



**World Dwarf
Games**

28.07.-05.08.2023

WORLD DWARF GAMES 2023

Information Package

28.07.-05.08.2023

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1) The World Dwarf Games 2023

The German association of short-statured people and their families (BKMF e.V.), in cooperation with the International Dwarf Sports Federation, would like to invite you to the 8th World Dwarf Games from the 28th of July until the 5th of August at the German Sport University in Cologne, Germany. We are proud to host this prestigious event that will help develop the legacy of the games and further develop our athlete's experience at international level. We are honoured to host the 8th edition of the games in Germany, where we are sure your athletes' will experience our incredible hospitality and create further history for dwarf athletes.

The World Dwarf Games are the largest international sporting event held exclusively for athletes with dwarfism. Its goal is to attract athletes with dwarfism from around the world to participate in sports. Athletes of all ages and every level of ability will be encouraged to participate in team and individual sports and explore their own athletic abilities with others of similar stature.

The aim is to provide the participants, their families and supporters, a welcoming and supportive environment for excellent sport competition while providing opportunities for forging lifelong friendships.

2) The German Sport University Cologne

The World Dwarf Games will be held at the prestigious and renowned German Sport University Cologne (GSU), founded in Cologne in 1947. It is the only university in Germany that is dedicated exclusively to the world of sport and exercise science. While sport and exercise science courses are available alongside many other subjects at other universities, the situation in Cologne is unique: all aspects of the exciting field of sport and exercise science are studied in detail at 19 institutes, four affiliate institutes and five transfer centres.

This expertise concentrated in one location allows for a unique interdisciplinary approach and provides the opportunity to examine complex social topics from various perspectives of sport and exercise science. The spectrum ranges from health to biomechanics and physiology, but also economic, historical and ethical considerations.

Located at the Müngersdorf Sport Park, in the heart of Cologne's green belt and within an almost perfect sport infrastructure, Europe's largest sport university offers a unique environment for 980 employees and more than 6.000 students from 93 countries.

Most events will be held at track and field stadium (top left picture) and the "Nordhallen" Gyms – 22-24 (second left picture). Additional venues, all located in the

area of the GSU, will be announced leading up to the Games in July. A campus map can be found [here](#). Please note that there will be construction works during the Games. As of now, we are confident that their impact on the Games will be limited. Accessibility of the facilities will be maintained.



Top row left to right: track and field stadium and air view German Sports University Cologne campus
Bottom row left to right: main entrance GSU and training session at the “Nordhallen”

3) Sports: a quick overview

The World Dwarf Games 2023 will bring together athletes with all forms dwarfism to take part in this unique event, competing on eye level. We aim to create a fantastic event to inspire, to celebrate and create memories. In 10 disciplines athletes will demonstrate their abilities:

- Archery & Crossbow
- Badminton
- Basketball
- Boccia
- Powerlifting
- Soccer
- Swimming
- Table Tennis
- Track & Field
- Volleyball

Comprehensive information regarding sports, classification, age, etc. can be found starting page 15.

4) Registration & Participation fees

All athletes are required to register prior to the World Dwarf Games 2023. From 13.03.2023 to 15.04.2023 the online-registration form will be open to sign up and we invite all athletes, families, trainers and persons accompanying to secure their spot in the upcoming Games. The above-mentioned registration period is applicable for all attendees.

There will be a registration fee per person to take part at the Games. The includes

- participation as an athlete or accompanying person
- on-site lunch (11 am to 2 pm)
- and the shuttle service provided from the tram station to campus.

The fees are:

For Athletes: €100.00 / per person

For Non-Athletes: €50.00 / per person

All athletes will receive a so-called "City ticket" which enables free transport within the city of Cologne. For all other persons, additional charges for public transportation may arise. We are currently negotiating with the city and are very confident to offer a solution for everyone.

Detailed information will follow roughly 4 weeks prior to the event. Kindly note that the registration fee must be paid upon completion of the registration process and that dinner is not included.

5) Hotels

We have reserved several hundred rooms across five hotels in Cologne, that range from hostels to 4-star hotels (see table below). Although accommodation may be spread out across the city, they are all conveniently located on the same tram line as the university (Line 1), taking anywhere between 10–30 minutes travel time, without having to make any transfers).

Other than previous hosts countries, we have no access to the few available dormitory options in campus. Additionally, German students remain in their dorms through the summer, thus we cannot use the on-site dormitories.

