

THE 4TH ASIAN PARA GAMES HANGZHOU



Hangzhou 2022
Asian Para Games

SPECTATOR GUIDE

杭州亚残运会 观众指南

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开启您的亚残运之旅

计划您的观赛行程

作为亚洲规模最大的残疾人综合性体育赛事,亚残运会对观众观赛有着不少特殊要求。为使您的亚残运之旅更加便捷、畅通,请务必提前了解相关信息,做好观赛准备。

时段	内容	您需注意	您可参阅	
赛前	了解亚残	杭州亚残运会在杭州举办,共有 19 个竞赛场馆,将举办 22 个大项赛事。	杭州亚残运会欢迎您详见 5 页	
			办赛城市基本信息详见 14-20 页	
			赛事项目及竞赛场馆详见 10-13 页, 39-83 页	
		可在更多渠道获取赛事相关信息。	智能亚残运一站通详见 23 页	
	购票渠道	杭州亚残运会采取实名制购票政策,请在官方渠道购买赛事门票,并妥善保管门票。	票务信息详见 25-26 页	
	前往场馆	了解所观看赛事的观赛时间及场馆信息。		赛事项目及竞赛场馆详见 10-13 页, 39-83 页
		竞赛场馆通常在赛前一至两小时对观众开放,部分竞赛场馆开放时间以场馆实际通知为准。		
		建议乘坐城市轨道交通、亚残运公交专线等,绿色出行。		主办城市交通详见 14 页
		预先查询交通路线和所需时间。		各场馆交通详见智能亚残运一站通
	安检入场	请遵守禁限带规则,按次序排队,积极配合安检。	禁限带物品详见 29-31 页	

时段	内容	您需注意	您可参阅
赛时	进入场馆	为避免人群聚集，建议赛前购买特许商品或拍照留念。	特许商品详见 35 页
		场馆内贴心的服务设施、热情的亚残运志愿者，都将为您提供帮助、服务。	服务团队详见 27 页
			可获得服务详见 32-33 页
			无障碍服务详见 34 页
	观看比赛	熟悉文明观赛礼仪，并知晓部分竞赛项目在观赛过程中的特别注意事项。	文明观赛礼仪详见 28 页 各竞赛场馆观赛指南

时段	内容	您需注意	您可参阅
赛后	离开场馆	如有寄存婴儿车 / 轮椅，请记得及时取回。	可获得服务详见 32-33 页
		绿色亚残运离不开你我共同参与，请检查随身物品，自觉带走身边废弃物。	文明观赛礼仪详见 28 页
		请按指引标识有序退场，如遇人流较多时，请听从现场工作人员引导。	
	体验生活	主办城市杭州弥漫着浓厚的亚残运氛围，也有不少值得游览的景点、值得领略的风景，一定不要错过。	办赛城市基本信息详见 14-20 页

特别提示

- 观赛期间请勿进入摄像区域和使用激光笔，以防干扰摄像机拍摄、声音采集和摄像人员的正常工作。
- 进入亚残运场馆和特定区域后，观赛期间电脑、公众移动通信终端 - 手机应关闭热点和蓝牙功能。
- 不得集体（20 人及以上）使用或穿戴带有明显商业展示的物品或者服装。
- 除婴儿车、轮椅外，比赛场馆内不提供观众物品寄存服务，请您事先做好相关准备，不要携带过多物品前往场馆。
- 各场馆在入场安排、设施与服务、禁止行为与禁限带物品等方面基本一致；个别场馆因赛事和建筑布局的特殊性，可能会在有些方面有所不同。
- 您可以在支付宝搜“亚残运”，访问“智能亚残运一站通”，获取亚残运知识、场馆导航、赛事赛程、场馆无障碍信息等便捷的数字观赛服务。更多亚残运资讯，您还可以关注杭州亚残运会官网了解。



* 本指南信息更新截至 2023 年 9 月 30 日，如有信息变动，请关注赛时各场馆观赛指南，或登录杭州亚残运会官方网站 <https://www.hangzhou2022.cn/paragames/> 查询更多信息。如本指南不能满足您的要求，请向各场馆观众服务志愿者寻求帮助。

1

杭州亚残运会
欢迎您



杭州亚残运会简介

杭州亚残运会

杭州亚残运会，于2023年10月22日至10月28日在杭州举办，比赛共设22个大项，预设564个小项。

会徽

会徽“向前”的主体图形呈现了坐着轮椅的残疾人运动员奋勇向前的姿态。

10条半弧形的线条构成了竞技赛道，长短不一的线条由紫到红到黄呈渐变色，伸向远方，又如同奔腾不息的钱江潮。运动员奋力转动着轮椅向前，向远方挺进，充满动感、力量和激情，造型犹如一朵朵在钱江潮中绽放的浪花，诠释出残疾人运动员顽强拼搏、挑战自我的英雄气概。

下方是主办城市名称和举办年份的印鉴，会徽的整个格调、色系与亚运会的会徽相一致。



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Asian Para Games

口号

“心相约，梦闪耀”意在表达残疾人运动员通过参与亚洲残疾人的体育盛会，追逐梦想、传递快乐，为实现人生价值和光荣梦想而坚强不屈、超越奋进的拼搏精神，彰显了生命的尊严与可贵。

口号传递平等尊重、相知相融、携手圆梦的人文情怀，诠释了奥林匹克精神，也承载着残疾人战胜困难，完善自我，创造幸福的期盼。

心相约，梦闪耀

Hearts Meet, Dreams Shine

吉祥物

“飞飞”的设计灵感源自良渚文化中“神鸟”的形象，她身上融合了杭州历史人文和科技创新，也承载着人与自然和谐共生的企盼。“神鸟”在中国有着传递佳音的传说，因此，她还是文化和幸福的使者。

第一个“飞”，是鸟的飞翔。天高任鸟飞，寓意着人类社会包容、尊重、友爱的良好氛围。第二个“飞”，是残疾人运动员追逐梦想，飞跃自我的精神状态。

“飞飞”双翼延续到脸颊上的是良渚文化标志纹，扬起的翅膀展现了力的美感。鸟冠上的“i”字（intelligence）是智能、智慧的象征，也体现了杭州这座互联网城市的特征，在运动、开心时会发出蓝色的光芒。胸前45个点组成的环形象征着亚残奥委员会各成员欢乐汇聚。



飞飞
Feifei

体育图标

杭州亚残运会体育图标是杭州亚残运会重要的视觉形象元素。其设计以奔涌的钱江潮为灵感来源，呼应亚残运会会徽“向前”奋勇拼搏的运动激情和勇立潮头的浙江精神。艺术表达上以会徽描绘的“坐在轮椅上奋勇前行的残疾人”为基础造型，严格参照单项运动的竞技特点和形态特征，凝练最具表现力的精彩瞬间，赋予其审美韵味，呈现浪花翻滚态势，达到“形”与“意”的统一。

图标以“虹韵紫”和“月桂黄”之间的渐变色为底色，寓意残疾人运动员自强不息、顽强拼搏的奋斗精神。

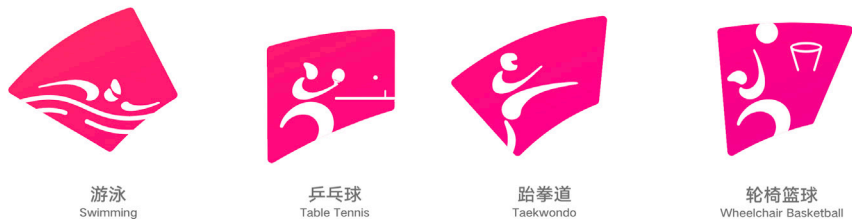


举重
Powerlifting

赛艇
Rowing

射击
Shooting

坐式排球
Sitting Volleyball



游泳
Swimming

乒乓球
Table Tennis

跆拳道
Taekwondo

轮椅篮球
Wheelchair Basketball



射箭
Archery

田径
Athletics

羽毛球
Badminton

盲人足球
Blind Football

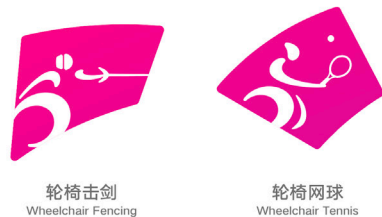


硬地滚球
Boccia

皮划艇
Canoe

国际象棋
Chess

自行车
Cycling



轮椅击剑
Wheelchair Fencing

轮椅网球
Wheelchair Tennis



围棋
Go

盲人门球
Goalball

柔道
Judo

草地掷球
Lawn Bowls

杭州亚残运会 赛事列表

杭州亚残运会总赛程 3.0 版

● 比赛日

运动项目	项目类别	比赛场馆	10月							11月							
			16	17	18	19	20	21	22	23	24	25	26	27	28		
开幕式		杭州奥体中心体育场															
田径	肢体障碍、视力障碍、智力障碍	黄龙体育中心体育场															
游泳	肢体障碍、视力障碍、智力障碍	杭州奥体中心游泳馆															
轮椅篮球	肢体障碍	杭州奥体中心体育馆															
轮椅网球	肢体障碍	杭州奥体中心网球中心															
射箭	肢体障碍	富阳银湖体育中心															
射击	肢体障碍	富阳银湖体育中心															
赛艇	肢体障碍、视力障碍	富阳水上运动中心															
皮划艇	肢体障碍	富阳水上运动中心															
盲人足球	视力障碍	拱墅运河体育公园体育场															
乒乓球	肢体障碍、智力障碍	拱墅运河体育公园体育馆															
坐式排球	肢体障碍	临平体育中心体育馆															
盲人门球	视力障碍	浙江塘栖盲人门球基地门球馆															
自行车	肢体障碍、视力障碍	淳安界首体育中心自行车馆（含公路）															
举重	肢体障碍	萧山体育中心体育馆															
柔道	视力障碍	萧山临浦体育馆															
跆拳道	肢体障碍	萧山瓜沥文化体育中心															
羽毛球	肢体障碍	滨江体育馆															
硬地滚球	肢体障碍	杭州体育馆															
轮椅击剑	肢体障碍	杭州电子科技大学体育馆															
国际象棋	肢体障碍、视力障碍	杭州棋院（智力大厦）棋类馆															
围棋	肢体障碍	杭州棋院（智力大厦）棋类馆															
草地掷球	肢体障碍、视力障碍	杭州文汇学校草地掷球场															
闭幕式		杭州奥体中心体育场															

* 杭州亚残运会总赛程 3.0 版，赛程更新至 2023 年 9 月 30 日，以赛前最终发布版为准

场馆列表



1 杭州体育馆
 承担亚残运会硬地滚球项目比赛
 地址：杭州市拱墅区体育场路 210 号



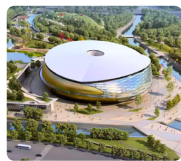
6 杭州奥体中心网球中心
 承担亚残运会轮椅网球项目比赛
 地址：杭州市滨江区滨盛路 8 号



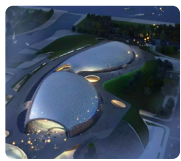
11 萧山临浦体育中心
 承担亚残运会柔道项目比赛
 地址：杭州市萧山区人民路口临浦文化馆



16 富阳水上运动中心
 承担亚残运会赛艇、皮划艇项目比赛
 地址：杭州市富阳区东洲街道华野沙村华西路



2 拱墅运河体育公园体育馆
 承担亚残运会乒乓球项目比赛
 地址：杭州市拱墅区丰潭路 999 号



7 杭州奥体中心游泳馆
 承担亚残运会游泳项目比赛
 地址：杭州萧山区盈丰街道博奥路 2657 号



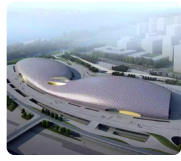
12 萧山瓜沥文化体育中心
 承担亚残运会跆拳道项目比赛
 地址：杭州市萧山区建设四路与政通路交叉口



17 淳安界首体育中心自行车馆
 承担亚残运会自行车项目比赛（含公路）
 地址：杭州市淳安县界首乡严家村



3 拱墅运河体育公园体育场
 承担亚残运会盲人足球项目比赛
 地址：杭州市拱墅区学院北路 999 号



8 杭州奥体中心体育馆
 承担亚残运会轮椅篮球项目比赛
 地址：杭州萧山区盈丰街道博奥路 2657 号



13 临平体育中心体育馆
 承担亚残运会坐式排球项目比赛
 地址：杭州市临平区东湖南路 177 号



18 浙江塘栖盲人门球基地门球场
 承担亚残运会盲人门球项目比赛
 地址：浙江省杭州市临平区运溪路 123 号



4 黄龙体育中心体育场
 承担亚残运会田径项目比赛
 地址：杭州市西湖区黄龙路 1 号



9 杭州棋院（智力大厦）棋类馆
 承担亚残运会围棋、国际象棋项目比赛
 地址：杭州市萧山区利一路



14 杭州电子科技大学体育馆
 承担亚残运会轮椅击剑项目比赛
 地址：杭州市钱塘区学林街 280 号



19 杭州文汇学校草地掷球场
 承担亚残运会草地掷球项目比赛
 地址：杭州市钱塘区金乔街 518 号



5 滨江体育馆
 承担亚残运会羽毛球项目比赛
 地址：杭州市滨江区江虹路 996 号

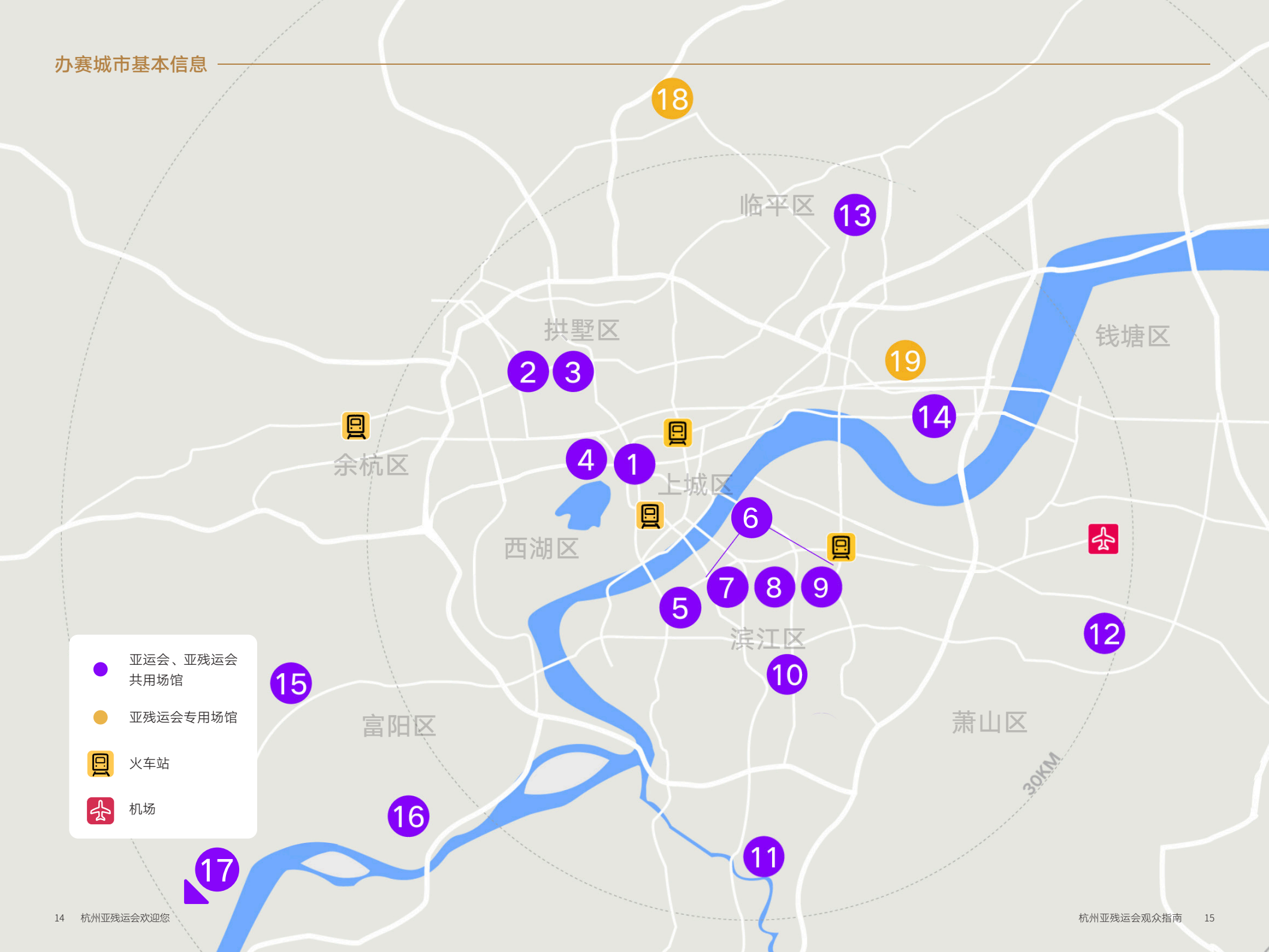


10 萧山体育中心体育馆
 承担亚残运会举重项目比赛
 地址：杭州市萧山区市中心南路 398 号



15 富阳银湖体育中心
 承担亚残运会射击、射箭项目比赛
 地址：杭州市富阳区银湖街道九龙大道 3 号

● 亚运会、亚残运会共用场馆
 ● 亚残运会专用场馆



- 亚运会、亚残运会共用场馆
- 亚残运会专用场馆
- 🚉 火车站
- ✈️ 机场

办赛城市杭州

杭州是浙江省省会和经济、文化、科教中心，长江三角洲中心城市，重要的风景旅游城市，首批国家历史文化名城。地处长江三角洲南翼、杭州湾西端，是“丝绸之路经济带”和“21世纪海上丝绸之路”的延伸交点和



“网上丝绸之路”战略枢纽城市。山水相依、湖城合璧，江、河、湖、海、溪五水共导，风景如画，堪称“人间天堂”。森林覆盖率达65.33%，居全国省会城市第一。

杭州是华夏文明的发祥地、中国著名的七大古都之一，以“东南名郡”著称于世。跨湖桥遗址的发掘显示，早在8000多年前，就有人类在此繁衍生息。距今5000多年前的良渚文化被称为“中华文明的曙光”。自秦时（公元前222年）设县治以来，已有2200多年历史。被13世纪意大利旅行家马可·波罗赞叹为“世界上最美丽华贵之天城”。

杭州历史文化内涵博大精深。几千年来，以西湖文化、运河文化、钱塘江文化为代表的杭州文化，在开放中融合，在创新中发展。西湖文化采跨湖桥文化、良渚文化、吴越文化、南宋文化、明清文化、民国文化等各个时期文化之精华，集山水文化、园林文化、宗教文化、建筑文化、名人文化、民俗文化、丝绸文化、茶文化、饮食文化之广博，体现了西湖文化精致、和谐、典雅的特色；运河文化集水利文化、商贸文化、物产文化、水景文化、戏曲文化、庙会集市文化于一身，体现了杭州文化开放、兼容、庶俗的特色；钱塘江文化犹如滚滚钱塘潮，是杭州大气开放的象征和标志。

近年来，杭州获最具国际影响力十大城市、中国十大创新城市、中国十大智慧城市、全球15个旅游最佳实践样本城市、福布斯中国大陆最佳商业城市、全球会议目的地百强城市、综合型信息消费示范城市、新时代数字治理标杆城市、国家级服务型制造示范城市等系列殊荣，连续16年获得“中国最具幸福感城市”桂冠。

杭州市辖上城、拱墅、西湖、滨江、萧山、余杭、临平、钱塘、富阳、临安10个区，建德1个县级市，桐庐、淳安2个县。全市土地面积16850平方千米，其中市区面积8289平方千米。2022年末，杭州常住人口1237.6万人，比上年末增加17.2万人。

城市气候

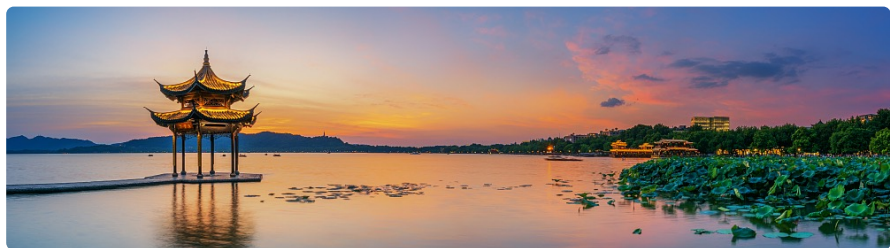
杭州属亚热带季风性气候，四季分明，光照充足，雨量充沛，春秋较短，冬夏较长。10月下旬，杭州已进入秋季，平均气温 17.7℃，秋高气爽，气候宜人。相对夏季的炎热，气温下降明显，昼夜温差逐渐增大，早晚微凉，请合理增减衣物。

三大世界文化遗产

杭州拥有西湖、京杭大运河、良渚古城遗址三大世界文化遗产，它们共同展示了中华文明，传承了浙江文脉，彰显了杭州魅力。

西湖风景名胜

西湖是杭州的根与魂，以秀丽的湖光山色、悠久的历史、深厚的文化内涵以及丰富的文化史迹闻名世界，是中国历史上最具杰出精神栖居功能的“文化名湖”，也是享誉中外的“人间天堂”。以西湖为中心的西湖风景名胜总面积近 60 平方千米，融名胜古迹、园林山水为一体，环湖四周绿荫环抱，山色葱茏，溪涧幽深，春夏秋冬风光旖旎。苏堤春晓、断桥残雪、三潭印月、灵隐禅踪、万松书缘等西湖“三十景”交相辉映，受到国内外游客的普遍赞誉。2011 年西湖文化景观列入世界遗产名录。



京杭大运河杭州景区

京杭大运河是中国大运河的重要组成部分，大运河是世界上里程最长、工程最大的古代运河，也是最古老的运河之一。京杭大运河杭州景区白墙黛瓦，青石板巷，古韵漕舫，水墨夜游，创意工坊，古寺深禅……拥有拱宸邀月、三堡会澜、桥西人家、凤山烟雨、香积梵音、龙山塔影、商义留馀、西陵怀古、广济通衢、武林问渡等运河十景，大兜路、小河直街、桥西三大历史街区，中国工艺美术（刀剪剑、扇、伞）博物馆群。2014 年中国大运河项目入选世界遗产名录。



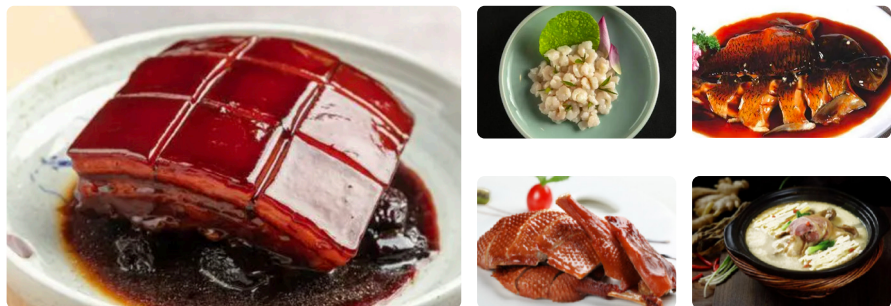
良渚古城遗址

良渚古城遗址位于杭州市余杭区，该遗址规模宏大、遗存类型复杂、内涵丰富，其遗产的整体价值由城址、外围水利系统、分等级墓地（含祭坛）和以良渚玉器为代表的出土器物等人工遗存要素共同承载，是长江下游地区首次发现的新石器时代城址，被誉为“中华第一城”。良渚古城遗址的外围水利系统也是中国迄今发现最早的大型水利工程遗址。良渚古城遗址实证中华五千年文明史，于 2019 年被列入世界遗产名录。



杭帮美食

浙菜为中国八大菜系之一，杭帮菜是浙江饮食文化的重要组成部分，属于浙江菜的重要流派。



名菜

龙井虾仁、西湖醋鱼、叫花鸡、东坡肉、油焖春笋、杭州酱鸭、笋干老鸭煲、西湖莼菜汤、生爆鳝片等。

名小吃

片儿川、葱包烩、干炸响铃、猫耳朵、幸福双、定胜糕、桂花糖藕等。

老底子面馆

杭州人生长在“鱼米之乡”，却有一个爱吃面的胃。据不完全统计，杭州有9000多家面馆。羊肉面、虾爆鳝面、片儿川、腰花面、牛肉面、蟹黄面……货真价实的浇头，鲜美的汤汁，吃上一碗就明白杭州人的“爱面情结”了。



百县千碗杭州味道

上城乾隆鱼头、名胜区南宋蟹酿橙、拱墅南宋桂花蟹烧羊、滨江虾油拼盘、萧山鲍鱼酥、余杭东苕溪逆鱼、临平红烧羊肉、钱塘倒笃春笋、富阳龙羊暖碗、临安昭明笋干老鸭暖锅、建德严州干菜鸭、淳安秀水鱼皮等。

“看亚残运·游杭州”亚残运会无障碍主题经典线路

西湖风景 南宋风华	岳王庙→船游西湖→游花港观鱼→宋城景区
茶香古韵遇杭州	中国茶叶博物馆(双峰馆区)→西湖环湖游览→夜赏《最忆是杭州》
千年运河 非遗传承	中国扇博物馆→杭州手工艺活态馆→桥西历史文化街区→大运河亚运公园
文明曙光 世遗良渚	良渚博物院→良渚古城遗址公园
潮起钱江 湘湖印象	杭州国际博览中心→杭州奥林匹克体育中心→环湖电瓶车游览湘湖(下孙广场、老虎洞、湖山广场)

2

亚残运观赛须知



健康温馨告知

倡导勤洗手、常通风、保持社交距离、咳嗽礼仪、清洁消毒等良好卫生习惯，如有疾病症状请及时就诊，增强健康防护意识，营造赛事良好氛围。





智能亚残运一站通

“智能亚残运一站通”是杭州亚残组委以市民、观众需求为导向，推出的一站式科技观赛服务平台，涵盖亚残运会知识、赛事查询、购票服务、出行服务等基础功能，以及手语翻译、听障读屏等特色智能服务，为亚残运观众、国内外游客提供“一站式”的数字观赛服务。在支付宝客户端搜索“亚残运”即可直达，主要功能如下：

亚残运会知识

提供亚残运场馆、亚残运项目、亚残运文化等相关信息，让海内外友人全面了解亚残运相关知识。

赛事通

提供亚残运赛事日程、成绩查询、奖牌榜、项目查询等功能，让用户了解赛事信息。

票务通

展示赛事项目信息和票务资讯，提供线上购票和线下赛事门票网点查询等服务。

出行通

提供观赛相关的智能化公共出行服务，包括公交地铁、高铁、共享单车和网约车等。实现无障碍设施信息展示，包含无障碍停车信息、无障碍卫生间、无障碍电梯等。

爱心展示点

提供爱心体验点详细信息，展现残障人士的文化生活。

亚残运资讯

整合亚残运最新资讯、精彩视频等内容，为亚残运观众一体化呈现亚残运会信息。

亚残运 AR 服务

在亚残运重点场馆建设基于视觉定位的 AR+ 服务，为亚残运观众提供 AR 导航服务，构建“虚拟 + 现实”的创新体验。

亚残运商城

为观众提供亚残运特许商品的线上购买服务。

手语翻译

为听障观众提供智能手语翻译服务，可识别听障朋友的手语并翻译成语音，同时也将健听人语音翻译成手语，帮助听障人群和健听人群之间无障碍沟通。



* 支付宝扫一扫，进入小程序

票务信息

我们将提供两种类型的门票供您选择，分别是纸质票和电子票。

纸质票

第4届亚洲残疾人运动会 The 4th Asian Para Games

田径 Athletics

年/YEAR 月/MONTH 日/DAY 时间/TIME
2023 - 10 - 26 09:00

区/SECTOR 排/ROW 座席/SEAT
20区下 8 18

黄龙体育中心体育场
Huanglong Sports Centre Stadium
10.00RMB NO.458190190018334
T.N 1376141396

ATH03
2023 - 10 - 26
09:00

ATH03

扫码查看详情

T.N 1376141396

电子纪念票



您可以通过以下渠道购买

1. 在杭州亚残运会公众售票官网 (<https://paraticket.hangzhou2022.cn/>) 和支付宝“智能亚残运一站通·票务通”购买；
2. 赛时除以上方式外，还可以在竞赛场馆售票亭和官方门票服务网点购票。

入场时您需要注意

入场前请您仔细阅读《持票须知》。杭州亚残运会实行购票实名制政策，按照一票一证进行限制，即一张有效身份证件只能购买同一场次一张体育比赛门票。体育比赛均实行入场实名制，即观看体育比赛须携带本人有效身份证件及有效门票入场。

儿童入场政策：两周岁以上（含）儿童须持票入场，并由成人陪同。两周岁以下儿童可凭有效身份证件免票入场，由其法定代理人持票陪同且共享一个座席，一名法定代理人只允许陪同带领一名免票儿童。具有特殊观赛礼仪或特殊入场政策的体育项目以杭州亚残组委赛前公布信息为准。

如果您想退换货

所购门票一旦售出，除杭州亚残组委另有规定或者比赛取消外，一律不予退换。

如果由于不可抗力因素导致仪式或体育比赛取消，持票观众无需在线提交退票申请，杭州亚残组委统一安排退票事宜，纸质票无需寄回，电子票在线作废。以现金付款的用户，需在公众售票官网提交退款收款账户和相应购票信息。不能要求更换其他比赛场次的门票。对应票款将以人民币统一退至原付款渠道或指定退款账户。

如果您想转售门票

杭州亚残运会官方票务转售平台开启后，公众可在规定时间内以订单形式在该平台转售杭州亚残运会体育比赛门票（仅电子票）。

如果您想转送门票

在杭州亚残运会官方渠道购买的体育比赛（仅电子票）可在公众售票官网票夹以单张形式进行转送。

更多票务权益

购买杭州亚残运会门票的持票观众，在观赛当日0时至次日4时，享受出示当天赛事门票免费乘坐杭州市地铁（人工窗口换卡，刷卡乘车）、公交（编码含“专线”字样的线路除外）、水上巴士的权益。

购买杭州亚残运会门票的持票观众，可获得订单维度相应的火苗积分，使用火苗积分在火苗商城中可兑换奖品。

购买杭州亚残运会门票的持票观众，可获得杭州亚残运会特许商品天猫官方旗舰店优惠券，持票人通过天猫旗舰店购买特许商品时可享受相应优惠。

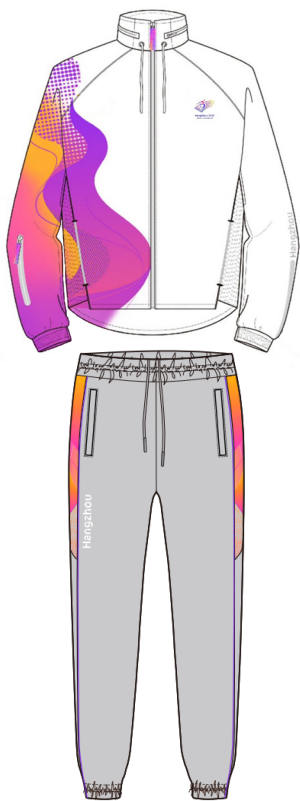
☎ 票务咨询服务热线：4009092022

*** 票务信息将根据杭州亚残运会筹办和比赛进程发生变更。**

服务团队

亚残运会赛时，所有的亚残运场馆内外都将有热情的工作人员和亚残运志愿者为您提供细致体贴、真挚热忱的服务。认识您身边的亚残运工作团队，将您的观赛带来很大的方便，在场馆内外，无论您遇到何种困难都可以向身边的工作人员或亚残运志愿者寻求帮助。请认准亚残运会工作人员和志愿者的服装，并注意他们身上佩戴的标识，以便于您快速地解决问题。

