



HOST CITY

TOKYO 2020 PARALYMPIC GAMES HAND BOOK

東京2020パラリンピック ハンドブック

Regarding the Dates for the Tokyo 2020 Paralympic Games

Tokyo 2020 Paralympic Games has been rescheduled as below:

(Original dates)

August 25th (Tue) to September 6th (Sun), 2020

(New dates)

August 24th (Tue) to September 5th (Sun), 2021

As a result of the postponement of the Games, the competition schedule will be changed.

Please refer to the following website about the latest information of the competition schedule and tickets.

- Competition schedule

<https://tokyo2020.org/en/paralympics/schedule/>



- Ticket information

<https://tokyo2020.org/en/paralympics/tickets/>



This booklet is full of
information on the Tokyo
2020 Paralympic Games!
Write down what you have
noticed and create your
own useful handbook!



TOKYO 2020 PARALYMPIC GAMES HANDBOOK

東京2020パラリンピック ハンドブック

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TOKYO 2020 PARALYMPIC GAMES HANDBOOK



About the Paralympic Games

The Paralympic Games are the world's greatest sporting event for athletes with an impairment. They are held once every four years, in the same year and the same host city as the Olympic Games. Tokyo is the first city in the world to host the Summer Paralympic Games for a second time.



● The Paralympic Symbol

This symbol is known as the three agitos. Agito means “I move” in Latin and represents the Paralympians, who continue to test their limits without giving up, even if they face difficulties. The three colours – red, blue and green – were selected as they are the most commonly used colours on the world's national flags.

※ Quoted from the website of the Japanese Para-Sports Association Japanese Paralympic Committee



The Four Values of the Paralympic Games

Courage, Determination, Inspiration, Equality

The International Paralympic Committee (IPC) emphasises these four values as it believes that the hidden power of the Paralympians is the symbol of the Paralympic Games.

※ Quoted from the website of the Japanese Para-Sports Association
Japanese Paralympic Committee

The Significance of the Paralympic Games

Ingenuity, Diversity, Barrier-free, Change in mindset

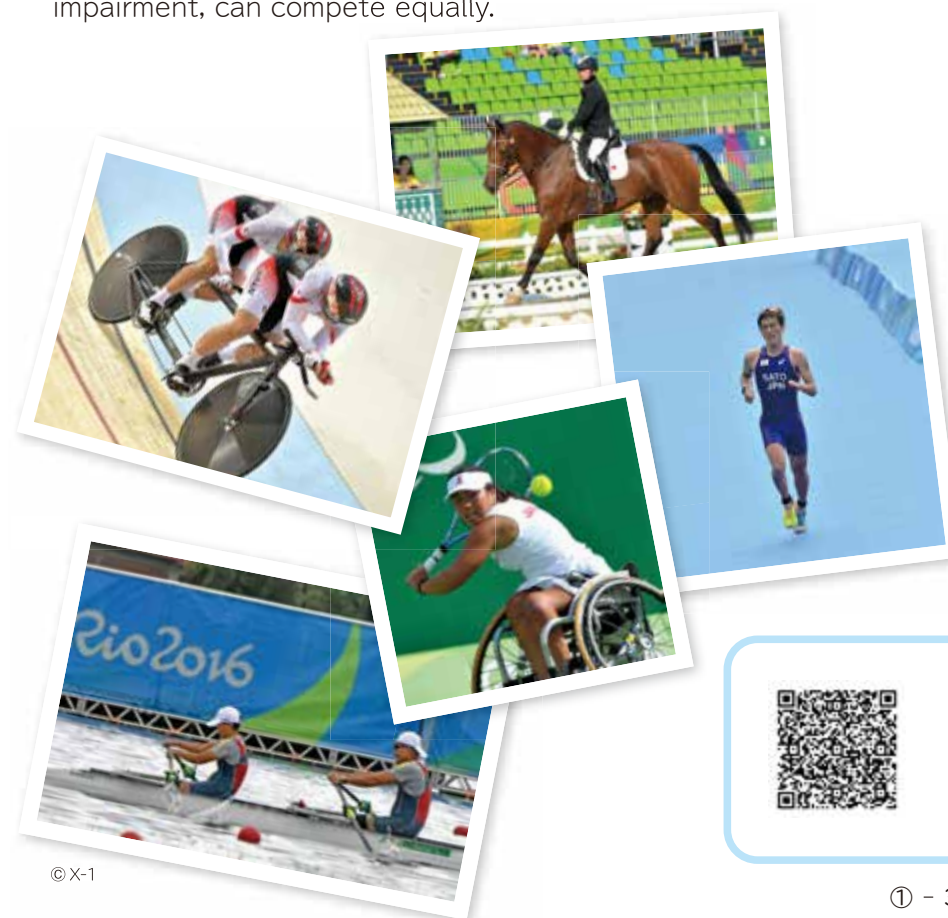
Athletes with a range of impairments test their limits by using their ingenuity during the Paralympic Games, which promote diversity and give everyone a fair opportunity to demonstrate their individuality and abilities and to become successful. The Games also remind us of the need to reduce barriers in society, as well as the need to change our mindset.

※ Quoted from the website of the Japanese Para-Sports Association
Japanese Paralympic Committee

Features of the Paralympic Games

Ingenious tools and rules Classification creates fair competition

Ingenious tools and rules are utilised to enable top athletes with an impairment to give their best performance. Competitions are held in different classes according to the “type” and “degree” of impairment to ensure athletes with a range of impairments, such as a physical (e.g. upper and lower limbs), visual or intellectual impairment, can compete equally.



Dates for the 2020 Tokyo Paralympic Games

**25 August to
6 September 2020**

Official name: Tokyo 2020 Paralympic Games

Japanese name: 東京 2020 パラリンピック競技大会

Dates: 25 August (Tue) to 6 September (Sun)
2020

Number of sports: 22

Tokyo 2020 Games Vision

**Sport has the power to
change the world and
our future.**

The Tokyo 1964 Games completely transformed Japan.
The Tokyo 2020 Games, as the most innovative in history,
will bring positive reform to the world by building on three
core concepts:

“Striving for your personal best (Achieving Personal Best)”

“Accepting one another (Unity in Diversity)”

“Passing on Legacy for the future (Connecting to
Tomorrow)”

Emblem and mascot

**Tokyo 2020
Paralympic Games emblem**



Harmonised chequered emblem

- The chequered pattern, known as “ichimatsu moyo”, expresses in indigo blue, the traditional colour of Japan, both the refined elegance and sophistication that exemplifies Japan.
- Combining three varieties of rectangular shapes, the design incorporates the message of “unity in diversity” .
- It consists of 45 rectangular pieces, the same as the Olympic Games emblem.

**Tokyo 2020
Paralympic Games mascot**



The name Someity comes from “Someiyoshino”, a popular type of cherry blossom, and the phrase “so mighty”, which means very powerful. With its cherry blossom tactile sensors, Someity possesses superpowers. Through the Tokyo 2020 Games, Someity embodies the Japanese soul that admires cherry blossom and the magnificence of Paralympic athletes.



Paralympic Sports and Competition Schedule

22 sports will be contested.

The following designs are the sports pictograms of the Tokyo 2020 Paralympic Games.



※ There are two designs for cycling.

Tokyo 2020 Paralympic Games Competition Schedule

🏆 Sessions that include the finals or contests for the gold medal

	August							September					
	25	26	27	28	29	30	31	1	2	3	4	5	6
Opening and Closing Ceremonies	●												●
Archery				●	🏆	🏆	🏆	🏆		🏆	🏆	🏆	
Athletics				🏆	🏆	🏆	🏆	🏆	🏆	🏆	🏆	🏆	🏆
Badminton									●	●	●	🏆	🏆
Boccia					●	●	●	●	🏆	●	●	🏆	
Canoe										●	🏆	🏆	
Cycling		🏆	🏆	🏆	🏆			🏆	🏆	🏆	🏆		
Equestrian			🏆	🏆	🏆	🏆	🏆						
Football 5-a-side						●	●	●		●		🏆	
Goalball		●	●	●	●	●	●	●	●	●	🏆		
Judo				🏆	🏆	🏆							
Powerlifting			🏆	🏆	🏆	🏆	🏆						
Rowing				●	●	🏆							
Shooting							🏆	🏆	🏆	🏆	🏆	🏆	🏆
Sitting Volleyball				●	●	●	●	●	●	●	●	🏆	🏆
Swimming		🏆	🏆	🏆	🏆	🏆	🏆	🏆	🏆	🏆	🏆		
Table Tennis		●	●	●	🏆	🏆	🏆	●	●	🏆	🏆		
Taekwondo										🏆	🏆	🏆	
Triathlon					🏆	🏆							
Wheelchair Basketball		●	●	●	●	●	●	●	●	●	●	🏆	🏆
Wheelchair Fencing		🏆	🏆	🏆	🏆	🏆							
Wheelchair Rugby		●	●	●	●	🏆							
Wheelchair Tennis				●	●	●	●	●	🏆	🏆	🏆	🏆	



Competition Venues

21 venues in and around Tokyo

■ Archery

Yumenoshima Park Archery Field

2-1-4 Yumenoshima, Koto-ku, Tokyo

- Approx. 7 minutes' walk from Shin-kiba Sta. on the JR Keiyo Line, Tokyo Metro Yurakucho Line and Tokyo Waterfront Area Rapid Transit Rinkai Line
- Approx. 5 minutes' walk from Yumenoshima on Toei Bus Ki 11 Kou from Toyocho Sta.
- Approx. 5 minutes' walk from Yumenoshima on Toei Bus Kin 18 from Kinshicho Sta. (weekdays only)
- Approx. 5 minutes' walk from Yumenoshima on Toei Bus Exp. 05 from Kinshicho Sta. (weekends and holidays only)



■ Opening and Closing Ceremonies ■ Athletics

Olympic Stadium

10-1 Kasumigaoka-machi, Shinjuku-ku, Tokyo

Note: The perspectives, etc. shown are all simulated images and may differ from those actually available. The image is based on a projection of how the greenery will appear once it has matured, approx. 10 years from now.

- Approx. 5 minutes' walk from Sendagaya Sta. and Shinanomachi Sta. on the JR Sobu Line
- Around a 1-minute walk from Kokuritsu-kyogijo Sta. on the Toei Oedo Line
- Approx. 15 minutes' walk from Gaemmae Sta. on the Tokyo Metro Ginza Line
- Approx. 5 minutes' walk from Sendagaya Ekimae on the Toei Bus Haya 81 from Shibuya Sta.
- Approx. 5 minutes' walk from Sendagaya Ekimae on the Toei Bus Kuro 77 from Meguro Sta.
- Around a 1-minute walk from Sendagaya Sta. (Tokyo Metropolitan Gymnasium) on the Hachiko Bus Jinguno Mori Route from Shibuya Sta.



Design Works and Construction Works of Taisei Corporation, Azusa Sekkei Co., Ltd. and Kengo Kuma and Associates JV / Courtesy of JSC

■ Badminton ■ Wheelchair Rugby

Yoyogi National Stadium

2-1-1 Jinnan, Shibuya-ku, Tokyo

- Approx. 5 minutes' walk from Harajuku Sta. on the JR Yamanote Line
- Approx. 15 minutes' walk from Shibuya Sta. on the JR Yamanote Line
- Approx. 5 minutes' walk from Meiji-jingumae Sta. on the Tokyo Metro Chiyoda and Fukutoshin Lines
- Approx. 10 minutes' walk from Yoyogi-koen Sta. on the Tokyo Metro Chiyoda Line



Japan Sport Council

■ Boccia

Ariake Gymnastics Centre

1-10-1 Ariake, Koto-ku, Tokyo

- Approx. 8 minutes' walk from Kokusai-tenjiyo Sta. on the Tokyo Waterfront Area Rapid Transit Rinkai Line
- Around a 1-minute walk from Ariake-Tennis-no-mori Sta. on the Tokyo Waterfront New Transit Waterfront Line Yurikamome
- Approx. 8 minutes' walk from Ariake-Tennis-no-mori on Toei Bus Higashi 16 and To 05 from Tokyo Sta.
- Approx. 8 minutes' walk from Ariake-Tennis-no-mori on Toei Bus Kai 01 from Monzen-nakacho Sta.