Hotel recommendations



© Ameron

Ameron hotel

This four-star hotel offers design and eloquence to its guest looking for a **single or double room only**. Some bathrooms have a small elevation to the shower. Located 350m away from the tram line, the GSU can be reached with a 20-minutes tram ride.



© A&O Hostel

A&O Hostel

The A&O Hostel is just a few tram stops away from the city center of Cologne and the furthest away from the GSU (30 minutes). It offers multiple **four bed rooms** and comes with bunk beds offering a true hostel experience. There is a 10cm elevation to the shower.



© B&B hotel

B&B City Hotel

Just opened in March 2022, the B&B City hotel Cologne offers modern furnishing and a variety of room options ranging from **single to family rooms**. The family room has a double bed as well as a bunk bed. Checked for its accessibility prior to the booking, there is only a small elevation (5 cm) to be taken to enter the cabin shower.



© Dorint hotel

Dorint Junkersdorf

The Dorint Essential Junkersdorf is a bit older, but accessible alternative. There is a 10cm elevation to the shower. It offers comfortable **single and double rooms**. The tram line stop is close to the Dorint allowing for an easy commute from and to the GSU. Not as upscale as the Ameron, but an overall great hotel for athletes and guests of the WDG.



© German Sports University / Guesthouse

Guesthouse German Sports University

The Guesthouse is located on campus and offers up to 45 rooms with basic furnishing in an affordable price range. **Single and double bookings** are available here. It has 10 wheelchair accessible rooms of all the alternatives. The Guesthouse also offers breakfast within the facilities and is 10 walking minutes away from the track and field stadium or the cafeteria located on campus.

All hotels have been checked for their accessibility. All hotels have accessible bathrooms with limited elevation to enter the shower cabins (max. 5 to 10 cm). Stools will be available in each hotel for all attendees use. Hotels can be booked through the registration form. Accommodation will be allocated through individual booking at a first-come-first-served basis, and not by country.

Overview hotels

Hotel name	Capacity	Room choices	Distance to GSU & City-Centre (CC)	Dogs (extra cost)
Ameron Hotel ****	100 rooms	Single and double rooms	GSU: 16 min CC: 20 min	20 Euro/ day
A&O Hostel Neumarkt	20 double rooms, 15 family rooms, Multibed-rooms for up to 120 people	Double, family rooms, multibed rooms	GSU: 25 min CC: 13 min	12,50 Euro/ day

Hotel name	Capacity	Room choices	Distance to GSU & City-Centre (CC)	Dogs (extra cost)
B&B City Hotel  *we plan for a shuttle service to the tram line	200 rooms	Single, double, triple and 4-bed rooms; 4 wheelchair accessible rooms	GSU: 20 min* CC: 25 min	Allowed/ price tbd
Dorint Junkersdorf ***	80 rooms	Single and double rooms	GSU: 10 min CC: 30 min	11 Euro/ night
Guesthouse German Sports University 	25 rooms	Single and double rooms; 10 wheelchair accessible rooms	On campus CC: 30 min	Not allowed

Hotel Booking & Prices

The hotel booking will be facilitated through the registration form. It is important to note the following before booking a room:

- The hotel booking will be done on a first-come-first-serve basis.
- All bookings will be done through our registration form.
- It is possible to reserve a room for 48hrs. After that, unless the booking was completed, the room is released.
- Once the booking is completed, the person stated under “billing address” will receive an invoice. Participants wanting to share a room, and thus costs, are responsible and expected to do that on a personal level and at their own convenience.
- Payment options are as follows:
 - direct bank transfer (for countries which use IBAN & BIC, such as the European Economic Area)
 - countries outside EU: bank transfer by your local bank or other service providers such as Moneygram, Wise, or Western Union. Please note that their fees and the exchange rate vary depending on the country.
- The payment deadline, for all options, is two weeks after reception of the invoice.
- Other than previously communicated, we are not able to offer instalments. PayPal decides on an individual basis to offer that payment possibility. Combined with additional fees by PayPal, this option is expensive and unfeasible.

Room allocation

- The host organisation does not allocate people to certain rooms, but registering persons are asked to pair up and find one (or more) room buddy or buddies.
- The registration form allows for people to allocate, share or request for others to share a room. Please note that this is just for your own convenience to keep an overview of booked rooms and their allocation.
- All rooms booked through one account will be also invoiced completely to the account holder.