赛会工作人员、志愿者着装



赛会工作人员着装



志愿者着装

文明观赛礼仪

入场礼仪

1. 着装文明得体。穿着应文明、得体，以舒适、休闲、整洁、大方为宜。
2. 提前到达场馆。为确保能够准时入场观看比赛，观众应充分考虑交通与安检排队所需时间，到达比赛场馆应尽快入场，避免场馆入口处人群拥堵。
3. 有序入场。按指引排队入场，礼让老、弱、病、残、孕者，主动配合安检人员的检查。入场馆后应迅速入座，不在过道上停留。

观赛礼仪

1. 尊重各国家（地区）。尊重各参赛国家、地区，在升旗、奏歌环节，请肃立并行注目礼，不要在场内随意走动。
2. 向运动员表示敬意。赛前介绍运动员时，观众应用掌声表示鼓励。比赛中观众可为双方运动员鼓励加油，无论胜负，对各国（地区）参赛运动员的精彩表现给予应有的尊重。
3. 掌握喝彩时机。比赛的发球、发令时，保持安静，以免影响运动员。对精彩比赛可报以热烈的掌声，不能喝倒彩或起哄。
4. 文明使用手机。观众入场后，应自觉把手机调整为震动或静音。在接听电话时，应尽量放低音量，以免打扰他人。
5. 配合现场管理。在比赛进行中，观众不得扰乱比赛和干扰裁判员的工作，不得在比赛场馆内起哄、追逐嬉闹，不得翻越护栏。如允许拍照，应避免使用闪光灯，以免影响运动员。
6. 保持赛场文明。观众应守法、有礼、有序，理智、热情。比赛期间不随意走动与站立，不大声喧哗，不随地吐痰，不乱扔垃圾。尊重裁决，不辱骂裁判员、教练员、运动员及对方观众。
7. 爱护公物。严禁乱贴、乱画、攀爬馆内设施，不得随意触动馆内电器和消防设施。

退场礼仪

1. 文明有序退场。观众应按座位顺序，向最近出口缓行退场，礼让老、弱、病、残、孕者，不推不挤不抢，不在馆内逗留。已退至场外的观众应尽快散离。
2. 应避免提前退场。比赛过程中，观众尽量不要提前退场，应等比赛结束后再离开；如需提前退场，应选择在中间休息时离开，以免影响其他观众。有颁奖仪式时，请在颁奖仪式结束后有序退场。
3. 维护公共环境。离开时请将垃圾带出场外并分类投放，不要把垃圾随手丢在过道上或放在座位上，以保持环境整洁。
4. 遇到突发事件时，观众应听从工作人员的指挥，按照指定路线疏散，迅速有序离开场馆。应尽可能地帮助老、弱、病、残、孕者先离开危险区域。
5. 如有其他需要，可向现场工作人员和志愿者寻求帮助。

禁止行为和禁限带物品

了解禁止行为

适用于所有实行安保封闭管理的场馆。

禁止行为是指违反《亚残奥委员会章程》、中华人民共和国法律法规或大型综合性国际赛会活动惯例，扰乱赛会正常秩序的行为。对禁止行为，将依据亚残奥委员会相关规定和中华人民共和国法律法规予以处理。

禁止行为

- 任何形式的政治、宗教、种族宣传展示行为。包括但不限于呼喊口号、打横幅标语、散发传单、粘贴涂抹、肢体表达，以及展示非杭州亚残运会参赛国家（地区）的旗帜；
- 任何游行、静坐、示威行为；
- 任何扰乱赛事秩序的行为。如故意损毁场馆设施，攀爬护栏，踩踏座椅，投掷杂物，燃放烟花爆竹，焚烧物品（衣物、纸张、旗帜等），裸露身体，私自进入内场，自伤、自残、自焚，聚集堵塞场馆出入口，冲闯安保封闭线等；
- 干扰、妨碍参赛运动员、教练员、技术官员或其他工作人员的行为；
- 侮辱、激怒观众的任何行为和语言，以及其他干扰、妨碍观众正常观赛的行为；
- 任何形式的暴力行为；
- 任何形式的赌博行为；
- 违反禁带物品、限带物品规定的行为；
- 其他可能违反《亚残奥委员会章程》、中华人民共和国法律法规或大型综合性国际赛会惯例的行为。

了解禁带物品

适用于所有进入场馆安保封闭区的人员。

禁带物品是指持有人携带的违反中华人民共和国法律法规，被禁止带入场馆安保封闭区的物品。安保人员发现禁带物品，将根据中华人民共和国法律法规和相关规定予以控制，由公安机关对相关物品和人员依法进行处置。

禁带物品

- 枪支、弹药、爆炸物品；
- 仿真枪、弩、匕首等管制器具；
- 剧毒、腐蚀性等危险化学品及放射性物品；
- 烟花爆竹、汽油、酒精等易燃、易爆危险物品；
- 有害生物制剂、传染病病原体等危险物质；
- 海洛因、可卡因、大麻、冰毒等各类毒品；
- 中华人民共和国法律法规明令禁止的其他物品。

了解限带物品

限带物品是指持有人携带的虽不违反中华人民共和国法律法规，但违反大型综合性国际赛会活动惯例或可能影响场馆安全和秩序，被限制带入场馆安保封闭区的物品。限带物品由携带人自行处理。

本政策适用于持票人员进入竞赛场馆安保封闭区。

限带物品

- 易碎品与各类容器，包括但不限于玻璃瓶 / 杯、保温杯、冰盒；
- 自带的各类软硬包装饮料，特别是含酒精饮料；明显超过正常使用量的易投掷食品（如水果、鸡蛋、带壳干果等）；
- 带有政治、种族、宗教、商业等内容和违反《亚残奥委员会章程》和中华人民共和国法律法规的横幅、标语以及其他用于宣传的物品；
- 非杭州亚残运会参赛国家或地区的旗帜；展开尺寸大于 1×2 米的旗帜；长度超过 1 米的旗杆；
- 除婴儿车与轮椅等助行器之外的任何代步工具，包括但不限于电动自行车、摩托车、自行车、踏板车、平衡车、滑板；
- 动物（导盲犬除外）；
- 乐器，包括但不限于演奏乐器、口哨、喇叭、鼓；

- 各类易造成人身伤害的棍棒及尖锐物品，包括但不限于自拍杆、伞具（肢残人士使用的拐杖、假肢、盲杖等除外）；
- 球、球棒、球拍、飞碟等可能影响体育比赛的器材及类似物品；
- 体积较大、超过观众坐席宽度的箱包、手提袋等；
- 影响演出及赛事进行，或分散参赛运动员、技术官员、教练员注意力，干扰亚残运会电子信号、集群信号，或妨碍他人观赛的未经授权物品，包括但不限于收音机、激光装置、扩音设备；
- 未粘贴无线电发射设备专用标签的无线电台（站）、无线电发射设备（公众移动通信终端 - 手机，计算机的嵌入式无线网卡，笔记本电脑，平板电脑，汽车遥控钥匙和照相机的无线遥控装置，符合微功率短距离无线电发射设备技术要求的个人使用的生物医学遥测和医疗植入及相关配套设备、智能手表、智能手环、智能眼镜、蓝牙耳机等可穿戴式智能设备除外）；
- 无人机等小型航空器及遥控器，各类航模及遥控装置，风筝、孔明灯等空飘物；
- 打火机、火柴等点火器具；
- 其它可能影响安全及违反《亚残奥委员会章程》和中华人民共和国法律法规或门票协议的物品，包括但不限于带压力装置的罐体、指甲油、松香水、注射器。

特别说明

1. 携带笔记本电脑等电子设备，须进行功能试用，确认安全后，经安检后准予带入场馆；
2. 因个人健康原因，可随身携带必备的、少量包装完好的个人使用药品和必需的医用注射器、消毒液、润滑液、导尿管、集尿器；需随身必备的 100 毫升以下的液体药剂和医用雾化剂等，在安检人员监督下由携带人自行试用，确认后经安检后准予带入场馆；
3. 乘坐轮椅的残障人士可随身携带必备的轮椅维修工具等；
4. 婴儿随身携带的奶瓶经安检后准予带入场馆；
5. 根据天气因素，折叠伞经安检后准予带入室外场馆。

可获得的服务

观众信息服务亭（点）

位于场馆入口或观众活动区，在赛时为您提供相关咨询服务。

无障碍卫生间

配备无障碍设施，包括无障碍厕位、无障碍洗手盆等，入口和通道方便乘轮椅者进入和进行回转。

失物招领

如果您需要寻找或捡到失物，请前往观众信息服务亭/点（失物招领处）登记相关信息。

票务咨询台

提供本场馆票务咨询及票务纠纷处理等服务。

母婴室

场馆设置了母婴室，为有孩子的观众提供服务。

观众餐饮售卖点

您可以在比赛场馆内的观众餐饮售卖点，购买包装食品、倒杯饮料矿泉水。

观众医疗点

您身体不适时，可以前往观众医疗点获取紧急照护、健康咨询等服务。在紧急情况下，观众医疗点将为您提供帮助，并提供急救和 120 转诊服务。

官方特许商品零售店

您可以在官方特许商品零售店选购种类繁多的亚残运特许商品。我们在所有的竞赛场馆都设立了官方特许商品零售店，为观众准备了多种多样的亚残运特许商品。

婴儿车 / 轮椅寄存处

如果您携带了轮椅或婴儿车，可以在婴儿车 / 轮椅寄存处寄存。

可获得的服务



城市常用电话

紧急号码

报警服务台 ----- 110

火警 ----- 119

医疗急救 ----- 120

交通事故报警 ----- 122

特别服务号码

电话号码查询 ----- 114

天气预报 ----- 12121 或 96121



气象服务

亚残运气象台将为您提供及时详尽的城市、场馆、赛事天气预报预警服务，具体信息可访问亚残运气象网站（www.hzqx.com）



* 扫码下载智慧气象 APP



赛事服务热线

“1258088”是杭州亚残组委设立的亚残运赛事官方服务热线，主要面向社会公众提供与赛事相关的信息咨询、寻求帮助、建议收集等多种服务，为社会公众带来专业的咨询解答和优质的服务体验。



金融服务

您在场馆内购买食品、饮料和特许商品时，POS 机具支持 VISA、MASTER、运通、JCB、大莱、银联等银行卡和数字人民币；也可通过手机 APP 支付宝绑定 VISA、MASTER、Diners Club、Discover 和 JCB 进行移动支付，并支持受理 AlipayHK、KKP、TNGD 钱包。

无障碍服务



无障碍坡道

方便乘轮椅者通行。



无障碍出入口

为行动不便的朋友提供便利。



无障碍电梯 / 升降平台

配合行动或视觉障碍者进出和使用的电梯，残障朋友可通过此上下场馆楼层。



无障碍通道 / 门

方便残障朋友到达轮椅席位、无障碍卫生间等。



轮椅席位

位于场馆座席区域便于到达疏散口及通道的位置，主要供乘轮椅者使用。一个轮椅席位旁设置一个陪同座席。



独立无障碍卫生间 / 无障碍厕位

配置了残障朋友可单独使用的厕所或专用厕位。

*** 除了以上无障碍设施外，提示盲道、无障碍卫生间盲文导览图等设施也将便利您出行。**



可持续性

绿色亚残运

2021年5月，杭州亚残组委发布了可持续发展等亚残运会二级标志。该标志以拟人手法描绘人与环境的共生关系，寓意着人与自然环境相互依存，共生发展，将被应用于城市景观、赛场及其周边环境建设等体现“绿色亚残运”的场景。

杭州亚残组委实施了绿色行动，着力在绿色场馆建设、绿色环境提升、绿色能源供应、绿色交通升级、绿色运营管理、绿色开发采购、绿色生活推广、绿色办公倡导、“无废亚残运”建设等方面下功夫，以推动亚残运会筹备、举办的全过程、各领域和各环节做到绿色、低碳和可持续。

亚残运会碳中和

当前，绿色低碳发展和应对气候变化已成为全球共识。2022年4月，杭州亚残组委提出了打造首届碳中和亚残运会的目标。

杭州亚残运会碳中和工作，严格按照《大型活动碳中和实施指南（试行）》等有关规定组织实施。亚残运会碳中和工作的首要任务是“减碳”，也就是深入实施亚残运会绿色行动，最大限度减少碳排放量；对于无法削减的碳排放量，则通过单位和个人捐赠碳配额、碳信用、碳普惠等进行抵消，最终实现碳中和。

亚残运会期间，您选择电子门票、绿色出行、垃圾分类等绿色观赛方式，也是对亚残运会减碳工作的一份贡献。

公众参与

您日常生活中一个小小的举动，也可能是对绿色亚残运与碳中和工作的一份贡献。我们倡议，大家通过绿色出行、绿色观赛、绿色生活等多种方式一起参与到绿色行动中。

前往观赛时

选用地铁、公交、自行车等公共交通工具，做到绿色出行、减少碳排放。您可以在“智能亚残运一站通”中查询到前往不同场馆的公共交通路线。

观赛过程中

维护公共卫生，文明观赛。

比赛结束后

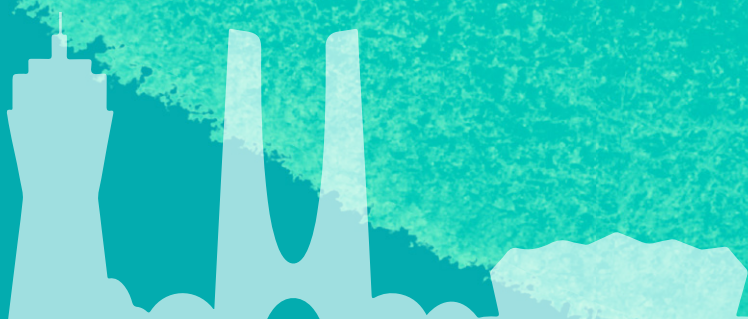
请将垃圾带走并分类投放，助力资源再利用和垃圾处置。

日常生活中

选择绿色生活方式，做到节水、节电、节约资源、节约粮食、节约纸张，积极参与亚残运会绿色行动。

3

开 / 闭幕式



开 / 闭幕式信息

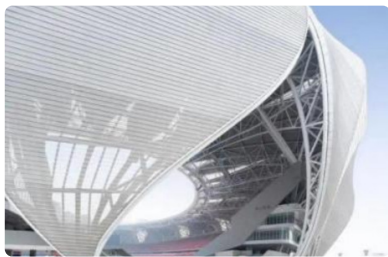
时间

杭州亚残运会于 2023 年 10 月 22 日（星期日）开幕，10 月 28 日（星期六）闭幕。

地点——杭州奥体中心体育场



杭州亚残运会的开幕式和闭幕式在杭州奥体中心体育场（大莲花）举行。杭州奥体中心体育场（大莲花）位于杭州市滨江区、杭州奥体中心西南侧，距离亚残运村约 3 公里。用地面积 8.23 万平方米，总建筑面积约 21.6 万平方米，席位数约 80000 个。



场馆造型选取莲花为原型，动感飘逸，取意于杭州丝绸纹理与纺织体系，建筑体态源于钱塘江水的动态，拥有简洁的花瓣单元，犹如一朵美丽的莲花绽放于钱塘江畔。由 28 片大花瓣和 27 片小花瓣组成，“一大一小”，自成单元。“花瓣”之间的留白，似中国传统建筑中的景窗。花瓣与花瓣之间交错排列，每片花瓣都不是实心的，而是架构了像网格一样的半透明“蝉翼”。内部空间与外部景观，通过新式“落地景窗”产生互动，这种借景的妙笔赋予了“大莲花”钢结构框架下的古典浪漫气息。

4

赛事项目及亚残运场馆



赛事项目

杭州亚残运会共设 22 个竞赛项目，其中包括 19 个残奥项目，即田径、游泳、硬地滚球、自行车、赛艇、皮划艇、射箭、射击、举重、乒乓球、坐式排球、轮椅篮球、轮椅击剑、轮椅网球、盲人门球、柔道、盲人足球、跆拳道、羽毛球；3 个非残奥项目，即国际象棋、围棋、草地掷球。其中，围棋为本届新增竞赛项目。

竞赛项目可分为视力残障、肢体残障和智力残障三类。竞赛项目类别划分如下：

视力残障



田径



自行车



盲人门球



柔道



游泳



赛艇



盲人足球



国际象棋



草地掷球

肢体残障



田径



游泳



硬地滚球



自行车



赛艇



皮划艇



国际象棋



围棋



射箭



射击



举重



乒乓球



坐式排球



轮椅篮球



轮椅击剑



羽毛球



轮椅网球



草地掷球



跆拳道

智力残障



田径



游泳



乒乓球

射箭

射箭运动最初用于帮助残障人士复健和消遣，但后来很快就发展成一项国际性的竞技体育运动，成为残奥会上的正式比赛项目。参加射箭比赛的运动员，一般是患有脊髓损伤、脑瘫或肢体残疾的残障人士。



杭州亚残运会射箭比赛分为两个弓种：反曲弓和复合弓，共预设 15 个小项。

射箭项目比赛场馆——富阳银湖体育中心








杭州亚残运会射箭、射击比赛在富阳银湖体育中心举行。该场馆位于杭州市富阳区银湖街道，与亚残运村相距 36.9 公里，含射击综合馆、射箭场地（射箭资格赛场地、射箭决赛场地及射箭热身场地）、新闻媒体与安保中心，总建筑面积为 82360 平方米。



* 更多观赛相关事项请参照场馆的《观赛指南》。



富阳银海体育中心——射箭场 场馆导视

- | | |
|---|---|
|  观众信息服务亭(点) |  官方特许商品零售店 |
|  票务咨询台 |  观众医疗点 |
|  婴儿车 / 轮椅寄存处 |  餐饮售卖点 |
|  观众观赛区域 | |

* 服务空间点位仅供参考，具体以场馆实际为准。

田径

田径运动项目源于各类残障人士的康复活动，第二次世界大战以后逐渐发展成为残奥会的竞赛项目。田径包括径赛和田赛。径赛项目包括短、中、长距离跑及接力跑项目。田赛项目包括跳跃（跳高、跳远）和投掷（铁饼、铅球、标枪、掷棒）项目。

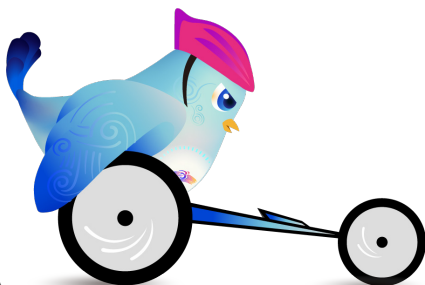
参加残疾人田径比赛的选手为患有脑瘫、脊髓损伤、截肢及其他肢体残疾或视力残疾的运动员。从1960年罗马第1届残奥会开始，田径就已经成为残奥会正式竞赛项目，发展至今已成为残奥会第一大项。



杭州亚残运会田径比赛
预设个人及接力项目共
153个小项。

田径项目比赛场馆——黄龙体育中心体育场

杭州亚残运会田径比赛在黄龙体育中心体育场举行。该场馆位于杭州市西湖区风景秀丽的西子湖畔，处在整个黄龙体育中心西南侧，与亚残运村相距约11.5公里，总建筑面积为103338平方米。

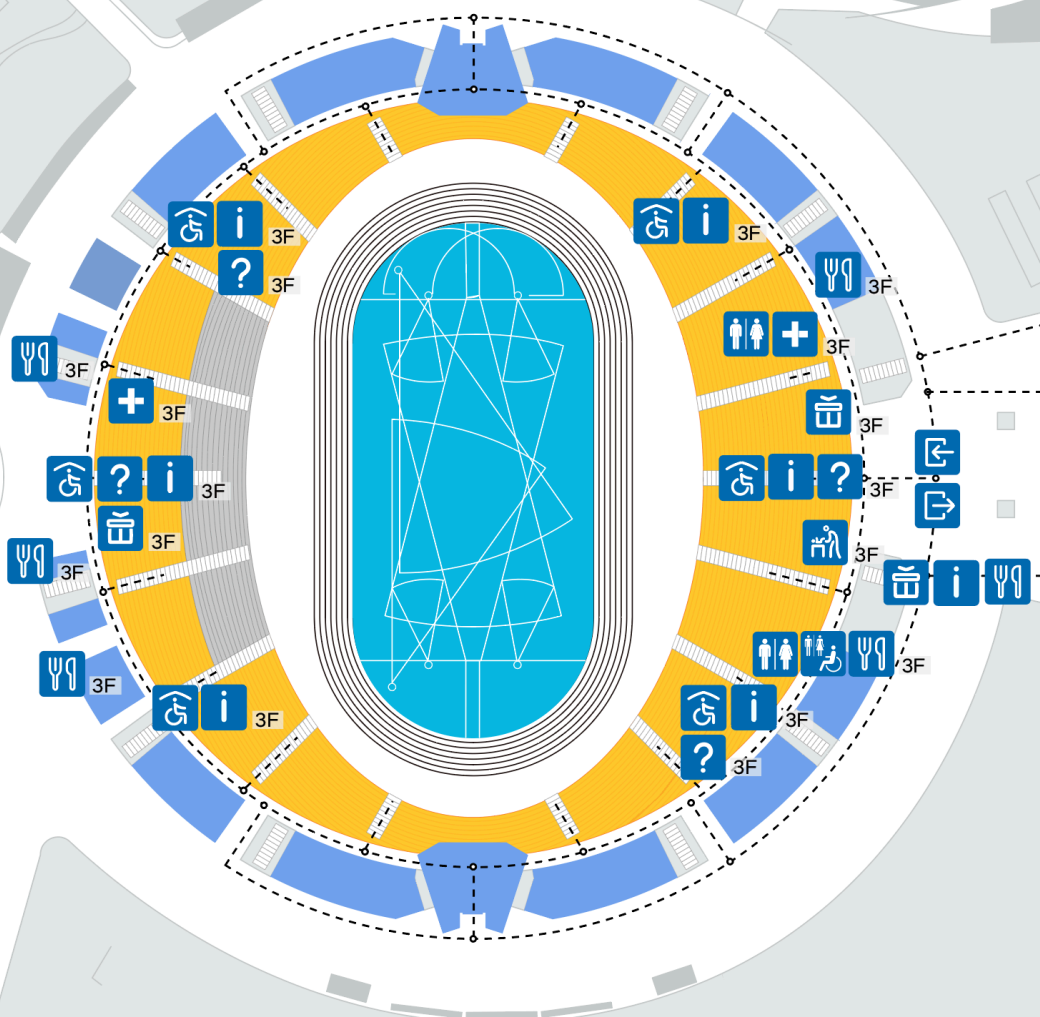


* 更多观赛相关事项请参照场馆的《观赛指南》。

黄龙体育中心体育场

场馆导视

-  观众信息服务亭(点)
-  官方特许商品零售店
-  票务咨询台
-  母婴室
-  观众医疗点
-  餐饮售卖点
-  婴儿车 / 轮椅寄存处
-  观众观赛区域



* 服务空间点位仅供参考，具体以场馆实际为准。

羽毛球

羽毛球是一项在残障人士中非常受欢迎的运动，于 2021 年首次出现在残奥会上。主要由患有肢体残疾、脊髓损伤、四肢短小症的运动员参加。运动员会被分成六个组别（两个轮椅组别和四个站立组别）进行比赛。



杭州亚残运会羽毛球比赛预设单打和双打共 22 个小项。

羽毛球项目比赛场馆——滨江体育馆

杭州亚残运会羽毛球比赛在滨江体育馆举行。该场馆位于杭州市滨江区，与亚残运村相距约 9.4 公里，总建筑面积为 58224 平方米。



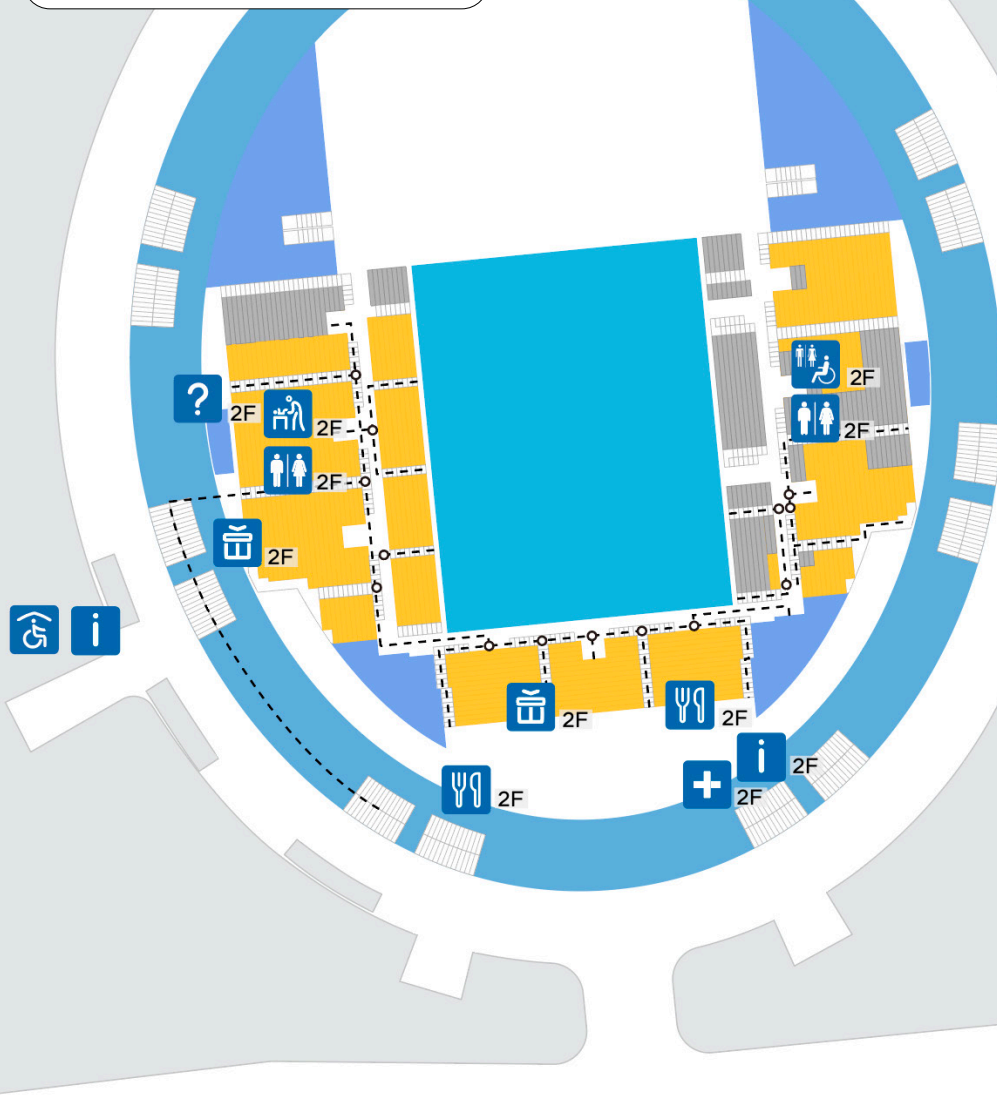
* 更多观赛相关事项请参照场馆的《观赛指南》。



滨江体育馆

场馆导视

- | | |
|---|---|
|  观众信息服务亭 (点) |  官方特许商品零售店 |
|  票务咨询台 |  母婴室 |
|  婴儿车 / 轮椅寄存处 |  餐饮售卖点 |
|  观众医疗点 |  观众观赛区域 |



* 服务空间点位仅供参考，具体以场馆实际为准。

盲人足球

盲人足球是专为视力障碍运动员设立的比赛项目。最初，它是学校学生的操场游戏，流行于很多国家，且规则各异。1996年，随着其国际比赛规则的出炉，这项运动成为国际盲人体育联合会的官方竞赛项目。盲人足球于2004年首次登上雅典残奥会，此后便成为残奥会的常驻竞赛项目。与健全人比赛使用的足球不同，盲人足球的比赛用球内设发声装置。球员必须通过球的声音和场内指定区域的指导（守门员、教练员、引导员）发出的指令来完成传球、拦截和射门等技术动作。观众在观看盲人足球比赛时，需保持安静。



杭州亚残运会盲人足球比赛预设男子团体1项比赛。

盲人足球项目比赛场馆——拱墅运河体育公园体育场

杭州亚残运会盲人足球比赛在拱墅运河体育公园体育场举行。该场馆位于杭州市拱墅区，距离亚残运村约14.5公里，含主比赛场和热身场，配备两层赛时配套用房，将在赛后作为游客接待中心使用，总建筑面积为27121平方米。



* 更多观赛相关事项请参照场馆的《观赛指南》。

硬地滚球

硬地滚球起源于古希腊的一种将大石头掷向目标小石头的游戏。如今，硬地滚球是残奥项目中仅有的两项没有奥运会对应项目的运动之一。硬地滚球项目在 1984 年的纽约残奥会上首次亮相。

参加硬地滚球比赛的运动员都是严重的脑瘫患者（由于脑损伤而影响肌肉运动控制和肌肉运动协调性）或患类似病症且需要使用轮椅的残障人士。硬地滚球运动有利于此类残障人士在力量、身体柔韧性及上肢协调性方面的发展和心理方面的康复。



杭州亚残运会硬地滚球
比赛预设单打、双打、
团体项目共 11 个小项。

硬地滚球项目比赛场馆——杭州体育馆

杭州亚残运会硬地滚球比赛在杭州体育馆举行。该场馆位于杭州市体育场路，与亚残运村相距约 10 公里。体育馆始建于 1966 年，为文化保护建筑，因其独特的马鞍形屋面造型成为 20 世纪杭州市标志性体育建筑设施，总建筑面积为 34202 平方米。

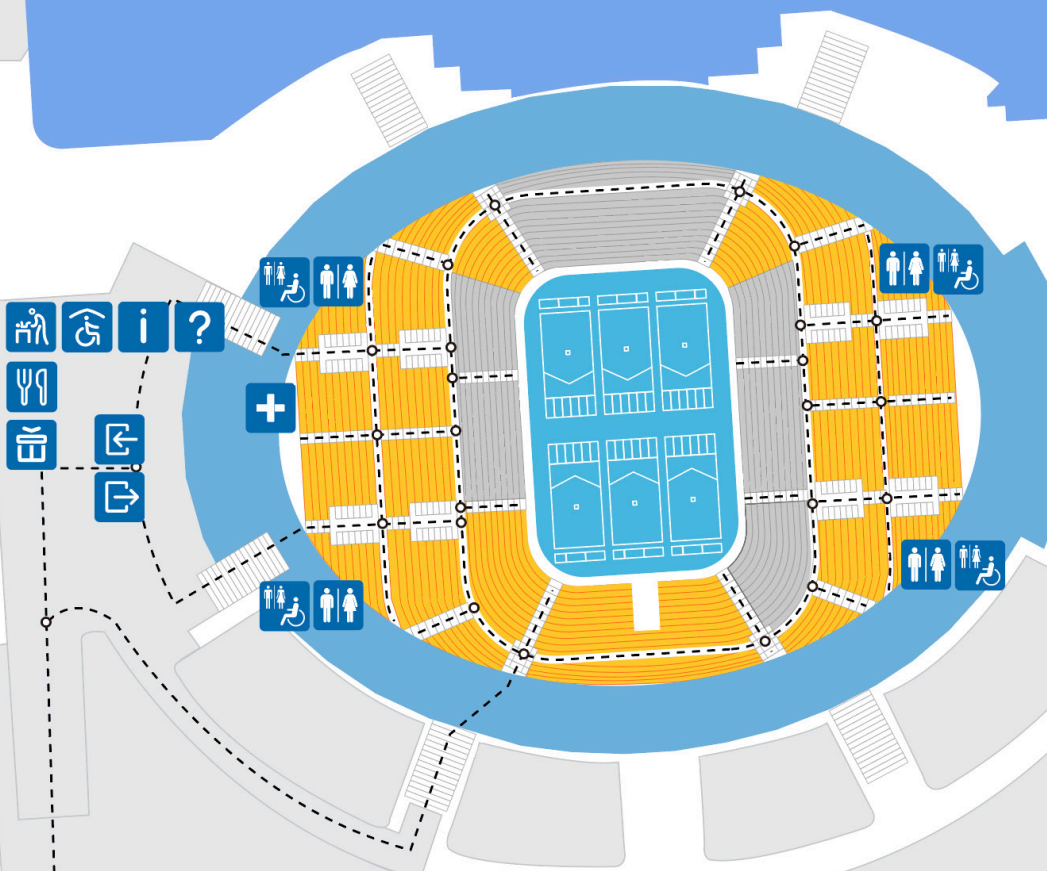


* 更多观赛相关事项请参照场馆的《观赛指南》。



杭州体育馆 场馆导视

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|--|------------|---|-----------|
|  | 观众信息服务亭(点) |  | 官方特许商品零售店 |
|  | 票务咨询台 |  | 餐饮售卖点 |
|  | 婴儿车/轮椅寄存处 |  | 观众医疗点 |
|  | 母婴室 |  | 观众观赛区域 |