Photo by Tokyo 2020 / Uta MUKUO

■ Canoe ■ Rowing

Sea Forest Waterway

3 Aomi, Koto-ku, Tokyo

- Approx. 20 minutes' walk from Kankyokuyoku-Chubo-Godochosha (Environment government Offices) on Toei Bus Nami 01 from Tokyo Teleport Ekimae
- Around a 15-minute taxi ride from Shin-kiba Sta. on the JR Keiyo Line, Tokyo Metro Yurakucho Line and Tokyo Waterfront Area Rapid Transit Rinkai Line
- Around a 15-minute taxi ride from Ryutsu Center Sta. on the Tokyo Monorail



■ Cycling

Izu Velodrome (Track)

1826 Ono, Izu City, Shizuoka

- Around a 1-minute walk from the Cycle Sports Centre on the Shin Tokai Bus (20 mins) from Shuzenji Sta. on the Izu Hakone Railway
- Around a 30-minute taxi ride from Usami Sta. on the JR Ito Line



Photo by Tokyo 2020 / Shugo TAKEMI

Fuji International Speedway (Road)

694 Nakahinata, Oyama-cho, Sunto-gun, Shizuoka

- (Weekdays) Alight at the Fuji Speedway East Gate on the Fujikyuko Bus from Gotemba Sta. to Ueno
- (Weekends and holidays) Alight at either the Fuji Speedway West or East Gate on the Fujikyuko Bus from Gotemba Sta. to Fuji Reien Cemetery (via Speedway)
- (Weekends and holidays) Alight at either the Fuji Speedway West or East Gate on the Fujikyuko Bus from Suruga Oyama Sta. to Fuji Reien Cemetery



Photo by Tokyo 2020 / Shugo TAKEMI

■ Equestrian

Equestrian Park

2-1-1 Kamiyoga, Setagaya-ku, Tokyo

This is a perspective image. It may differ from the actual building.

- Approx. 15 minutes' walk from Sakura-shimmachi Sta. on the Tokyo Den-en-toshi Line
- Approx. 20 minutes' walk from Kyodo Sta. on the Odakyu Line
- Approx. 3 minutes' walk from Nodai-mae on Tokyu Bus Shibu 23 and Shibu 24 from Shibuya Sta.
- Approx. 3 minutes' walk from Nodai-mae on Odakyu Bus Shibu 24 and Shibu 26 from Shibuya Sta.
- Approx. 3 minutes' walk from Nodai-mae on Tokyu Bus En 02 and Yo 01 from Yoga Sta.
- Approx. 3 minutes' walk from Nodai-mae on Tokyu Bus Tou 11 from Chitose-funabashi Sta.



© Tokyo 2020

■ Football 5-a-side

Aomi Urban Sports Park

1-1 Aomi, Koto-ku, Tokyo

- Approx. 10 minutes' walk from Aomi Sta. on the Tokyo Waterfront New Transit Waterfront Line Yurikamome
- Approx. 10 minutes' walk from Tokyo International Cruise Terminal Sta. on the Tokyo Waterfront New Transit Waterfront Line Yurikamome



Photo by Tokyo 2020 / Uta MUKUO

※ During the Tokyo 2020 Paralympic Games, you may be instructed to use an alternative route due to traffic restrictions.

- Goalball ■ Sitting Volleyball
- Taekwondo ■ Wheelchair Fencing

Makuhari Messe (Halls A, B, C)

2-1 Nakase, Mihama-ku, Chiba City, Chiba

· Approx. 5 minutes' walk from Kaihimakuhari Sta. on the JR Keiyo Line

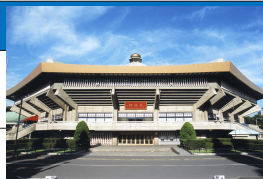


■ Judo

Nippon Budokan

2-3 Kitanomaru Koen, Chiyoda-Ku, Tokyo

· Approx. 5 minutes' walk from Kudanshita Sta. (Exit 2) on the Tokyo Metro Tozai and Hanzomon Lines and the Toei Shinjuku Line



©Nippon Budokan Foundation

■ Powerlifting

Tokyo International Forum

3-5-1 Marunouchi, Chiyoda-ku, Tokyo

- Around a 1-minute walk from Yurakucho Sta. on the JR Keihin-tohoku and Yamanote Lines and the Tokyo Metro Yurakucho Line
- Approx. 5 minutes' walk from Tokyo Sta. on the JR Chuo and other lines
- Approx. 5 minutes' walk from Hibiya Sta. on the Tokyo Metro Hibiya Line and the Toei Mita Line
- Approx. 5 minutes' walk from Nijubashimae Sta. or 7 minutes' walk from Hibiya Sta. on the Tokyo Metro Chiyoda Line
- Approx. 7 minutes' walk from Kyobashi Sta. on the Tokyo Metro Ginza Line
- Approx. 7 minutes' walk from Ginza Sta. on the Tokyo Metro Hibiya, Marunouchi and Ginza Lines



■ Shooting

Asaka Shooting Range

9-4 Oizumigakuencho, Nerima-ku, Tokyo

- Approx. 40 minutes' walk from Wakoshi Sta. on the Tobu Tojo Line, Tokyo Metro Yurakucho and Fukutoshin Lines
- Approx. 5 minutes' walk from Nagakubo on Seibu Bus Sen 33 or 37 from Oizumi-gakuen Sta.
- Approx. 5 minutes' walk from Nagakubo on Seibu Bus Sen 33 or 34 from Narimasu Sta.
- Approx. 10 minutes' walk from Niiza Sogo Gijutsu High School on Seibu Bus Sen 32 from Asaka Sta.



Photo by Tokyo 2020 / Shugo TAKEMI

■ Swimming

Tokyo Aquatics Centre

2-2-1 Tatsumi, Koto-ku, Tokyo

Simulated image during the Games, as of January 2019

- Approx. 10 minutes' walk from Tatsumi Sta. on the Tokyo Metro Yurakucho Line
- Approx. 15 minutes' walk from Shiomi Sta. on the JR Keiyo Line
- Approx. 20 minutes' walk from Shin-kiba Sta. on the JR Keiyo Line, Tokyo Waterfront Area Rapid Transit Rinkai Line and Tokyo Metro Yurakucho Line
- Approx. 5 minutes' walk from Tatsumi-danchi on Toei Bus Kin 13 Otsu from Kinshicho Sta. or Mon 19 Kou/Otsu from Monzen-nakacho
- Approx. 5 minutes' walk from Sazanamibashi-Minamizume on Toei Bus Koto 01 (Tatsumi route) from Shiomi Sta.



■ Table Tennis

Tokyo Metropolitan Gymnasium

1-17-1 Sendagaya, Shibuya-ku, Tokyo

- Around a 1-minute walk from Exit A4 of Kokuritsu-kyogijo Sta. on the Toei Oedo Line
- Around a 1-minute walk from Sendagaya Sta. on the JR Sobu Line



■ Triathlon

Odaiba Marine Park

1 Odaiba, Minato-ku, Tokyo

This is a perspective image. It may differ from the actual building.

- Approx. 3 minutes' walk from Daiba Sta. or Odaiba-Kaihlin-Koen Sta. on the Tokyo Waterfront New Transit Waterfront Line Yurikamome
- Approx. 7 minutes' walk from Tokyo Teleport Sta. on the Tokyo Waterfront Area Rapid Transit Rinkai Line
- Approx. 5 minutes' walk from Odaiba-Kaihlin-Koen-Mae on Toei Bus Kai 01 from Monzen-nakacho Sta.



© Tokyo 2020

■ Wheelchair Basketball

Ariake Arena

1-11 Ariake, Koto-ku, Tokyo

Simulated image after the Games, as of January 2019

- Approx. 8 minutes' walk from Ariake-Tennis-no-mori Sta. on the Tokyo Waterfront New Transit Waterfront Line Yurikamome
- Approx. 8 minutes' walk from Shin-toyosu Sta. on the Tokyo Waterfront New Transit Waterfront Line Yurikamome
- Approx. 17 minutes' walk from Kokusai-Tenjijo Sta. or Shinonome Sta. on the Tokyo Waterfront Area Rapid Transit Rinkai Line
- Approx. 4 minutes' walk from Kaetsu-Ariake-chu-ko-mae on Toei Bus Higashi 16 and To 05 from Tokyo Sta.
- Approx. 4 minutes' walk from Kaetsu-Ariake-chu-ko-mae on Toei Bus Kai 01 from Monzen-nakacho Sta.



Musashino Forest Sport Plaza

290-11 Nishi-cho, Chofu City, Tokyo

- Approx. 5 minutes' walk from Tobitakyu Sta. on the Keio Line
- Approx. 20 minutes' walk from Tama Sta. on the Seibu Tamagawa Line



■ Wheelchair Tennis

Ariake Tennis Park

2-2-22 Ariake, Koto-ku, Tokyo

- Approx. 8 minutes' walk from Ariake Sta. or approx. 10 minutes' walk from Ariake-Tennis-no-mori Sta. on the Tokyo Waterfront New Transit Waterfront Line Yurikamome
- Approx. 5 minutes' walk from Kokusai-Tenjijo Sta. on the Tokyo Waterfront Area Rapid Transit Rinkai Line
- Alight at Ariake-Tennis-no-mori on Toei Bus Kai 01 from Monzen-nakacho Sta. on the Tokyo Metro Tozai Line or from Toyosu Sta. on the Tokyo Metro Yurakucho Line



※ During the Tokyo 2020 Paralympic Games, you may be instructed to use an alternative route due to traffic restrictions.

Applying for and purchasing tickets

For the overseas residents,
Tokyo 2020 Games tickets can be purchased from the Authorised Ticket Reseller for your territory. Please see the Authorised Ticket Reseller List on the Tokyo 2020 Official Ticket Website.

For the residents of Japan Applicants are required to register for a Tokyo 2020 ID.

Tokyo 2020 Games tickets can be purchased directly from the Tokyo 2020 Organising Committee in Japan. They are available for purchase on the Tokyo 2020 Official Ticket Website and will also be sold in 2020 at the Official Ticket Box Offices. Authorised Ticket Resellers appointed by the Tokyo 2020 Organising Committee may also sell tickets.

To purchase tickets from the Tokyo 2020 Official Ticket Website, you are required to register for a Tokyo 2020 ID. Once you have registered for your Tokyo 2020 ID, you will receive information on the Games, including details on ticket sales through e-mail newsletters, etc.

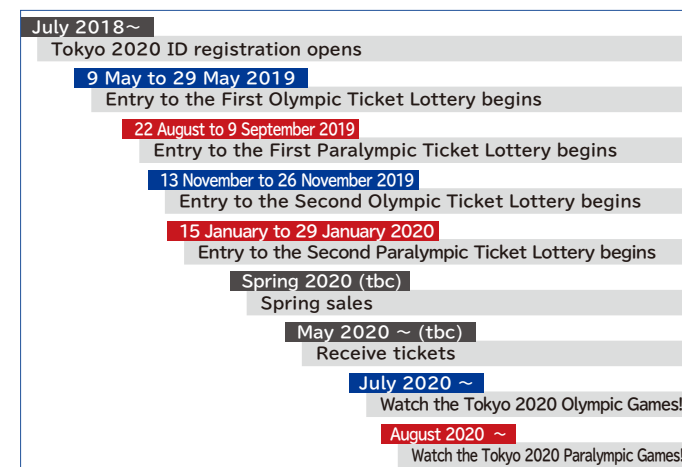
※ About the prevention of illegal ticket resales, etc.

Tickets cannot be purchased by any sales method other than those specified by the Tokyo 2020 Organising Committee. Never purchase tickets from anywhere other than the official sales channels. Tickets sold on unofficial channels, such as auction websites, may be invalid or counterfeit tickets. Individuals in possession of a ticket purchased from an unofficial channel will be denied entry to venues. Please exercise the utmost caution to ensure you do not fall victim to illegal ticket reselling, acts of fraud, etc.

To register for a Tokyo 2020 ID,
please scan this QR code.



Ticket sales phase



Range of ticket prices

Ticket prices differ, depending on the sport/event.

Opening Ceremony	¥8,000 ~ ¥150,000
Closing Ceremony	¥8,000 ~ ¥90,000
Sporting events	¥900 ~ ¥7,000

※ Ticket prices, as of August 2019. The price range is subject to change, depending on the Games plan and competition schedule. In addition to general tickets in the price range shown above, "Wheelchair Tickets" and "Tokyo 2020 Group Tickets" are available. Please see the Tokyo 2020 Paralympic Official Ticket Website for further details.

※ All ticket prices are in Japanese yen and include tax.





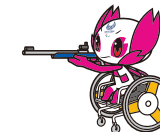
TOKYO 2020 PARALYMPIC GAMES HANDBOOK



2



Things to know about Paralympic sports!