Hotel name		Single Room	Double room	Triple room	Families room (four beds)	Multibed rooms/ per person
Ameron Hotel ****	Cost per room	130,00 €	155,00 €	n/a	n/a	
	<i>Cost per person</i>	<i>130,00 €</i>	<i>77,5 €</i>	<i>n/a</i>	<i>n/a</i>	
A&O Hostel Neumarkt	Cost per room	n/a	95,00 €	n/a	154,00 €	36,00 € *
	<i>Cost per person</i>	<i>n/a</i>	<i>47,50 €</i>	<i>n/a</i>	<i>38,50</i>	
B&B City Hotel 	Cost per room	135,50 €	146,00 €	156,50 €	167,00 €	
	Cost per person	135,50 €	73,00 €	52,20 €	41,8 €	
Dorint Junkersdorf ***	Cost per room	125,00 €	135,00 €	n/a	n/a	
	Cost per person	125,00 €	67,50 €	n/a	n/a	
Guesthouse German Sports University 	Cost per room	65,00 €	100,00 €	n/a	n/a	
	Cost per person	65,00 €	50,00 €/	n/a	n/a	

*Exception: The A&O Hostel does offer multibed rooms, basically like dormitory offering 4 to 8 beds. The multibed rooms are booked by person, not by room. The dorms are either mixed, female or male dorms only. The beds within the dorms will be allocated accordingly.

All bookings include breakfast as per room occupation: a double room includes two breakfasts, a triple room, three breakfast, and so on. There will not be any breakfast served on campus. So athletes and accompany persons alike are strongly recommended to make good use of the complimentary breakfast.

Dogs

Kindly let us know via E-Mail (info@wdg2023.com) if you'll be travelling with a dog. The extra cost must be paid at the hotel.

Please note: If you would like to book accommodation through us, it must be booked and paid in full within the registration period once the registration opens, as cancellation rates are extremely high. Other hotels or offers can be organised by the athletes individually, independently from the host organisation.

6) Preliminary Timetable WDG 2023

Note: The following timetable is not absolute, and is subject to change. A Chef-de-Mission meeting will be held every evening (excl. Sat 5th Aug)

Date/Time	Morning	Afternoon	Evening
Friday, 28.07.23	Check-In & Classification	Opening Ceremony	
Saturday, 29.07.23	Powerlifting & Classification	Volleyball & Classification	
Sunday, 30.07.23	Soccer (group stage)	Soccer (up to semifinals)	
Monday, 31.07.23	Badminton	Badminton	
Tuesday, 01.08.23	Basketball (up to semifinals)	Crossbow	
Wednesday, 02.08.23	Boccia	Boccia	
Thursday, 03.08.23	Track & Field	Track & Field	
Friday, 04.08.23	Swimming	Basketball Finals	
Saturday, 05.08.23	Table Tennis	Soccer Finals	Closing Ceremony & Dinner event
Sunday, 06.08.23	Departure		

7) Check-In & Classification

All athletes are required to check-in at the event venue to confirm their arrival at the games as well as getting classified at least one day prior to the event. The check-in and information counter will be opened throughout the games at in the main foyer hall of the GSU University.

Additionally, there will be a daily check-in at the event location for each discipline confirming the starting list to ensure professional and timely handling of all events.

Classification will be offered, on each day, throughout the games. A schedule announcing time slots and locations will be announced roughly 4 weeks prior to the games.

8) Opening & Closing Ceremony

The Opening Ceremony will be held on 28.07.2023 in the afternoon at the track and field stadium. All participating national teams/country teams will be welcomed at the stadium. Athletes shall participate in their national kit. Participation at the opening ceremony is not mandatory to compete in the World Dwarf Games. Athletes arriving later will be able to join the competition. Appointed Chef-de-Mission will receive detailed information regarding the opening ceremony prior to the games. Information regarding the closing ceremony will follow.

9) Facilities at the German Sports University

Restrooms

Restrooms are available on the ground. There are also a few barrier-free restrooms. Sufficient signs and information regarding the infrastructure will be available at the World Dwarf Games to facilitate orientation on campus.

Changing Rooms

Changing Rooms are available at the various locations for athletes to use on campus. We advise to arrive already fully changed at the competition venue to ensure a timely procedure of the games. Showering facilities are available to use throughout the day.

Catering

The on-campus cafeteria will be available until 3 pm to cater to people needs offering a variety of snacks and drinks. Lunch (11am to 2 pm) will be served in the cafeteria and is included in the registration fee for athletes and accompanying persons. A collection of dinner options will announced prior to the Games.