* 服务空间点位仅供参考，具体以场馆实际为准。

皮划艇

残疾人皮划艇项目分为皮艇（Kayak）和划艇（Va' a）两类。与健全人比赛不同，残疾人皮划艇项目只有静水一个分项。

皮划艇项目主要由患有肢体残障或脊髓损伤的运动员参加。皮划艇在 2016 年里约残奥会上首次成为正式项目。



杭州亚残运会皮划艇
项目预设 10 个小项。

皮划艇项目比赛场馆——富阳水上运动中心

杭州亚残运会皮划艇、赛艇比赛在富阳水上运动中心举行。该场馆位于杭州市富阳区北支江南岸，与亚残运村相距约 36 公里。场馆功能覆盖赛事管理、场馆管理、观众服务、新闻媒体等，总建筑面积为 64000 平方米。



* 更多观赛相关事项请参照场馆的《观赛指南》。



富阳水上运动中心

场馆导视

-  观众信息服务亭(点)
-  官方特许商品零售店
-  票务咨询台
-  母婴室
-  婴儿车 / 轮椅寄存处
-  观众医疗点
-  观众观赛区域

* 服务空间点位仅供参考，具体以场馆实际为准。

国际象棋

国际象棋起源于亚洲，后由阿拉伯人传入欧洲，现在流行于 160 多个国家和地区，已成为世界上流传最广的棋种。参加国际象棋比赛的选手为患有肢体残障和视力残障的运动员。国际象棋能满足残障人士的交际需求，并帮助其发展认知能力，以及拓展沟通能力。

在 2018 年雅加达亚残运会上，国际象棋首次被列为正式竞赛项目，但目前还未被列入残奥会正式竞赛项目。



杭州亚残运会国际象棋比赛分为标准象棋和快棋项目，预设个人及团体共 24 个小项。

国际象棋项目比赛场馆——杭州棋院（智力大厦）棋类馆

杭州亚残运会国际象棋、围棋比赛在杭州棋院（智力大厦）棋类馆举行。该场馆位于杭州市萧山区奥体博览城区块，与亚残运村相距约 6.2 公里，亚残运会赛时建筑面积为 26633 平方米。该场馆的建设在符合完成现有亚残运会赛事要求的同时，还充分考虑了赛后利用，保证其在亚残运会赛后可快速转换成赛事、餐饮、商业配套的一体化智力运动大楼。



* 更多观赛相关事项请参照场馆的《观赛指南》。

自行车

自行车项目分为场地自行车赛和公路自行车赛两大类。公路自行车赛于1984年斯托克·曼德维尔和纽约残奥会（现称“第7届夏季残奥会”）上成为夏季残奥会正式竞赛项目；场地自行车赛则于1996年在亚特兰大残奥会上成为正式竞赛项目。

场地自行车赛包括计时赛、个人追逐赛和团体竞速赛，公路自行车赛包括公路个人赛和个人计时赛。

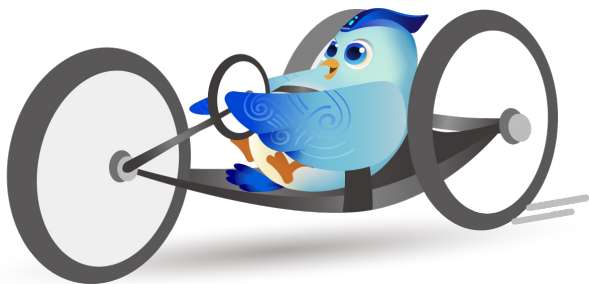
参加本届自行车比赛的选手由患有视力残障（B类）、肢体残障及轻度脑瘫（C类）、重度脑瘫和脊柱损伤（H类）的运动员组成。运动员根据身体残障类别和程度不同使用不同类型的自行车，残障程度划分为1~5，数值越小残障程度越严重。



杭州亚残运会自行车
比赛预设28个小项。

自行车（场地自行车、公路自行车）项目比赛场馆——淳安界首体育中心

杭州亚残运会自行车（场地自行车、公路自行车）比赛在淳安界首体育中心场地自行车馆和公路自行车赛场举行。该赛场位于杭州市淳安县界首乡，地处淳安县亚残运分村中部位置。此处地块背山面水，交通便捷。项目基地山环水绕，库湾众多，山体平缓，村庄零星散落，环境优美，生态优良，总建筑面积为24000平方米。



* 更多观赛相关事项请参照场馆的《观赛指南》。

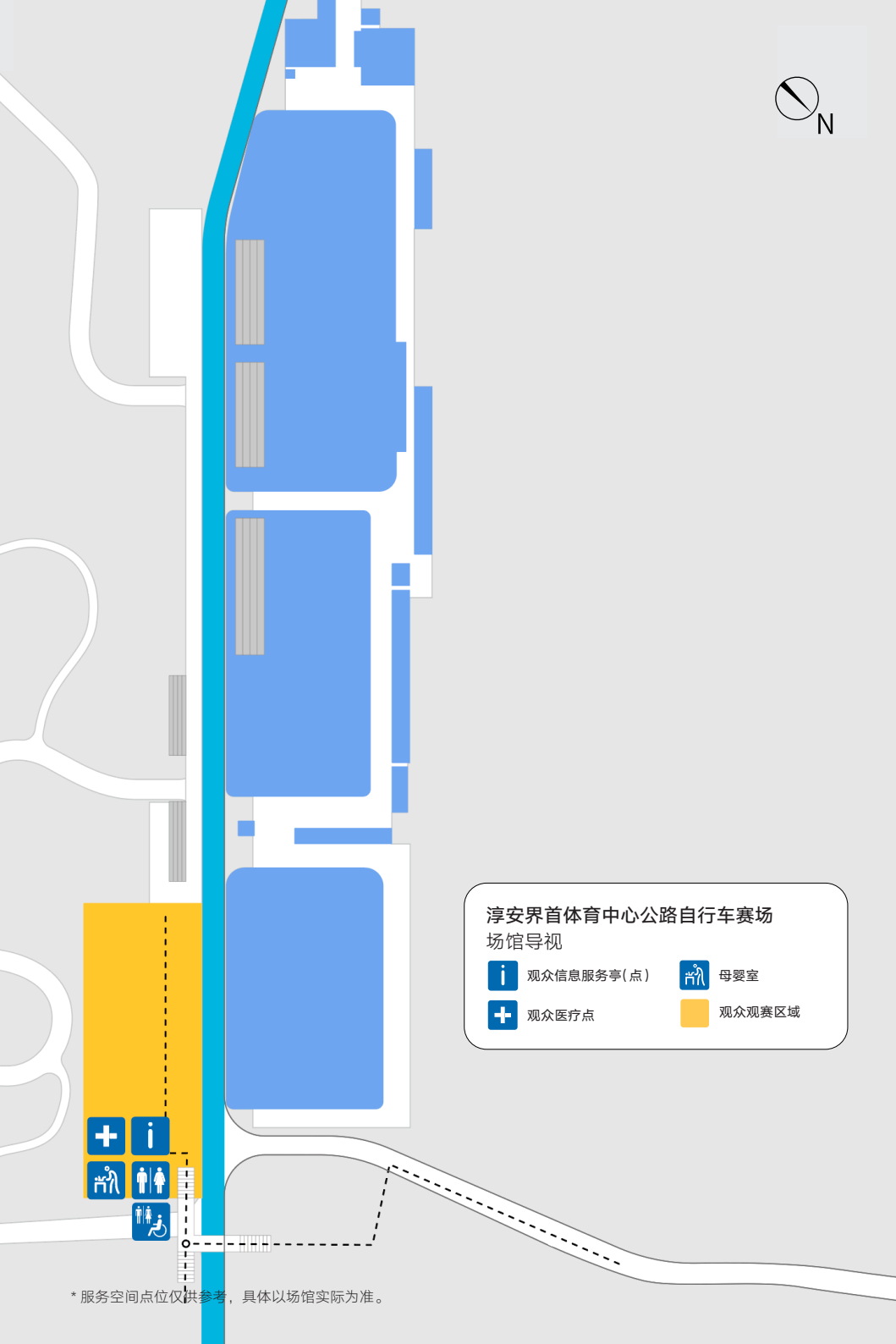


淳安界首体育中心场地自行车馆 场馆导视

- | | |
|---|--|
|  观众信息服务亭 (点) |  母婴室 |
|  票务咨询台 |  餐饮售卖点 |
|  观众医疗点 |  观众观赛区域 |



* 服务空间点位仅供参考，具体以场馆实际为准。



淳安界首体育中心公路自行车赛场 场馆导视



观众信息服务亭(点)



母婴室



观众医疗点



观众观赛区域

* 服务空间点位仅供参考，具体以场馆实际为准。

围棋

围棋起源于中国，距今已有 4000 多年的历史。随着我国对外交流日益密切，围棋在东亚、东南亚以及欧美地区都有了广泛传播。围棋是一个老少皆宜的智力竞赛项目，残障人士与健全人可同台竞技。围棋可以满足残障人士的社交需求，提高其认知能力。

本届亚残运会是围棋项目作为正式竞赛项目的首秀，参加比赛的选手为肢体残障的运动员。



杭州亚残运会围棋比赛预设男子个人、男子团体、女子个人和女子团体 4 项比赛。

围棋项目比赛场馆——杭州棋院（智力大厦）棋类馆

杭州亚残运会围棋、国际象棋比赛在杭州棋院（智力大厦）棋类馆举行。



* 更多观赛相关事项请参照场馆的《观赛指南》。

盲人门球

盲人门球是专门为视力残障运动员设立的项目，起源于 1946 年奥地利人汉茨·洛伦岑（Hanz Lorenzen）和德国人泽普·赖德勒（Sepp Reindle）为在战争中失明的老兵设计的一个运动项目。盲人门球在 1980 年荷兰阿纳姆残奥会上首次被列入正式比赛项目。盲人门球也是残奥项目中仅有的两项没有奥运会对应项目的运动之一。由于视力残障运动员需要通过聆听球滚动时发出的声音和双方运动员的脚步声来判断球的位置和运动方向，因此比赛全程观众必须保持安静，以便运动员能够听到场上发生的一切。



杭州亚残运会盲人门球比赛预设男子团体和女子团体两项比赛。

盲人门球项目比赛场馆——浙江塘栖盲人门球基地门球馆

杭州亚残运会盲人门球比赛在浙江塘栖盲人门球基地门球馆举行。该场馆与亚残运村相距约 35 公里，含主、副比赛场馆及热身馆，总建筑面积 56854 平方米。



* 更多观赛相关事项请参照场馆的《观赛指南》。



浙江塘栖盲人门球基地门球馆 场馆导视

-  观众信息服务亭（点）
-  官方特许商品零售店
-  婴儿车 / 轮椅寄存处
-  母婴室
-  观众观赛区域

* 服务空间点位仅供参考，具体以场馆实际为准。

柔道

柔道于 19 世纪后期起源于日本，其独有的技术特点可使身体的敏捷性、灵活性、力量和精神品质都得到锻炼和发展。作为为视力残障运动员专门设置的比赛项目之一，自 1988 年汉城残奥会引入男子柔道比赛项目后，该项目成为第一个被列入残奥会的亚洲运动项目。在 2004 年雅典残奥会上又新增了女子组比赛。

参赛者将根据视力残障的严重程度被划分为 J1（全盲）、J2（有残余视力）两个级别。柔道运动员可以同时是听力残障人士。比赛时间级别运动员将按照体重来进行分组，不需使用眼罩。



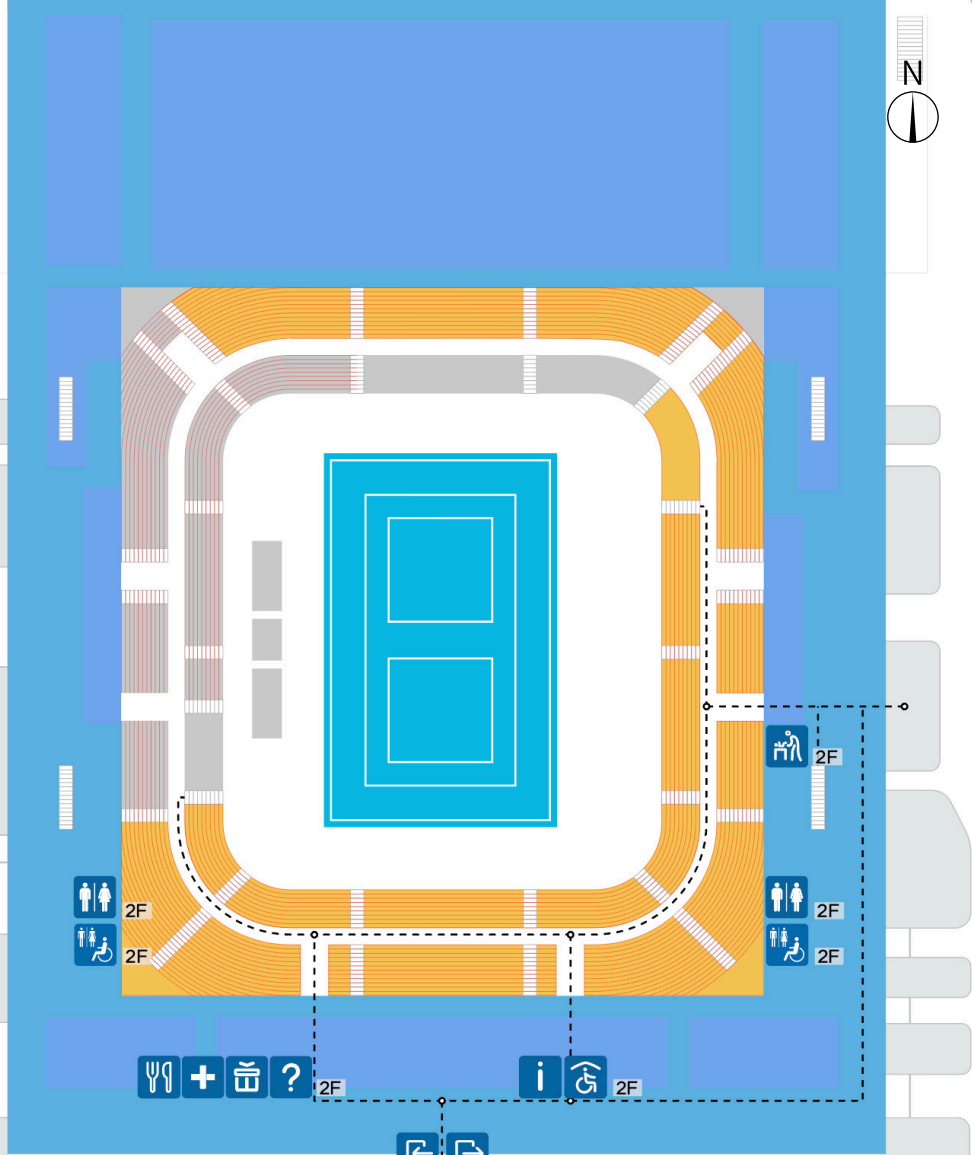
杭州亚残运会预设男、
女子项目各 8 项，共
16 个小项。

柔道项目比赛场馆——萧山临浦体育馆

杭州亚残运会柔道比赛在萧山临浦体育馆举行。该场馆位于杭州市萧山区临浦镇核心位置，与亚残运村相距约 24 公里，总建筑面积为 24040 平方米。



* 更多观赛相关事项请参照场馆的《观赛指南》。



萧山临浦体育馆

场馆导视

- | | | | |
|--|-------------|--|-----------|
| | 观众信息服务亭(点) | | 官方特许商品零售店 |
| | 票务咨询台 | | 餐饮售卖点 |
| | 婴儿车 / 轮椅寄存处 | | 观众医疗点 |
| | 母婴室 | | 观众观赛区域 |

* 服务空间点位仅供参考，具体以场馆实际为准。

草地掷球

草地掷球起源于英国的宫廷，距今已有数百年的历史。草地掷球比赛时，双方运动员轮流向预先掷出的目标球发出滚球，更靠近目标球的一方得分。在 2014 年仁川亚残运会上，草地掷球首次成为正式竞赛项目。

杭州亚残运会草地掷球比赛选手为肢体残障和视力残障的运动员。



杭州亚残运会草地掷球比赛预设男子单人、女子单人、男女混双比赛各 8 个级别，共 24 个分项。

草地掷球项目比赛场馆——杭州文汇学校草地掷球场

杭州亚残运会草地掷球比赛在杭州文汇学校草地掷球场举行。该场馆位于杭州钱塘区，与亚残运村相距约 21 公里，总建筑面积 44100 平方米。










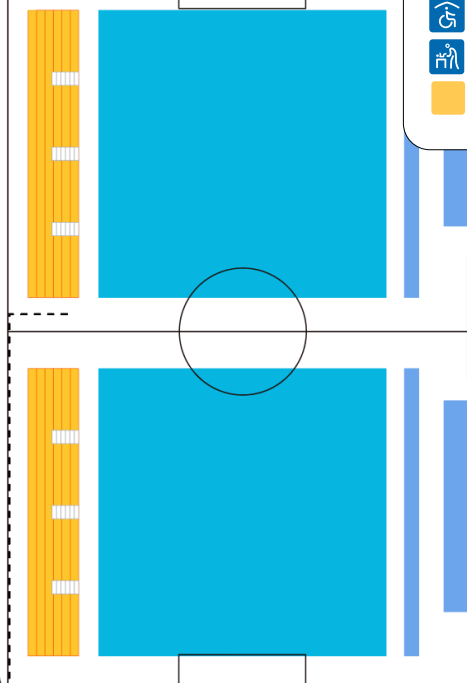
* 更多观赛相关事项请参照场馆的《观赛指南》。



杭州文汇学校草地掷球场

场馆导视

-  观众信息服务亭 (点)
-  婴儿车 / 轮椅寄存处
-  母婴室
-  官方特许商品零售店
-  餐饮售卖点
-  观众医疗点
-  观众观赛区域



* 服务空间点位仅供参考，具体以场馆实际为准。

举重

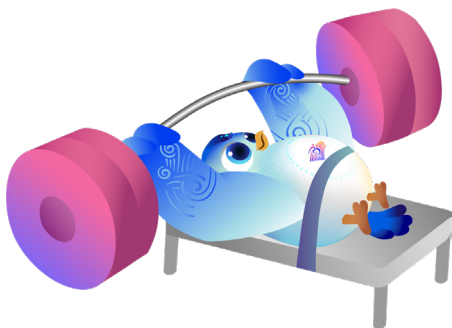
举重在 1964 年东京残奥会上首次亮相，当时这项运动只向有脊髓损伤的男子运动员开放。2000 年，悉尼残奥会首次将女子举重纳入竞赛项目。参加举重比赛的运动员，一般是患有脊髓损伤、脑瘫或肢体残障的残障人士。



杭州亚残运会举重比赛预设男、女各 10 个公斤级，共 20 个小项。

举重项目比赛场馆——萧山体育中心体育馆

杭州亚残运会举重比赛在萧山体育中心体育馆举行。该场馆位于杭州市萧山区市心南路 398 号，与亚残运村相距约 11.7 公里，含比赛馆及相关赛事服务用房，总建筑面积为 10802 平方米。



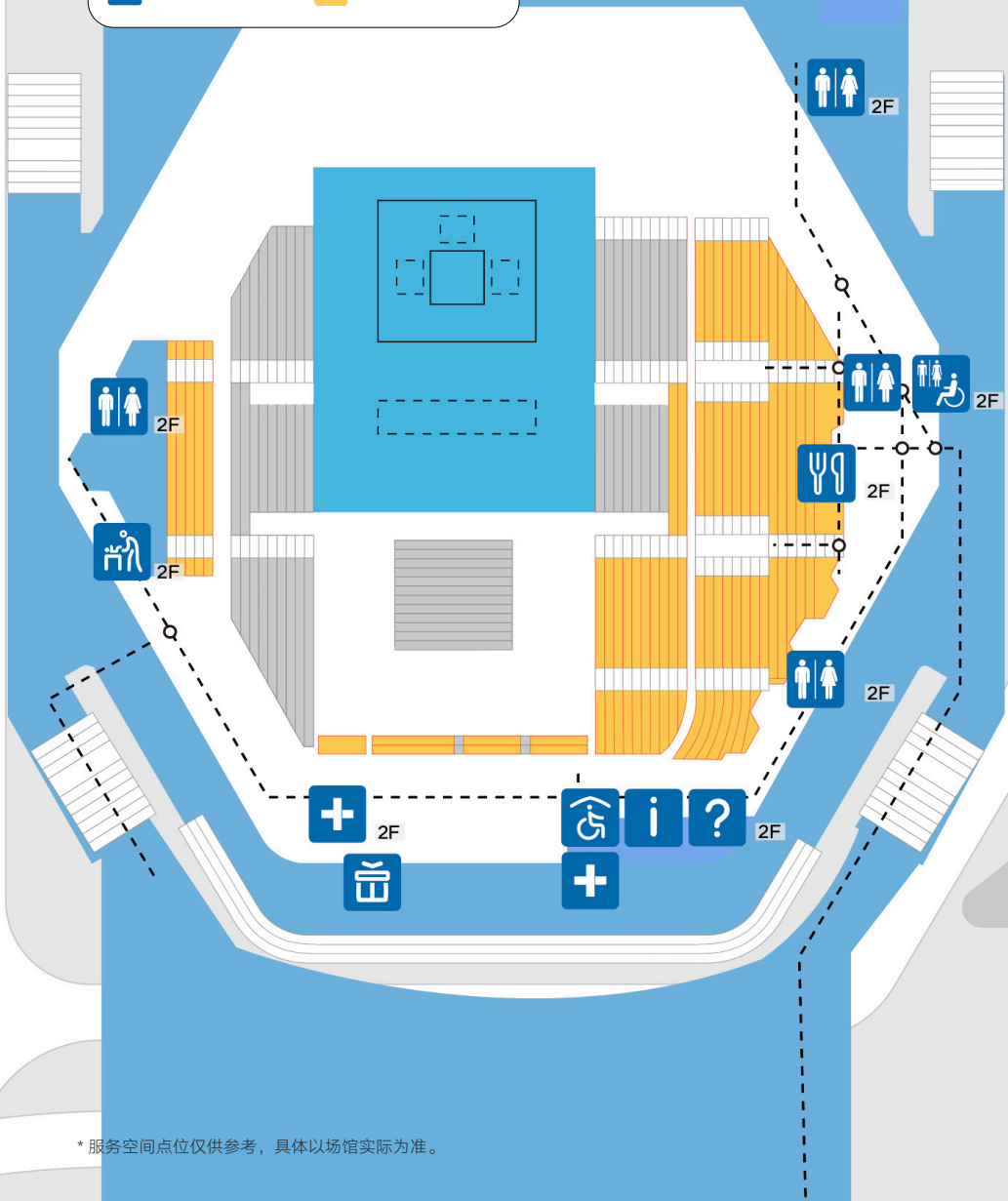
* 更多观赛相关事项请参照场馆的《观赛指南》。



萧山体育中心体育馆

场馆导视

- | | |
|---|---|
|  观众信息服务亭(点) |  官方特许商品零售店 |
|  票务咨询台 |  母婴室 |
|  婴儿车 / 轮椅寄存处 |  餐饮售卖点 |
|  观众医疗点 |  观众观赛区域 |



* 服务空间点位仅供参考，具体以场馆实际为准。

赛艇

赛艇是在平直的航线上用桨作为推动力使舟艇在水上背向前进的水上运动项目。赛艇首次成为残奥会比赛项目是在2008年的北京残奥会上，当时采用的是1000米赛道。2017年，残疾人赛艇赛道长度从1000米增至2000米，与健全人比赛的赛道长度一致。赛艇比赛主要由患有肢体残疾、脊髓损伤和视力残疾的运动员参加。运动员根据身体残疾程度参加相应级别的比赛。



杭州亚残运会赛艇比赛预设5个小项，分别是：
男子单人双桨 PR1 级、女子单人双桨 PR1 级、混合双人双桨 PR2 级、混合双人双桨 PR3 级和混合四人单桨有舵手 PR3 级（四名运动员加一名舵手）。

赛艇项目比赛场馆——富阳水上运动中心

杭州亚残运会赛艇、皮划艇比赛在富阳水上运动中心举行。（场馆介绍和场馆导视详见 53 页）



* 更多观赛相关事项请参照场馆的《观赛指南》。

射击

射击比赛包括步枪项目和手枪项目，射击目标靶距离固定为 10 米、25 米和 50 米。根据比赛项目的不同，运动员采用立射、跪射或卧射姿势进行比赛。在射击比赛中，大多数残障运动员坐在轮椅上进行比赛。自 1976 年多伦多残奥会以来，射击一直是残奥会竞赛项目。参加射击比赛的选手多为截肢或脊髓损伤的运动员。



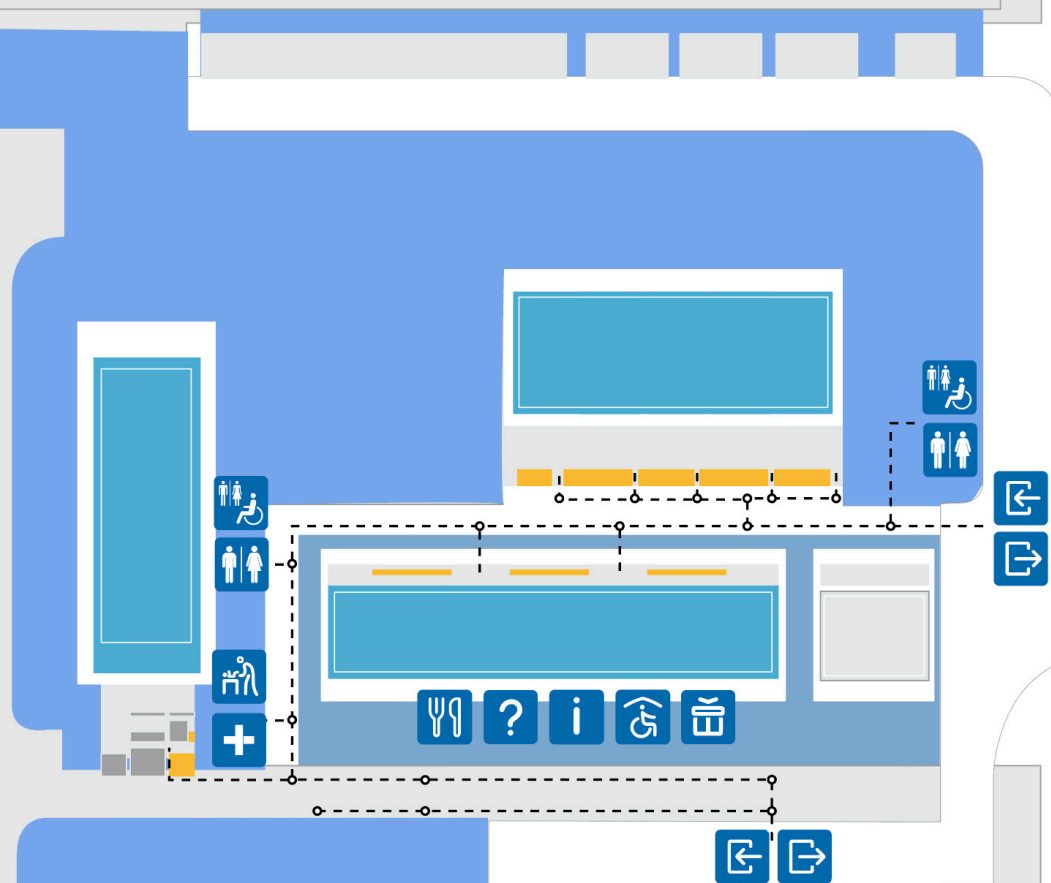
杭州亚残运会射击比赛项目分为男子项目、女子项目和无性别项目，共预设 13 个小项，均为个人项目。

射击项目比赛场馆——富阳银湖体育中心

杭州亚残运会射击、射箭比赛在富阳银湖体育中心举行。



* 更多观赛相关事项请参照场馆的《观赛指南》。



富阳银湖体育中心—射击综合馆 场馆导视

- | | | | |
|--|-------------|--|-----------|
| | 观众信息服务亭(点) | | 官方特许商品零售店 |
| | 票务咨询台 | | 母婴室 |
| | 婴儿车 / 轮椅寄存处 | | 餐饮售卖点 |
| | 观众医疗点 | | 观众观赛区域 |

坐式排球

1956年，坐式排球作为一项伤兵康复运动诞生于荷兰，其规则以普通排球规则为基础，不同的是运动员以坐姿参赛。在1980年阿纳姆残奥会上，男子坐式排球成为残奥会正式竞赛项目，女子坐式排球则是在2004年雅典残奥会上才正式纳入残奥会竞赛项目。参加比赛的运动员为有肢体残障的伤残人士。



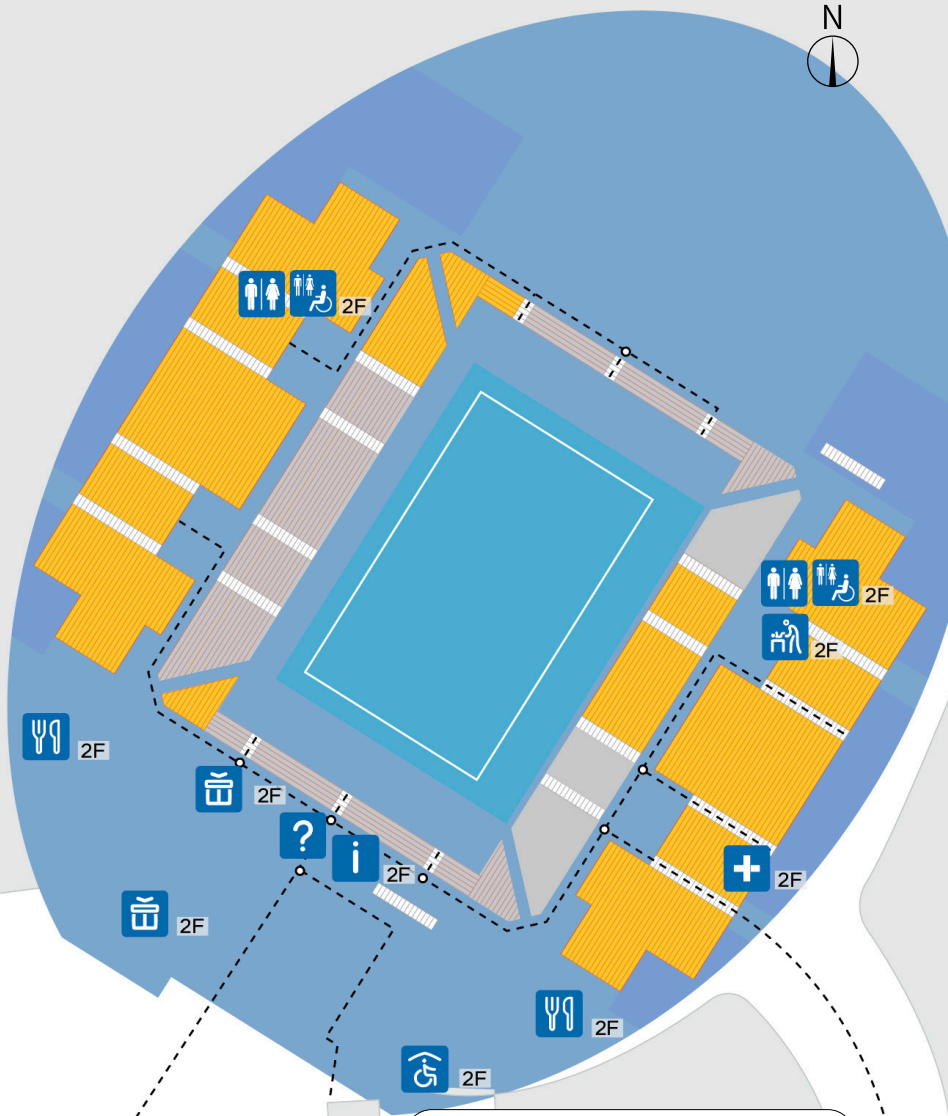
杭州亚残运会坐式排球比赛预设男子团体和女子团体两项比赛。

坐式排球项目比赛场馆——临平体育中心体育馆

杭州亚残运会坐式排球比赛在临平体育中心体育馆举行。该场馆位于临平区南苑街道东湖南路177号。距离亚残运村约19.6公里，含比赛馆及热身馆，总建筑面积为16889平方米。



