

## What is Wheelchair Slalom?

Wheelchair Slalom is a track and field event. The event has been designed for athletes who have mobility restrictions.

## Who can compete?

There is an international pathway for wheelchair slalom. The event is for athletes who use a power or manual wheelchair.

## What is the objective of the slalom?

The objective of the slalom is to complete the course in the quickest time possible, whilst trying not to be disqualified or accumulate any penalty points.

## How is it played?

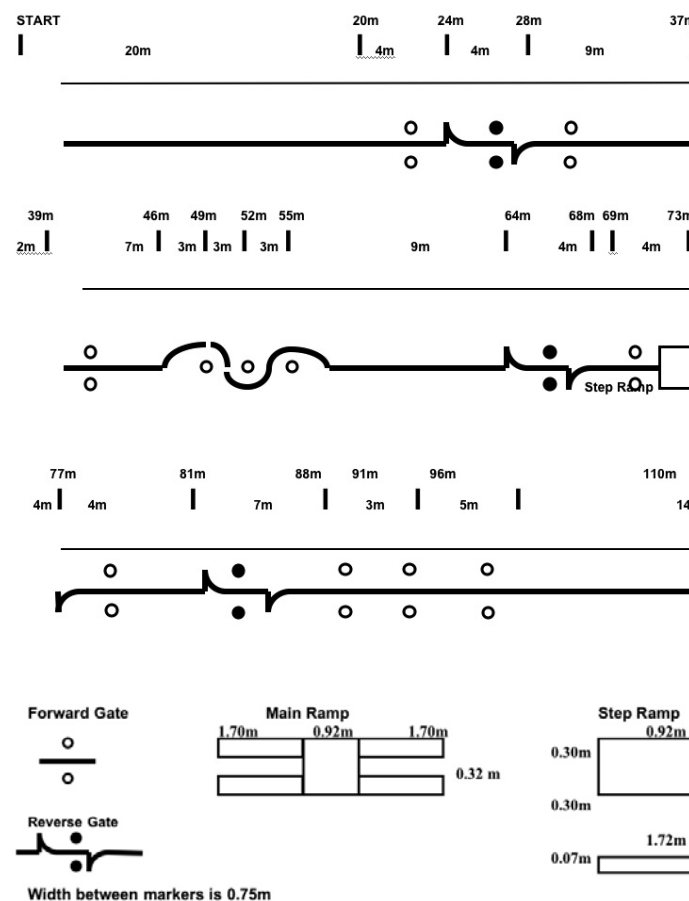
<b>Field of play</b>	Hard level surface indoors or outdoors, marked with directional arrows (see course).
<b>Equipment</b>	Floor tape, markers, red and white flags (with which to indicate a change in direction)
<b>Players</b>	Individual event

## Two courses in the slalom

- **Manual Slalom** – is over a straight 110m course and is for manual wheelchair users
- **Power Slalom**
  - o Group 1- for those with co-ordination impairment
  - o Group 2 – for those with a power and range impairment

## Manual Slalom Course 1

Course to be laid out over straight 110m.