10) Travel Information

Public transport

Cologne is a friendly and open-minded city and is well connected in terms of public transport. The local carrier "KVB" offers barrier-free cars. Overall, Cologne as well as its public transport can be considered safe. Athletes will receive a "City Ticket" to use

public transport at no extra charge. We are currently negotiating with the city and are very confident to offer a solution for everyone. Detailed information will follow roughly 4 weeks prior to the event.

Public transport: In the need of guidance,...

Schedules, connections, timetables can be found online on the [KVB website](#). Further, Google Maps or Apple Maps work well in Germany. However, sometimes they assume longer walking distances as quicker, which might not necessarily be the case for all persons. So, consider carefully the walking distance before engaging on your planned journey.

Hint: Also, people in Cologne are super helpful. So, do not hesitate to ask for help, directions, a tip for a bar, or a great restaurant.

By public transport to the WDG venue (German Sports university)

Board the city railway line #1 Junkersdorf/ Weiden West or take the busses such as KVB-lines 141/ 143/-144. Get off at the stop "Rhein-Energie-Stadion" where you will find our shuttle service to the venue.

Shuttle Service tram sport to WDG venue

There will be a shuttle service as an offer bringing people from the tram stop "RheinEnergieStadion" to the designated event locations on campus to facilitate smooth transport to and from the venue. Additionally, we have planned for a shuttle service from the B&B City hotel to the closest tram line to facilitate easy access to the public transportation system.

Airport Köln

Just a few minutes from the city centre, the regional airport "Cologne Bonn Airport" is located. It's easy to reach by bus or train. Travelling by train the passengers arrive at the new Intercity-Express (ICE) railway station right in the centre of the Airport.

This airport might seem like the obvious choice, however, as regional airport not all airlines are offering flights. So, it might be worthwhile to check prices to the international airports in Düsseldorf or Frankfurt (see info below.)

The quickest way to and from Cologne Bonn Airport is by using public transport:

- use google maps and find the quickest way to your hotel/accommodation
- use the timetables of the public transport services to find your best connection. Rail timetables are available here: [Timetable information Deutschen Bahn](#); take the S-10 to Köln-Ehrenfeld and find your way to the hotel via Köln-Ehrenfeld

Airport Düsseldorf

A bit further up north, about 60 kms or 1 hour train is the international Düsseldorf airport. A great infrastructure allows for quick travel between Düsseldorf and Cologne: there are more than 40 direct trains from Düsseldorf Airport to the Cologne train station. The Düsseldorf Flughafen (Airport) train station is located on the east side of

the airport grounds and can be reached via the SkyTrain, a fully automatic cabin railway. Use Google Maps and find the quickest way to your hotel/accommodation. It will take about 45 mins to 1 hour to reach your destination.

Airport Frankfurt

90 min by train further south lies Germany's busiest airport, Frankfurt International Airport. The long-distance train station operated by German Rail (Deutsche Bahn) at Frankfurt Airport makes it simple to get there by train from anywhere in Germany or Europe. Information on schedules and fares is available on the website of German Rail. You can find the current route network map of the German railroad [here](#). More information at www.bahn.com.

11) Immigration / Visa applicants

The World Dwarf Games welcome athletes from all around the world to celebrate sports and the community. The German foreign office has been officially notified about the important cause of the Games and has expressed their gratitude and recognition for all athletes travelling to participate in the games. Please have a look at the website of the foreign ministry to see, if you need a visa: <https://www.auswaertiges-amt.de/en/visa-service/-/231148> In order to facilitate visa applications, we as a host organisation will provide a letter stating the cause and importance of the games and express our support to the athletes wanting to participate. Please get in touch with us via E-Mail (info@wdg2023.com) if you need the letter.

12) Parking

within the city of Cologne

Parking within the city parameter usually has to be paid for. Therefore, we would advise to find parking around the German Sports University and use public transport for the commute within the city.

At the German Sports University

There are several options around the university grounds ranging from on campus, to close walking distance towards the *Jahnwiese*. Also, there is a Park&Ride garage located closely to the *RheinEnergieStadium* which is for free most of the days. Further details, in particular regarding the garage, will be sent 4 weeks prior to the Games.

13) Photography & Videography

By signing up and/or attending the World Dwarf Games 2023, whether as a participant or otherwise (e.g. as a supporter), you agree that images may be captured during the event using film photography, digital photography, video or other medium and may be

used by BKMF to promote this or future events, on our websites, social media websites, promotional leaflets and other publicity material. The images may also be provided to the media for publication in newspapers or magazines.