* 更多观赛相关事项请参照场馆的《观赛指南》。



临平体育中心体育馆 场馆导视

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|--|-------------|--|-----------|
| | 观众信息服务亭(点) | | 官方特许商品零售店 |
| | 票务咨询台 | | 餐饮售卖点 |
| | 婴儿车 / 轮椅寄存处 | | 观众医疗点 |
| | 母婴室 | | 观众观赛区域 |

* 服务空间点位仅供参考，具体以场馆实际为准。

游泳

游泳是 1960 年首届残奥会的 8 个运动项目之一。游泳具有广泛的适用性，所有的残障运动员都可以练习，帮助加快身体康复，增强对生活的信心。视力残障的运动员通过对水线的触觉，把握游进方向，完成比赛，可以练就敏锐的触觉和听觉，弥补视力的不足；肢体残障的运动员通过游泳可以提高身体的平衡能力、强化肢体力量；智力残障的运动员通过游泳动作的刺激，可以促进自我控制能力的改善。



杭州亚残运会预设个人及接力项目共 141 个小项。

游泳项目比赛场馆——杭州奥体中心游泳馆

杭州亚残运会游泳项目比赛在杭州奥体中心游泳馆举行。杭州奥体中心游泳馆位于杭州市萧山区、杭州奥体中心北端，与杭州奥体中心体育馆称“化蝶”双馆，采用双馆合一的设计理念，为连体式建筑，采用独特的流线造型，形成“化蝶”的杭州文化主题。游泳馆包含游泳池和跳水池，总建筑面积 53959 平方米，是一个集游泳跳水比赛和训练为一体的专业运动场馆。











* 更多观赛相关事项请参照场馆的《观赛指南》。



杭州奥体中心游泳馆

场馆导视

- | | | | |
|---|-------------|---|-----------|
|  | 观众信息服务亭(点) |  | 官方特许商品零售店 |
|  | 票务咨询台 |  | 母婴室 |
|  | 婴儿车 / 轮椅寄存处 |  | 餐饮售卖点 |
|  | 观众医疗点 |  | 观众观赛区域 |



* 服务空间点位仅供参考，具体以场馆实际为准。

乒乓球

1960年，在首届罗马残奥会上，乒乓球就被列为正式比赛项目，比夏季奥运会的乒乓球比赛要早28年。当时残奥会的乒乓球选手残疾类别只设脊髓损伤一种，后来逐渐增设了其它类别，并获得了广泛和深远的发展。

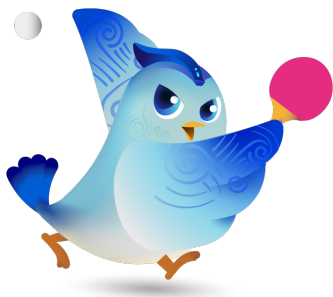
本届亚残运会的乒乓球项目设置了肢体残障和智力残障两大类。肢体残障又分为轮椅组和站立组。



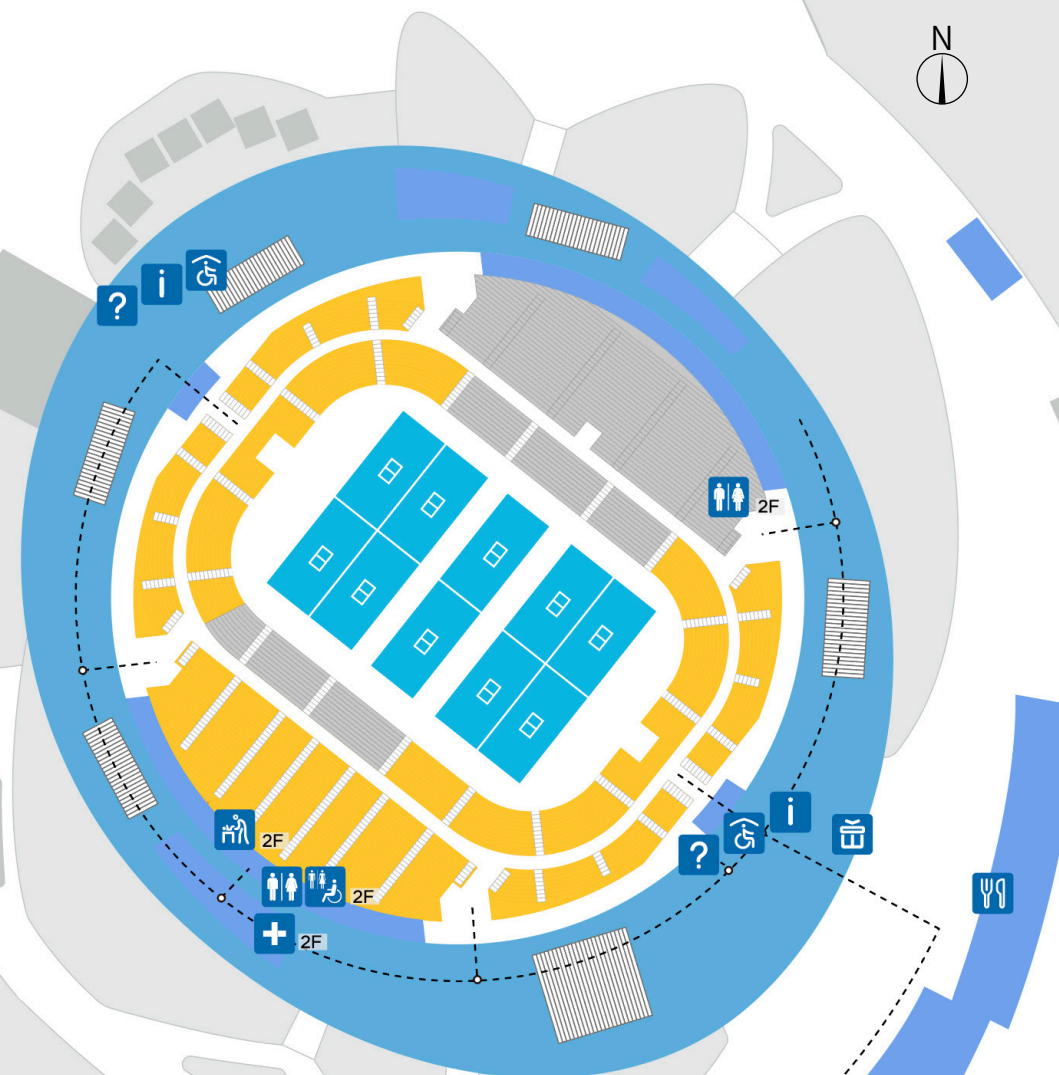
杭州亚残运会乒乓球
比赛预设单打、双打
和混合双打共37个
小项。

乒乓球项目比赛场馆——拱墅运河体育公园体育馆

杭州亚残运会乒乓球比赛在拱墅运河体育公园体育馆举行。该场馆位于杭州市拱墅区，距离亚残运村约14.5公里，内含主比赛场和热身场，还配备了两层赛时配套用房，将在赛后作为全民健身中心使用，总建筑面积为58395平方米。体育馆的设计灵感来源于良渚文化中的玉琮，采用了“琮”的圆形和方形的交集部分，融合丝绸的光泽轻便，一面覆盖着黄铜瓦，另一面为玻璃立面，日光进入，格外通透。



* 更多观赛相关事项请参照场馆的《观赛指南》。



拱墅运河体育公园体育馆 场馆导视

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|--|------------|--|-----------|
| | 观众信息服务亭(点) | | 官方特许商品零售店 |
| | 票务咨询台 | | 母婴室 |
| | 婴儿车/轮椅寄存处 | | 餐饮售卖点 |
| | 观众医疗点 | | 观众观赛区域 |

* 服务空间点位仅供参考，具体以场馆实际为准。

跆拳道

残疾人跆拳道分为两种：竞技（kyorugi）与品势（poomsae），前者适合上肢残障的运动员，后者适合存在智力缺陷、神经类疾病或者视力障碍的运动员。残疾人跆拳道运动创立于 2005 年，首届世锦赛于 2009 年举行，并在 2020 年东京残奥会上列入正式比赛项目。



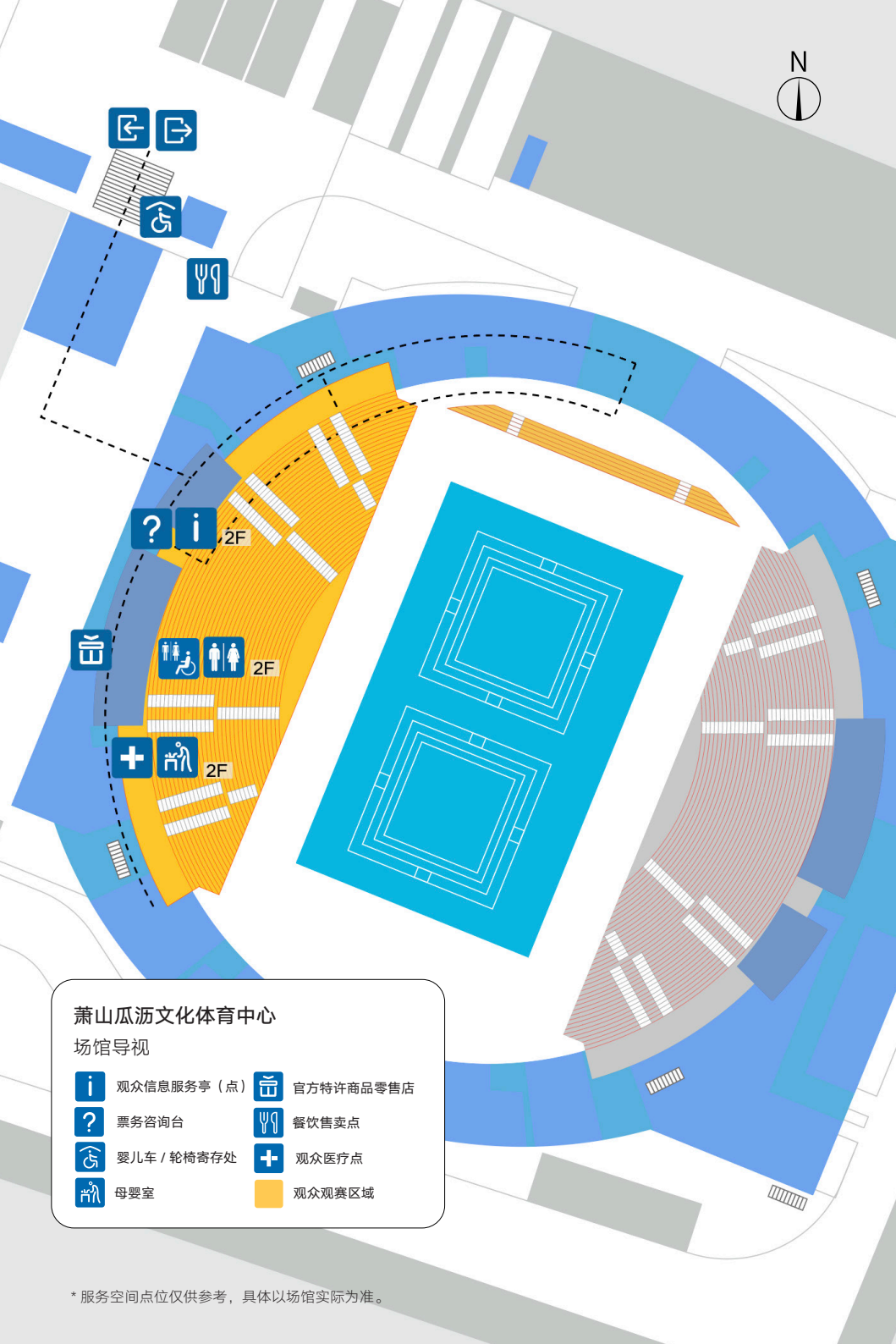
杭州亚残运会将只采用竞技的比赛形式，预设男子、女子各 5 个公斤级，共 10 个小项。

跆拳道项目比赛场馆——萧山瓜沥文化体育中心

杭州亚残运会跆拳道比赛在萧山瓜沥文化体育中心举行。该场馆位于瓜沥新区核心地段，距离亚残运村约 21 公里，内含主比赛馆及热身馆，总建筑面积为 33045 平方米。



* 更多观赛相关事项请参照场馆的《观赛指南》。



萧山瓜沥文化体育中心

场馆导视

- | | | | |
|--|-------------|--|-----------|
| | 观众信息服务亭(点) | | 官方特许商品零售店 |
| | 票务咨询台 | | 餐饮售卖点 |
| | 婴儿车 / 轮椅寄存处 | | 观众医疗点 |
| | 母婴室 | | 观众观赛区域 |

* 服务空间点位仅供参考，具体以场馆实际为准。

轮椅篮球

20 世纪 40 年代，在残奥会创始人路德维希·古特曼爵士的组织下，作为为受伤退伍军人设计的一项复健活动，一种轮椅形式的篮球运动在美国两所退伍军人医院和英格兰的斯托克·曼德维尔医院诞生。1960 年，作为“8 个创始项目”之一，该项目在罗马举行的第 1 届残奥会上亮相，自此以后一直是残奥会常驻项目。1968 年特拉维夫残奥会上增加了女子项目。

轮椅篮球是一个对抗性较强的比赛项目，最大的特征就是运动员坐轮椅在篮球场上进行比赛。参赛选手由下肢截肢、患有小儿麻痹或脊柱损伤的运动员组成。每一名运动员都有自己的医学分级分，根据球员的运动能力，分数从 1.0 分到 4.5 分不等。从肢体功能最低的球员（“低分”）的 1.0 分到身体功能最好的球员（“高分”）的 4.5 分，一支球队场上 5 名球员的总分级分之和不得超过 14 分。



杭州亚残运会轮椅篮球比赛预设男子团体和女子团体两项比赛。

轮椅篮球项目比赛场馆——杭州奥体中心体育馆

杭州亚残运会轮椅篮球比赛在杭州奥体中心体育馆举行。该场馆位于浙江省杭州市萧山区、杭州奥体中心南端，与杭州奥体中心游泳馆又称“化蝶”双馆，采用双馆合一的设计理念，独特的流线造型，形成“化蝶”的杭州文化主题。体育馆距离亚残运村约 3 公里，总建筑面积 74470 平方米，能满足 NBA 比赛的要求，同时具有“篮冰”转换功能。



* 更多观赛相关事项请参照场馆的《观赛指南》。



杭州奥体中心体育馆

场馆导视

- | | |
|---|---|
|  观众信息服务亭(点) |  官方特许商品零售店 |
|  票务咨询台 |  母婴室 |
|  婴儿车 / 轮椅寄存处 |  餐饮售卖点 |
|  观众医疗点 |  观众观赛区域 |



* 服务空间点位仅供参考，具体以场馆实际为准。

轮椅击剑

1953年，路德维希·古特曼在残奥会的发源地英格兰的斯托克·曼德维尔医院创立了轮椅击剑运动，用于帮助脊髓损伤患者做康复训练。在罗马1960年第1届残奥会上，轮椅击剑运动就被列为正式竞赛项目。此后，历届残奥会都设有轮椅击剑竞赛项目。参加轮椅击剑比赛的运动员，一般是患有脊髓损伤或肢体残障的伤残人士。双方运动员的轮椅固定在可调节轨道的剑台上进行比赛。



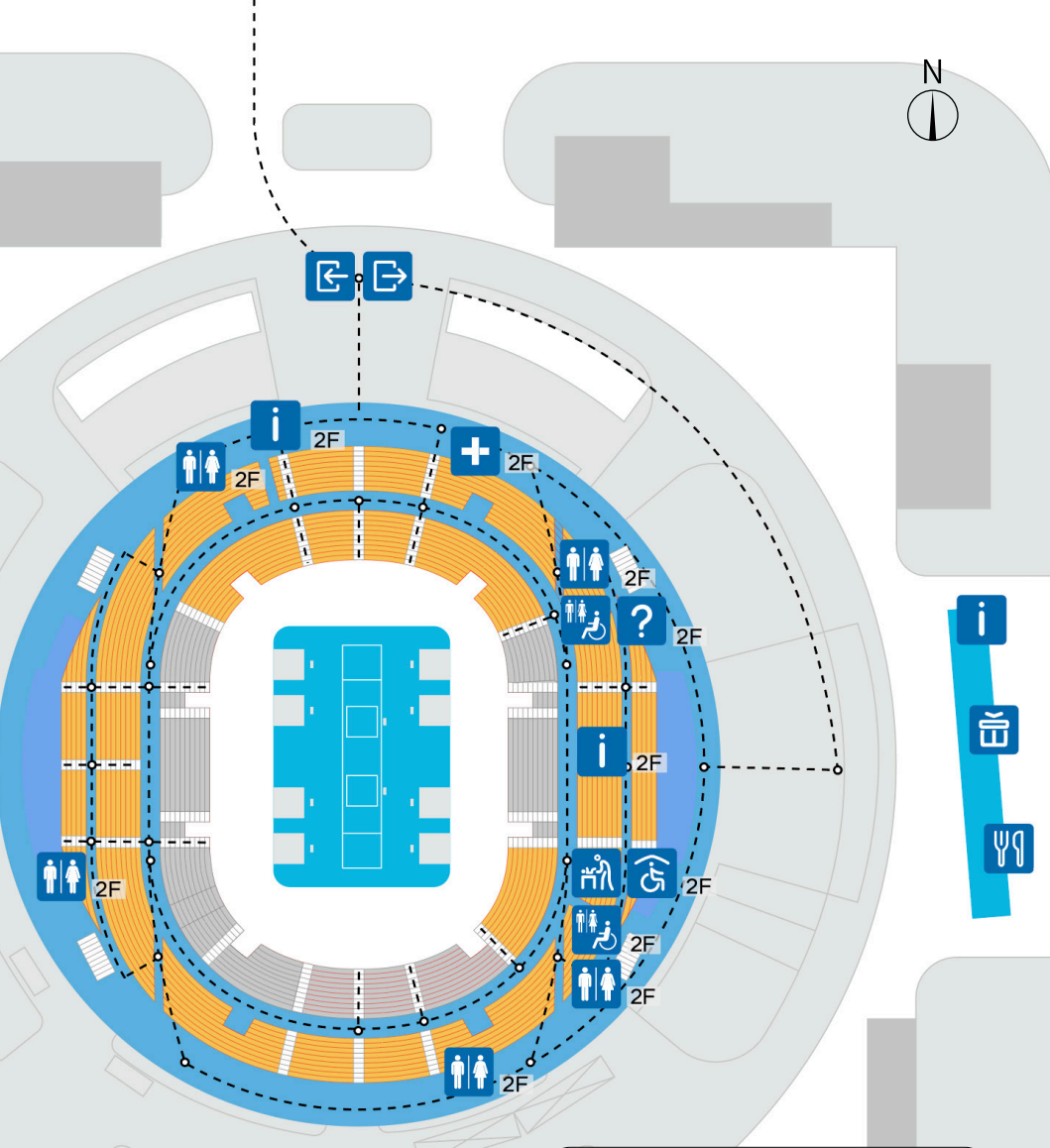
杭州亚残运会轮椅击剑比赛预设重剑、花剑、佩剑三个剑种的个人和团体比赛，共18个小项。

轮椅击剑项目比赛场馆——杭州电子科技大学体育馆

杭州亚残运会轮椅击剑比赛在杭州电子科技大学体育馆举行。该场馆位于杭州市钱塘区下沙高教园区杭州电子科技大学学校内，距离亚残运村约15公里，内含主比赛馆、预赛馆和热身馆，总建筑面积为14595平方米。



* 更多观赛相关事项请参照场馆的《观赛指南》。



杭州电子科技大学体育馆 场馆导视

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|--|-------------|--|-----------|
| | 观众信息服务亭(点) | | 官方特许商品零售店 |
| | 票务咨询台 | | 母婴室 |
| | 观众医疗点 | | 餐饮售卖点 |
| | 婴儿车 / 轮椅寄存处 | | 观众观赛区域 |

* 服务空间点位仅供参考，具体以场馆实际为准。

轮椅网球

轮椅网球是 1976 年由美国人布拉德·帕克斯发明的。在滑雪受伤后，他一直尝试用网球作为休闲疗法。1988 年，在汉城残奥会上，轮椅网球作为表演项目亮相残奥会赛场，之后在 1992 年巴塞罗那残奥会上被列为正式竞赛项目。此后，这项运动成为残奥会常驻竞赛项目。轮椅网球比赛一般是在 2 名或 4 名一侧或两侧下肢残障的运动员之间进行。另外，四肢瘫痪、下肢残障且上肢截肢的运动员也可参加。运动员必须坐在轮椅上进行比赛。



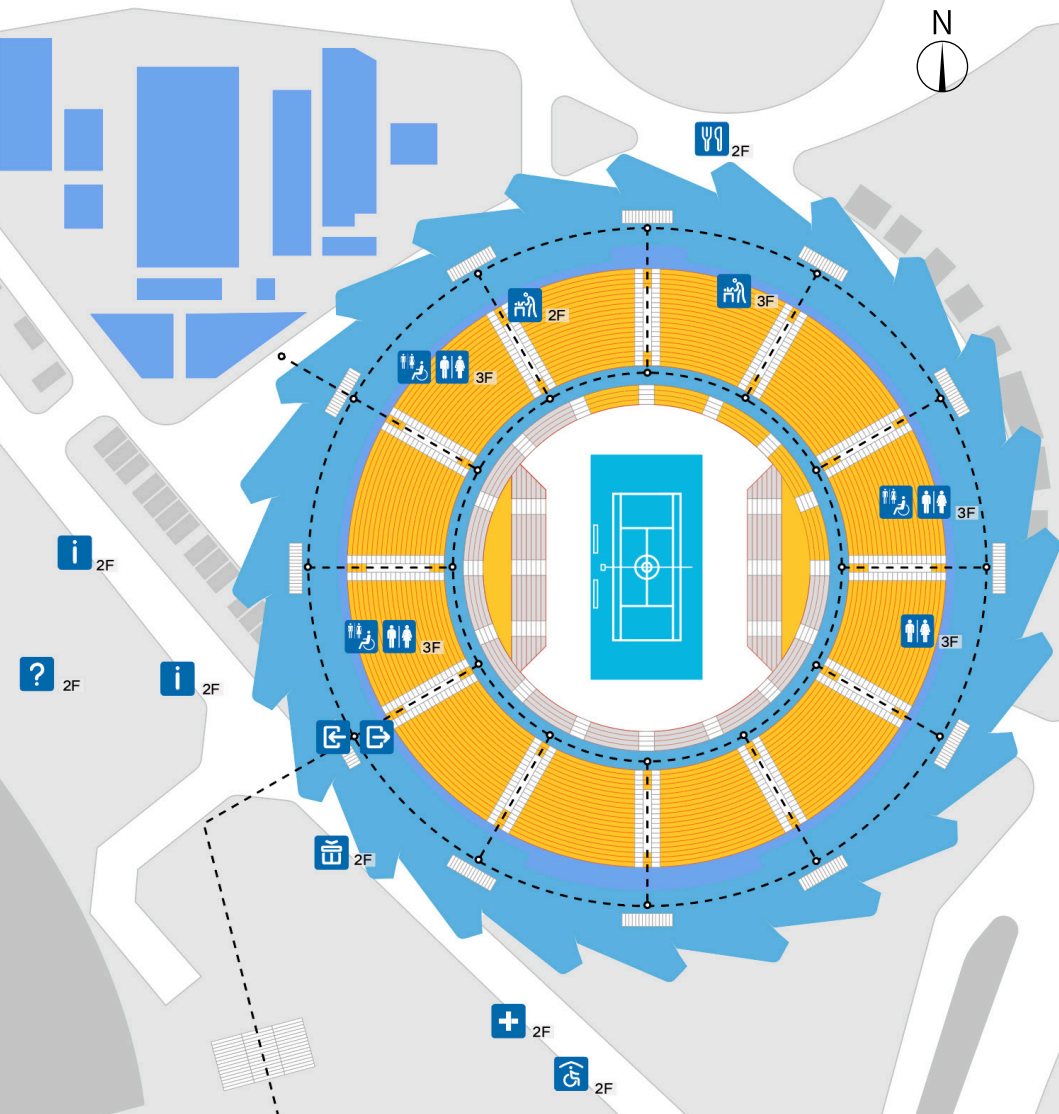
杭州亚残运会轮椅网球比赛预设男子单打公开级、女子单打公开级、男子双打公开级、女子双打公开级、四肢瘫组单打、四肢瘫组双打共 6 个小项。

轮椅网球项目比赛场馆——杭州奥体中心网球中心

杭州亚残运会轮椅网球比赛在杭州奥体网球中心举行。该场馆位于杭州奥体中心东南侧，距离亚残运村约 3 公里。亚残运会时，网球中心将启用中心球场、一号球场、二号球场、以及 5 片外围球场，总建筑面积为 52300 平方米。决赛馆“小莲花”的钢结构屋盖由可开启的 8 片（160 吨/片）“花瓣”组成，为世界首创，可全天候满足世界顶级网球赛事的需要。



* 更多观赛相关事项请参照场馆的《观赛指南》。



杭州奥体中心网球中心

场馆导视

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|--|-------------|--|-----------|
| | 观众信息服务亭(点) | | 官方特许商品零售店 |
| | 票务咨询台 | | 母婴室 |
| | 婴儿车 / 轮椅寄存处 | | 餐饮售卖点 |
| | 观众医疗点 | | 观众观赛区域 |

* 服务空间点位仅供参考，具体以场馆实际为准。

杭州亚残运会 观众指南

THE 4TH ASIAN PARA
GAMES HANGZHOU

**SPECTATOR
GUIDE**



THE 4TH ASIAN PARA
GAMES HANGZHOU

SPECTATOR
GUIDE

杭州亚残运会
观众指南



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中文版 001-083

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The background is a vibrant purple and pink gradient. A large, wavy, light purple line curves across the upper half of the image. Below this line, a large area is filled with a pattern of small, light purple dots. The bottom of the image features a solid pink area with a wavy, light purple line curving upwards from the right side. The overall composition is abstract and modern.

Your Journey Begins

Planning Your Asian Para Games Journey

As the largest multi-sports event in Asia, the Asian Para Games will be a busy time for spectators. To ensure a safe and pleasant journey and a wonderful experience at the Games, we suggest that you take time to collect the information you need and go through it, as well as take note of the information below:

Period	Activity	Things to Note	Reference
Pre-Games	Learn more about the Hangzhou Asian Para Games	This Asian Para Games will be hosted in Hangzhou, with 22 sports to take place in 19 competition venues.	Welcome to the Hangzhou Asian Para Games: See Page 93 for details
			Host city information: See Pages 102-108 for details
			Events and venues: See Page 98-101, 128-171 for details
	Buy your Games tickets	The Hangzhou Asian Para Games operates a real-name only policy with regard to purchasing tickets. Please ensure that you only purchase tickets to competition sessions through official channels, and keep your tickets safe.	Ticketing: See Page 111 for details
	Head out to the venues	Keep in mind, the start time and venue information for the competition event sessions you are planning to watch.	Events and venues: See Page 98-101, 128-171 for details
		Competition venues will normally be open to spectators one to two hours before a competition event session begins. However, the opening times at some venues may be subject to change depending on the situation at the venues.	
		We recommend that spectators use environmentally-friendly modes of transport, such as Hangzhou's metro rail or dedicated Asian Para Games buses.	Transport in and around host city : See Pages 102 for details
Go through the security checks	We ask that all spectators adhere to the rules regarding prohibited and restricted items, form an orderly queue when waiting to enter and comply with any security checks.	Prohibited and restricted items: See Pages 116-119 for details	

Period	Activity	Things to Note	Reference
Games Time	Enter the venues	If you wish to purchase official merchandise or take photos at the venue, we recommend that you do so before a competition starts to avoid the possible crowds.	Official merchandise: See Page 123 for details
		At each venue, you will find service facilities and volunteers that are ready to assist at any time.	Services teams: See Page 113 for details
			Available services: See Page 120 for details
	Watch your events	We ask that you familiarise yourself with our spectator etiquette and any specific instructions for watching certain events.	Accessible services: See Page 122 for details
			Spectator Etiquette: See Page 114 for details
			Spectator Guides for competition venues

Period	Activity	Things to Note	Reference
Post-Games	Leave the venues	Remember to pick up any stroller or wheelchair you have left in one of our storage facilities before you leave.	Available services: See Page 120 for details
		Check that you have taken all your personal belongings and dispose of any litter appropriately. Hosting a Green Asian Para Games relies on everyone doing their part.	Spectator Etiquette: See Page 114 for details
		Please exit venues in an orderly manner and follow the signs provided. If the venue is crowded, please follow the instructions given by our on-site staff.	
	Enjoy local highlights	The host city Hangzhou has a vibrant Asian Para Games atmosphere and many scenic spots and attractions that are well worth a look.	Host city information: See Pages 102-108 for details

Special Notes

- During the spectating process, please do not enter camera positions/platforms or use laser pointers to ensure uninterrupted camera filming, sound capture, and the smooth operations of the camera crew.
- When entering Asian Para Games venues and designated areas, spectators are required to turn off Mobile Hotspot and Bluetooth of their laptops and mobile phones during the competition.
- Collective use or wearing of items or clothing (for groups of 20 people or more) with obvious commercial identification is not permitted.
- Except for strollers and wheelchairs, there is no deposit service for spectators' belongings inside the competition venue. Please make necessary preparations in advance and avoid bringing excessive items to the venue.
- All Asian Para Games venues follow the same rules with regard to admissions, facilities and services, prohibited and restricted items, and forbidden behaviours, but there may be some variations to these due to event-specific circumstances or particular aspects of the venues and/or building structures.
- For more information, please refer to the official website of the Hangzhou Asian Para Games.



***The information contained in this *Guide* is current as of 30 September 2023. For any updates after this date, please refer to the Spectator Guide for the relevant competition venue or visit the official website of the Hangzhou Asian Para Games at <https://www.hangzhou2022.cn/paragames/>. If you have any questions or concerns that are not covered by this Guide, you can approach one of our volunteers at the venues who will be more than happy to assist.**

1

Welcome to the Hangzhou
Asian Para Games



Introduction to the Hangzhou Asian Para Games

Hangzhou Asian Para Games

The Hangzhou Asian Para Games will take place from 22 to 28 October 2023. It will feature 22 sports and 564 events.

Emblem

The main graphic of the Asian Para Games emblem, "Ever Forward", presents the brave posture of a para-athlete in a wheelchair striving forward.