Tokyo 2020 Paralympic mascot Someity has posed in all of the 22 sports featured in the Games.
※ There are two designs for cycling.

Archery

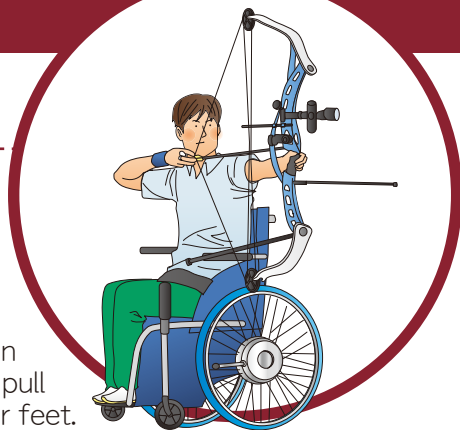
アーチェリー

In Paralympic archery, athletes shoot at targets from a distance of 50 or 70m and compete for scores. They all have their own unique styles of competing; those with an upper-limb impairment use their mouths to pull the bowstring while holding the bow with their feet.

A main feature of the sport is the intense concentration of the archers who must keep shooting arrows with a short time limit of 30 seconds per shot for individual games and 20 seconds per shot for team games.

Japan Archery Federation for the Disabled

<https://nisshinaren.jp/>



Rules

Almost the same rules as for Olympics archery

Two types of bows are used: general recurve bows and compound bows, which require only minimal strength to pull due to the mechanical pulleys at the tip. All archers shoot 72 arrows and receive a ranking based on their total score (a top score of 10 points per shot for a maximum of 720 points), which are used to determine the pairings for the final tournament. In the final tournament, archers compete in a W1 Open and Compound Open for a total score from 5 sets of 3 shots—a total of 15 shots. In the Recurve Open, 2 points are awarded to the archer with the highest total points for each set (3 shots). In the event of a draw, each player receives 1 point. The first archer to reach a total of 6 points is the winner.



▲ Archer Miho Nagano

©X-1

Classification & Categories

Athletes with a physical impairment are eligible for the Tokyo 2020 Paralympic Games. A total of nine events are held.

Class	Eligible athletes
W1	Athletes competing in a wheelchair who have paralysis in limbs (cervical cord injuries) or a comparable impairment and athletes with no trunk function.
W2	Athletes competing in a wheelchair who have paraplegia (chest/lumbar injuries) or a comparable impairment.
ST	Athletes who compete while standing or sitting in a chair.

Category	Eligible class	Bows used
W1 Open	W1 (men's individual, women's individual, mixed gender)	Recurve, compound
Recurve Open	W2 ST (men's individual, women's individual, mixed gender)	Recurve
Compound Open	W2 ST (men's individual, women's individual, mixed gender)	Compound

Column

A silver medallist broke the world's longest record set by an able-bodied athlete!

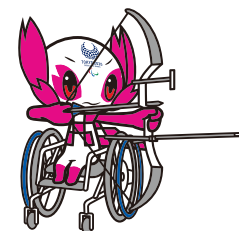
Matt Stutzman is an outstanding Paralympian who was born with no arms but mastered the handling of a compound bow using just his feet and shoulders and won a silver medal at the London 2012 Paralympic Games.

He contested the "Farthest archery target hit (male)"* title and set a Guinness world record (as of Feb 2019) on 9 December 2015 by hitting a target from a distance of 283.47m, greatly exceeding the 200m distance set by an able-bodied athlete in 2005.



▲ Stutzman also attracted attention at the Rio 2016 Games. @USOC

*A record of the farthest distance for hitting the target according to the rules of the World Archery Federation (FITA)



Trivia

Athletes with impairments to the hand can damage their teeth when using their mouth to pull a bowstring, so more and more of them are wearing launchers on their shoulders.

Where is the venue?

① - 8



Athletics

陸上競技

The highlight of the sport, where hundredths of a second and a difference of 1cm affect the results, is the concentration and dynamics of the athletes who test their limits by skilfully using their tools according to their impairments.

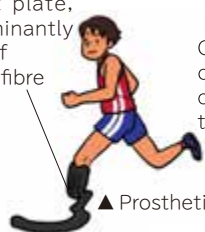
Japan Para Athletics <https://jaafd.org/>
Japan Blind Marathon Association <http://jbma.or.jp/>
Japan Intellectual Disability Athletics Federations <http://www.jidaf.org/>

• Rules & Classification

The basic rules are the same as for Olympic athletics

Athletics features track events such as the 100m races and relays, field events such as the long jump and shot put and road events such as the marathon. Athletes with physical, visual and intellectual impairments are eligible for the Tokyo 2020 Paralympic Games. They are divided into many different classes according to the type and degree of impairment. In the 100m races, for example, there are 16 men's and 14 women's events. A total of 168 athletics events are held.

A bent plate, predominantly made of carbon fibre



▲ Prosthetic leg

▼ Racing wheelchair
Operate the lever to change the direction of the wheel and turn the curve.



In throwing events such as the discus, the caller notifies visually impaired athletes of the throwing direction.



▲ Caller

Hold a tether rope with the athlete and directs them using verbal cues.



▲ Guide runner

● A major winner at the Rio 2016 Games
Men's long jump (T42 at that time) 1st Popow Heinrich Germany



《How to read the sporting events》

Letters and numbers are used to indicate the sporting events and impairment types.

E.g. 100m in the visually impaired class	100m T 11			
	①	②	③④	
①	Event	100m, long jump, shot put, etc.		
②	Sport type	T = Track: Running (100m to Marathon) Jumping (long jump, high jump)		
		F = Field: Throwing (shot put, discus, javelin, club throw)		
③	Impairment type	10s: Athletes with visual impairment		
		20s: Athletes with intellectual impairment		
		30s: Athletes with cerebral palsy		
		40s: Athletes with amputations or functional disorder (short stature, limb deficiencies, impaired range of movement, muscle weakness, leg length differences)		
		50s: Athletes (in a wheelchair) with amputations or functional disorder		
④	Impairment degree	60s: Athletes (using a prosthetic leg for competition) with a lower limb amputation		
		The degree of impairment is indicated on a scale from 0 to 9, with a lower number indicating a greater degree of impairment.		

Column

Pay attention to a combination of the guide and tools!

Visually impaired athletes run with a “guide runner” for their safety. Athletes in a wheelchair use a special racing wheelchair, while those with a leg amputation compete wearing a prosthetic leg. The performance of prostheses and racing wheelchairs is improving year on year, which is enhancing the competition level. The Rio 2016 Games saw around 70 new world records. Japanese athletes also won a number of gold medals at the previous Games and are expected to significantly build on this at the Tokyo 2020 Games.



▲ Guide runner with athlete
Photo: Japan Para Athletics

• Trivia •

Of the 4400 Paralympic athletes participating in the Tokyo 2020 Games, 1100 will compete in athletics.

Where is the venue?

① - 8



● Major Japanese achievements at the Rio 2016 Games
Men's long jump (T42 at that time) 2nd Atsushi Yamamoto

Badminton

バドミントン

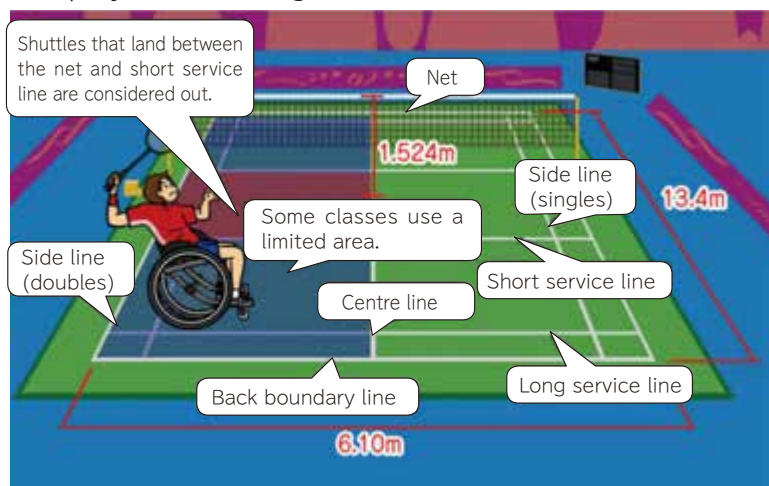
Badminton will make its Paralympic debut at the Tokyo 2020 Games. Athletes hit a shuttlecock across a net in the same way as in regular badminton. Watch the technical and strategic smashes, which will be difficult for the opponent to receive or will force them to move backwards and forwards.

Japan Para-Badminton Federation <http://jpbpf.jp/>

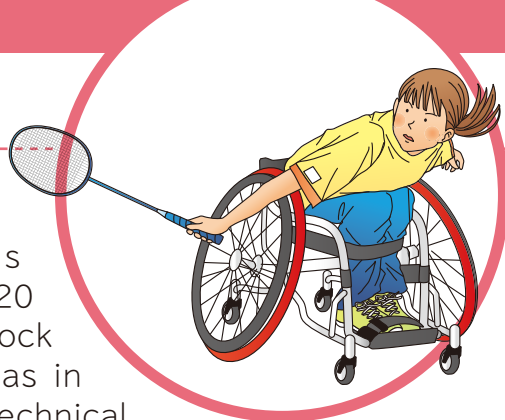
Rules

The playing area is varied depending on the impairment.

It generally follows the same rules as for regular badminton. However, the court may be halved or classes may be held in a limited area, depending on the athletes' impairments. A match consists of the best of 3 games of 21 points. This means that the first player to win 2 games wins the match.



● Main results by Japanese male players at the World Championships (Nov 2017)
Men's singles (SU5) 3rd Taiyo Imai



Classification & Categories

Athletes with physical impairments are eligible for the Tokyo 2020 Paralympic Games and are divided into 2 categories (wheelchair and standing). There are a total of 14 events including 10 singles (men and women), 3 doubles (men and women) and 1 mixed doubles.

Category	Class	Impairment degree	Eligible athletes
Wheelchair	WH1	Severe	Athletes who compete in a wheelchair and have a lower limb impairment.
	WH2	Mild	
Standing	SL3	Severe	Athletes who can play standing but have a lower limb impairment.
	SL4	Mild	
	SU5	-	Athletes who have an upper limb impairment such as an amputation or paralysis.
	SH6	-	Athletes with short stature.

Column

Pay attention to the different styles of play according to the class!

One of the main features of the sport is the technical and elaborate strategies used to make the smash harder to return or force the opponent to move backwards and forwards. Pay attention to the different elements depending on the class. For example, in the standing classes, speed and power are important, while in the wheelchair classes, notice the techniques and tactics used in relation to the opponent. Japanese players aiming to become the first Badminton champion of the Paralympic Games include Ayako Suzuki, a leading player in the women's SU5 class.



▲ Player Ayako Suzuki (SU5 class)
©2018 Japan Para-Badminton Federation

Trivia

While the types of shuttles used may look the same in every game, they actually vary depending on the environment of the venue.

Where is the venue?

① - 8



● Main results by Japanese female players at the World Championships (Nov 2017)
Women's singles (SU5) 1st Ayako Suzuki

Boccia

ボッチャ

Athletes compete for how close they can throw balls to a white target ball, or jack. The highlight of the sport is how a game develops, involving intelligent strategies and polished techniques.

Japan Boccia Association <http://japan-boccia.net/>

Rules

Described as “ground curling”

Players throw or roll six red and blue balls per end as close as they can to the jack.

The sport features three events: individual (one-on-one), pair (two-on-two) and team (three-on-three) games, where men and women compete together. Individual and pair games consist of four ends, while team games are played over six ends.



Classification

Athletes with a high level of impairment including paralysis of limbs and the trunk are eligible for the Tokyo 2020 Paralympic Games. A total of seven events are held.

Class	Eligible athletes	Ball projection	Assistant	Event
BC1	Athletes who are unable to operate a wheelchair due to a high level of paralysis in limbs and the trunk resulting from cerebral palsy or those who are able to operate a wheelchair using the lower limbs and kick the ball.	○ (Kicking is permitted)	○	Individual and team
BC2	Athletes who have cerebral palsy and are able to use their upper limbs to operate a wheelchair to a certain extent.	○	×	Individual and team
BC3	Athletes who have cerebral palsy or other conditions and are unable to throw the ball by themselves.	×	○	Individual and pair
BC4	Athletes who have conditions other than cerebral palsy and have severe dysfunction of limbs comparable to BC1 or BC2, such as cervical spinal cord injuries and muscular dystrophy.	○ (Kicking is permitted)	△ (Only those athletes who kick the ball)	Individual and pair

Column

The elaborate strategies and accurate shots fascinate spectators!