No image shall be used by BKMF for commercial purposes without express consent of the individual(s) captured in that image.

BKMF shall take no responsibility for the capture and use of any images taken at the event by any third party not directly engaged by BKMF to do so on its behalf and accepts no liability for the actions of such third parties.

14) Liability waiver

By signing up for the World Dwarf Games, athletes as well as accompanying people acknowledge that they participate in the Games as well as all other side events at their own risk. The World Dwarf Games host does not assume liability for personal injury and property damage. Also, the organizer is not liable for theft and other damages occurring through the Games. For further reference, please turn to the IDSF rules and regulations, page 83.

15) Contact information

You've got questions so far? Do not hesitate to reach out to us via E-Mail (info@wdg2023.com). We can also arrange a zoom meeting if you prefer talking to us directly.

16) Sports & Classification & Age Overview

Sports	Futures	Junior A	Junior B	Open	Masters	Classification
Volleyball		X	X	X	X (in Open)	None
Soccer	X	X	X	X	X (in Open)	Contactsport
Badminton Singles		X	X	X	X	Lower Body
Badminton Doubles		X	X	X	X	Lower Body
Basketball		X	X	X	X (in Open)	Contactsport
Crossbow (18m) 			X	X	X	None
Archery (9 & 18m) 			X	X	X	None
Boccia Singles 	X	X	X	X	X (in Open)	Upper Body
Boccia Doubles 		X	X	X	X (in Open)	Upper Body
Table Tennis Singles 		X	X	X	X	Lower Body
Table Tennis Doubles 				X	X	Lower Body

Powerlifting

Sports	Junior (14+)	Open	Masters	Classification
Powerlifting 	X	X	X	Weight

Swimming

Sports	Futures	Junior A	Junior B	Junior C	Open	Masters	Classification
12.5m (width) Flotation	X	X	X	X			Upper Body
12.5m Freestyle	X						Upper Body
25m Freestyle		X	X	X		X	Upper Body

Sports	Futures	Junior A	Junior B	Junior C	Open	Masters	Classification
50m Freestyle					X	X	Upper Body
100m Freestyle					X		Upper Body
400m Freestyle					X		Upper Body
25m Backstroke		X	X	X		X	Upper Body
50m Backstroke					X	X	Upper Body
100m Backstroke					X		Upper Body
25m Breaststroke		X	X	X		X	Upper Body
50m Breaststroke					X	X	Upper Body
100m Breaststroke					X		Upper Body
25m Butterfly		X	X	X		X	Upper Body
50m Butterfly					X	X	Upper Body
100m Butterfly					X		Upper Body
100m Individual Medley		X	X	X			Upper Body
200m Individual Medley					X		Upper Body
4x25m Freestyle Relay		X	X	X			Upper Body
4x50m Freestyle Relay					X		Upper Body

Track & Field

Sports	Futures	Junior A	Junior B	Junior C	Open	Masters	Classification
15m Run	X						Lower Body
20m Run	X	X					Lower Body
40m Run		X	X				Lower Body
60m Run			X	X	X	X	Lower Body
100m Run				X	X	X	Lower Body
1500m Run					X	X	Lower Body
4x20m Shuttle	X	X					Lower Body
4x40m Shuttle			X				Lower Body
4x60m Shuttle				X		X	Lower Body
4x100m Shuttle					X		Lower Body
Flippy Flyer Throw	X						Upper Body
Frisbee Throw	X	X	X				Upper Body
Tennis Ball Throw	X	X	X				Upper Body
Soft/ Cricketball Throw		X	X				Upper Body
Discus			X	X	X	X	Upper Body
Javelin			X	X	X	X	Upper Body
Shot Put			X	X	X	X	Upper Body

17) Detailed information regarding all sport disciplines

Note: The information is organized according to the above mentioned preliminary schedule and analogue to the registration.

Powerlifting

When:	Saturday 29.07.23, morning session
Where:	“Nordhallen”
Classification:	Powerlifting Weight classification
Sex divisions:	Separate
Age divisions:	Junior-Powerlifting (14-15), Open (16-34), Masters (35+)
Events:	Individual bench press (no team competition)
Event Procedures:	Section 13 and all subparts of the IPC powerlifting rules apply to IDSF powerlifting competitions with the following exception.
IDSF rules:	Page 44 following

Powerlifting Rules

- Lifters who cannot fully extend the arms due to an anatomical deformation of their elbows/arms, must report this fact at check-in.
- Athletes have 3 attempts in total.
- Competition will begin with the lowest body weight category and proceed to the highest category. Within a body weight category, men will lift first and then women.
- After all athletes have completed their first attempt, they will proceed to do their second attempt in the same order.