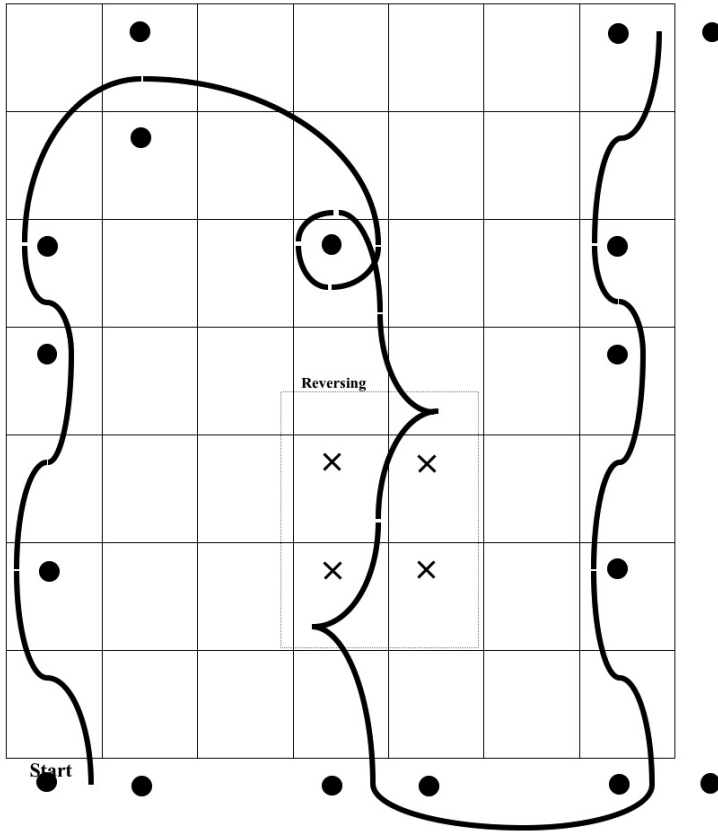


## Power Slalom Course Group 1: Co-ordination

1 metre square grid

- = white post - forward movement
- × = red post - reverse movement

Finish

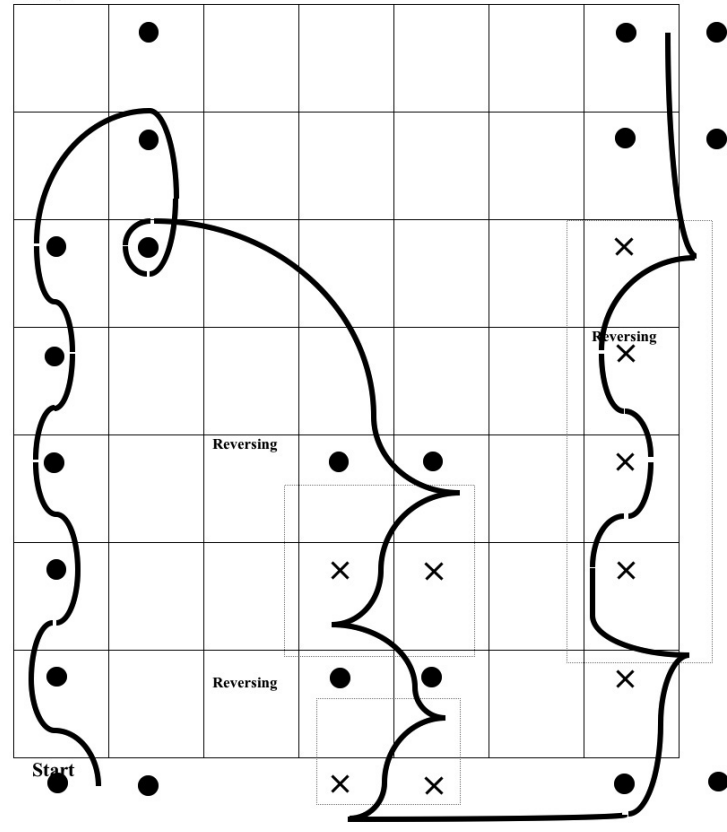


## Power Slalom Course Group 2: Power & Range

1 metre square grid

- = white post - forward movement
- × = red post - reverse movement

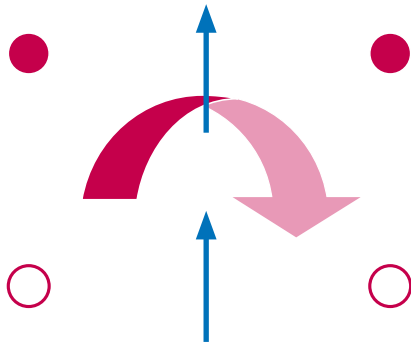
Finish



**Skills to be taught: Three types of gates - reverse gate, 360 degree gate and figure-eight gate**

## Reverse turn

**Marked by:**  
2 white and 2 red markers



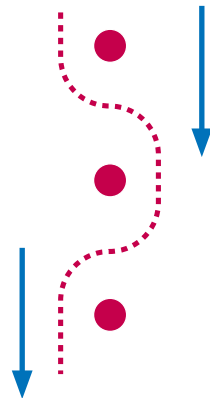
**Red markers:**  
(exit backwards)

**White markers:**  
(enter forward)

Enter forward, complete 180 degree turn, exit backwards.

## Figure-eight turn

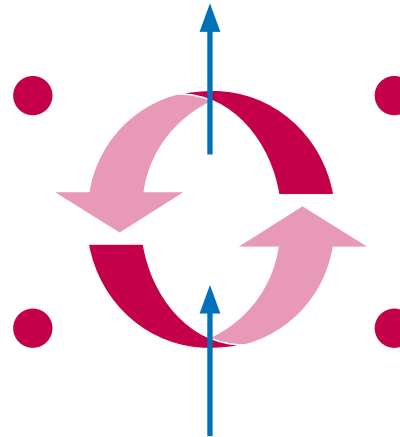
**Marked by:**  
3 markers



Enter forward and weave through markers. Approach from the side of most control

## 360 – degree turn

**Marked by:**  
4 red markers



Complete one turn and exit from opposite entry point in forward direction.

## Rules/ Penalties

### Manual Slalom

10 sec – for incorrect course  
5 sec – knocking over a gate  
3 sec – for moving a gate

### Powered Slalom

#### Both groups

3 sec – incorrect course  
5 sec – knocking over a post  
3 sec – moving the post

## Contacts:

Disability Sport Events [www.disabilitysport.org.uk](http://www.disabilitysport.org.uk)

CP-ISRA [www.cpisra.org](http://www.cpisra.org)

Wheelpower [www.wheelpower.co.uk](http://www.wheelpower.co.uk)