In recent years, boccia has been attracting attention as a sport that can be enjoyed by both men and women of all ages, regardless of whether they have any impairments. Meanwhile, top athletes who compete in the Paralympic Games demonstrate their surprising concentration and technical skills, including strategies to predict the moves of their opponent and shots made with such accuracy that they seem able to pass through the eye of a needle. Boccia has an endless number of strategies; even a shot that you may think was a mistake can actually be an important part of the strategy.



▲ Takayuki Hirose who plays for Hinotama Japan ©X-1



Trivia

Players can use their own ball sets in boccia. They select different balls according to the nature of their impairment and their own style of play.

Where is the venue?

① - 8



Canoe

カヌー

As a canoeing discipline, kayak events made their Paralympic debut at the Rio 2016 Games and new Va'a events have now been included in the programme for the Tokyo 2020 Games. The highlight is the speed and strength of the athletes aiming for the goal of the 200m straight course.

Canoe Association for Disabled

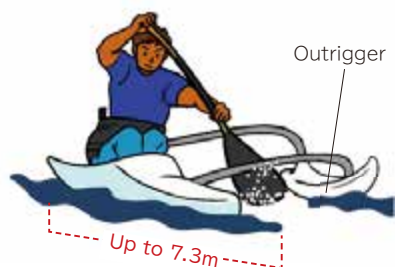
<http://japan-paracha.org/>



• Rules

Competition by ranking, not by time

Races are held over 200m on straight-line courses marked by buoys on still water. Athletes with lower limb impairments are integrated with the boats using unique seats according to their impairments.



▲ A va'a is an outrigger canoe which the paddler moves using a single-bladed paddle.

Outrigger

▼ The kayak is propelled using a double-bladed paddle. Paddlers use different seats and foot straps according to their impairments.



Blade

● A main winner at the Rio 2016 Games

Women's kayak single (KL1) 1st Jeanette Chippington  Great Britain

• Classification & Categories

Athletes with a lower limb impairment are eligible for the Tokyo 2020 Paralympic Games and compete in two categories. A total of nine events are held for men and women.

Class	Eligible athletes	Category	Men	Women
L1	Athletes with no use of either the upper body or legs and who mainly use the strength of both the arms and shoulders, or either the arms or shoulders only. Athletes who have difficulty balancing in a sitting position.	Kayak	KL1 KL2 KL3	KL1 KL2 KL3
L2	Athletes use the strength of their upper body and arms. Those who have difficulty continuously bracing the feet or remaining in a sitting position due to a complete loss of or extremely weak lower limb functions.	Va'a	VL2 VL3	VL2
L3	Athletes use their upper body functions such as the hips, upper body and arms as well as bracing the feet. Athletes with lower limb amputations or lower limb impairments but who are able to brace their feet.			

※ K denotes kayaking events, V denotes va'a events.

※ L=Level

Column

Look out for the powerful physique and paddling techniques!

You'll be overwhelmed by the sight of the athletes propelling themselves forwards using their upper body as the driving force, as if they are gliding across the surface of the water. The key to victory is how efficiently and stably they are able to turn the paddle around, in addition to the sense of balance and advanced paddling techniques, which will make you forget about their impairments in the trunk or lower limb functions. Despite Japan having only a short history of paracanoe, a Japanese athlete nevertheless finished eighth at the Rio 2016 Games, which demonstrates the improvement being made by Japanese athletes. They are expected to perform significantly better at the Tokyo 2020 Games.



▲ Paddler Takanori Kato (KL2) / Courtesy of the Canoe Association for Disabled

• Trivia •

Athletes with the mildest degree of impairment in the KL3 class can reach 200m in around 40 seconds, at a speed of around 18km/h.



Where is the venue?

➡ ① - 9



● Major Japanese achievements at the Rio 2016 Games Women's kayak singles (KL1) 8th Monika Seryu 

Cycling

自転車競技

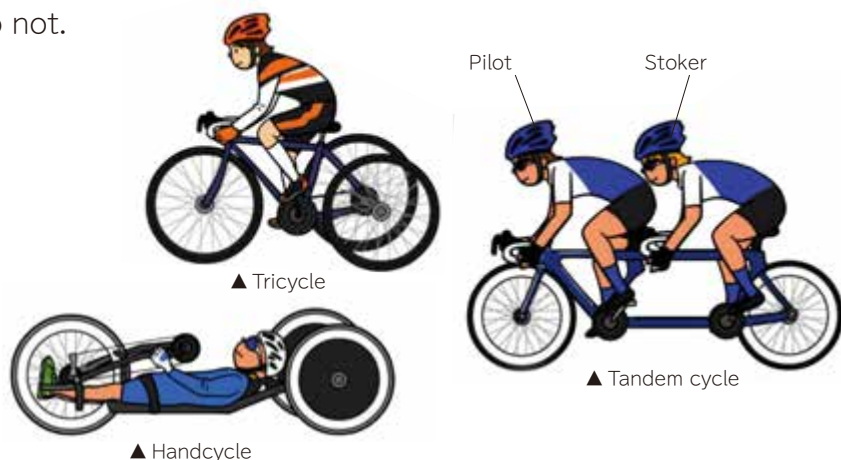
Cycling features two categories: outdoor Road events and Track events held inside cycle stadiums. Witness the full impact of the cyclists pushing the pedals to the maximum limit of their bodies as they race in front of spectators at speeds of 60km/h.

Japan Para-Cycling Federation <http://jpcfweb.com/>

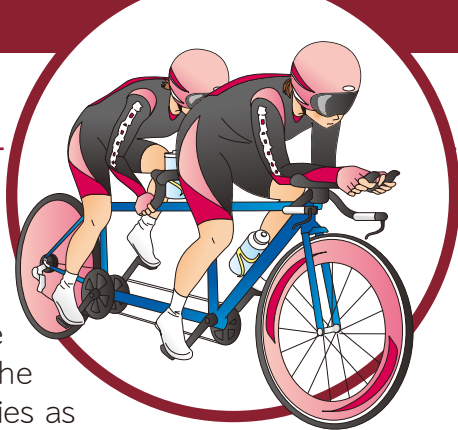
Rules

Different cycles are used depending on the impairment class.

While the rules are almost the same as for Olympic cycling, cyclists compete for speed by using different cycles according to their impairments. Athletes with a high level of lower limb impairment use handcycles, which are pedalled by hand; those who are unable to balance due to motor impairment of the trunk use tricycles; and those with visual impairments (stokers) ride a tandem cycle with a sighted "pilot". Worth noting is that the cycles used in the Road events have brakes, whereas those used in the Track events do not.



● A major winner at the Rio 2016 Games
Men's individual road time trial (C3) 1st Eoghan Clifford Ireland



Classification & Categories

Athletes with physical and visual impairments are eligible for the Tokyo 2020 Paralympic Games. Cycling features six events.

Class	Eligible athletes	Classification by degree	Bicycle used
C	Athletes with impairments in limbs and the trunk such as an amputation and paralysis.	C1 C2 C3 C4 C5 Severe ←→ Mild	Cycle
H	Athletes with a lower limb impairment.	H1 H2 H3 H4 H5 Severe ←→ Mild	Handcycle
T	Athletes with a high level of impairment in the trunk such as paralysis.	T1 T2 Severe ←→ Mild	Tricycle
B	Athletes with visual impairments.	B (1 class)	Tandem cycle (for two)

Category	Event	Competing class	Category	Event	Competing class
Road	Time trial	C H T B	Track	Time trial	C B
	Road race	C H T B		Individual pursuit	C B
	Team relay	H		Team sprint	C

※ C=Cycle, H=Handcycle, T=Tricycle, B=Blind

Column

Para-cycling also features professional cyclists!

Various rules have been introduced to ensure the athletes can focus on the game, which has resulted in an increasing number of professional cyclists. Many athletes have previously specialised in different sports and then gone on to become top cyclists. The Japanese team contain a number of medallists and there are expectations for a gold medal at the Tokyo 2020 Games.

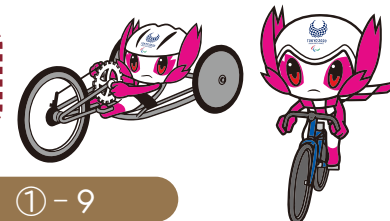


▲ Kazuhei Kimura (stoker) and Takuto Kurabayashi (pilot) pair in B class
Courtesy of the Japan Para-Cycling Federation

Trivia

A cyclist called a stoker sits on the back of a tandem cycle.

Where is the venue?



● Major Japanese achievements at the Rio 2016 Games
Men's individual time trial (C3) 2nd Masaki Fujita

Equestrian

馬術

This is the only Paralympic sport where athletes work with an animal as part of the competition. It's fascinating to watch the rider and horse work as one to perform a set of moves or draw different shapes.

Japan Riding Association for the Disabled <http://jrad.jp/>



Rules & Events

Competition by score awarded for performance

Five judges award points to the riders. Each judge gives a score out of ten for each performance section; the scores are then added together to determine the placings. The judging criteria include the accuracy, liveliness and beauty of the horse's moves.

The riders perform using a variety of ingenious solutions, including special harnesses modified according to their impairments and controlling the horse by holding the rein in their mouths if they are unable to hold it in their hands.



▲ Special harness
The illustration shows a safety belt attached to the saddle, which is used for the riders' safety and is designed to come off immediately in case of danger.

● A major winner at the Rio 2016 Games
Mixed-gender individual championship test (impairment 1b at that time) 1st Pepo Puch Austria

Classification

Athletes with physical and visual impairments are eligible for the Tokyo 2020 Paralympic Games and are divided into five classes (grades) according to the type and degree of impairment. A total of 11 mixed-gender events are held.

Class	Eligible athletes
Grade I	Athletes with a high level of impairment in the trunk and limbs and who use a wheelchair on a daily basis. Those athletes who are able to walk have unstable balance due to reduced trunk function.
Grade II	Athletes with a medium level of impairment in the trunk and a high level of impairment in limbs and are able to use their upper limbs but have a slightly unstable trunk balance.
Grade III	Athletes with a medium level of impairment in the trunk and limbs (not comparable to Grade II).
Grade IV	Athletes with a high level of impairment or defects in both upper limbs, a medium level of impairment in limbs, short stature, visual impairments, etc., and are able to walk without using a wheelchair on a daily basis.
Grade V	Athletes with a low level of impairment in the passive range of motion and muscle weakness, loss of one limb, a low level of abnormality in two limbs, visual impairments, etc.

Column

The relationship of trust between the rider and horse influences the game!

In equestrian, an encounter with a beautiful horse with high potential is said to be important. Above all, however, the rider's trust in the horse is an essential part of the sport. They deliver the best performance by communicating with their horse to understand its personality and abilities. While a large number of medallists come from European countries such as the equestrian powerhouse of Great Britain, Japan is also aiming to make a breakthrough with a stronger line-up of riders.



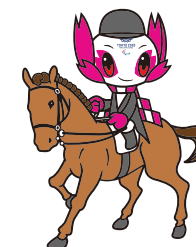
▲ Rider Mina Chinju
Courtesy of @c3.photography

Trivia

Paralympic equestrian features around 20 performance sections, where horse riders draw a circle or run at a fixed speed.

Where is the venue?

① - 9



● Major Japanese achievements at the Rio 2016 Games Mixed-gender individual championship test (impairment 1b at that time) 11th Mitsuhide Miyaji

Football 5-a-side

5人制サッカー

Players wearing blackout masks showcase a powerful play, where they run freely, chasing a ball that makes a sound and aiming at the opponent's goal.



Japan Blind Football Association <http://www.b-soccer.jp/aboutbs/>

Rules

The rules of futsal have been adapted for visually impaired players.

The sport features 5 players in each team and is played using a ball that makes a rustling sound as it rolls. Matches consist of two 20-minute halves. All 4 outfield players are visually impaired – although some may have minimal light perception – and all 4 must wear blackout masks to ensure fairness. When attempting to tackle an opposition player who has the ball, they must say “voy”, which means “go” in Spanish. Failure to comply will result in a foul.



▲ A ball that makes a sound as it rolls
Courtesy of the Japan Blind Football Association

Classification

Athletes with visual impairments are eligible for the Tokyo 2020 Paralympic Games. While they are divided into 3 classes depending on the degree of impairment, only male players in class B1 are eligible for 5-a-side football.