The 10 semi-arc-shaped lines form the athletic track, with lines of different lengths from purple to red to yellow in a gradient colour, reaching into the distance, which is just like the rushing tidal waves of the Qiantang River. The athletes struggle to turn their wheelchairs forward, advancing into the distance, full of dynamism, power and passion, which is shaped like a wave blooming in the river tide. All this embodies the heroic spirit of all para-athletes to strive hard and challenge themselves.

The bottom is the wordmark representing the name of the host city and the year of the event, and the whole tone and colour scheme of the emblem is consistent with those of the Asian Games emblem.



Slogan

The slogan is intended to express the struggling spirit of para-athletes to chase their dreams and deliver happiness by participating in the Asian Para Games, and to be strong and unyielding and surpass their efforts to realise the value of life and glorious dreams, demonstrating the dignity and preciousness of life.

The slogan conveys the humanistic sentiment of equality and respect, mutual understanding and integration, and joining hands to realise dreams, which interprets the Olympic spirit and carries the expectation of people with impairments to overcome difficulties, improve themselves, and create happiness.

心相约,梦闪耀

Hearts Meet, Dreams Shine

Mascot

The design of Feifei, the mascot of the Asian Para Games, was inspired by the image of the divine bird in Liangzhu Culture. It embodies Hangzhou's history, culture, and technological innovation, and also carries the hope of harmonious coexistence between humans and nature. The divine bird is believed to transmit good news in China, so it is also the messenger of culture and happiness.

The first fei denotes the flight of birds. The sky is high for birds to fly, signifying the good atmosphere of inclusiveness, respect and love in human society. The second fei represents the spirit of para-athletes as they chase their dreams and strive to push beyond their limits.

The pattern extending from the wings to Feifei's cheeks is the symbolic pattern of Liangzhu Culture, and the raised wings show the beauty of strength. The letter "i" on the bird's crown is a symbol of intelligence and wisdom, and also reflects the characteristics of Hangzhou, an Internet city. It will blink blue when Feifei is in motion and happy. The ring of 45 dots on the chest symbolises the joyful gathering of all the participating members of the Asian Paralympic Committee.

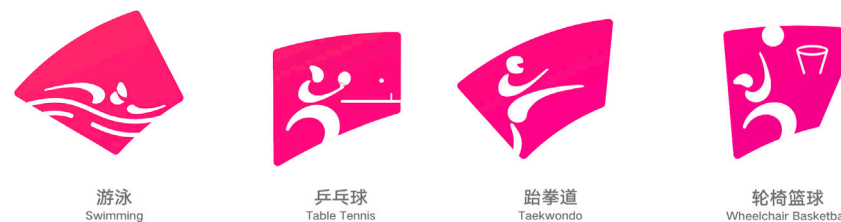


飞飞
Feifei

Sports Pictograms

The sports pictograms of the Hangzhou Asian Para Games are an important visual element of the Hangzhou Asian Para Games. Their design was inspired by the surging tides of the Qiantang River, echoing the athletic passion of the Asian Para Games emblem "Ever Forward" and the Zhejiang spirit of riding the tide. The artistic expression is based on "a para-athlete in a wheelchair striving forward" depicted in the emblem, with strict reference to the characteristics and forms of individual sports, capturing the most expressive moments, giving them an aesthetic flavour, and presenting the rolling waves to achieve the unity of "shape" and "meaning".

The pictograms took the gradient colour between "Rainbow Purple" and "Laurus Yellow" as the background colour, signifying the para-athletes' spirit of self-improvement.



Hangzhou Asian Para Games General Competition Schedule

Version 3.0

● Competition Day

			Oct.	16	17	18	19	20	21	22	23	24	25	26	27	28
Sports	Categories for Athletes	Venue	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.	Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.	
Opening Ceremony		Hangzhou Olympic Sports Centre Stadium														
Athletics	Visual impairment, Physical impairment, Intellectual impairment	Huanglong Sports Centre Stadium									●	●	●	●	●	●
Swimming	Visual impairment, Physical impairment, Intellectual impairment	Hangzhou Olympic Sports Centre Aquatic Sports Arena									●	●	●	●	●	
Wheelchair Basketball	Physical impairment	Hangzhou Olympic Sports Centre Gymnasium				●	●	●			●	●	●	●		
Wheelchair Tennis	Physical impairment	Hangzhou Olympic Sports Centre Tennis Centre									●	●	●	●		
Archery	Physical impairment	Fuyang Yinhu Sports Centre									●	●	●	●	●	●
Shooting	Physical impairment	Fuyang Yinhu Sports Centre									●	●	●	●		
Rowing	Visual impairment, Physical impairment	Fuyang Water Sports Centre												●		●
Canoe	Physical impairment	Fuyang Water Sports Centre									●	●				
Blind Football	Visual impairment	Gongshu Canal Sports Park Stadium									●	●	●	●	●	●
Table Tennis	Intellectual impairment, Physical impairment	Gongshu Canal Sports Park Gymnasium								●	●	●	●	●	●	●
Sitting Volleyball	Physical impairment	Liping Sports Centre Gymnasium									●	●	●	●	●	
Goalball	Visual impairment	China Goalball Training Base									●	●	●	●	●	
Cycling	Visual impairment, Physical impairment	Chun'an Jieshou Sports Centre Velodrome and Chun'an Jieshou Sports Centre Cycling Road Course									●	●	●	●	●	
Powerlifting	Physical impairment	Xiaoshan Linpu Gymnasium									●	●	●	●	●	●
Judo	Visual impairment	Xiaoshan Sports Centre Gymnasium									●	●	●			
Taekwondo	Physical impairment	Xiaoshan Guali Sports Centre									●	●	●			
Badminton	Physical impairment	Binjiang Gymnasium						●	●		●	●	●	●	●	
Boccia	Physical impairment	Hangzhou Gymnasium							●		●	●	●	●	●	
Wheelchair Fencing	Physical impairment	Hangzhou Dianzi University Gymnasium									●	●	●	●	●	●
Chess	Visual impairment, Physical impairment	Hangzhou Qi-Yuan (Zhili) Chess Hall									●	●	●	●	●	●
Go	Physical impairment	Hangzhou Qi-Yuan (Zhili) Chess Hall									●	●	●	●		
Lawn Bowls	Visual impairment, Physical impairment	Hangzhou Wenhui School Lawn Bowls Green							●		●	●	●	●	●	
Closing Ceremony		Hangzhou Olympic Sports Centre Stadium														

*The version published immediately prior to the Asian Para Games shall be considered as the final version.

List of Venues by Asian Para Games Sport



- 1** Hangzhou Gymnasium
Asian Para Games: Boccia
Address: 210 Tiyuchang Road, Gongshu District, Hangzhou



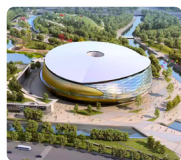
- 6** Hangzhou Olympic Sports Centre Tennis Centre
Asian Para Games: Wheelchair Tennis
Address: 8 Binsheng Road, Binjiang District, Hangzhou



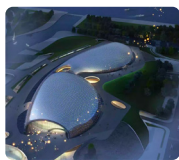
- 11** Xiaoshan Linpu Gymnasium
Asian Para Games: Judo
Address: Linpu Cultural Center at Renmin Road Intersection, Xiaoshan District, Hangzhou



- 16** Fuyang Water Sports Centre
Asian Para Games: Rowing and Canoe
Address: Huaxi Road, Huashusha Village, Dongzhou Street, Fuyang District, Hangzhou



- 2** Gongshu Canal Sports Park Gymnasium
Asian Para Games: Table Tennis
Address: 999 Fengtan Road, Gongshu District, Hangzhou



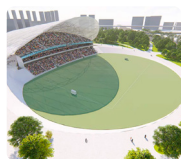
- 7** Hangzhou Olympic Sports Centre Aquatic Sports Arena
Asian Para Games: Swimming
Address: 2657 Bo'ao Road, Yingfeng Street, Xiaoshan District, Hangzhou



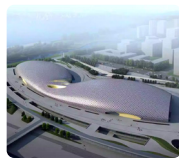
- 12** Xiaoshan Guali Sports Centre
Asian Para Games: Taekwondo
Address: Intersection of Jianshe 4th Road and Zhengtong Road, Xiaoshan District, Hangzhou



- 17** Chun'an Jieshou Sports Centre Velodrome
Asian Para Games: Cycling (Track and Road)
Address: Yan Village, Jieshou Township, Chun'an County, Hangzhou



- 3** Gongshu Canal Sports Park Stadium
Asian Para Games: Blind Football
Address: 999 Xueyuan North Road, Gongshu District, Hangzhou



- 8** Hangzhou Olympic Sports Centre Gymnasium
Asian Para Games: Wheelchair Basketball
Address: 2657 Bo'ao Road, Yingfeng Street, Xiaoshan District, Hangzhou



- 13** Linping Sports Centre Gymnasium
Asian Para Games: Sitting Volleyball
Address: 177 Donghu South Road, Linping District, Hangzhou



- 18** China Goalball Training Base
Asian Para Games: Goalball
Address: 123 Yunxi Road, Linping District, Hangzhou City, Zhejiang Province



- 4** Huanglong Sports Centre Stadium
Asian Para Games: Athletics
Address: 1 Huanglong Road, Xihu District, Hangzhou



- 9** Hangzhou Qi-Yuan (Zhili) Chess Hall
Asian Para Games: Chess and Go
Address: Liyi Road, Xiaoshan District, Hangzhou



- 14** Hangzhou Dianzi University Gymnasium
Asian Para Games: Wheelchair Fencing
Address: 280 Xuelin Street, Qiantang District, Hangzhou



- 19** Hangzhou Wenhui School Lawn Bowls Green
Asian Para Games: Lawn Bowls
Address: 518 Jinqiao Street, Qiantang District, Hangzhou City



- 5** Binjiang Gymnasium
Asian Para Games: Badminton
Address: 996 Jianghong Road, Binjiang District, Hangzhou



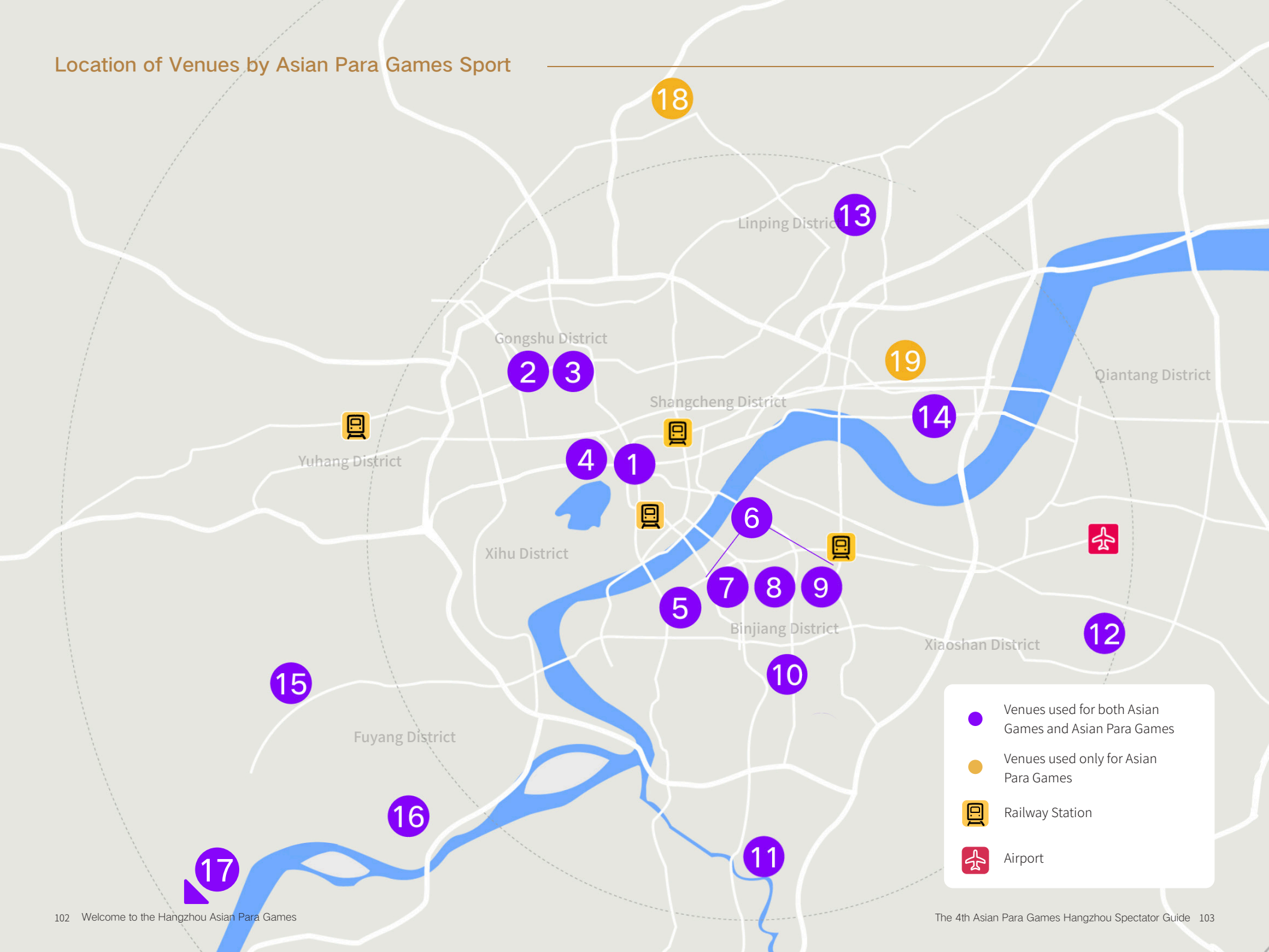
- 10** Xiaoshan Sports Centre Gymnasium
Asian Para Games: Powerlifting
Address: 398 Shixin South Road, Xiaoshan District, Hangzhou



- 15** Fuyang Yinhu Sports Centre
Asian Para Games: Shooting and Archery
Address: 3 Jiulong Avenue, Yinhu Street, Fuyang District, Hangzhou

- Venues used for both Asian Games and Asian Para Games
● Venues used for Asian Para Games only

Location of Venues by Asian Para Games Sport



- Venues used for both Asian Games and Asian Para Games
- Venues used only for Asian Para Games
- Railway Station
- Airport

Host City - Hangzhou

Hangzhou is the capital of Zhejiang province and the provincial economic, cultural, science and educational centre. It is one of the central cities in the Yangtze River Delta. As a famous scenic tourist city, it ranks among the first batch of national historical



and cultural cities. Located on the south side of the Delta region and at the western end of Hangzhou Bay, it is the extended intersection of the Silk Road Economic Belt and the 21st Century Maritime Silk Road and a strategic hub along the Online Silk Road. Endowed with a picturesque landscape, Hangzhou is traditionally known as the "Paradise on Earth". It features a perfect blending of hills and water, and the lake and the city, with no lack of water resources from the river, the canal, the lake, the sea, and creeks. Its forest coverage rate has reached 65.33 percent, ranking first among the provincial capitals in China.

One of the birthplaces of Chinese civilisation and a famous prefecture of the Southeast in history, Hangzhou ranks among the seven ancient capitals of China. The excavation of the Kuahu (Cross-Lake) Bridge site shows that as early as 8,000 years ago, there were human beings living and producing here. The Liangzhu Culture, dating back 5,000 years, has been hailed by historians as "the Dawn of Civilisation". First established as a county in the Qin dynasty (222BC), it has a history of over 2,200 years. Hangzhou was described by the Italian traveler Marco Polo in the 13th century as "the finest and most splendid city in the world".

Hangzhou is steeped in history with extensive and profound culture. Over the past few thousands of years, Hangzhou culture, represented by West Lake culture, Grand Canal culture, and Qiantang River culture, has been integrated in opening up and developed in innovation. Taking the essence of various periods of culture such as the Kuahuqiao culture, Liangzhu culture, Wuyue culture, Southern Song culture, Ming-and-Qing culture, and Republican-era culture, West Lake culture integrates the broadness and richness of landscape culture, garden culture, religious culture, architectural culture, notables' culture, folk culture, silk culture, tea culture, and food culture, reflecting the exquisite, harmonious and elegant characteristics of West Lake culture. Grand Canal culture features a combination of water conservancy culture, commercial culture, product culture, waterscape culture, opera culture, and temple fair culture, which embodies the openness, inclusiveness, and localness of Hangzhou culture. Qiantang River culture, like the rolling tide of Qiantang, symbolises the broad-mindedness and open spirit of Hangzhou.

In recent years, Hangzhou has won a series of awards such as the China's Top 10 Most Influential Cities, China's Top 10 Most Innovative Cities, China's Top 10 Smartest Cities, the

World's Top 15 Model Cities for Best Practices in Tourism, Forbes China's Best 100 Cities For Business List, Top 100 Global Meeting Destination Cities, Comprehensive Information Consumption Demonstration Cities, Benchmark Cities for Digital Governance in the New Era, and National Service-oriented Manufacturing Model Cities. In addition, it has been awarded the title of China's Happiest City for 16 consecutive years.

Hangzhou has jurisdiction over 10 urban districts, namely Shangcheng, Gongshu, Xihu, Binjiang, Xiaoshan, Yuhang, Linping, Qiantang, Fuyang and Lin'an, one county-level city of Jiande, and two counties of Tonglu and Chun'an. The city covers a total area of 16,850 square kilometres, of which the urban area takes up 8,289 square kilometres. At the end of 2022, its permanent population reached 12,376 million, an increase of 172,000 over the end of 2021.

Climate

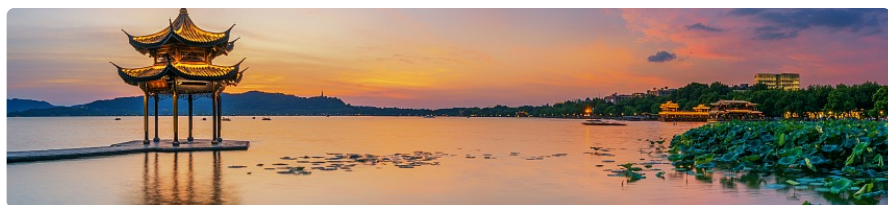
Hangzhou boasts a subtropical monsoon climate with distinct seasons, abundant sunshine, and ample rainfall. Spring and autumn are relatively brief compared to winter and summer. By late October, Hangzhou will have entered its autumn season. With an average temperature of 17.7°C (63.9°F), the weather is crisp and delightful. In comparison to the hot summer months, temperatures have significantly decreased, resulting in greater variations between day and night temperatures. Mornings and evenings can be somewhat chilly, so it's advisable to dress in layers accordingly.

Three World Heritage Sites

Hangzhou has three world heritage sites, namely West Lake, the Beijing-Hangzhou Grand Canal and the Archaeological Ruins of Liangzhu City, which combine to showcase Chinese civilisation, preserve Zhejiang's cultural heritage, and highlight Hangzhou's charm.

West Lake Scenic Area

West Lake is the root and soul of Hangzhou. It is world-famous for its picturesque landscape, long history, profound culture and heritage sites. It is a culturally renowned lake with the most outstanding spiritual dwelling function in Chinese history, and the "Paradise on Earth" known both at home and abroad. With West Lake as its centre, the West Lake Scenic Area (WLSA) covers a total area of nearly 60 square kilometres, featuring an integration of scenic spots, historical sites, parks and gardens, and landscapes. The WLSA is surrounded by green trees, lush hills, bubbling streams and murmuring creeks, with different scenes in spring, summer, autumn and winter. The WLSA's 30 scenic highlights, such as Spring Dawn on the Su Causeway, Lingering Snow on the Broken Bridge, Zen Retreat in Lingyin Temple, and A Love Legend at Wansong



Academy, add radiance and beauty to one another, enjoying widespread popularity among domestic and international tourists. In 2011, the West Lake Cultural Landscape of Hangzhou was included in the World Heritage List.

The Grand Canal Hangzhou

The Beijing-Hangzhou Grand Canal is an essential part of China's canal system. It is the longest and largest ancient canal and one of the oldest canals in the world. In the Hangzhou section of the Grand Canal can be seen various Qing dynasty houses with white walls and black tiles, connected by bluish-white-slab-paved lanes and alleys. A night cruise in an ancient-style canal boat will bring one to creative workshops, an ancient Zen temple and more on the way. Highlighting the Hangzhou Scenic Area are Ten Canal Scenes: Inviting the Moon at the Gongchen Bridge, the Confluence of the Grand Canal and Qiantang River at Sanbao Ship-lock, Qing-dynasty Private Residences West of the Gongchen Bridge, Rainy Haze at Fengshan Citygate, Buddhist Sound Echoing around Xiangji Temple, White Pagoda Viewed from Longshan Ship-lock, A Surplus from Fuyi Granary, Historical Memory about Xiling, Guangji Bridge Leading Far and Wide, and Ancient Ferry Wharf at Wulin Citygate. What's more, there are three historical districts of Dadou Road, Xiaohexhi Street and Qiaoxi, and a group of Chinese arts and crafts museums featuring fans, umbrellas, and knives and scissors. In 2014, China's Grand Canal project was inscribed on the World Heritage List.



Archaeological Ruins of Liangzhu City

Located in Yuhang District, Hangzhou City, the site is grand in scale, complex in the type of remains, and rich in connotation. The overall value of the heritage is borne by such artificial remains elements as the city ruins, the peripheral water conservancy system, hierarchical cemeteries (including the altars), and unearthed artifacts represented by Liangzhu jade pieces. As it is the first Neolithic city site found in the lower reaches of the Yangtze River, it has become known as "China's First City". The peripheral water conservancy system marks the earliest large water engineering site ever discovered in China. Bearing testimony to the 5,000-year history of Chinese civilisation, the Archaeological Ruins of Liangzhu City was inscribed onto the World Heritage List in 2019.



Food

Zhejiang cuisine is one of the eight major cuisines in China. Hangzhou dishes, an important part of Zhejiang food culture, represents an important style of Zhejiang cuisine.

Famous Dishes

Shrimp Meat with Longjing Tea Leaves, West Lake Vinegar Fish, Beggar's Chicken, Dongpo Pork, Braised Spring Bamboo Shoots, Hangzhou Duck in Brown Sauce, Stewed Duck with Dried Bamboo Shoots, West Lake Water Shield Soup, Sautéed Eel Slices, etc.

Famous Snacks

Pian'erchuan (Noodles with Sliced Pork, Bamboo Shoots, Pickled Potherb Mustard), *Congbaoguir* (Fried Dough Stick Wrapped in Spring Pancake), Fried Bean Curd Skin, *Mao'erduo* Noodles, Happy Pairs (Buns with a Variety of Sweet Fillings), Victory Cake, Lotus Roots with Osmanthus Syrup, etc.

Time-honoured Noodle Restaurants

Hangzhou people, born and bred in the land of fish and rice, have a particular love for noodles. According to incomplete statistics, there are more than 9,000 noodle restaurants in Hangzhou, serving a rich variety of noodles, such as mutton noodles, sautéed shrimp and eel noodles, *Pian'erchuan*, stir-fried kidney noodles, beef noodles, and golden crabmeat noodles, with tasty toppings and delicious soup. Try a bowl of noodles, and you will get to know why local people love noodles so much.



Specialities from Greater Hangzhou

Greater Hangzhou has its districts, counties and county-level city, which offer their specialities: Emperor Qianlong Fish-head Soup from Shangcheng District, Steamed Orange Stuffed with Crab Meat of the Southern Song Dynasty from the West Lake Scenic Area, Stewed Turtle and Mutton Chop in Osmanthus Liquor of the Southern Song Dynasty from Gongshu District, Shrimp Oil Marinated Meat Platter from Binjiang District, Abalone Pastries from Xiaoshan District, Dongtiao River Silver Carp from Yuhang District, Braised Lamb in Brown Sauce from Linping District, Stir-fried Spring Bamboo Shoots with Preserved Winter Mustard from Qiantang District, Stewed Tou Fu and Winter Bamboo Shoots in Pork Gravy from Fuyang District, Stewed Duck in Zhaoming Bamboo Shoots from Lin'an District, Steamed Yanzhou Duck with Dried Mustard from Jiande City, and Lake Fish Skin from Chun'an County.

Recommended Classic Accessible Tours in Hangzhou for the Asian Para Games

<p>Scenery of West Lake & Charm of Southern Song Dynasty</p>	<p>Mausoleum of General Yue Fei → Boat Cruise on West Lake → Viewing Fish at Flower Pool → Song Dynasty Town Scenic Area</p>
<p>Experiencing Tea Culture in Hangzhou</p>	<p>China National Tea Museum (Shuangfeng Museum) → West Lake Tour → Viewing Enduring Memories of Hangzhou performance in the evening</p>
<p>Intangible Cultural Heritage along the Thousand-year-old Grand Canal</p>	<p>China Fan Museum → Live Exhibition Museum of Handcrafts → Qiaoxi Historic Street → Gongshu Canal Sports Park</p>
<p>Liangzhu - Dawn of Civilisation & World Heritage</p>	<p>Liangzhu Museum → Archaeological Ruins of Liangzhu City</p>
<p>Visiting Qianjiang New Town & Xianghu Lake</p>	<p>Hangzhou International Expo Centre → Hangzhou Olympic Sports Centre → A tour around Xianghu Lake by electric sightseeing vehicle (including Xiasun Square, Laohu Cave, and Hushan Square)</p>

2

Asian Para Games Spectating Instructions



Health Tips

You are advised to practise good hygiene: wash hands regularly, keep rooms ventilated, practise social distancing, observe coughing etiquette, and perform routine cleaning and disinfection. To foster a positive atmosphere for the Games, you are advised to improve your health awareness and visit a doctor right away if you have symptoms of an illness.



Ticketing Information

We will offer two types of tickets for you to choose from paper ticket and E-ticket.

Paper ticket

第4届亚洲残疾人运动会 The 4th Asian Para Games

Hangzhou 2022 Asian Para Games

田径 Athletics

年/YEAR 月/MONTH 日/DAY 时间/TIME
2023 - 10 - 26 09:00

区/SECTOR 排/ROW 座席/SEAT
20区下 8 18

黄龙体育中心体育场
Huanglong Sports Centre Stadium
10.00RMB NO.458190190018334
T.N 1376141396

ATH03

2023 - 10 - 26
09:00

区 Sector 20区下
排 Row 8
座席 Seat 18

ATH03

扫码查看链详情

T.N 1376141396

Electronic commemorative ticket



You can buy tickets through the following channels

1. Official ticketing website of the Hangzhou Asian Para Games (<https://paraticket.hangzhou2022.cn/>) ;
2. Ticket booths at competition venues and ticketing agents.

Notes on Entry

Before entering the venue, you shall carefully read the Terms and Conditions of Ticket Sales and Use. A real-name system will be implemented for ticket purchases and entry for all Asian Para Games events. Each valid identity document will be limited to one ticket for one match. The spectators entering a competition venue must present his/her valid identity document and the ticket purchased under their own name.

Children aged two years or above need a ticket to enter and must be accompanied by an adult. Children under two years old do not need a ticket but must be accompanied by their legal guardian and present a valid identity document. The guardian must have a ticket and share the same seat with the child. Each legal guardian can take along only one ticket-free child. Sports events with special spectating etiquette or admission policies shall be subject to the information released by HAPGOC before the competition.

Ticket Refund or Change

Unless otherwise specified by HAPGOC or the competition session has been canceled, purchased tickets are non-refundable and non-changeable.

However, if the corresponding competition sessions or ceremonies are canceled due to a force majeure event, ticket holders will receive a refund under HAPGOC's unified arrangement. Submitting a refund request online is of no need for such cases. E-tickets will be invalidated, while paper tickets do not have to be returned. If you pay in cash, you need to provide your refund collection accounts and corresponding ticket purchase information on the official ticketing website. Please note that requests to change tickets for another sports session will not be accepted. The corresponding ticket payment will be uniformly refunded in RMB to the original payment channel or designated refund account.

Ticket Reselling

Once the official ticket reselling platform of the Hangzhou Asian Para Games goes live, you can resell your e-tickets there in the form of orders within the specified period (e-tickets only).

Ticket Transfer

E-tickets, bought through the official channels of the Hangzhou Asian Para Games, can be transferred one at a time via the ticket folder on the official ticketing website (e-tickets only).

More Ticketing+ Services

Spectators can enjoy free-of-charge metro service, bus service (except buses with dedicated routes) and water bus service in Hangzhou upon presentation of their session tickets, from 00:00 on the day as indicated on their session tickets to 04:00 the next day. To enjoy the free-of-charge metro service, you can go to the ticket counter to get a free one-way metro ticket upon presentation of your session ticket.

Furthermore, ticket holders will earn Huomiao points based on their ticket costs. These points can be redeemed for rewards in the Huomiao Mall.

Ticket holders can get coupons from the official Tmall flagship store of the Hangzhou Asian Para Games official merchandise. Ticket holders can enjoy corresponding discounts when purchasing official merchandise through the Tmall flagship store.

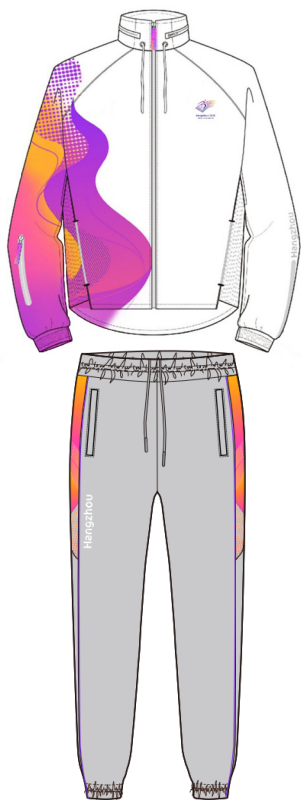
 **Ticketing hotline: 4009092022**

***Ticketing information will be changed according to the preparation and competition progress of the Hangzhou Asian Para Games.**

Service Teams

As a spectator of the Asian Para Games, you are assured that staff and volunteers both inside and outside each Games venue are always ready to offer you quality services. To enhance your spectating experience, it is advisable to acquaint yourself with the relevant service teams. If you face any issues in or around the venues, do not hesitate to seek help from the nearby staff or volunteers who can be identified by their uniforms and badges.

Staff and volunteer uniforms



Staff uniform



Volunteer uniform

Spectator Etiquette

Entry Etiquette

1. Please dress appropriately for the occasion. We recommend you to wear casual, clean, and comfortable clothing.
2. Please arrive early to the venue. To ensure that you can enter the venue to watch the competition on time, we advise you to plan ahead and leave adequate time for travel and security checks on the route and at the venue. To avoid congestion at entrances, you should safely enter the venue as soon as possible upon arrival.
3. Please enter the venue calmly and orderly. You should wait patiently in the queue for entry as guided. Please assist the spectators in need to enter the venue. You are required to comply with security checks. After entering the venue, take your assigned seat promptly and avoid blocking the aisles.

Spectating Etiquette

1. Please respect all nations and regions. You should respect all participating nations and regions. When a flag is being raised and the respective anthem is being played in a Victory Ceremony, you should stand and face the flag. Moving around the venue during the flag raising ceremony is prohibited.
2. Please respect all athletes. Applaud to encourage the athletes as they are introduced before the start of a competition. Cheer for and encourage all athletes in the field of play, despite which team they represent, whoever the winner is, or whichever country or region they represent. Please show proper respect for their effort and performance.
3. Please cheer appropriately. You are required to remain quiet when a ball is served or a competition begins, and please avoid distracting the athletes. Please cheer for athletes in an enthusiastic, encouraging, and respectful manner. Disrespectful behaviours (such as booing or jeering) are not allowed.
4. Please use mobile phones appropriately. After entering the venue, please put your mobile phone in vibrate or silent mode. When you have to take phone calls, please lower your voice and try not to disturb others.
5. Please obey all venue regulations. You are not allowed to disturb the competition or the referees during the competition. Fighting, jeering, taunting, and boisterous behaviour are strictly prohibited in the competition venue. You are not allowed to climb over barriers. Flash photography is strictly prohibited when you are allowed to take photos, for the flash may distract athletes from the competition.
6. Please maintain a civilised atmosphere. You shall abide by all laws and maintain a polite, peaceful, orderly, and enthusiastic demeanour. Please do not loiter, shout, spit, or litter in the venue during the competition. You should respect the refereeing decisions. Abusing referees, coaches, athletes or spectators who support a different side from you is prohibited.