Powerlifting Procedures

- Athletes lay on the bench and their legs are strapped down with a belt.
- Spotters/loaders will load the weight bar into the competitor’s hands. As soon as the athlete has received the bar securely, spotters follow the movement of the bar with their hands without touching it, until the either the athlete or chief referee asks
- Athletes must push the bar up until their elbows lock in, and briefly hold it steady in place.
- After the attempt, the weight bar is removed by the spotters/loaders.
- Then the Referees will announce if it was a “Good Lift” (valid) or a “No Lift” Execution (invalid)

Chief Referee Commands

Start Command

- When the Chief Referee is satisfied with the athlete's body position within the lift attempt time limit, they will provide a start command and signal to alert the athlete to begin their lift attempt
- The start command will not be given if one or more of the body position elements are incorrect. The Left or Right Referee will raise their arm if they observe that one or more of the body position elements are incorrect before the Chief Referee gives the start command

Rack Command

- When the Referee is satisfied that the athlete has completed their lift attempt execution or it is believed the lift attempt will fail for safety reasons, they will provide a rack command and signal to alert the athlete and/or the spotters/loaders to place the bar on the racks

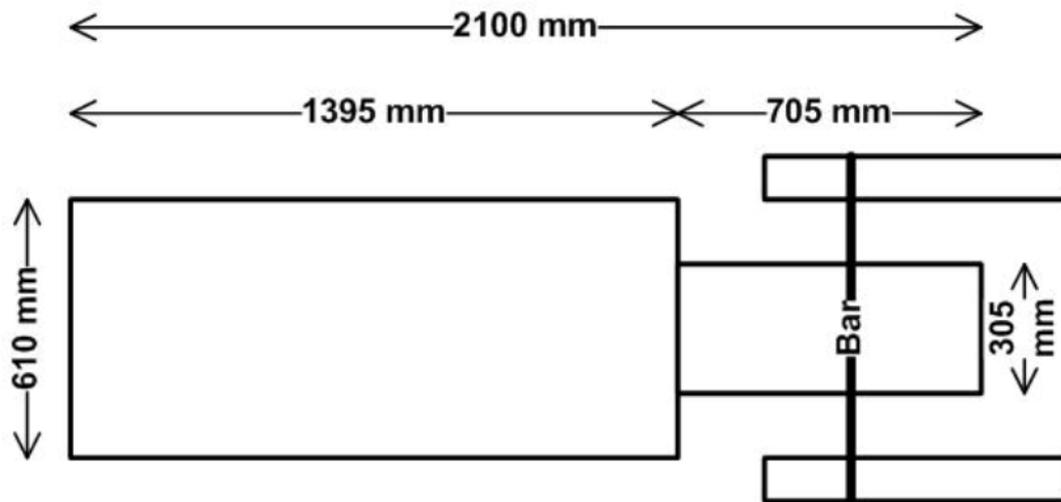
Lift Executions

"Good Lift" Execution

The following three sequences must be executed correctly:

- Body Position Sequence
 - a) The athlete lies on the bench on their back and assume the lifting position during the entire lift
 - b) The athlete's head, shoulders, buttocks, fully extended legs and heels (if applicable) remain on and touching the bench during the entire lift. The athlete may shake/slide on the bench as long as this does not change their starting position
 - c) The athlete is strapped in.
 - d) All the fingers of the athlete are wrapped firmly around the circumference of the bar (as far as possible) with the thumbs on the opposite side of the other fingers during the entire lift
 - e) The athlete begins the lift after the start command is given
- Down Sequence
 - a) The bar is controlled throughout the movement during the downwards movement of the bar
- Stop Sequence
 - a) The bar touches the chest and remains static between the downwards and upwards movement of the bar
 - b) The bar has stopped on the chest and does not sink into the chest before being pressed upwards
- Press Sequence
 - a) The bar is pressed upwards without unnatural support from several body parts

- b) The bar moves in an upward motion during the concentric/upwards movement of the bar
- c) The bar is pressed with equally timed lock out of both arms and elbows
- d) The athlete puts the bar back onto the rack after the rack command is given by the Chief Referee



Scoring:

The final result of each athlete will be calculated by the heaviest "Good Lift" lift attempt weight completed during the event within the three attempts. The first 3 places of each weight class, for both male and female respectively, will get a medal.