Class	Eligible athletes
B1 (Only this class can participate)	Athletes who range from having no light perception up to light perception, but who are unable to recognise shapes from any distance or in any direction.
B2	Athletes who are able to recognise the shape of a hand, up to a visual acuity of 2/60 or a visual field of less than 5 degrees.
B3	Athletes whose visual acuity ranges from 2/60 to 6/60 or whose visual field is from 5 to 20 degrees.

※ Visual acuity is prioritised over visual field.

Column

The Japanese team are making their Paralympic debut!

As humans, we are reported to obtain around 80 per cent of the information we receive through sight. Outfield players compete in a state where their vision is completely blocked. They use their refined senses to concentrate on their play while relying on verbal instructions from the goalkeeper, manager and guide who stands behind the opponent's goal, plus the sound of the ball and verbal communications with their peer players. Body checking is more intense than in regular football and you'll be amazed at the fast speed of play compared to what you might expect.

There are high expectations for the Japanese team who will make their Paralympic debut.



▲ Hopeful striker Ryo Kawamura
©X-1

Trivia

The guide informs the players of the distance and angle from the goal, and they shoot by imagining the goal frame from the vocal cues.

Where is the venue?

① - 9



Goalball

ゴールボール

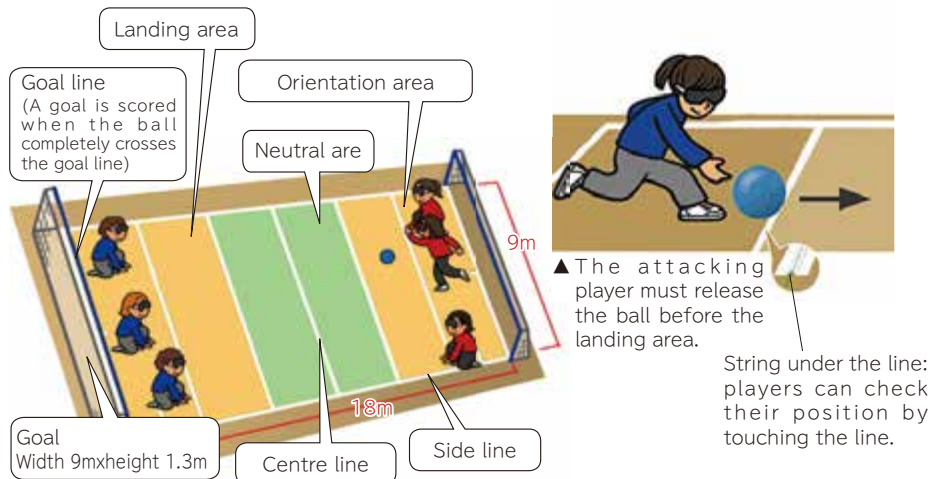
Goalball is a team sport performed by visually impaired players. They roll a ball with bells inside and compete to score points. The highlight of the sport is the offensive and defensive tactics employed by the players using senses other than sight, such as the sound of the ball and the footsteps of the opponent players.

Japan Goalball Association <http://www.jgba.jp/>

Rules

A team has 10 seconds from their first defensive contact with the ball to ensure the ball crosses the centre line.

Each team of 3 players rolls the ball to score a goal. Matches consist of 2 halves of 12 minutes. The attacking side must roll the ball into the opponent's goal. The ball weighs 1.25kg and is almost the same size as a basketball. Three players from the defending side use their whole bodies to defend the 9-m-wide goal.



Classification

Athletes in the following classes are eligible for the Tokyo 2020 Paralympic Games and must wear eyeshades during the game to ensure they compete on equal terms.

Class	Eligible athletes
B1	Athletes who range from having no light perception up to light perception, but who are unable to recognise shapes from any distance or in any direction.
B2	Athletes who have the ability to recognise the shape of a hand, up to a visual acuity of 2/60 or a visual field of less than 5 degrees.
B3	Athletes whose visual acuity ranges from 2/60 to 6/60 or whose visual field is from 5 up to 20 degrees.

※ Visual acuity is prioritised over visual field.

Column

Aiming to rank high at the Tokyo 2020 Games!

Goalball is sometimes dubbed a “silent martial art”. Coaches and team members on the bench, as well as spectators, must remain quiet while the ball is in play. Scores often change immediately after a time-out, during which important instructions can be given to the players at the bench area.

The Japanese female team made their Paralympic debut at the Athens 2004 Games and won a bronze medal followed by the first ever gold medal in a Paralympic team event at the London 2012 Games. Aiming to rank high at the Tokyo 2020 Games, Japan is strengthening the team to surprise the world.



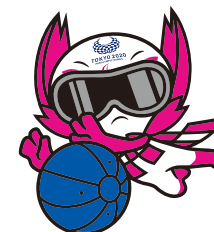
▲ Player Rie Urata
© RyoICHIKAWA/JapanGoalballAssociation

Trivia

A top male player throws the ball at an initial speed of 60-70km/h to reach a distance of around 9m in 0.5 seconds.

Where is the venue?

① - 10



Judo

柔道

In Paralympic judo, athletes compete against each other in the same category regardless of differences in their vision, e.g. fully or partially blind. Contestants must grip their opponent's sleeve and lapel at specific points and hold still before a contest can start. As opposed to Olympic judo, there is no need to establish a grip on the opponent, which means you'll witness a powerful game developing, including a bold move right at the start as the contestants aim for an *ippon*.

Japan Judo Federation for the Visually Impaired <http://judob.or.jp/>

Rules

The basic rules are almost the same as for regular judo

The competition area used for individual tournaments measures 10m by 10m. In a four-minute contest, technical scores – an *ippon* or a *waza-ari* (a half-point) – are awarded for *newaza* (ground techniques) and *tachiwaza* (standing techniques). If both fighters are tied on technical scores, it goes to a Golden Score contest regardless of the number of *shido* penalties given. A Golden Score contest has no time limit and the winner is the first person to be awarded a technical score, either an *ippon* or *waza-ari*. Alternatively, the decision can be made based on the difference in the number of *shido* penalties given.



▲ A contest starts once the two athletes have been gripped up.
Courtesy of the Japan Judo Federation for the Visually Impaired



Classification

Visually impaired athletes are eligible for the Tokyo 2020 Paralympic Games and are divided into different categories by weight, the same as Olympic judo, rather than by the degree of impairment. There are seven weight categories for men and six for women.

Sex	Category
Men	-60kg, -66kg, -73kg, -81kg, -90kg, -100kg, +100kg
Women	-48kg, -52kg, -57kg, -63kg, -70kg, +70kg

Column

The underlying power of the Japanese speciality! Aiming for an *ippon* in an aggressive game!

Some of the Paralympic judo rules were amended at the end of 2016. For example, the men's game was shortened by one minute, meaning that both sexes now play games lasting four minutes. Also, the judging criteria were limited to scoring only from *ippon* or *waza-ari*. This means the fighters are more aggressive as they aim to achieve an *ippon* and demonstrate their power and instantaneous force.

Judo – a Japanese speciality – continues to feature in the Paralympic Games programme. Japan has participated continuously since the Seoul 1988 Games, where judo made its Paralympic debut, and has won at least one medal at every Games.

A Japanese female fighter won a medal for the first time at the Rio 2016 Games and there are high expectations for medal wins from both male and female fighters at the Tokyo 2020 Games.



▲ Fighters Makoto Hirose and Yujiro Seto
Courtesy of the Japan Judo Federation for the Visually Impaired

Trivia

It is still possible to make a comeback with only two seconds left as a Paralympic judo contest starts once the two athletes have been gripped up.



Where
is the
venue?

➡ ① - 10



Powerlifting

パワーリフティング

Powerlifting made its Paralympic debut at the Tokyo 1964 Games. Athletes with a lower limb impairment use their upper body strength to lift a barbell (a long bar loaded with weight plates) and attempt to lift the heaviest weight. For around the 3 seconds that it takes them to lift the bar, you'll be more impressed with the athletes' concentration and mental strength than with their arm strength. The sport has grown in recent years and is now practised in 110 countries.

Japan Para-Powerlifting Federation <http://jppf.jp/>

Rules

Bench press competitions

Within the two-minute allocated time, athletes lie on their back on the bench, stretch their lower body, remove the bar from the rack and then hold it with the elbows stretched. After a signal from the referee, they lower the bar to their chest and pause before pushing it upwards to arm's length and locking their elbows. Each athlete has three attempts and the maximum weight they can lift is their record. They are then ranked in the order of the heaviest weight lifted.



▲ Men (-88kg) Contestant Hideki Odo ©X-1



Classification

Athletes with a lower limb impairment and short stature (145cm or shorter for men and 140cm or shorter for women) are eligible for the Tokyo 2020 Paralympic Games. They are divided into different classes according to their weight rather than the type and degree of impairment. For athletes with an amputation, a certain weight will be added according to the extent of the amputation.

Sex	Category
Men	-49kg, -54kg, -59kg, -65kg, -72kg, -80kg, -88kg, -97kg, -107kg, +107kg
Women	-41kg, -45kg, -50kg, -55kg, -61kg, -67kg, -73kg, -79kg, -86kg, +86kg

Column

The magnificent sight of an athlete using their upper body to lift the bar at once!

In Paralympic powerlifting, athletes make attempts with their legs on the bench, which means they are unable to brace their feet against the floor. Just imagine how hard it is to lift the bar with your feet off the floor.

There are a number of experienced athletes from many different leading countries. Japanese athletes finished in the top 8 in the past and are undergoing further training in a bid to win a medal at the Tokyo 2020 Games.



▲ Men (-97kg) Contestant Makoto Majima
Photo: Hiroki Nishioka
Courtesy of the Japan Para-Powerlifting Federation

Trivia

If you look at the world, an athlete in the heaviest category lifts 310kg, which exceeds the record by an able-bodied athlete in the same conditions.



Where is the venue?

① - 10



Rowing

ボート

On the start signal, the athletes start rowing all at once and are ranked in the order in which their boat tips cross the finishing line. Single scull events showcase competition between individual skills and physical abilities, while the team combinations are an important factor in double scull and coxed four events.

Japan Rowing Association <http://jara.or.jp/>

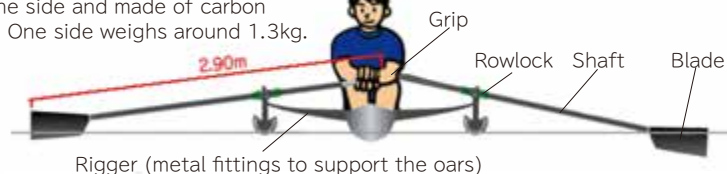
Rules

Basically the same rules as for regular boating

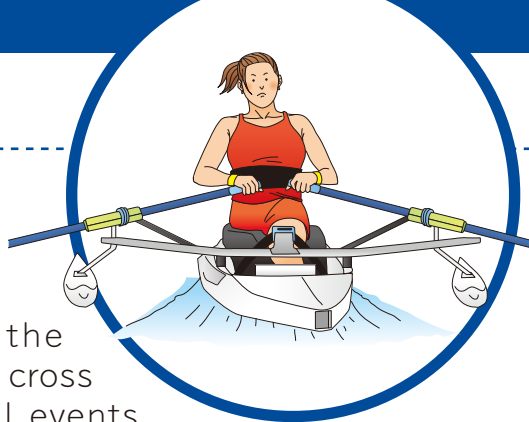
Rowers compete over 2,000m on an 8-lane, straight-line course divided by marker buoys. On the start signal, they start rowing all at the same time and are ranked in the order in which the boat tips cross the finishing line. The basic rules are the same as for Olympic boating but with some differences, such as fixed seats for athletes with no trunk function.

▼ Single scull

The oar used in the scull is 2.90m on one side and made of carbon fibre. One side weighs around 1.3kg.



▼ Coxed four



Classification

Athletes with physical and visual impairments are eligible for the Tokyo 2020 Paralympic Games and are divided into three different classes. Four types of events are held: men's and women's single scull, mixed-gender double scull and coxed four.

Class	Event	Eligible athletes
PR1	Single scull (men and women)	Athletes who row using only their upper limbs and shoulders and have no trunk function.
PR2	Mixed double scull (man and woman pairs)	Athletes who are able to row using their trunk and upper limbs but are unable to use the sliding seat that requires the lower limbs.
PR3	Mixed coxed four (2 men and 2 women)	Athletes who have impairment in limbs but are able to compete on the sliding seat using their upper and lower limbs and trunk, or visually impaired athletes.