7. Please take care of public property. Posting bills, graffiti and climbing on any facilities within the venue are strictly prohibited. Do not touch any electronic devices or firefighting equipment within the venue.

Exit Etiquette

1. Please exit the venue calmly and orderly. You are required to exit slowly to the nearest exit according to the order of seats. Please assist the spectators in need when exiting the venue. Do not push, shove, or force your way ahead inside the venue. After exiting the venue, please keep clear as soon as possible.
2. Please avoid exiting early. You are not encouraged to leave the venue until the end of the competition. If early departure is necessary, please leave during a break in the competition and avoid disturbing other spectators. After a Victory Ceremony, you are encouraged to exit the venue calmly and orderly.
3. Please keep the venue clean and tidy. When exiting the venue, please take all your waste with you. Do not leave your waste in public spaces, such as in the aisles, or on your seat. You should help maintain a clean and tidy environment.
4. In the event of an emergency, please follow the instructions of the staff and quickly evacuate through the designated route in a calm and orderly manner. Always assist the spectators in need to leave the danger zone first.
5. You may seek help or assistance from any on-site staff or volunteers as needed.

Forbidden Behaviours and Prohibited and Restricted Items in Venues

Forbidden Behaviours

The rules on prohibited behaviour apply to all venues kept in lockdown during the Games.

Prohibited behaviour refers to any behaviour that violates the *APC Constitution*, PRC laws and regulations, or common practices of major international multi-sport events, and disturbs the order of the Games. Any prohibited behaviour will be handled in accordance with the APC rules as well as the PRC laws and regulations.

Forbidden behaviours

Any form of political, religious, or racial propaganda or display, including but not limited to chanting slogans, displaying banners or signs, distributing pamphlets, affixing or smearing materials, physical demonstrations, as well as showcasing flags of countries or regions not participating in the Hangzhou Asian Para Games;

Any parade, sit-in, or demonstration;

Any behaviour that disturbs the order of a competition, such as intentional destruction of venue facilities, climbing over barriers, stepping on seats, littering, setting off fireworks, burning items (clothes, paper, flags, etc.), nudity, unauthorised entry into FOP, self-harm, self-mutilation, self-immolation, gathering at and blocking venue entrances and exits, and breaching security perimeters;

Any behaviour that disturbs the order of the competition, such as the intentional destruction of venue facilities, climbing over barriers, stepping on seats, littering, setting off fireworks, burning items (clothes, paper, flags, etc.), nudity, unauthorised access to restricted areas, self-harm, self-mutilation, self-immolation, obstructing venue entries and exits, breaching security perimeters, etc.;

Any behaviour that interferes with or obstructs the participating athletes, coaches, technical officials, or other staff;

Any behaviour and language that insult or irritate the spectators, and any behaviour that interferes with or obstructs spectators watching the match;

Any form of violent behaviour;

Any form of gambling;

Any violation of the rules on prohibited and restricted items; and

Any other behaviour that may violate the *APC Constitution*, PRC laws and regulations, or common practices of major international multi-sport events.

Prohibited Items

The rules on prohibited items apply to all individuals entering the enclosed security zones of the venues.

Prohibited items refer to any articles or substances that are forbidden by the PRC laws and regulations from being brought into the enclosed security zones of the venues. Once discovered by the security staff, the prohibited items will be confiscated in accordance with the PRC laws and regulations and other relevant regulations. The persons involved will be penalised and the concerned items will be disposed of by public security authorities in accordance with the PRC laws and regulations.

Prohibited Items

Firearms, ammunition and explosives;

Replica guns, crossbows, daggers, and other controlled knives;

Hazardous materials such as poisonous and corrosive chemicals and radioactive substances;

Fireworks, gasoline, alcohol, and other inflammable and explosive items;

Dangerous substances such as harmful biological agents and infectious disease pathogens;

Heroin, cocaine, marijuana, meth, and other narcotics; and

Any other article or substance that is explicitly prohibited by the PRC laws and regulations.

Restricted Items

Restricted items refer to any articles or substances that are not explicitly prohibited by the PRC laws and regulations but still not allowed to be brought into the enclosed security zones of the venues, because the presence of these items is incompatible with common practices of major international multi-sport events or may undermine the security and order of the venues. Restricted items shall be disposed of by their carriers properly.

This policy is applicable to ticket holders entering the enclosed security zones in competition venues.

Restricted items

Fragile items and various types of containers, including but not limited to glass bottles/cups, thermoses, and ice boxes;

Beverages in different packages that are not provided by the venues (especially alcoholic beverages), as well as easy-to-throw food (such as large quantities of fruits, eggs, and nuts in shell) that obviously exceeds typical usage;

Banners, slogans, and other promotional materials that promote political, racial, religious, or commercial content and violate the *APC Constitution*, or PRC laws and regulations;

Flags from countries or regions not participating in the Hangzhou Asian Para Games; flags with a dimension exceeding 1m×2m when fully unfurled, and flagpoles longer than 1m in length;

Any means of mobility aids other than walkers (e.g. strollers, wheelchairs, etc.), including but not limited to electric bicycles, motorcycles, bicycles, mopeds, self-balancing scooters, and skateboards;

Animals (except guide dogs);

Musical instruments, including but not limited to whistles, trumpets, and drums;

Various types of sticks and sharp objects that are likely to cause personal injuries, including but not limited to selfie sticks and umbrellas (except crutches, prostheses, white canes, etc. used by people with impairments);

Balls, sport sticks, rackets, frisbees, and similar equipment or objects that may disturb the competition;

Luggage and handbags that exceed the width of a spectator seat;

Any unauthorised devices that may hinder the performance or competition progress; distract participating athletes, technical officials, and coaches; interfere with the electronic signals and cluster signals of the Asian Para Games; or disturb spectators. These devices include but are not limited to radios, laser devices and loud speakers;

Radio stations and transmitters without dedicated tags for wireless transmission equipment. Exceptions include public mobile communication devices (mobile phones), USB wireless network adapters for computers, laptops, tablets, remote car keys and wireless camera remote controls, biomedical telemetry devices and medical implants and related accessories for personal use that meet the technical requirements for micro-power short-range radio transmission equipment, and smart wearable devices (e.g. smart watches, smart bracelets, smart glasses, and Bluetooth headsets);

Small aerial vehicles (e.g. drones) and remote controls, various types of model aircraft and remote-control devices, and floating objects such as kites and sky lanterns;

Igniters such as lighters and matches; and

Any other items that may cause safety concerns or violate the *APC Constitution*, PRC laws and regulations, or ticket agreements, including but not limited to containers with a pressure system, nail polish, white spirit, and syringes.

Special Notes

1. Prior to entering a venue through the security check point, ticket holders who bring electronic devices such as laptops must undergo a functional test to ensure that these devices are safe;
2. People with medical conditions are permitted to bring a limited amount of essential and well-packed medicines for personal use, essential medical syringes, disinfectants, lubricants, catheters, or urine collectors necessary for their well-being. Liquid medicine and inhalation aerosols below 100ml brought by the ticket holder, shall be tested by himself/herself under the supervision of the security screeners, and can be brought into the venue after passing the security check;
3. Wheelchair users are allowed to carry essential wheelchair maintenance tools with them;
4. Baby bottles brought for infants are permitted into the venue after passing the security check; and
5. Folding umbrellas can be brought into the outdoor venues after passing the security check if they are needed outdoors due to the weather conditions.

Available Services



Spectator Information Booth

The Spectator Information Booth, located at the entrance to a venue or in the Spectator Zone in the venue, will be open during the Games time to provide spectators with useful information.



Food and Beverage Concession

It is located in the Spectator Zone, and you can purchase packaged food or get a cup of mineral water here.



Accessible Toilet

It is equipped with accessible facilities, including accessible toilet, accessible wash basin, etc., and the entrance and passageway are convenient for wheelchair users to enter and turn around.



Spectator Medical Station

If you feel unwell, you can go to a medical station for emergency care, health consultations, and other health services. In case of emergencies, medical stations will offer first aid and referral services.



Lost and Found

All found items and report of lost items shall be delivered/reported to the Spectator Information Booth (Lost & Found) to register relevant information.



Official Merchandise Store

You can choose from a wide variety of Asian Para Games merchandise at the official merchandise store in each competition venue.



Ticketing Help Desk

It provides venue-specific ticketing information and handles ticket-related disputes.



Stroller/Wheelchair Parking

If you are carrying a wheelchair or stroller, you can deposit it at the designated storage area.



Nursing Room

Each venue provides a nursing room to serve spectators with children.

Available Services



Useful Telephone Numbers

Emergency Numbers

Police	-----	110
Fire alarm	-----	119
First aid	-----	120
Traffic incident	-----	122

Special Service Numbers

Telephone number query	-----	114
Weather forecast	-----	12121/96121



Games Services Hotline

1258088 is an official Asian Para Games Services Hotline established by HAPGOC, with the services covering Games-related information inquiry, practical assistance and collection of public opinions and suggestions.



Weather Services

The Asian Para Games Meteorological Observatory will provide you with timely and detailed weather forecasts and alerts for the cities and areas where the Asian Para Games events are held. For more details, please refer to www.hzqx.com.



*Scan to download the Smart Weather Forecast app



Financial Services

To buy food, beverages or official merchandise within the venue, you can choose the following payment methods: bank card (VISA, Mastercard, American Express, JCB, Diners Club or UnionPay) or e-CNY via POS machines; mobile payment via the Alipay app (supporting VISA, Mastercard, Diners Club, Discover and JCB), AlipayHK, KKP and TNGD wallet.

Accessible Services



Wheelchair Ramp

Designed for wheelchair users.



Accessible Exit/Entry

Designed for people with limited mobility.



Accessible Lift/Platform Lift

Used to help people with physical or visual impairments to get to different floors in the venue.



Accessible Passage/Doors

Provide easy access for people with impairments to reach wheelchair seating, accessible toilets, etc.



Wheelchair Seating

Wheelchair seating is designed for wheelchair users, and are located near exits and passages. Beside each wheelchair seating, there is a special seat for the accompanying person of the wheelchair user.



Independent Accessible Toilet / Accessible Toilet Stall

Toilets or dedicated stalls that can be used independently by people with impairments.

***Other accessible facilities include tactile surface indication roadway and braille guide maps for accessible toilets.**

Sustainability

Green Asian Para Games

In May 2021, HAPGOC unveiled a secondary mark for the Asian Para Games, incorporating the theme of sustainable development. The mark is a personified illustration of the symbiotic relationship between humans and the environment, symbolising the interdependence and co-development of the two. It will be utilised in various contexts, including urban landscapes, competition venues, and the surrounding environment, as an embodiment of the "Green Asian Para Games" concept.

As part of its Green Initiatives, HAPGOC has put substantial effort into green actions, including green venue constructions, environmental improvement, green energy supply, green transport upgrades, green operations and management, green development and procurement, green lifestyle, and green office practices to present a "Green Asian Para Games".

Carbon Neutrality

The carbon-neutral efforts for the Hangzhou Asian Para Games strictly adhere to relevant regulations such as the *Implementation Guidelines for Carbon Neutralisation of Major Events (Trial)*. Carbon reduction is the primary task for the carbon-neutral Asian Para Games. This involves taking "green" actions throughout the event to minimise carbon emissions and offsetting emissions that cannot be reduced through donations of carbon quotas by organisations and individuals, carbon credits, and carbon inclusion, thus eventually achieving carbon neutrality.

During the Games, your choice of e-tickets, green travel, waste sorting, and other eco-friendly behaviours will also contribute to the carbon reduction efforts of the Games.

Public Participation

A small action in your daily life could also make a contribution to Green Asian Para Games and carbon neutrality. We encourage everyone to participate in green actions by adopting environmentally-friendly transport, spectating the Games in an environmentally-conscious way, and leading a green lifestyle.

When heading to a venue for Games spectating, it is recommended that you use public transport such as the subway, bus, or bike to reduce carbon emissions. You can easily access information on public transport routes to different venues through SMART HANGZHOU 2022.

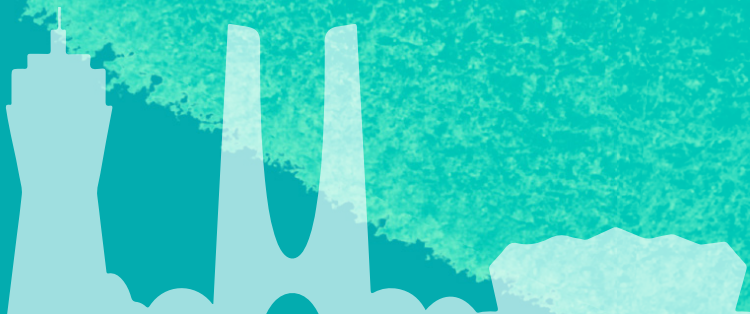
During the spectating process, we encourage everyone to maintain public hygiene and watch the competitions in a respectful manner.

When the competition is over, please take your waste with you and dispose of it properly in the designated recycling bins. By doing so, you can contribute to the recycling of resources and waste management.

In your daily life, we encourage everyone to adopt a green lifestyle by conserving water, electricity, resources, food and paper. By taking these actions, we can all contribute to Green Asian Para Games.

3

Opening and Closing Ceremonies



Opening and Closing Ceremonies

Date

The Hangzhou Asian Para Games will open on 22 October 2023 (Sunday) and close on 28 October 2023 (Saturday).

Venue - Hangzhou Olympic Sports Centre Stadium

The Opening and Closing Ceremonies of the Hangzhou Asian Para Games will be held at the Hangzhou Olympic Sports Centre Stadium, which is also known as the "Big Lotus". It is located on the southwest corner of the Hangzhou Olympic Sports Centre, in the city's Binjiang District, and is about three kilometres from the Asian Para Games Village. The Stadium covers a total site area of 82,300 square metres, with a total floor area of approximately 216,000 square metres and a seating capacity of about 80,000.



The Stadium's design is based on the lotus flower, and it has a dynamic and elegant form that draws inspiration from Hangzhou's renown patterned silk and textiles. Its form is also inspired by the Qiantang River and features large petal-shaped elements that, together, resemble a beautiful lotus growing on the surface of the water. The Stadium's outer shell is made up of 28 large and 27 small petals, with voids in between that recall picture windows in traditional Chinese architecture. The petals, each of which is hollow, are arranged in an interlocking pattern that is like a semi-transparent "cicada wing" grid. The interior space and surrounding landscape interact via these innovative floor-to-ceiling openings, giving the "Big Lotus" timeless and romantic feel.

4

Sports and Asian Para Games Venues



Sports Programme

Hangzhou Asian Para Games features 22 sports, including 19 Paralympic sports, namely Athletics, Swimming, Boccia, Cycling, Rowing, Canoe, Archery, Shooting, Powerlifting, Table Tennis, Sitting Volleyball, Wheelchair Basketball, Wheelchair Fencing, Wheelchair Tennis, Goalball, Judo, Blind Football, Taekwondo and Badminton, and three non-Paralympic sports, namely Chess, Go and Lawn Bowls. Among them, Go will make its debut at the Hangzhou Asian Para Games.

All competitions of Hangzhou Asian Para Games can be divided into three categories for athletes with visual impairments, physical impairments and intellectual impairments respectively. They can compete in the corresponding sports detailed below:

Visual Impairment



Athletics



Cycling



Goalball



Judo



Swimming



Rowing



Blind Football



Chess



Lawn Bowls

Physical Impairment



Athletics



Swimming



Boccia



Cycling



Rowing



Canoe



Chess



Go



Archery



Shooting



Powerlifting



Table
Tennis



Sitting
Volleyball



Wheelchair
Basketball



Wheelchair
Fencing



Badminton



Wheelchair
Tennis



Lawn
Bowls



Taekwondo

Intellectual Impairment



Athletics



Swimming



Table
Tennis

Archery

Originally serving as a way of rehabilitation and recreation for people with impairments, Archery evolved rapidly into a competitive sport in the world and became an official Paralympic sport. Para archers are usually people with spinal cord injuries, cerebral palsy, or physical impairments.



The bows used in Hangzhou Asian Para Games are divided into two types: recurve bows and compound bows. The Archery competition of the Games consists of 15 events.

Competition Venue – Fuyang Yinhu Sports Centre

The Archery and Shooting competitions will take place at Fuyang Yinhu Sports Centre. The Centre is located in Yinhu Sub-district, Fuyang District, Hangzhou City, and is about 36.9 kilometres from the Asian Para Games Village. It contains a multi-purpose shooting range, archery field (including ranges for the qualification rounds, the finals, and warm-up), and a press and security centre. It has a gross floor area of 82,360 square metres.










* For details, please refer to the venue-specific Spectator Guide.



Fuyang Yinhu Sports Centre —Archery Field

Venue Navigation

- | | |
|---|--|
|  Spectator Information Booth |  Official Merchandise Store |
|  Ticketing Help Desk |  Spectator Medical Station |
|  Stroller/Wheelchair Parking |  Food and Beverage Concession |
|  Spectator Seating | |

*The service facility locations indicated on the map are for reference only, and may differ during Games time.

Athletics

Originally serving as a way of rehabilitation for people with various impairments, Athletics evolved into a Paralympic sport after World War II. Athletics comprises track events and field events. Track events can be divided into sprint, middle-distance race, long-distance race and relay race. Field events include jumping events (High Jump, Long Jump) and throwing events (Discus Throw, Javelin Throw, Javelin, and Club Throw).

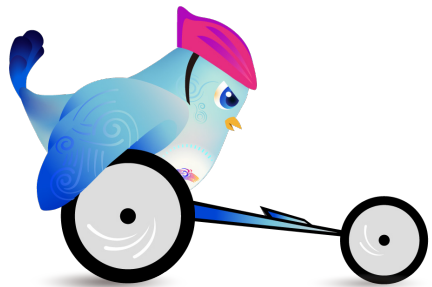
Athletes in this sport are usually people with cerebral palsy, spinal cord injuries, limb amputation and other physical impairments, or visual impairments. Athletics has been included in the Paralympic sports programme since the Rome 1960 Paralympic Games and has become a mainstream sport of the Paralympic Games with the largest number of participating athletes.



Hangzhou Asian Para Games features 153 individual and relay events in Athletics.

Competition Venue - Huanglong Sports Centre Stadium

The Athletics competition will take place at Huanglong Sports Centre Stadium. The stadium is located southwest of the Huanglong Sports Centre, which is near the picturesque West Lake in Xihu District, Hangzhou City, and is about 11.5 kilometres from the Asian Para Games Village. The venue has a total floor area of 103,338 square metres.









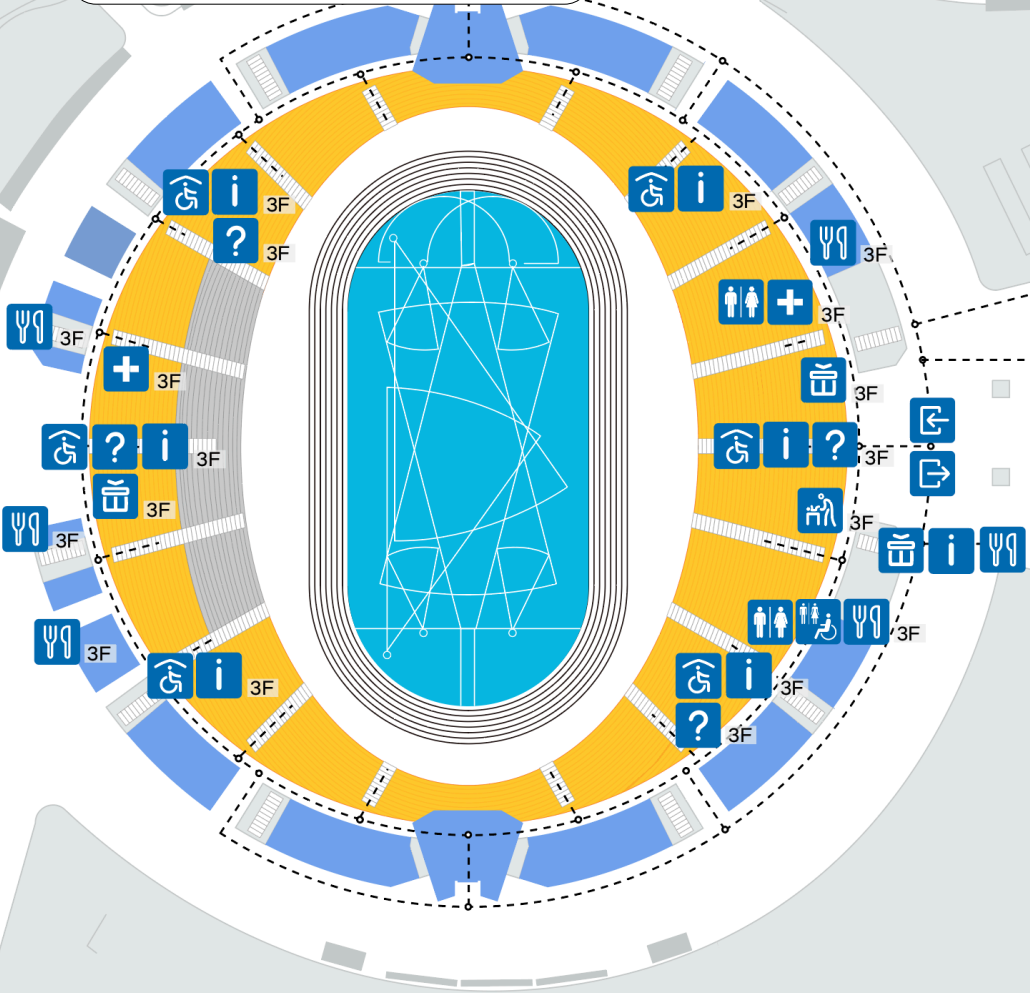
* For details, please refer to the venue-specific Spectator Guide.



Huanglong Sports Centre Stadium

Venue Navigation

- | | |
|---|--|
|  Spectator Information Booth |  Official Merchandise Store |
|  Ticketing Help Desk |  Nursing Room |
|  Stroller/Wheelchair Parking |  Food and Beverage Concession |
|  Spectator Medical Station |  Spectator Seating |



*The service facility locations indicated on the map are for reference only, and may differ during Games time.

Badminton

Badminton, a popular sport among people with impairments, made its Paralympic Games debut in 2021. Athletes in this sport are usually people with physical impairments, spinal cord injuries or micromelia. They will be divided into six groups (two wheelchair groups and four standing groups).



Hangzhou Asian Para Games features 22 events (singles and doubles) in Badminton.

Competition Venue – Binjiang Gymnasium

The Badminton competition will take place at Binjiang Gymnasium. The venue is located in Binjiang District, Hangzhou City, and is about 9.4 kilometres from the Asian Para Games Village. The venue has a total floor area of 58,224 square metres.











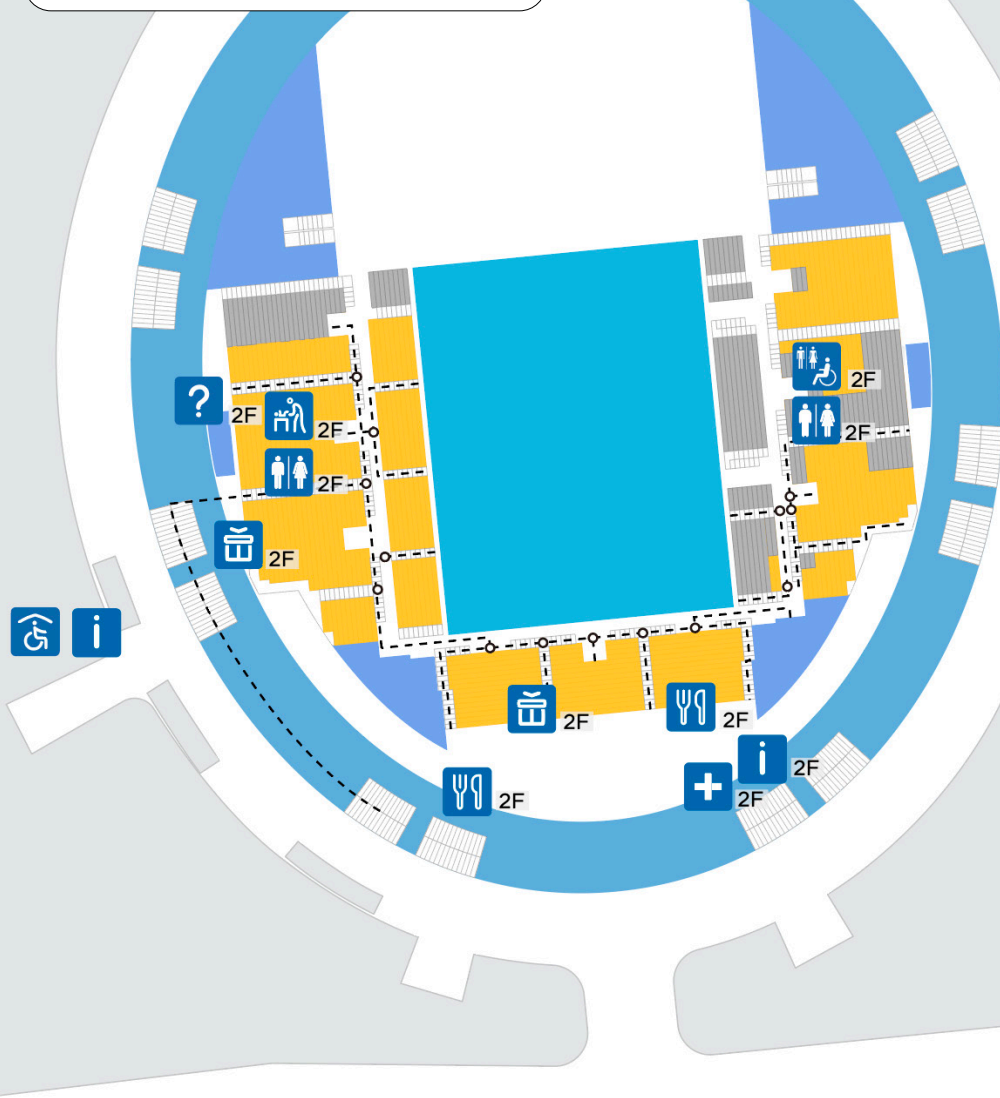
* For details, please refer to the venue-specific Spectator Guide.



Binjiang Gymnasium

Venue Navigation

- | | |
|---|--|
|  Spectator Information Booth |  Official Merchandise Store |
|  Ticketing Help Desk |  Nursing Room |
|  Stroller/Wheelchair Parking |  Food and Beverage Concession |
|  Spectator Medical Station |  Spectator Seating |



*The service facility locations indicated on the map are for reference only, and may differ during Games time.

Blind Football

Blind Football is designed specially for athletes with visual impairments. Originally, it was a popular game to be played at a playground for students in many countries, with rules differing from one country to another. With the emergence of the international rules, Blind Football became an official sport of the International Blind Sports Federation (IBSA) in 1996. Since its debut at the Athens 2004 Paralympic Games, Blind Football has been featured in the sports programme of the Paralympic Games. Unlike the football used in the regular Football competition, the ball used in the Blind Football competition contains a device that emits sound. Players pass, intercept, and shoot the ball by listening to the sound produced by the ball when it rolls and the instructions that the goalkeeper, coach, and guide give at the designated area of the FOP. Please remain silent while watching Blind Football matches.



Hangzhou Asian Para Games features one event in Blind Football, namely Men's Blind Football.

Competition Venue – Gongshu Canal Sports Park Stadium

The Blind Football competition will take place at Gongshu Canal Sports Park Stadium. The venue is located in Gongshu District, Hangzhou City, and is about 14.5 kilometres away from the Asian Para Games Village. It includes the main competition field, the warm-up field, and a two-storey building for Games-time use, which will be converted into a tourist reception centre after the Games. The venue has a total floor area of 27,121 square metres.











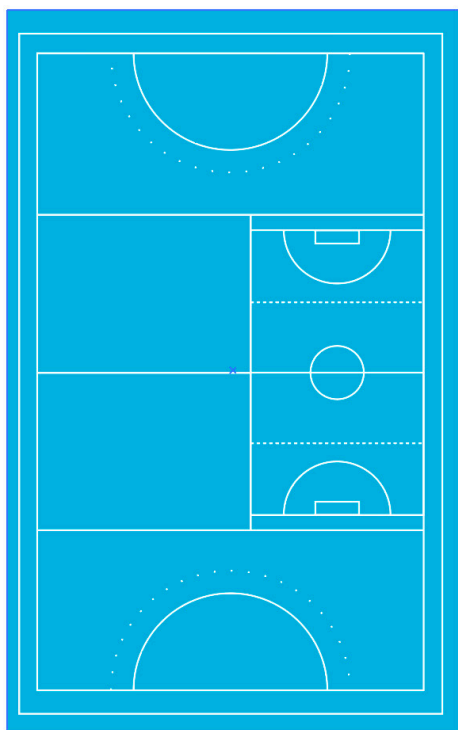
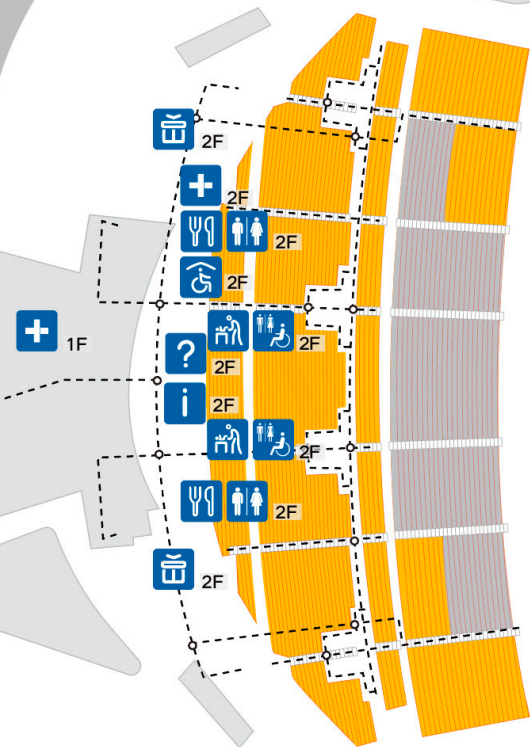
* For details, please refer to the venue-specific Spectator Guide.



Gongshu Canal Sports Park Stadium

Venue Navigation

- | | |
|--|--|
|  Spectator Information Booth |  Official Merchandise Store |
|  Ticketing Help Desk |  Nursing Room |
|  Stroller/Wheelchair Parking |  Food and Beverage Concession |
|  Spectator Medical Station |  Spectator Seating |



Boccia

Boccia originated from a game in Ancient Greece, where players threw large stones at a smaller stone target. It is one of the only two sports in the Paralympic sports programme that do not have an Olympic equivalent. Boccia made its Paralympic debut at the New York 1984 Paralympic Games.

Boccia matches are played by athletes with severe cerebral palsy whose muscle coordination and control are harmed as a result of brain injuries, or athletes with similar impairments who need to use a wheelchair. Boccia helps people with such impairments improve their strength, flexibility and upper-limb coordination, and benefits their mental health.



Hangzhou Asian Para Games features 11 events (Individual, Pair and Mixed Pair events) in Boccia.