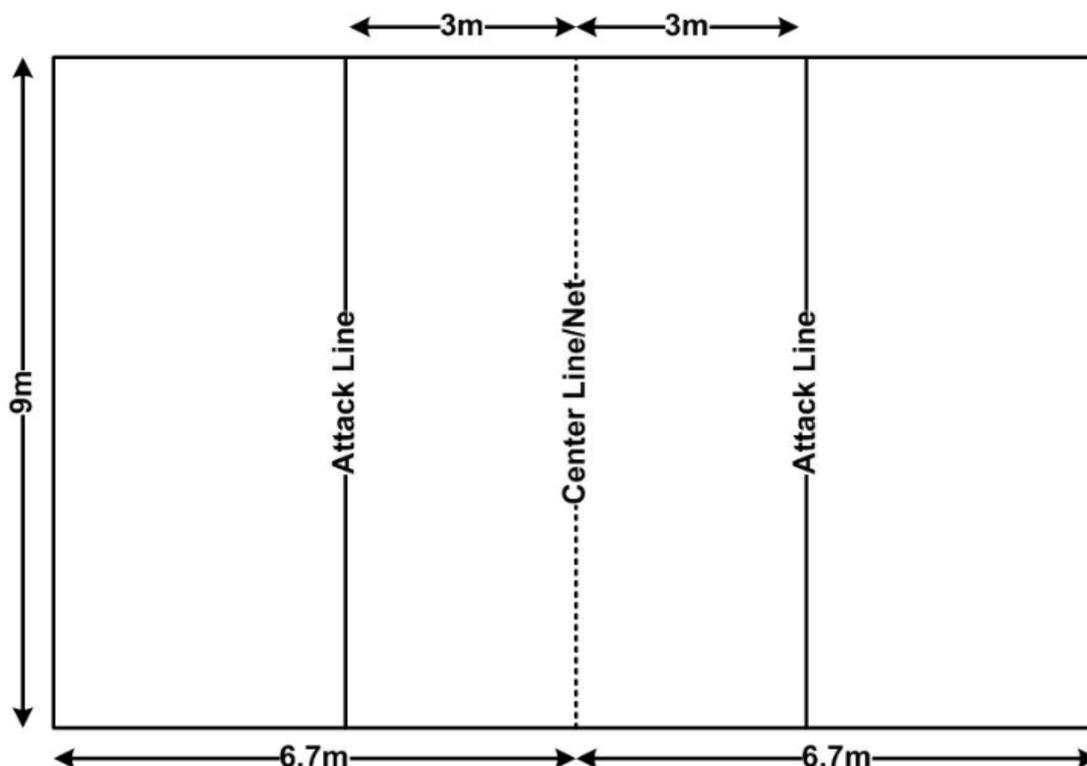
Equipment:

The kit includes the lifting suit, t-shirt, shorts, and shoes, head-dress for individuals with long hair, bench straps, belt, bandages, wrist straps, and plasters. IPC rule 4.5 shall serve as a guideline, but not a requirement.

Volleyball

When:	Saturday 29.07.23, afternoon session
Where:	"Nordhallen"
Classification:	No classification
Sex divisions:	Mixed
Age divisions:	Junior A (7-11), Junior B (12-15), Open (any age)
Events:	6-on-6 play
Event Procedures:	Standing volleyball rules http://www.volleyballadvisors.com/official-volleyball-rules.html shall apply with the following exceptions.
Tournament format:	tbd
IDSF rules:	Page 74 following

Playing court:



Net height: 6 feet (1.83m)

A maximum of 6 subs per set; each sub may only go in and out once every set.

Scoring:

- A set is won by the team who first reaches 25 points, with a minimum lead of two points.
- A match is won by the team that has won two sets.

- A 3rd deciding set is won by the team who first reaches 15 points, with a minimum lead of two points.