※ RR=Para Rowing

Column

Keep an eye on the race until the very end!

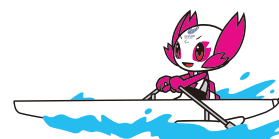
It's fascinating to watch the athletes start rowing all at the same time and see how the race develops as they move forwards while reading the waves and wind. It's more powerful than you might imagine. You'll also be awestruck by the final spurt as the rowers compete for 0.1 of a second from around the 1,500-metre mark. The sport is led by Great Britain, which won medals in all of the events at the Rio 2016 Games, followed by Western countries including France, the USA and Canada. The Japanese team also competed at the past 3 Games and are carrying out further training in a bid to win a medal at the Tokyo 2020 Games.



▲ Rowers Rie Ariyoshi and Shigeru Komazaki ©X-1

Trivia

Due to the difficulty in balancing the boat while stopped, a staff member holds the stern with their hands and lets go on the start signal.



Where is the venue?

① - 9



Shooting

射撃

Contestants fire at a target using either a rifle or pistol and compete for the highest total score. In shooting events where it's a contest of the athletes' ultimate concentration, even their breathing and heartbeat can affect them as they fire at the target. In recent years the contestants' skills and the performance of the guns used in the competitions have improved, which has resulted in an increasing number of high-level battles.

Japan Para Shooting Sport Federation <https://jpssf.com/>

Rules

Basically the same rules as for Olympic shooting

Contestants shoot a set number of bullets within the time limit and compete for the total score. Depending on the event, they use different guns (air and powder guns) and shoot the target from distances of 10m, 25m or 50m. In rifle shooting, contestants shoot in a standing, kneeling and prone position. The maximum score for a single shot is either 10 or 10.9 points, depending on the event. The farther away from the centre, the lower the score.

▼ Standing



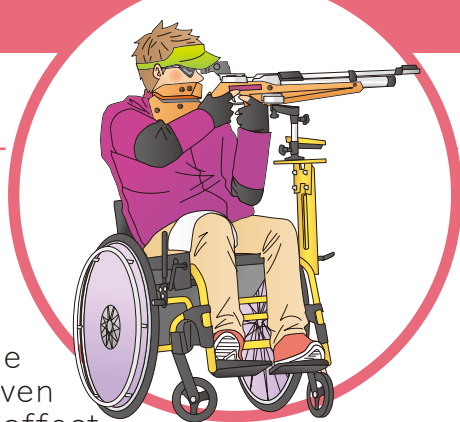
▼ Kneeling



▼ Prone



Courtesy of the Japan Para Shooting Sport Federation



Classification

Athletes with physical impairments are eligible for the Tokyo 2020 Paralympic Games. A total of 13 events are held, including 9 rifle and 4 pistol events.

Class	How to shoot	Gun
SH1	Rifle shooting contestants fire by supporting the rifle with their upper limbs. Pistol shooting contestants hold the pistol with their upper limbs.	Rifle Pistol
SH2	Contestants with an upper limb impairment use a shooting stand to hold and shoot the rifle.	Rifle

※ SH=Shooting

Column

Shoot the target of 0.5 mm in diameter under stress and pressure!

In the 10m air rifle event, contestants must keep firing at the centre of the target, which has a diameter of just 0.5mm. They must also read the wind strength and direction because climatic factors such as the weather affect events where contestants aim at a target from a distance of 50m. A single mistake can often affect the results so contestants need considerable mental strength to maintain concentration. Shooting made its Paralympic debut at the Toronto 1976 Games and has attracted an increasing number of competitors in recent years. A recent rise in the countries competing, including Ukraine and India, means it's almost like a turbulent period of battle, where no one can tell which country will win a medal.

The Japanese team have continuously participated since the Sydney 2000 Games and some contestants have finished in the top 8. They are working hard to win a medal at the Tokyo 2020 Games.



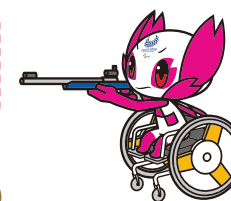
▲ Shooter Akiko Sega ©X-1

Trivia

In the 50m rifle 3 positions event, contestants shoot 40 bullets in each of the 3 different positions (120 shots in total), which is why the event is dubbed a "rifle marathon".

Where is the venue?

① - 10



Sitting Volleyball

シッティングバレーボール

Sitting volleyball is a form of volleyball with two 6-player teams, where they play the ball from a sitting position with a buttock in contact with the floor. The players must use their arm strength to move around the court, sliding across it while keeping their buttocks in contact with the floor.

Japan Para-Volleyball Association <http://www.jsva.info/>

• Rules

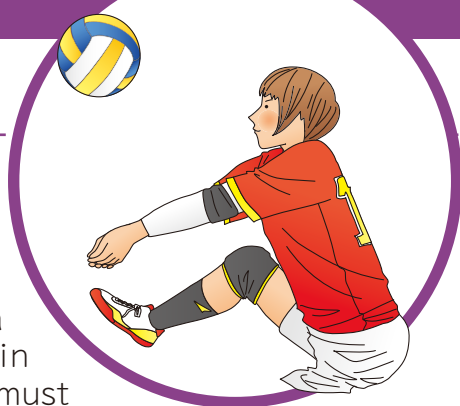
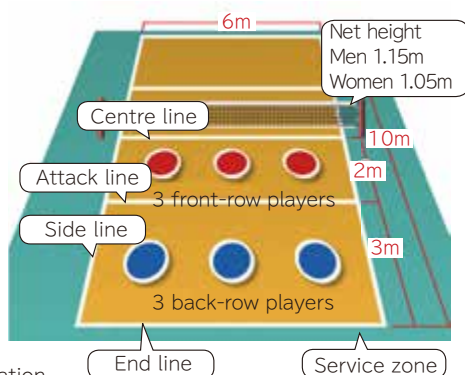
Generally the same rules as for regular volleyball

Each match is the best of five sets, meaning the first team to reach three sets wins the match. The ball is the same as a regular volleyball but the match is played on a narrower court and with a lower net compared to regular volleyball. If a player fails to keep a buttock in contact with the floor, this is classed as a “lifting” foul.

While a buttock must remain in contact with the floor during the service, attack and block, players are allowed to lift their buttocks for a moment when playing the ball in a defensive action.



Courtesy of the Japan Para-Volleyball Association



• Classification

Athletes with either upper or lower limb impairment are eligible for the Tokyo 2020 Paralympic Games. They are divided into mild and severe impairment according to the degree of impairment. The game features six players on court including a maximum of one player with mild impairment. Two gender-specific events are held.

Column

A sequence of clever play using various combinations!

In the same way as in Olympic volleyball, the libero – a back-row defensive specialist – has been introduced and it is important for the team to work as one for defence. In order to dodge the opponent's blocks during the attack, players often use combination play such as the quick and feint. Since it is permitted to block an opponent's service, players need to be skilled in producing a strong service, the course of which the opponent is unable to read. Ingenuity and strategy unique to sitting volleyball are essential for both defence and attack. Also, look out for sequences of clever play regardless of attack or defence.

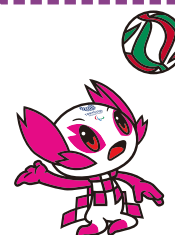
Iran, Egypt, China and the USA are ranked high in the world. The Japanese team missed out on qualifying for the Rio 2016 Games but are in training for the Tokyo 2020 Games.



▲ Player Michiyo Nishiie in an attack position
Courtesy of the Japan Para-Volleyball Association

• Trivia •

Players must wear specific indoor shoes and socks.



Where
is the
venue?

➡ ① - 10



Swimming

水泳

Paralympic swimming is one of the historical sporting competitions that have taken place since the first Paralympic Games in Rome in 1960. Athletes swim using their entire body according to their impairments. It's fascinating to see the unique ways in which they swim, epitomising the Paralympic spirit of "making the most of what is left".

Japanese Para-Swimming Federation <http://new.paraswim.jp/>
Japan Swimming Federation for Persons with an Intellectual Disability <http://jsfpid.com/>

● ルール

Basically the same rules as for regular swimming

There are various ways to start according to the impairment. For visually impaired swimmers, a "Tapper" uses a stick to tap the swimmer as they approach the end of the pool to prevent them hitting the wall when turning or touching the wall at the finish.

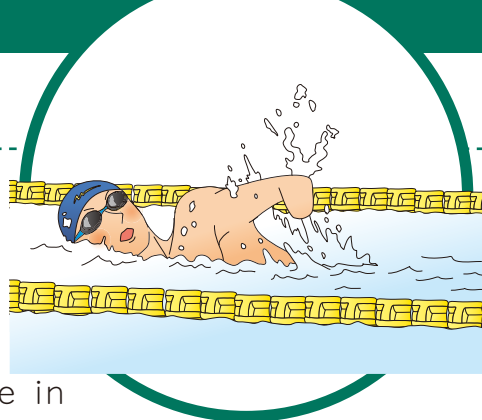


▲ Feet start: swimmers have their feet held to the wall until the starting signal is given.



▲ Tapping a visually impaired swimmer.

Courtesy of the Japanese Para-Swimming Federation



● Classification & Events

Athletes with physical, visual and intellectual impairments are eligible for the Tokyo 2020 Paralympic Games. A total of 146 events are held in 14 classes, including 76 men's, 67 women's and 3 mixed-gender events.

Category	Event
S	Freestyle, backstroke, butterfly
SB	Breaststroke
SM	Individual medley
Relay	Medley and free relays

Class	Eligible athletes
1 (severe) ~ 10 (mild)	Athletes with an impairment to their physical functions (physical impairment such as an amputation, spinal cord injury, cerebral palsy).
11 (severe) ~ 13 (mild)	Athletes with visual impairment.
14	Athletes with intellectual impairment.

Column

Athletes work hard to develop various swimming styles!

There are many different swimming styles that athletes can use, so they need to practise in order to perfect their own form. It is essential for athletes to establish their form in any sport, but swimming requires more individual effort than any other sport. Japan has maintained a strong global presence by winning medals over ten consecutive years and is expected to deliver even better results at the Tokyo 2020 Games.



▲ Swimmers apply different start styles.
Courtesy of the Japanese Para-Swimming Federation

● Trivia ●

The result will still be valid if a visually impaired athlete with a Tapper accidentally encroaches on another lane and then finishes the race in that lane.



Where is the venue?

① - 10



● A major winner at the Rio 2016 Games

② - 30 Men's 50m freestyle (S11) 1st Bradley Snyder USA

● Major Japanese achievements at the Rio 2016 Games Men's 50m freestyle (S11) 2nd Keiichi Kimura

② - 31

Table Tennis

卓球

Table tennis is one of the sporting disciplines that have been continuously practised since the first Paralympic Games in Rome in 1960. In fact, the sport's Paralympic debut preceded its Olympic debut at the Seoul 1988 Games. Athletes have their own unique styles of play according to their impairments and cannot win unless they plan a strategy by assessing their opponent's style of play.

Japan Para Table Tennis Association <http://www.ne.jp/asahi/para/tabletennis>
Japan Table Tennis Federation for Players with Intellectual Disability <http://jttf-fid.org>

Rules

Basically the same rules and table as for regular table tennis

The sport features both individual and team games, with 11 points to a game and a match played as the best 3 of 5 games. Certain rules have been modified according to the type and degree of impairment. As an example, for athletes competing in a wheelchair, a rally is a let (no count) if the ball, when in service and after bouncing on the receiver's side, leaves the table by either of the receiver's side lines. In the intellectual impairment category, exactly the same rules apply as for able-bodied players.



▲ Player Shinichi Yoshida ©X-1



Classification

Athletes with physical or intellectual impairment are eligible for the Tokyo 2020 Paralympic Games and are classified according to the type and degree of impairment. A total of 11 classes are held, including 5 wheelchair and 5 standing classes for athletes with physical impairment and 1 class for those with intellectual impairment. The sport features 31 events for men and women.

Class	Eligible athletes
C1 (severe) ~ C5 (mild)	Athletes with a physical impairment and who use a wheelchair.
C6 (severe) ~ C10 (mild)	Athletes with a physical impairment but who compete standing.
C11	Athletes with intellectual impairment.

Column

Don't miss the high performance of the athletes!