Competition Venue – Hangzhou Gymnasium

The Boccia competition will take place at Hangzhou Gymnasium. The venue is located on Tiyuchang Road in Hangzhou, and is about 10 kilometres from the Asian Para Games Village. Built in 1966, Hangzhou Gymnasium is a cultural heritage building. It has become a landmark sports architecture in Hangzhou in the 20th century for its unique saddle-shaped roof. The venue has a total floor area of 34,202 square metres.











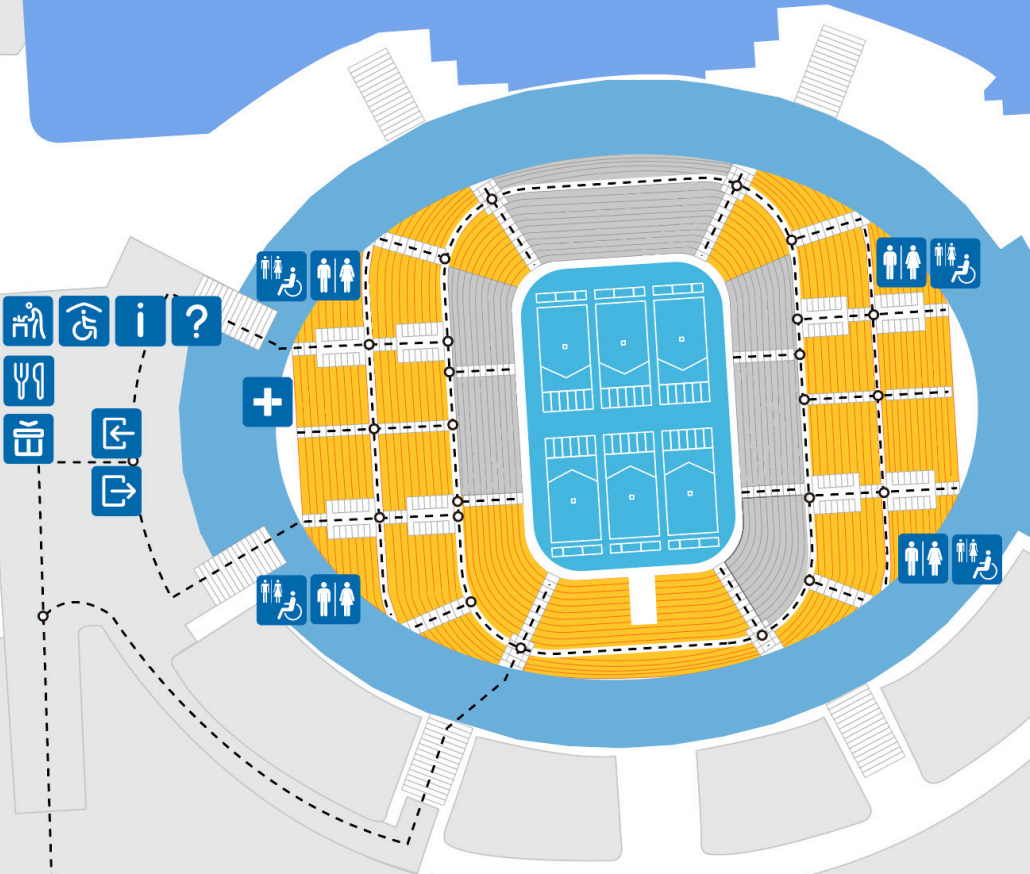
* For details, please refer to the venue-specific Spectator Guide.



Hangzhou Gymnasium

Venue Navigation

- | | |
|--|--|
|  Spectator Information Booth |  Official Merchandise Store |
|  Ticketing Help Desk |  Nursing Room |
|  Stroller/Wheelchair Parking |  Food and Beverage Concession |
|  Spectator Medical Station |  Spectator Seating |



*The service facility locations indicated on the map are for reference only, and may differ during Games time.

Canoe

Canoe athletes at the Asian Para Games use two types of boats: kayak and va'a. Para athletes only participate in the competition of Canoe Sprint.

Para athletes who compete in Canoe are people with spinal cord injuries or other physical impairments. Canoe became an official Paralympic sport at the Rio 2016 Paralympic Games.



Hangzhou Asian Para Games features 10 events in Canoe.

Competition Venue - Fuyang Water Sports Centre

The Canoe and Rowing competitions will take place at Fuyang Water Sports Centre. The venue is located on the south bank of the Beizhijiang River in Fuyang District, Hangzhou City, and is about 36 kilometres from the Asian Para Games Village. The Centre will provide services for event management, venue management, spectator services and press and media. The venue has a total floor area of 64,000 square metres.



* For details, please refer to the venue-specific Spectator Guide.



Fuyang Water Sports Centre

Venue Navigation



Spectator Information Booth



Ticketing Help Desk



Stroller/Wheelchair Parking



Spectator Seating



Official Merchandise Store



Nursing Room



Spectator Medical Station

*The service facility locations indicated on the map are for reference only, and may differ during Games time.

Chess

Chess originated in Asia and was later introduced to Europe by the Arabs. It has become the most popular board game in the world, prevailing in more than 160 countries and regions. Para athletes who compete in Chess are people with physical or visual impairments. Chess provides people with impairments with social connections and helps develop their cognitive competence and communication skills.

Chess made its Asian Para Games debut at the Asian Para Games Jakarta 2018. However, it has not yet been included in the official Paralympic sports programme.



Hangzhou Asian Para Games features 24 events (Individual and Team) in Chess (Standard Format and Rapid Format).

Competition Venue - Hangzhou Qi-Yuan (Zhili) Chess Hall

The Chess and Go competitions will take place at the Hangzhou Qi-Yuan (Zhili) Chess Hall. With a floor area of 26,633 square metres for Games-time use, the venue is located in the Hangzhou Olympic and International Expo Centre block, Xiaoshan District, Hangzhou City, and is about 6.2 kilometres from the Asian Para Games Village. The needs for Games-time and post-Games use of the Chess Hall have been fully considered to ensure that it will be quickly converted into a building for mind sports, catering, and commercial uses after the Games.



* For details, please refer to the venue-specific Spectator Guide.

Cycling

Cycling consists of Cycling Track and Cycling Road. Cycling Road was included in the sports programme of the 1984 Stoke Mandeville & New York Paralympic Games (now known as the 7th Summer Paralympic Games), followed by Cycling Track at the 1996 Atlanta Paralympic Games.

Cycling Track events include Time Trial, Individual Pursuit, and Team Sprint. Cycling Road events include Individual Road Race, Individual Time Trial.

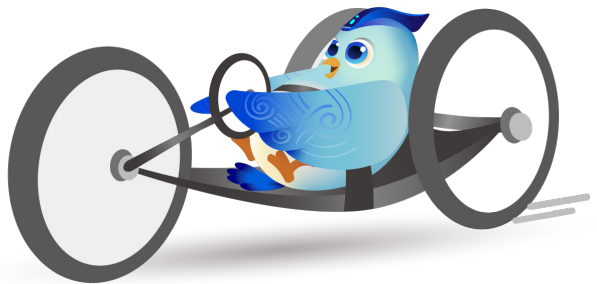
Para athletes participating in Cycling competition may have visual impairments (Level B), physical impairments and mild cerebral palsy (Level C), or severe cerebral palsy and spinal cord injuries (Level H). They use different types of bicycles based on the category and level of limitation (1-5) of their impairment. A lower number indicates a more severe level of limitation.



Hangzhou Asian Para Games features 28 events in Cycling.

Competition Venue – Chun'an Jieshou Sports Centre

The Cycling (Track and Road) competition will take place at Chun'an Jieshou Sports Centre Velodrome and Chun'an Jieshou Sports Centre Cycling Road Course near Chun'an Asian Para Games Sub-village, Jieshou Township, Chun'an County, Hangzhou City. The venue is situated in an easily accessible area that boasts a beautiful natural environment featuring rivers and mountains with gentle slopes. Dotted with villages, the place also has numerous reservoirs and bays. The Chun'an Jieshou Sports Centre has a total floor area of 24,000 square metres.



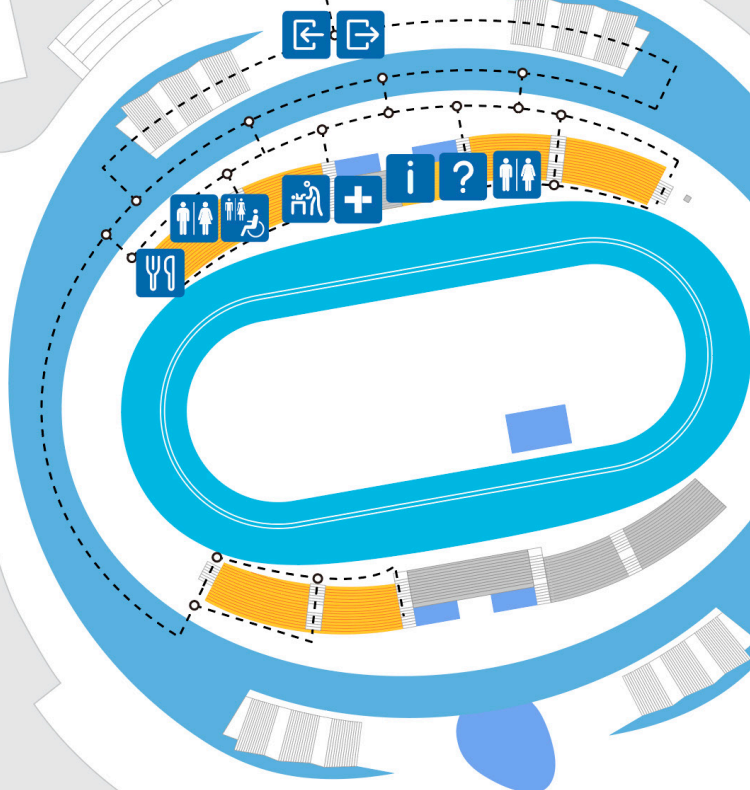
* For details, please refer to the venue-specific Spectator Guide.



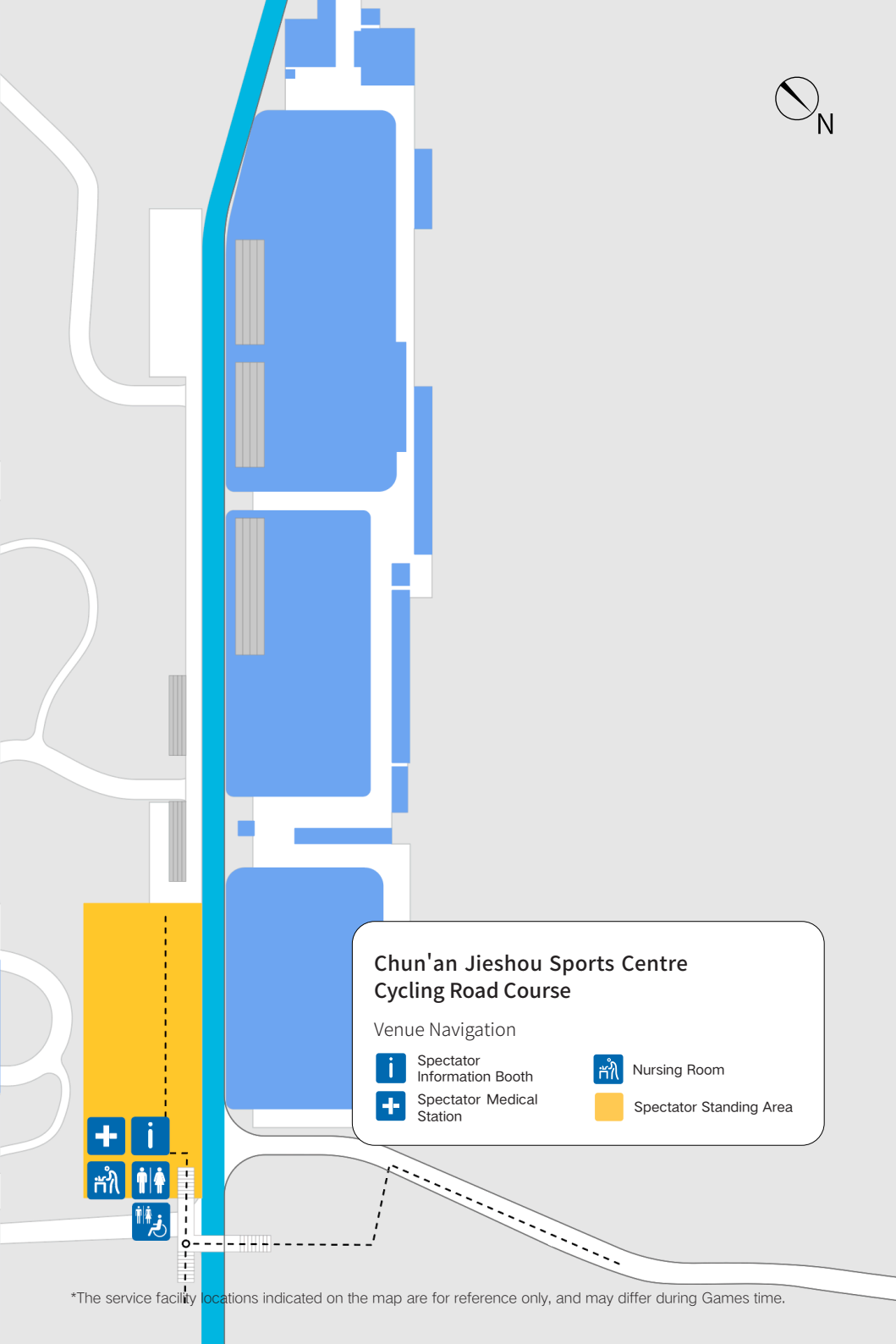
Chun'an Jieshou Sports Centre Velodrome

Venue Navigation

- | | |
|---|--|
|  Spectator Information Booth |  Nursing Room |
|  Ticketing Help Desk |  Food and Beverage Concession |
|  Spectator Medical Station |  Spectator Seating |



*The service facility locations indicated on the map are for reference only, and may differ during Games time.



Chun'an Jieshou Sports Centre Cycling Road Course

Venue Navigation



Spectator
Information Booth



Nursing Room



Spectator Medical
Station



Spectator Standing Area



*The service facility locations indicated on the map are for reference only, and may differ during Games time.

Go

The game of Go, originating in China, has an ancient history that stretches back over 4,000 years. With China's increasing engagement in international exchanges, Go becomes a popular sport not only in East and Southeast Asia but also in Europe and North America. Go is a mind sport that can be played by people of all ages, regardless of whether they have impairments. It is also a great way for people with impairments to build social connections and enhance their cognitive skills.

Hangzhou Asian Para Games marks the debut of Go as an official competitive sport, which is contested by players with physical impairments.



Hangzhou Asian Para Games features four events in Go: Men's Individual, Men's Team, Women's Individual, and Women's Team.

Competition Venue – Hangzhou Qi-Yuan (Zhili) Chess Hall

The Go and Chess competitions will take place at Hangzhou Qi-Yuan (Zhili) Chess Hall.



* For details, please refer to the venue-specific Spectator Guide.

Goalball

Goalball was developed specifically for visually impaired athletes. It originated from a sport designed by an Austrian, Hans Lorenzen and a German, Sepp Reindle in 1946 for veterans who lost their sight during World War II. Goalball made its Paralympic debut at the 1980 Games in Arnhem, the Netherlands. It is also one of the only two sports in the Paralympic sports programme that do not have an Olympic equivalent. Visually impaired athletes need to listen to the sound that the ball makes as it rolls and take cues from the sound of their teammates' and opponents' footsteps to locate the ball and anticipate the direction of its movement. Therefore, spectators are required to keep quiet throughout a Goalball game.



Hangzhou Asian Para Games features two events in Goalball: Women's Team and Men's Team.

Competition Venue - China Goalball Training Base

The Goalball competition will take place at China Goalball Training Base, which is about 35 kilometres from the Asian Para Games Village. With a total floor area of 56,854 square metres, it consists of a main court and an auxiliary court for competitions and a court for warm-up.








* For details, please refer to the venue-specific Spectator Guide.



China Goalball Training Base

Venue Navigation

- | | | | |
|---|-----------------------------|---|----------------------------|
|  | Spectator Information Booth |  | Official Merchandise Store |
|  | Parking |  | Nursing Room |
|  | Spectator Seating | | |

*The service facility locations indicated on the map are for reference only, and may differ during Games time.

Judo

Judo was invented in Japan in the late 19th century. The practice of Judo involves various unique techniques, which improve one's agility, flexibility, strength, and mental health. Judo is one of the sports that cater for visually impaired athletes. Judo became the first Asian sport which originated in Asia to be included in the Paralympic Games when Men's Judo was introduced at the 1988 Seoul Paralympic Games. Women's Judo was included in the sports programme at the 2004 Athens Paralympic Games.

Based on the severity of their visual impairments, Judo athletes compete in two classes: J1 (totally blind) and J2 (with residual vision). Athletes with hearing impairments can also take part in Judo competitions. Judo athletes competing within the same sports class are grouped by weight. They are not required to wear eye masks during the competition.



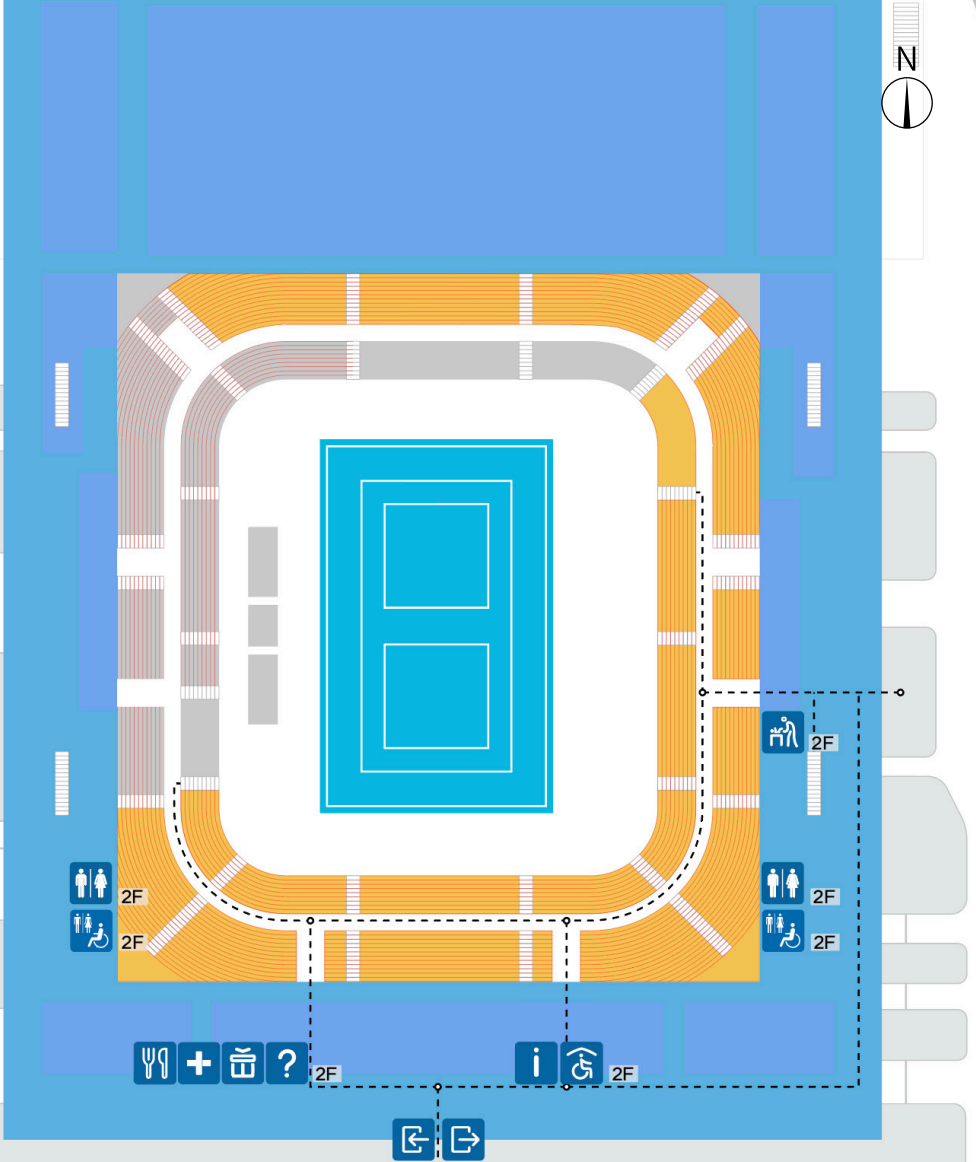
Hangzhou Asian Para Games features 16 events (8 men's and 8 women's events) in Judo.

Competition Venue – Xiaoshan Linpu Gymnasium

The Judo competition will take place at Xiaoshan Linpu Gymnasium. The venue is located in the heart of Linpu Town, Xiaoshan District, Hangzhou City, and is about 24 kilometres from the Asian Para Games Village. It has a total floor area of 24,040 square metres.











* For details, please refer to the venue-specific Spectator Guide.



Xiaoshan Linpu Gymnasium

Venue Navigation

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|---|-----------------------------|---|------------------------------|
|  | Spectator Information Booth |  | Official Merchandise Store |
|  | Ticketing Help Desk |  | Nursing Room |
|  | Stroller/Wheelchair Parking |  | Food and Beverage Concession |
|  | Spectator Medical Station |  | Spectator Seating |

*The service facility locations indicated on the map are for reference only, and may differ during Games time.

Lawn Bowls

Lawn Bowls can trace its origin to the British royal family hundreds of years ago. During a Lawn Bowls match, athletes of the two sides take turns to roll the bowls towards a predetermined target ball. The team whose bowls end up closest to the target ball gets the point. Lawn Bowls made its official Asian Para Games debut in Incheon in 2014.

Competitors in Lawn Bowls at the Hangzhou Asian Para Games include individuals with physical or visual impairments.



Hangzhou Asian Para Games features 24 events in Lawn Bowls: Men's Singles of 8 classes, Women's Singles of 8 classes, and Mixed Pairs of 8 classes.

Competition Venue - Hangzhou Wenhui School Lawn Bowls Green

The Lawn Bowls competition will be held at Hangzhou Wenhui School Lawn Bowls Green. The venue is located in Qiantang District, Hangzhou City, and is about 21 kilometres from the Asian Para Games Village. It has a gross floor area of 44100 square metres.



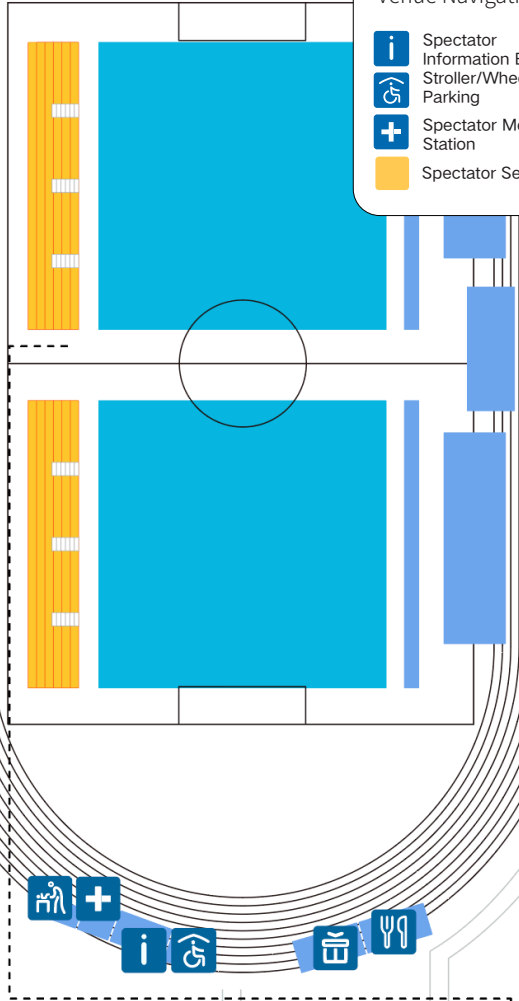
* For details, please refer to the venue-specific Spectator Guide.



Hangzhou Wenhui School Lawn Bowls Green

Venue Navigation

-  Spectator Information Booth
-  Stroller/Wheelchair Parking
-  Spectator Medical Station
-  Spectator Seating
-  Official Merchandise Store
-  Nursing Room
-  Food and Beverage Concession



*The service facility locations indicated on the map are for reference only, and may differ during Games time.

Powerlifting

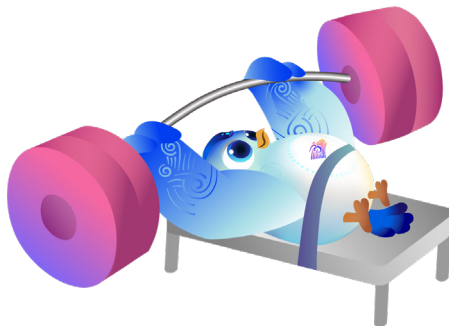
Powerlifting made its Paralympic debut at Tokyo 1964, and only male athletes with spinal cord injuries could participate in the competition. Women's Powerlifting was first included in the sports programme of the Paralympic Games at Sydney 2000. Para athletes in this sport mainly have spinal cord injuries, cerebral palsy or physical impairments.



Hangzhou Asian Para Games features 20 events in Powerlifting: 10 men's and 10 women's events.

Competition Venue – Xiaoshan Sports Centre Gymnasium

The Powerlifting competition will be held at Xiaoshan Sports Centre Gymnasium, which is located on 398 Shixin South Road, Xiaoshan District, Hangzhou City, and is about 11.7 kilometres from the Asian Para Games Village. It contains facilities for competition and Games services. The venue has a total floor area of 10,802 square kilometres.











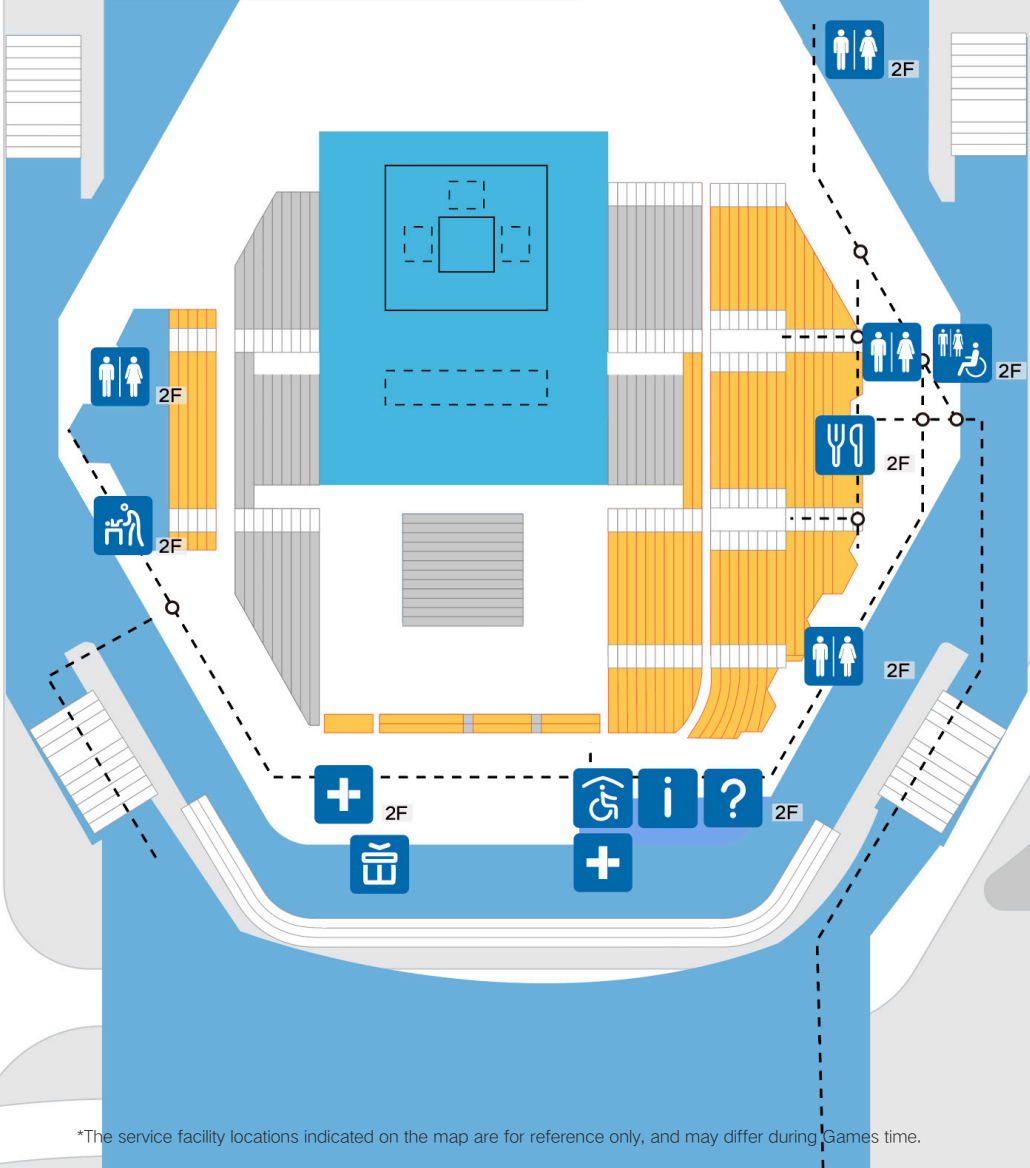
* For details, please refer to the venue-specific Spectator Guide.



Xiaoshan Sports Centre Gymnasium

Venue Navigation

-  Spectator Information Booth
-  Ticketing Help Desk
-  Stroller/Wheelchair Parking
-  Spectator Medical Station
-  Official Merchandise Store
-  Nursing Room
-  Food and Beverage Concession
-  Spectator Seating



*The service facility locations indicated on the map are for reference only, and may differ during Games time.

Rowing

Rowing is a water sport in which rowers propel the boat backwards on a straight course using oars. The sport made its Paralympic debut at Beijing 2008, at which the 1,000m course was adopted. In 2017, the distance of Para Rowing increased from 1,000m to 2,000m, the same as that of the sport's Olympic counterpart. Athletes in Para Rowing are mainly rowers with physical impairments, spinal cord injuries, or visual impairments. Rowers are assigned to different sport classes according to the degrees of their impairments.



Hangzhou Asian Para Games features five events in Rowing: Men's Single Sculls (PR1), Women's Single Sculls (PR1), Mixed Double Sculls (PR2), Mixed Double Sculls (PR3) and Mixed Coxed Fours (PR3) (four rowers and one cox).

Competition Venue - Fuyang Water Sports Centre

The Rowing and Canoe competitions will be held at Fuyang Water Sports Centre. (See Page 141 for more information about the venue.)



* For details, please refer to the venue-specific Spectator Guide.

Shooting

The sport of Shooting consists of rifle and pistol, with events at three distances: 10m, 25m and 50m. Depending on the event, athletes compete in standing, kneeling, or prone shooting positions. Most para athletes in a Shooting competition compete from a wheelchair. Shooting has been on the Paralympic sports programme since the Toronto 1976 Paralympic Games. Most para athletes in the sport have amputations or spinal cord injuries.



