link to the official website:

http://www.paralympic.org/release/Winter_Sports/Ice_Sledge_Hockey/index.html

WHEELCHAIR CURLING:

Wheelchair curling is a game of great skill and strategy. The first World Cup in Curling for wheelchair players was held in January 2000 in Crans-Montana, Switzerland and the sport made its Paralympic debut at the Torino 2006 Paralympic Winter Games.

Wheelchair curling is open to male and female athletes with a physical disability in the lower part of the body. This includes athletes with significant impairments in lower leg/gait function (eg, spinal injury, cerebral palsy, multiple sclerosis, double leg amputation, etc), who require a wheelchair for daily mobility.

Each team must be comprised of male and female players. It is governed by and played according to the rules of the World Curling Federation (WCF), with only one modification - no sweeping. Wheelchair Curling is practiced by athletes in over 20 countries.

External link to the official website: <http://www.worldcurling.org>