Athletes compete in different styles of play according to their impairment; some use devices to assist them such as wheelchairs, prosthetic legs and canes. One athlete who lost both arms in an accident plays by holding the racket with their mouth and serving the ball using their feet. It's these unique moments in the Paralympic Games that break down any set ideas held by viewers and enable us to witness a power that transcends human limits.

Globally, China is a dominant force in the world of table tennis and displays overwhelming strength. Meanwhile, Japan won its first ever Paralympic gold medal in table tennis and Japanese players finished in the top 8 at previous Games. The Japanese team are steadily growing in strength and working hard to push for greater achievements at the Tokyo 2020 Games.



▲ Player Kimie Bessho ©X-1



Trivia

Table tennis features some of the world's top athletes who compete in both the Olympic and Paralympic Games.

Where is the venue?

① - 11



● Major Japanese achievements at the Rio 2016 Games
Women's singles (wheelchair C5) Quarterfinalist Kimie Bessho



Taekwondo

テコンドー

Taekwondo is a martial art that involves a variety of kicks and it is making its Paralympic debut at the Tokyo 2020 Games. In Paralympic taekwondo, athletes with an upper limb impairment such as an amputation and dysfunction take part in Gyeorugi (sparring) events. The athletes stand close to each other face-to-face and fight with a variety of dynamic kicks.

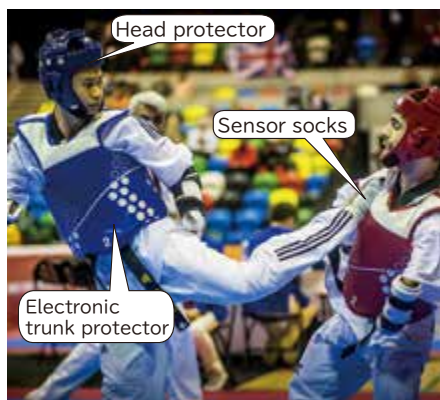
All Japan Taekwondo Association <http://www.ajta.or.jp/>

Rules

The basic rules are the same as for Olympic taekwondo

Contestants wear a head protector, electronic trunk protector, etc. and fight over 3 rounds of 2 minutes (with 1-minute intervals) using foot techniques such as a dropping heel kick and reverse roundhouse kick. Contestants are awarded 2 points for a kick to the trunk, 3 points for a kick involving a 180-degree turn and 4 points for a 360-degree spinning kick.

A rule specific to Paralympic taekwondo is that only kicks to the trunk count as valid attacks. Any kick to the head is a foul. If an athlete loses a point due to a foul, the opponent is awarded 1 point. The winner is declared based on a total of points and deductions, or it can be decided with a KO just as in boxing.



● A major winner at the World Championships (Feb 2019)
Men (-75kg) 1st Juan Diego Garcia Lopez Mexico

©World Taekwondo



Classification

Athletes with an upper limb impairment are eligible for the Tokyo 2020 Paralympic Games, where two classes are integrated and compete in different weight categories.

Class	Eligible athletes
K43	Athletes with a bilateral arm amputation (below the elbows and above the wrists).
K44	Athletes with a unilateral arm amputation (above the wrist of one arm), loss of function in one arm (dysfunction of a shoulder and elbow), hemiplegia and monoplegia.
Sex	Category
Men	-61kg -75kg +75kg
Women	-49kg -58kg +58kg

Column

Watch out for the exciting progress in the game!

Although there are certain rules unique to Paralympic taekwondo, it is performed on the same field of play and with the same length of contest as Olympic taekwondo. Athletes also wear the same safety equipment, such as a head protector, electronic trunk protector, mouth piece and gloves. This means you can expect exciting games just like Olympic taekwondo.

With the largest number of contestants, Russia is known as a Taekwondo powerhouse. Meanwhile, various other countries and regions are also seeing a rise in prominent athletes. The Japanese team are making their Paralympic debut at the Tokyo 2020 Games, aiming to become the first medallists.



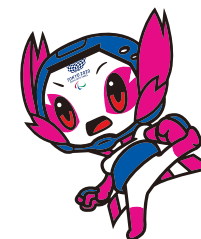
▲ Athlete Chikara Ito ©X-1

Trivia

If an electronic trunk protector fails to judge the complexity of a kick, points are scored by a review jury outside the court using manual scoring devices.

Where is the venue?

① - 10



● Major Japanese achievements at the World Championships (Feb 2019)
Men (-75kgs) 3rd Shunsuke Kudo

Triathlon

トライアスロン

Triathlon, which made its Paralympic debut at the Rio 2016 Games, features three events (a swim-bike-run) in succession. The athletes are continuously engaged and compete for the fastest overall course completion time. The timed transitions between the three races also play an important part in the competition.

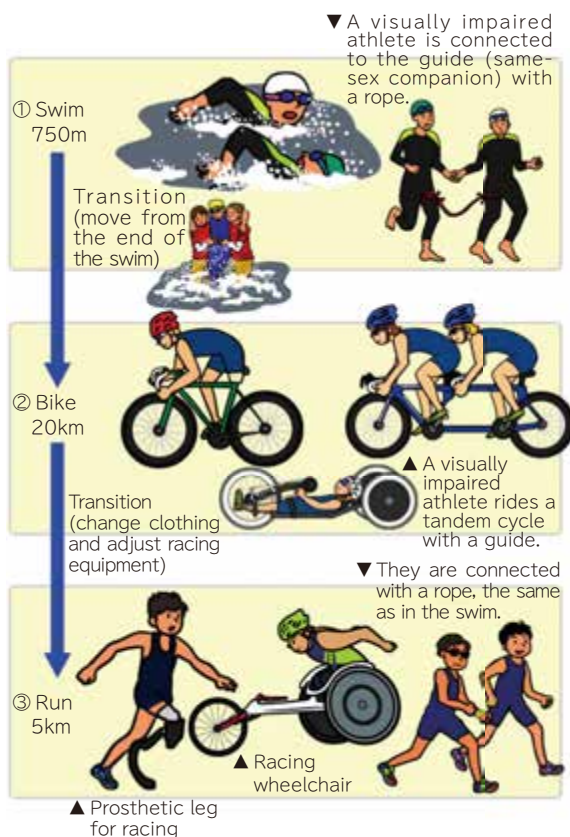
Japan Triathlon Union <http://www.jtu.or.jp/>

Rules

International Triathlon Union Competition Rules apply.

While the competition rules are generally the same as for regular triathlon, the athletes in Paralympic triathlon are permitted to modify their prostheses and other equipment according to the type and degree of impairment.

Physically impaired athletes in the PTWC class compete using a handcycle, which is pedalled by hand, and participate in the running event using a racing wheelchair. Visually impaired athletes in the PTVI class race with a guide, who is a qualified companion of the same sex and nationality as the athlete.



Classification

Physically and visually impaired athletes are eligible for the Tokyo 2020 Paralympic Games and classified according to the type and degree of impairment. They compete for medals in four gender-specific classes.

Men's class	Women's class	Eligible athletes
PTWC	PTWC	Athletes with a physical impairment and who use a wheelchair.
PTS4 (including PTS2 and PTS3)	PTS2	Athletes with a physical impairment but who compete standing. PTS2 (severe) ~ PTS5 (mild)
PTS5	PTS5 (including PTS3 and PTS4)	
PTVI	PTVI	Athletes with a visual impairment.

Column

Pay attention to the teamwork to assist the athlete!

Athletes are unable to complete the race on their own due to their physical or visual impairment. While the triathlon is an individual competition, watch out for the teamwork with the staff members who are there to assist the athletes. A visually impaired athlete races with a guide who acts as their eyes. An athlete competing in a wheelchair requires a personal handler who assists them when using a handcycle or a racing wheelchair. Artisan skills are also essential in improving wetsuits and assistance devices such as prosthetic legs to ensure their ease of wearing and removal.



▲ Support from a handler is also a feature of the sport.
©Satoshi TAKASAKI/JTU

Trivia

During the running segment, the guide must not be more than 0.5m ahead of the athlete. Failure to comply is a rule violation.

Where is the venue?

① - 11



Wheelchair Basketball

車いすバスケットボール

In wheelchair basketball, athletes with lower limb or other impairments play the ball by skilfully operating a wheelchair designed for competition use. The sport features aggressive offence and defence by wheelchair athletes, including speedy chair moves and quick passes.

Japan Wheelchair Basketball Federation <https://www.jwbf.gr.jp/>

● Rules

Almost the same rules as for Olympic basketball

Each team consists of a maximum of 12 players with 5 players on court. The game is played in 4 quarters of 10 minutes each. The winner is determined based on the total score across the 4 quarters. The size of the court, height of the basket and ball size are the same as in regular basketball. Players compete in wheelchairs exclusive to basketball that enable them to move quickly and turn around easily. Certain rules have been adapted according to the characteristics of the wheelchair; for example, a travelling violation is imposed if a player takes more than two pushes while in possession of the ball.



©X-1



▲ Wheelchair designed for wheelchair basketball
©X-1



● Classification

Athletes with an impairment mainly in the lower limbs are eligible for the Tokyo 2020 Paralympic Games. In order to ensure fair competitive opportunities for athletes with different degrees of impairment, they are divided into 8 classes based on steps of 0.5 points awarded to the athlete.

With 5 players on court, their total number of points must not exceed 14.

Class	Eligible athletes
4.5 points (mild)	Athletes who have a minor spinal cord injury, below-knee amputation in one leg, etc. and who have trunk balance with the ability to move stably in all directions.
3.0 points	Athletes who have a spinal cord injury, above-knee amputation in both legs, etc. and who have good trunk movement forwards and are able to raise their upper body without using their hands. However, they have no control over sideways movement.
1.0 points (severe)	Athletes with a severe spinal cord injury, etc. and who have little or no control of the trunk due to no abdominal and back muscle function.

Column

The biggest attraction is the line-up of 5 players.

Wheelchair basketball players who have 3 or more points are called “high-pointers”, while those who have 2.5 points or fewer are called “low-pointers”. An important part of the game is the use of a careful strategy to select 5 players for a team to ensure their total number of points does not exceed 14. There have been recent rises in male players from Great Britain and the USA and female players from the Netherlands.

The Japanese male team have competed in 11 consecutive Paralympic Games since the Toronto 1976 Games and the female team have won bronze medals at the past two Games, so both the male and female teams are expected to be successful at the Tokyo 2020 Games.



▲ Player Hiroaki Kozai ©X-1

● Trivia ●

Players are unable to stand up from the wheelchair during the game but instead raise the wheel on one side of the chair to gain height.



Where is the venue?

① - 11



Wheelchair Fencing

車いすフェンシング

Paralympic fencing requires mental toughness and concentration. Fencers cannot move back and forth using their feet so they always stay close to their opponent, meaning they need to be focused at all times during the game.

The thrilling battle that begins immediately is so tense that you won't even have time to breathe. You'll be impressed by the focus on display from the fencers. Sword-handling techniques and speed are the keys to victory.

Japan Wheelchair Fencing Association <https://jwfa.jimdo.com/>

● Rules

The basic rules are the same as for Olympic fencing

Contestants wearing a uniform and mask fight in a wheelchair fixed to a device called a "piste" and hit their opponent with a metal sword to score points. A characteristic of the sport is fighting using only the upper body. Individual games consist of three sets of three minutes and the winner is determined by points. For both the men's and women's games, the valid target area in foil is the torso only, whereas the entire body above the waist is a valid target area in the epee. The sabre features thrusting and cutting the entire body above the waist. In the foil and sabre, no points are awarded unless fencers have the right of way.



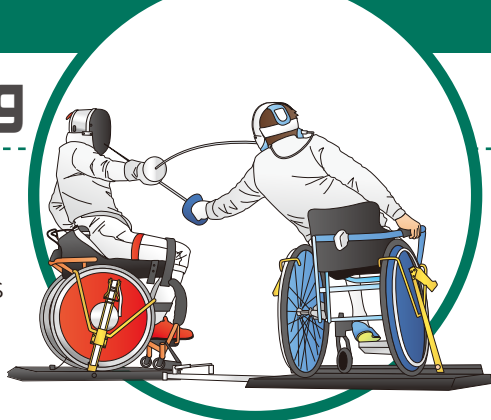
▲ Foil: the valid target is the torso only. (chest, stomach, back)



▲ Sabre: the valid target is the entire body above the waist, excluding the hands.



▲ Epee: the valid target is the entire body above the waist.



● Classification

Athletes with a lower limb impairment are eligible for the Tokyo 2020 Paralympic Games. A total of eight events are held, including gender-specific individual and team games in each category.