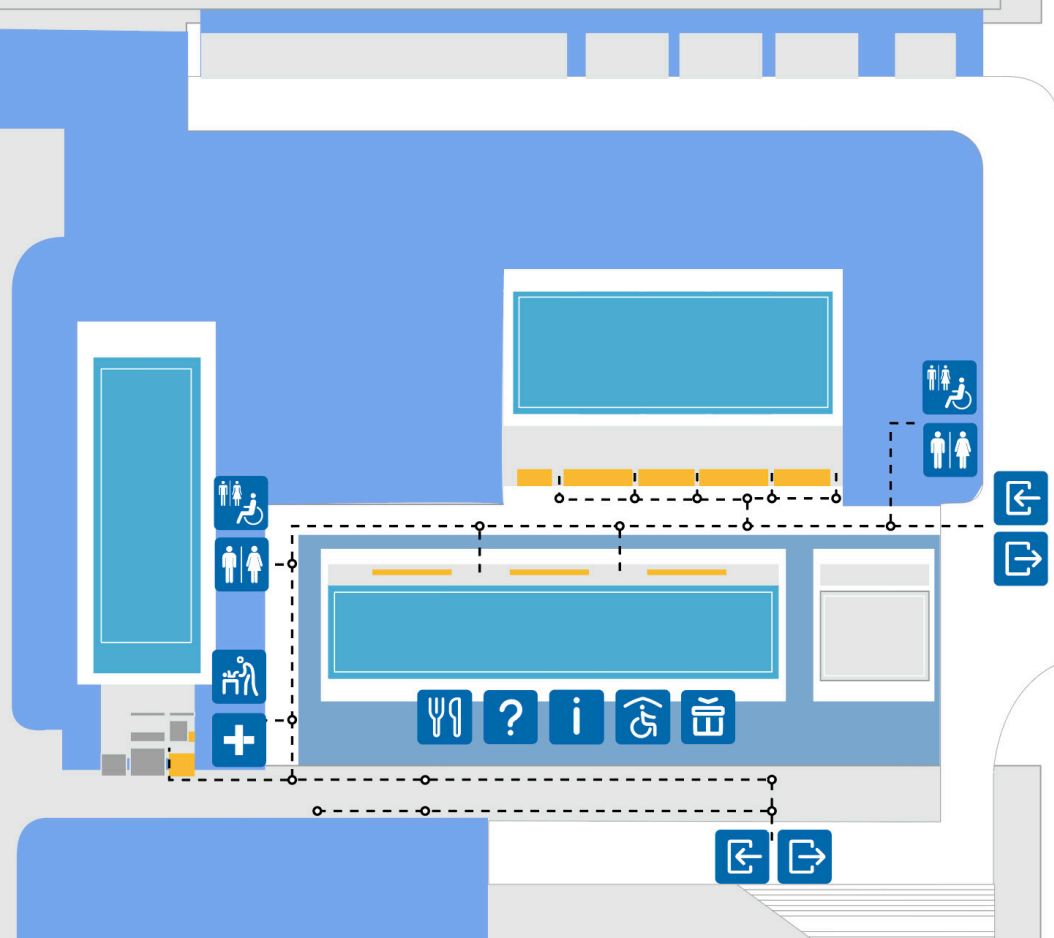
Hangzhou Asian Para Games features 13 Men's Individual, Women's Individual and Mixed events in Shooting.

Competition Venue - Fuyang Yinhu Sports Centre

The Shooting and Archery competitions will be held at Fuyang Yinhu Sports Centre.



* For details, please refer to the venue-specific Spectator Guide.



Fuyang Yinhu Sports Centre - Shooting Range

Venue Navigation

- | | | | |
|--|-----------------------------|--|------------------------------|
| | Spectator Information Booth | | Official Merchandise Store |
| | Ticketing Help Desk | | Nursing Room |
| | Stroller/Wheelchair Parking | | Food and Beverage Concession |
| | Spectator Medical Station | | Spectator Seating |

*The service facility locations indicated on the map are for reference only, and may differ during Games time.

Sitting Volleyball

Sitting volleyball originated in the Netherlands in 1956 as a rehabilitation sport for wounded soldiers. The rules of sitting volleyball were made based on the rules of volleyball for non-disabled athletes, except that players compete in a sitting position. Men's Sitting Volleyball was first included in the Paralympic Games in Arnhem in 1980 and Women's Sitting Volleyball made its official Paralympic debut in Athens in 2004. Athletes in this sport are those with physical impairments.



Hangzhou Asian Para Games features two events in Sitting Volleyball, namely Men's and Women's Sitting Volleyball.

Competition Venue - Linping Sports Centre Gymnasium

The Sitting Volleyball competition will be held at Linping Sports Centre Gymnasium. Located on 177 Donghu South Road, Nanyuan Street, Linping District, the Gymnasium is approximately 19.6 kilometres from the Asian Para Games Village. The venue has a total floor area of 16,889 square metres.



* For details, please refer to the venue-specific Spectator Guide.

Swimming

Swimming was one of the eight sports competed at the 1st Paralympic Games Rome 1960. Swimming is a sport that can be practised by all para athletes. It helps athletes speed up their recovery and foster hope in life. Visually impaired swimmers find the right direction and complete the race by touching the pool lane divider. They develop a keen sense of touch and hearing that compensates for their visual impairments. Through swimming, athletes with physical impairments can improve their physical balance and strengthen their arms and legs, and athletes with intellectual impairments can enhance their self-control.



Hangzhou Asian Para Games features 141 individual and mixed relay events in Swimming.

Competition Venue - Hangzhou Olympic Sports Centre Aquatic Sports Arena

The Swimming competition will be held at Hangzhou Olympic Sports Centre Aquatic Sports Arena. Located north of Hangzhou Olympic Sports Centre in Xiaoshan District, the venue is about 3 kilometres from the Asian Para Games Village. It features a gross floor area of 53,959 square metres.









The venue is located at the northern end of the Hangzhou Olympic Sports Centre in Xiaoshan District of Hangzhou City. Connected with the Hangzhou Olympic Sports Centre Gymnasium, the arena forms part of the butterfly-shaped Games venue, which features a unique streamlined design with a silver metal roof that covers only part of the structure and platforms on both sides that open up like wings. Covering a total floor area of 53,959 square metres, the venue is equipped with swimming pools, diving pools, and serving as a specialised sports venue for swimming and diving competitions and training.



* For details, please refer to the venue-specific Spectator Guide.

Hangzhou Olympic Sports Centre Aquatic Sports Arena

Venue Navigation

- | | |
|---|--|
|  Spectator Information Booth |  Official Merchandise Store |
|  Ticketing Help Desk |  Nursing Room |
|  Stroller/Wheelchair Parking |  Food and Beverage Concession |
|  Spectator Medical Station |  Spectator Seating |



*The service facility locations indicated on the map are for reference only, and may differ during Games time.

Table Tennis

In 1960, Table Tennis was included in the first Paralympic Games held in Rome. This was 28 years before the sport made its Summer Olympic debut. At the time, only athletes with spinal cord injuries were eligible to compete. Over time, Table Tennis further evolved as eligibility expanded to include other impairment types.

The Table Tennis programme of the Hangzhou Asian Para Games features two categories, namely physical impairment and intellectual impairment. Athletes with physical impairments will compete in standing or sitting classes.



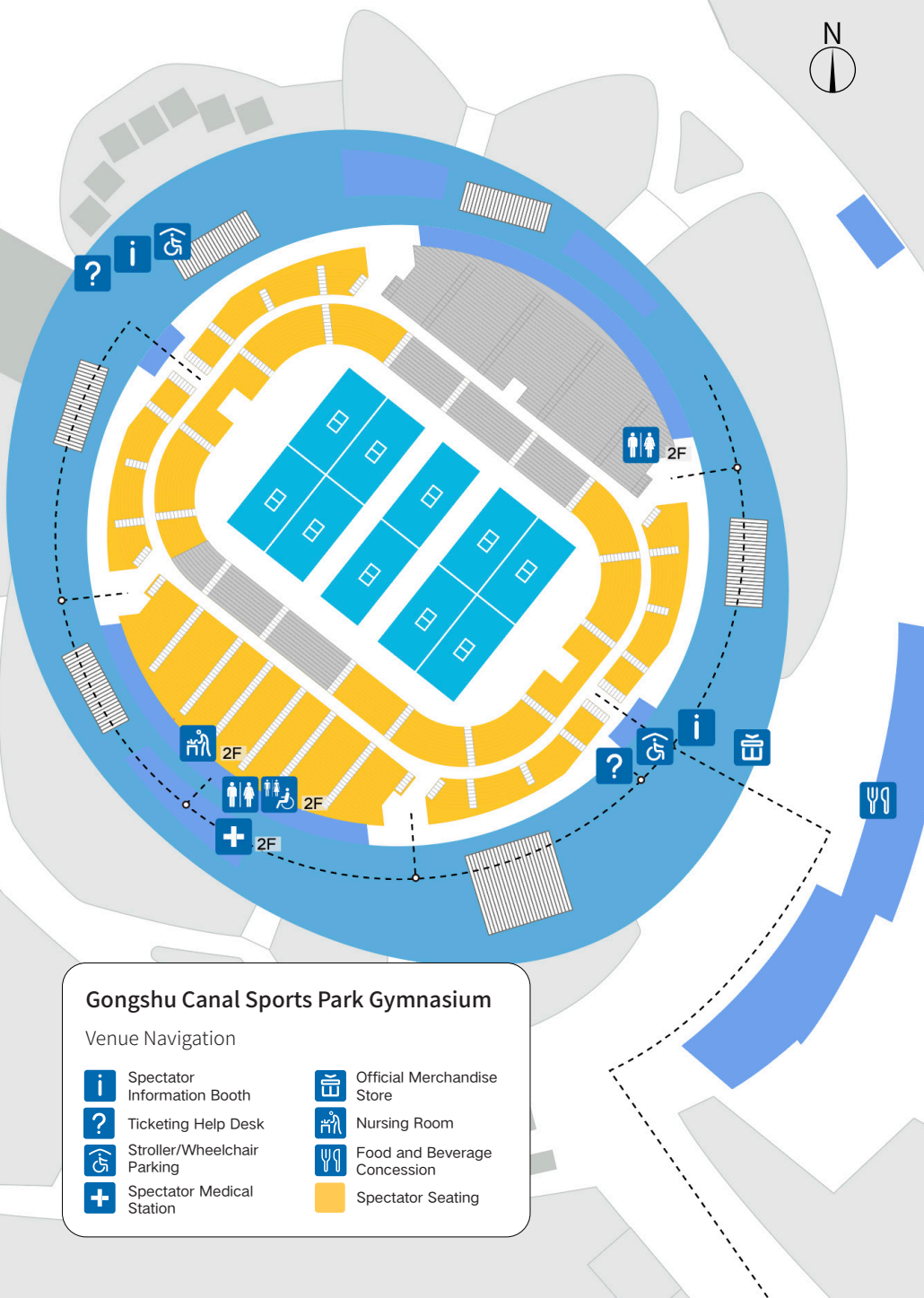
Hangzhou Asian Para Games features 37 events (Singles, Doubles and Mixed Doubles) in Table Tennis.

Competition Venue – Gongshu Canal Sports Park Gymnasium

The Table Tennis competition will be held at Gongshu Canal Sports Park Gymnasium, which is located in Gongshu District, Hangzhou City, and is about 14.5 kilometres from the Asian Para Games Village. It contains venues for competition and warm-up, and two floors of rooms for Games-time use. The Gymnasium will be used as a mass fitness centre after the Games. The venue has a total floor area of 58,395 square metres. Inspired by "Jade Cong" in the Liangzhu culture that has a "square" shape with a round hole inside, the Gymnasium has a similar shape that is also as smooth as silk. With brass tiles on one side and a glass facade on the other, it looks transparent under daylight.











* For details, please refer to the venue-specific Spectator Guide.



Gongshu Canal Sports Park Gymnasium

Venue Navigation

- | | |
|---|--|
|  Spectator Information Booth |  Official Merchandise Store |
|  Ticketing Help Desk |  Nursing Room |
|  Stroller/Wheelchair Parking |  Food and Beverage Concession |
|  Spectator Medical Station |  Spectator Seating |

*The service facility locations indicated on the map are for reference only, and may differ during Games time.

Taekwondo

Created in 2005, Para Taekwondo is divided into two types: Kyorugi for athletes with upper-limb impairments and Poomsae for athletes with intellectual impairments, neurological disorders or visual impairments. The 1st World Taekwondo Championships was held in 2009 and the sport was officially included in the sports programme at Tokyo 2020 Summer Paralympic Games.



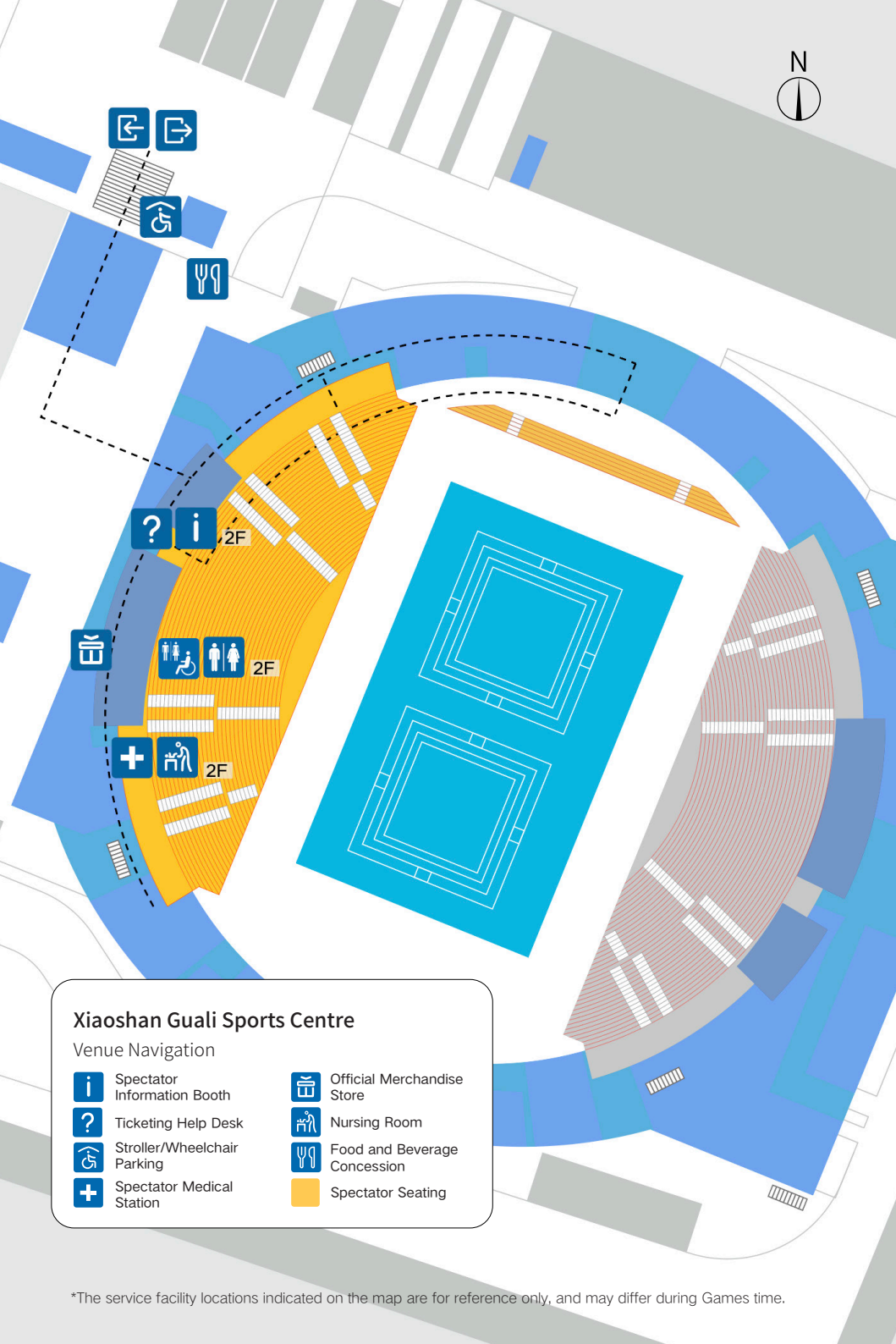
The Taekwondo competition of Hangzhou Asian Para Games features only Kyorugi, which consists of ten events (five men's and five women's) in total.

Competition Venue - Xiaoshan Guali Sports Centre

The Taekwondo competition will be held at Xiaoshan Guali Sports Centre. Located in the central Guali New Area, the venue is about 21 kilometres from the Asian Para Games Village. With a total floor area of 33,045 square metres, the venue contains a main competition hall and the warm-up area.











* For details, please refer to the venue-specific Spectator Guide.



Xiaoshan Guali Sports Centre

Venue Navigation

- | | | | |
|--|-----------------------------|---|------------------------------|
|  | Spectator Information Booth |  | Official Merchandise Store |
|  | Ticketing Help Desk |  | Nursing Room |
|  | Stroller/Wheelchair Parking |  | Food and Beverage Concession |
|  | Spectator Medical Station |  | Spectator Seating |

*The service facility locations indicated on the map are for reference only, and may differ during Games time.

Wheelchair Basketball

Organised by Paralympic Games founder Sir Ludwig Guttmann, Wheelchair Basketball games were played in two veterans' hospitals in the U.S. and the Stoke Mandeville Hospital in England as a rehabilitation sport for injured veterans in the 1940s. The sport debuted as one of the eight sports at the 1st Paralympic Games Rome 1960 and has been on the sports programme of the Paralympic Games ever since. Women's Wheelchair Basketball was introduced to the Paralympic sports programme at the Paralympic Games Tel Aviv 1968.

Wheelchair Basketball features head-on confrontations between two teams of players in wheelchairs on a basketball court. Players in this sport have lower limb amputations, poliomyelitis or spinal cord injuries. They are classified on a point system from 1.0 to 4.5 based on their functional ability. The sum of the points of a team's five members on the court, including those with the lowest functional ability ("low point" - 1.0) and those with the greatest functional ability ("high point" - 4.5), must not exceed 14.



Hangzhou Asian Para Games features two events in Wheelchair Basketball, namely Men's Team and Women's Team

Competition Venue – Hangzhou Olympic Sports Centre Gymnasium









The Wheelchair Basketball competition will be held at Hangzhou Olympic Sports Centre Gymnasium. Located at the southern tip of Hangzhou Olympic Sports Centre in Xiaoshan District, the Gymnasium and Hangzhou Olympic Sports Centre Aquatic Sports Arena are hailed as "Butterfly". Inspired by the "Butterfly Lovers" legend in Hangzhou, the two venues look like spreading wings from a bird's-eye view with a streamlined shape. It can meet the requirements for not only basketball matches such as the NBA, but also ice sports.

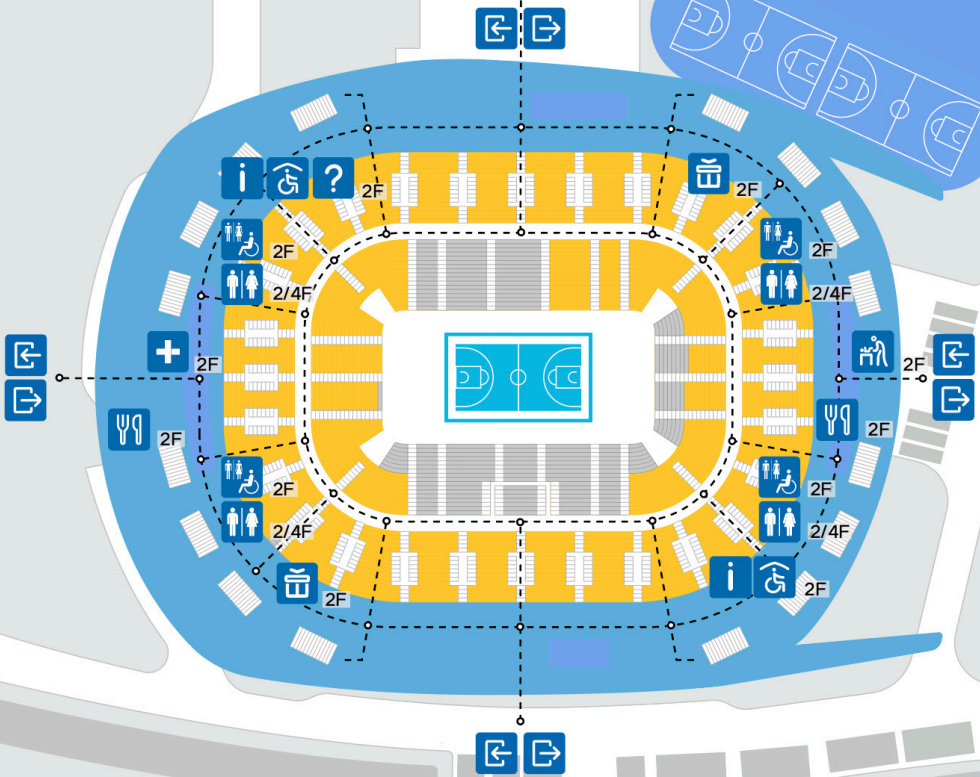


* For details, please refer to the venue-specific Spectator Guide.

Hangzhou Olympic Sports Centre Gymnasium

Venue Navigation

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|  | Spectator Information Booth |  | Official Merchandise Store |
|  | Ticketing Help Desk |  | Nursing Room |
|  | Stroller/Wheelchair Parking |  | Food and Beverage Concession |
|  | Spectator Medical Station |  | Spectator Seating |



*The service facility locations indicated on the map are for reference only, and may differ during Games time.

Wheelchair Fencing

Wheelchair Fencing was invented by Ludwig Guttmann at Stoke Mandeville Hospital in England, the birthplace of the Paralympic Games, in 1953 as a rehabilitation activity for patients with spinal cord injuries. It made its official Paralympic debut at the 1st Paralympic Games Rome 1960. Since then, Wheelchair Fencing has been included in the sports programme of each edition of the Paralympic Games. Athletes in Wheelchair Fencing mainly have spinal cord injuries or other physical impairments. The wheelchairs of the two combatants are fastened to rails on the piste during the competition.



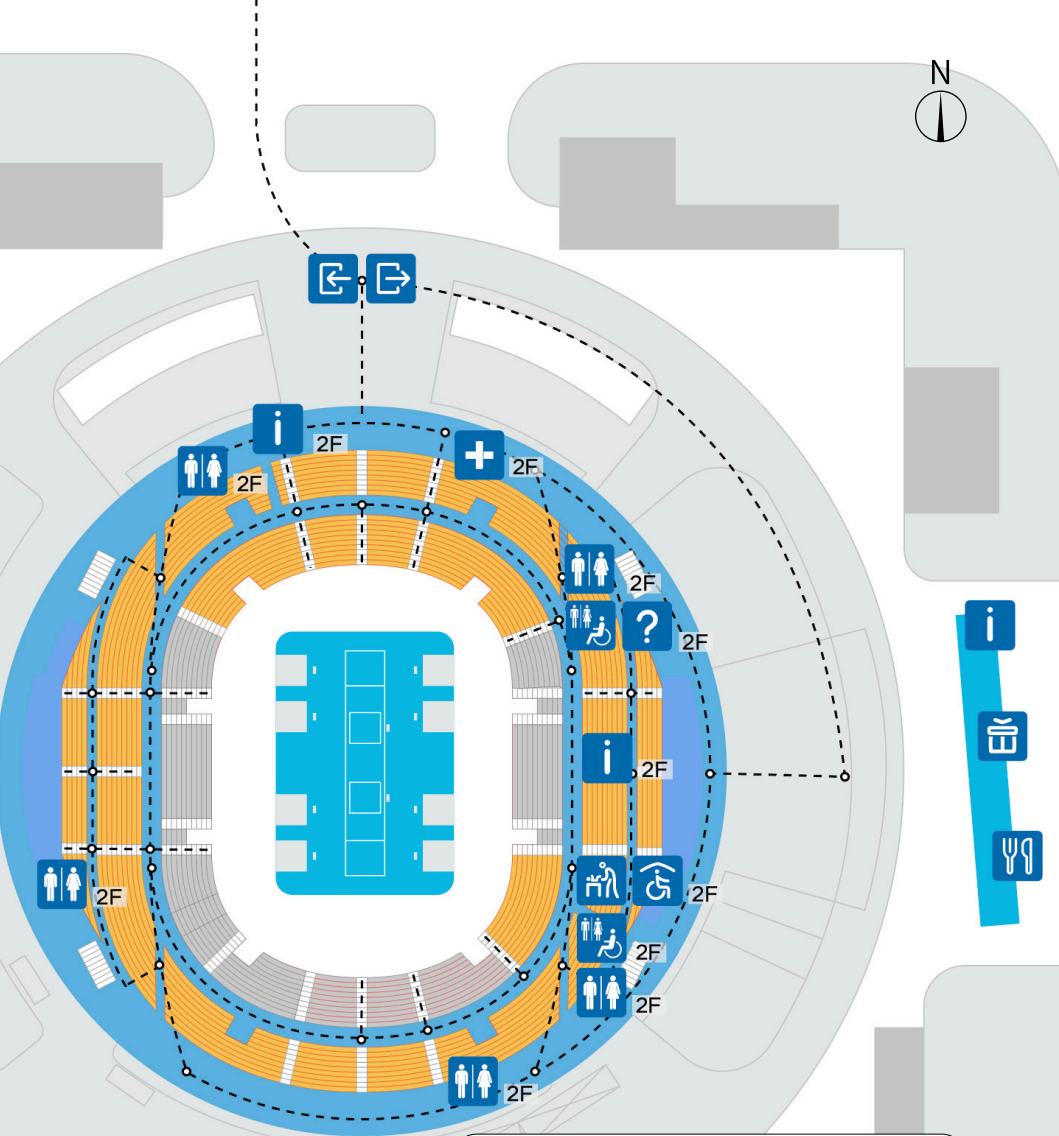
The Wheelchair Fencing competition of Hangzhou Asian Para Games features 18 individual and team events in Épée, Foil, and Sabre.

Competition Venue – Hangzhou Dianzi University Gymnasium

The Wheelchair Fencing competition will be held at Hangzhou Dianzi University Gymnasium, which is located in Hangzhou Dianzi University, Xiasha Higher Education Park in Qiantang District, and is about 15 kilometres from the Asian Para Games Village. It contains venues for competitions, preliminaries, and warm-up. The venue has a total floor area of 14,595 square metres.











* For details, please refer to the venue-specific Spectator Guide.



Hangzhou Dianzi University Gymnasium

Venue Navigation

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|---|-----------------------------|---|------------------------------|
|  | Spectator Information Booth |  | Official Merchandise Store |
|  | Ticketing Help Desk |  | Nursing Room |
|  | Stroller/Wheelchair Parking |  | Food and Beverage Concession |
|  | Spectator Medical Station |  | Spectator Seating |

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Wheelchair Tennis

Wheelchair Tennis was invented by Brad Parks, an American, in 1976. After a skiing injury, he had been playing tennis as a method for recreation. In 1988, the International Wheelchair Tennis Federation (IWTF) was founded and the sport made its Paralympic debut in Seoul as a demonstration sport. Wheelchair Tennis appeared at the Paralympic Games Barcelona 1992 as an official sport. From 1992 onwards, the sport has been on the sports programme of every edition of the Paralympic Games. Wheelchair Tennis is usually played between two or four players with an impairment to one or both lower limbs. It is also available to players with quadriplegia, and those with lower limb impairments and upper limb amputations. Players must compete in wheelchairs.



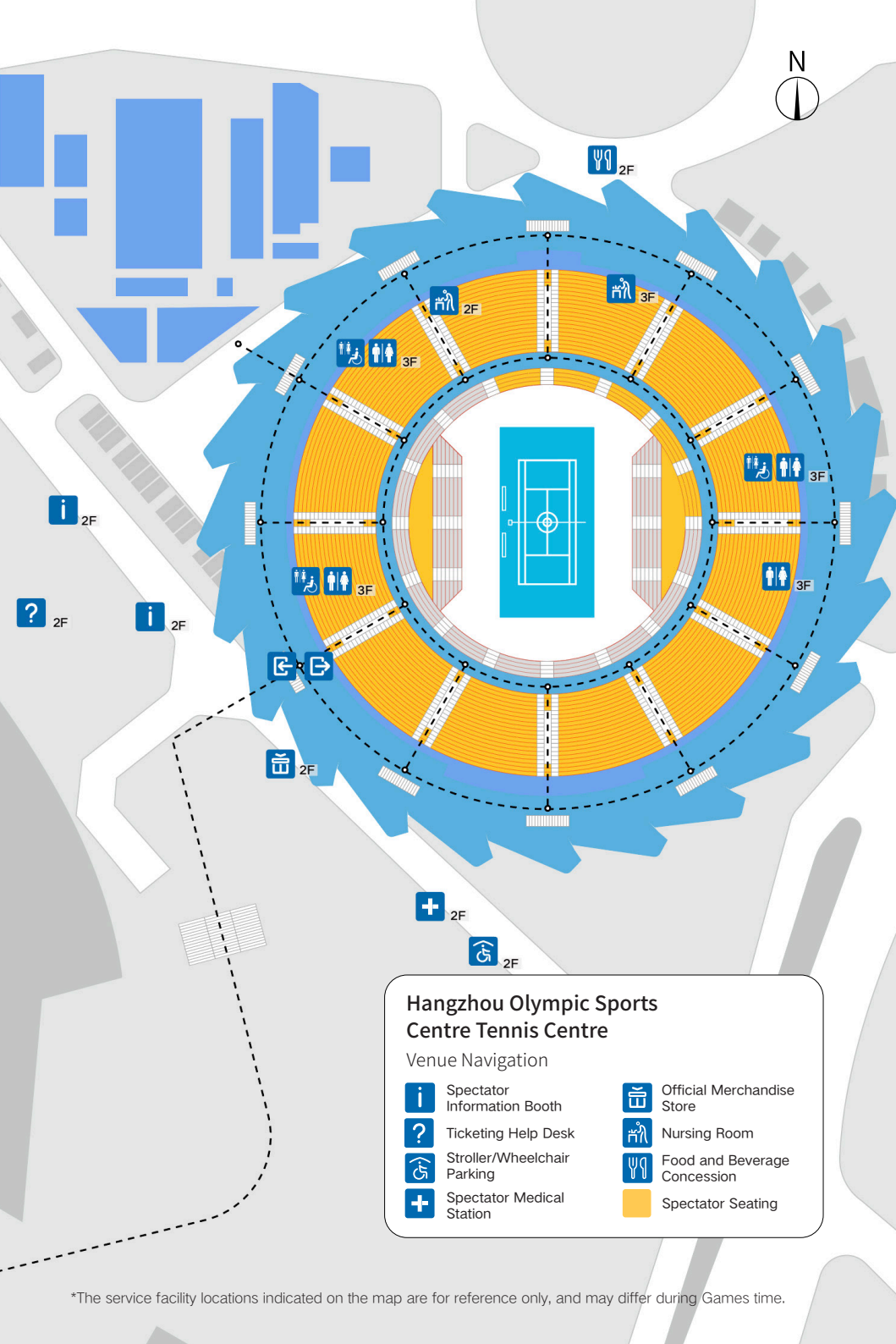
Hangzhou Asian Para Games features six events in Wheelchair Tennis, namely Men's Singles, Women's Singles, Men's Doubles, Women's Doubles, Quad Singles, and Quad Doubles.

Competition Venue – Hangzhou Olympic Sports Centre Tennis Centre

The Wheelchair Tennis competition will be held at Hangzhou Olympic Sports Centre Tennis Centre. Located southeast of Hangzhou Olympic Sports Centre, the Tennis Centre is about three kilometres from the Asian Para Games Village. During the Games, the Centre Court, Court 1, Court 2, and five outside courts at Hangzhou Olympic Sports Centre Tennis Centre will be used. The Tennis Centre has a gross floor area of 52,300 square metres. The steel roof of the "Little Lotus", the venue for the Finals, consists of 8 pieces (160 tons/piece) of "petals" that can be opened, which is the first competition venue with such a construction in the world. Also, it can meet the demands of the world's top tennis events all year round.











* For details, please refer to the venue-specific Spectator Guide.



Hangzhou Olympic Sports Centre Tennis Centre

Venue Navigation

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|  | Spectator Information Booth |  | Official Merchandise Store |
|  | Ticketing Help Desk |  | Nursing Room |
|  | Stroller/Wheelchair Parking |  | Food and Beverage Concession |
|  | Spectator Medical Station |  | Spectator Seating |

*The service facility locations indicated on the map are for reference only, and may differ during Games time.

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