Category	Eligible athletes
A	Athletes who have a lower limb deficit or paraplegia and who have an unaffected fencing arm. They are able to control their upper body using their abdominal muscles.
B	Athletes who have an upper body impairment or an affected fencing arm, including incomplete tetraplegia. They are unable to control their upper body due to a lack of function in the abdominal muscles.

Column

Techniques and agility to catch the opponent off guard!

Fencers need accurate sword-handling techniques as they are unable to employ tactics by moving back and forth using their feet as in Olympic fencing. They showcase outstanding technique and agility to catch their opponent off guard while constantly hitting each other at close quarters.

It's an intense competition and the wheelchairs can sometimes tilt with the piste. The sport is practised mainly in European countries but is expanding to the USA and Asia. The Japanese team are also working to strengthen contestants for the Tokyo 2020 Games by giving them more opportunities to compete overseas.



▲ A more intense competition than regular fencing
Courtesy of the Japan Wheelchair Fencing Association

● Trivia ●

In epee events, athletes cover the lower half of their body with a metal apron to ensure hits to off-target areas are not registered.

Where is the venue?

① - 10

● Major Japanese achievements at the Kyoto World Cup (Dec 2018)

Women's foil (category B) 3rd Anri Sakurai



Wheelchair Rugby

車いすラグビー

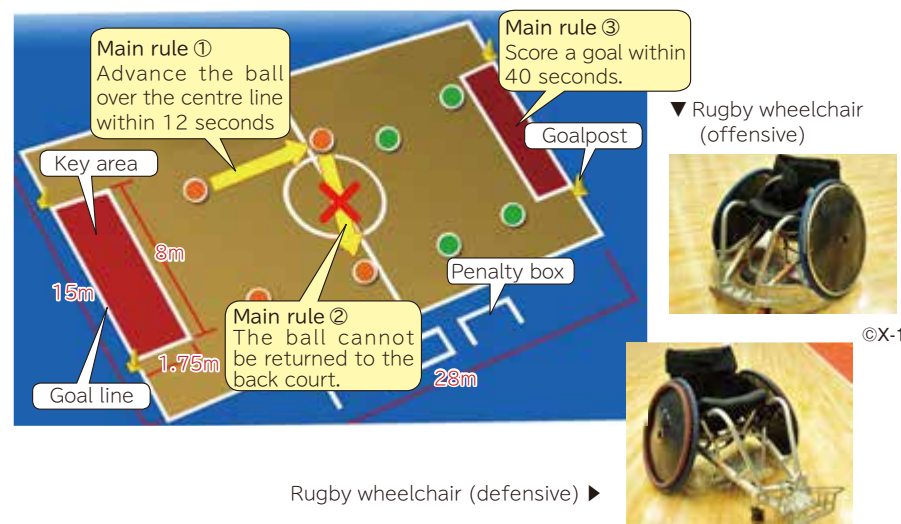
Wheelchair rugby is the only event at the Paralympic Games where tackling using a wheelchair is permitted. The highlight of the sport is the powerful progress in the game, where you'll see wheelchairs falling over from the force of a tackle.

Japan Wheelchair Rugby Federation <https://jwrf.jp/>

● Rules

Different from regular rugby rules

Each team consists of up to 12 players, 4 of which are on court and can be replaced by players on the bench an unlimited number of times. Matches consist of 4 quarters of 8 minutes and teams compete for the total score across the 4 quarters. The court is the same size as a basketball court and players pass a dedicated round ball or carry it in their lap. In order to score a goal, the player in possession of the ball must cross the goal line with the wheels of his wheelchair.



Rugby wheelchair (defensive) ▶



● Classification

Athletes with impairment in limbs are eligible for the Tokyo 2020 Paralympic Games. They are divided into 7 classes according to the degree of impairment, with the division made in steps of 0.5. The players on court can have a maximum total of 8 points. However, 0.5 points are added for each female player on court, which means the total points may exceed 8.

Class	Eligible athletes
3.5 points (mild)	Athletes who have a mild impairment in limbs and are able to dribble using one hand, in addition to trunk function to play the ball by twisting the waist.
2.0 points	Athletes who have a medium level of impairment in limbs and who are able to stop, start and turn the wheelchair using their arm strength. They are also able to gently pass and catch the ball.
0.5 points (severe)	Athletes who have a relatively high level of impairment in limbs and have no trunk function. They use their forearms to operate the wheelchair due to an inability to use their hands. Athletes with weak arm strength and who have difficulty catching and passing the ball.

Column

Pay attention to the careful strategy of each team!

Wheelchair tackles are definitely a highlight of the sport as this is the only wheelchair sport in which such tackles are permitted by the rules. Nevertheless, it is a careful strategy that you should pay attention to. Athletes work as a team to cross the goal line by aggressively tackling their opponents to block their attack as well as interrupting the path of an approaching opponent player by using their wheelchairs to create a path for the high pointer. Speedy ball movements and time management are also important parts of the game. The Japanese team, who won the gold medal at the World Championships 2018, are expected to go high at the Tokyo 2020 Games.



▲ Player Daisuke Ikezaki ©X-1

● Trivia ●

Wheelchair rugby uses a special ball that is based on a volleyball but with a less slippery surface.

Where is the venue?

① - 8

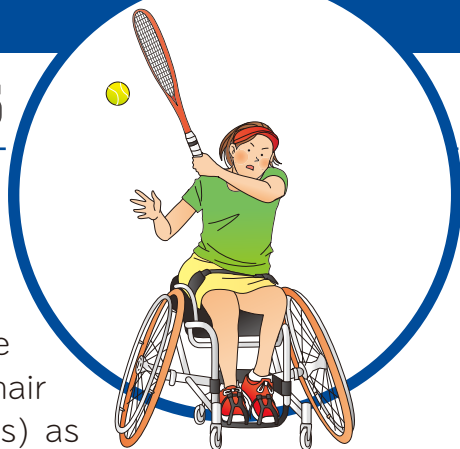


Wheelchair Tennis

車いすテニス

Players use various techniques to accurately strike and return the ball to the opponent's court to score points. Watch the agility of their chair work (wheelchair control techniques) as well as the speedy and intensive rallies.

Japan Wheelchair Tennis Association <http://jwta.jp/>

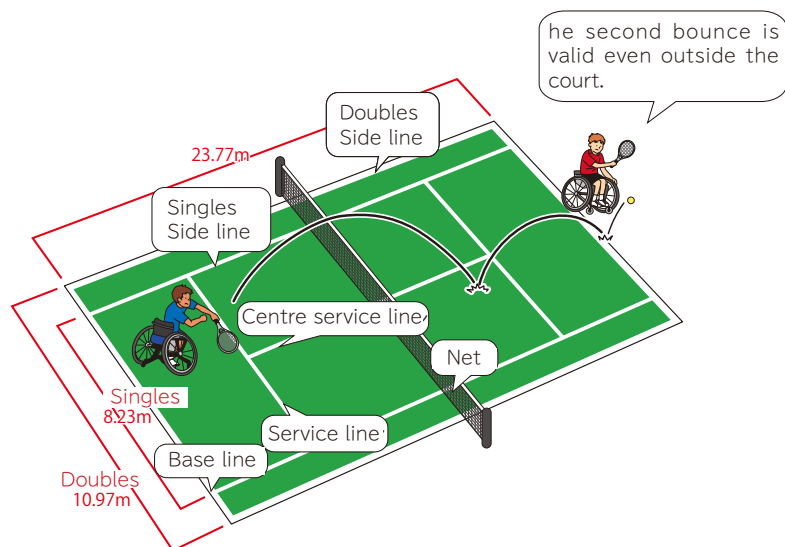


● Rules

The basic rules are almost the same as for regular tennis.

Matches are played as the best of three sets. In regular tennis, players must return the ball before it bounces twice, whereas in wheelchair tennis the ball may bounce up to two times.

As long as the first bounce falls within the court, the second bounce may occur outside the court. Players may return the ball from either inside or outside the court.



● Classification

Athletes with lower limb impairments are eligible for the Tokyo 2020 Paralympic Games. There are three classes: men's, women's and quads (mixed gender) with both lower and upper limb impairments. Each class features singles and doubles tournaments.

Class	Eligible athletes	Event
Men / Women	Athletes who compete in a wheelchair due to lower limb impairment such as a spinal cord injury and lower limb amputation.	Singles Doubles
Quad	Athletes who compete in a wheelchair due to impairment in both upper and lower limbs such as paralysis. To strengthen their grip, players may tape the racket to their hand to fix them together.	Mixed singles Mixed doubles

Column

A fusion of clever play and techniques!

The biggest attraction in wheelchair tennis is the various strokes that the players can deliver while skilfully using their wheelchairs. You'll be amazed at how quickly they can move to where their opponent's ball will land as well as their control and powerful smash of the ball that accurately follows the intended course. Many players compete in an electric wheelchair due to cervical cord injuries.

The Japanese team have successively won individual singles titles at previous Paralympic Games, and a stronger line-up of players is expected to deliver better results at the Tokyo 2020 Games.



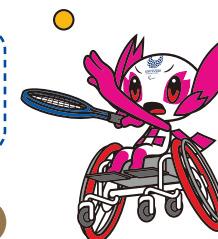
▲ Player Takashi Sanada
©Atsushi Sayama

● Trivia ●

Players who are not capable of regular overhand service may serve by hitting the ball after bouncing it on the ground.

Where is the venue?

① - 11



TOKYO 2020
PARALYMPIC GAMES HANDBOOK

3

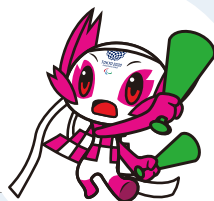
Let's keep a
record!



■ Match record ■

Year	Month	Day	()
Competition name		Sport	
Venue			
Make a note of what you noticed while watching the game ♪		Gather information on the athletes you're interested in ♪	

Year	Month	Day	()
Competition name		Sport	
Venue			
Make a note of what you noticed while watching the game ♪		Gather information on the athletes you're interested in ♪	



■ Match record ■

Year	Month	Day	()
Competition name		Sport	
Venue			
Make a note of what you noticed while watching the game ♪		Gather information on the athletes you're interested in ♪	

Year	Month	Day	()
Competition name		Sport	
Venue			
Make a note of what you noticed while watching the game ♪		Gather information on the athletes you're interested in ♪	



■ Match record ■

Year	Month	Day	()
Competition name		Sport	
Venue			
Make a note of what you noticed while watching the game ♪		Gather information on the athletes you're interested in ♪	

Year	Month	Day	()
Competition name		Sport	
Venue			
Make a note of what you noticed while watching the game ♪		Gather information on the athletes you're interested in ♪	



■ Match record ■

Year	Month	Day	()
Competition name		Sport	
Venue			
Make a note of what you noticed while watching the game ♪		Gather information on the athletes you're interested in ♪	

Year	Month	Day	()
Competition name		Sport	
Venue			
Make a note of what you noticed while watching the game ♪		Gather information on the athletes you're interested in ♪	



■ Event record ■

Year	Month	Day	()
Event			
Venue			
Descriptions	Make a note of what you're interested in and the athletes you have met ♪		

Year	Month	Day	()
Event			
Venue			
Descriptions	Make a note of what you're interested in and the athletes you have met ♪		



■ Event record ■

Year	Month	Day	()
Event			
Venue			
Descriptions	Make a note of what you're interested in and the athletes you have met ♪		

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■ Athlete record ■

Name		Photo/Illustration
Sport	Class	
Date of birth Year Month Day	Country	

Highlights

Q&A Ask questions and do research about the athlete ♪

Q1



A1

Q2



A2

Q3



A3

Get an autograph from the athlete!!



■ Athlete record ■

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■ Notes ■



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TOKYO 2020 PARALYMPIC GAMES HANDBOOK

1st edition published in April 2019
2nd edition published in November 2019
English edition published in January 2020

Editing & Publication Bureau of Olympic and Paralympic Games Tokyo 2020 Preparation
Coordination Section, Paralympic Games Department
2-8-1 Nishi-Shinjuku, Shinjuku-ku, Tokyo 163-8001
TEL: 03 5388 2496

Cooperation The Tokyo Organising Committee of the Olympic and Paralympic Games
Japanese Para-Sports Association Japanese Paralympic Committee

Registration Number (31) No.208

For further information on the Games and sports

Bureau of Olympic and Paralympic Games Tokyo 2020 Preparation
<https://www.2020games.metro.tokyo.lg.jp/>



The Tokyo Organising Committee of the Olympic and Paralympic Games
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