Equipment:

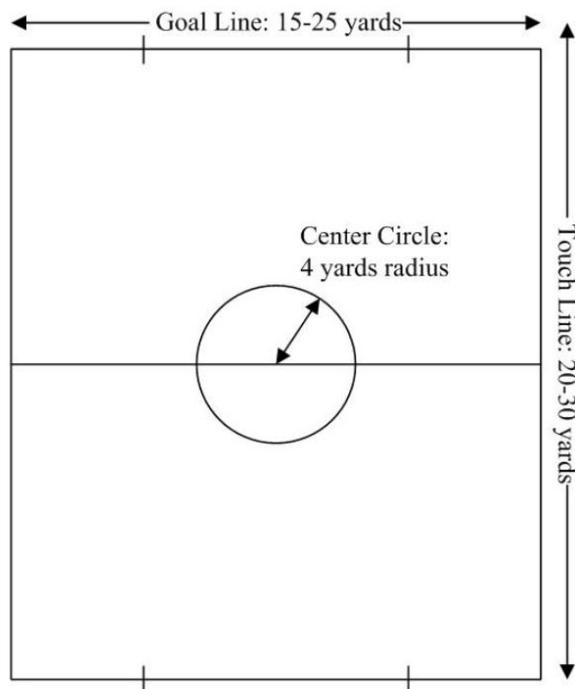
Matchball for Open: S standard volleyball with circumference of 65-67cm, weight of 260-280g shall be used.

Matchball for Junior A and B: A lightweight volleyball (198-227g) of standard circumference and inside pressure shall be used.

Soccer

When:	Sunday 30.07.23, morning & afternoon session Saturday, 05.08.23, afternoon session (finals)
Where:	Vorwiesen RheinEnergieSTADION, 1. FC Köln & track and field stadium (tbd)
Classification:	Contact Sport classification (class 4 athletes are only allowed to play the first half of any game)
Sex divisions:	Separate
Age divisions:	Futures (0-6), Junior A (7-11), Junior B (12-15), Open (any age), Masters (35+)
Events:	Futures matches: 3 on 3 plays (without goalkeeper) All other matches: 8 on 8 plays (with goalkeeper)
Event Procedures:	FIFA rules apply to this competition with following exceptions. No headers and no slide tackles => indirect free kick for the opposing team (also inside the penalty box).
Tournament format:	TBD
IDSF rules:	Page 51 following

Field of play:



Soccer Pitch for Futures Games

- Touch line = 20-30 yards*
- Goal line = 15-25 yards*
- Circle/penalty arc radius = 4 yards*
- Goal width = 6 ft or smaller*
- Goal height = 4 ft or smaller*
- Corner arc = 3 ft*
- Penalty area = not used*
- Goal area = not used*
- Penalty spot from mid-goal = not used*
- Flag posts/cones at each corner of field*

Ball size: 3

A coach from each team shall be on the soccer pitch (not the side-lines) providing advice and support to the players, and also act as referees.

Duration of match:

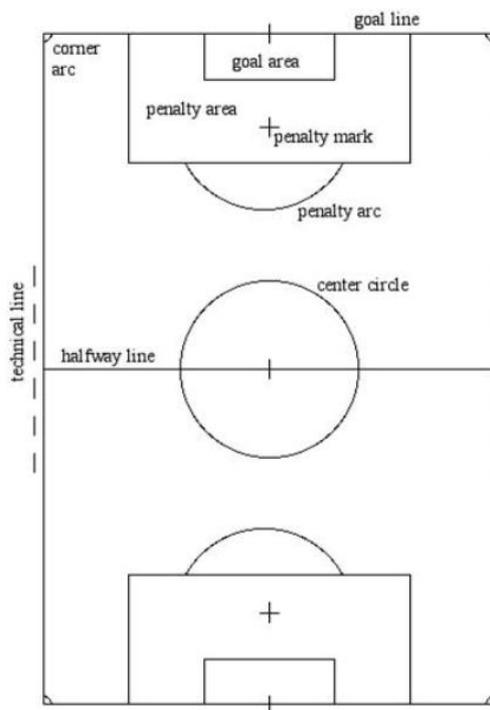
- Example: 20 minutes i.e. 4x5min quarters.
- Water break after first and third quarter.
- Half-time interval of 5 minutes after second quarter.

Soccer Rules:

- No offside.
- No cautions or send-offs shall be made. Instead, if a athlete is uncooperative, the game official will ask the coach to make a substitution.
- All free kicks shall be direct. It is recommended that opponents be in their own half of the field or at least 4 yards from the ball, whichever is a larger distance, until the ball is in play.
- No penalty kicks.
- Players may use an underhand throw-in, a two-hand throw-in, or a kick-in instead of a "pass/normal throwing".
- For corner kicks, the opponent remains at least 4 yards from the ball until it is in play. No score is recorded for the game.

For all other Divisions:

Field of play:



Soccer Pitch for Junior A/B, Open, and Masters Games

Touch line = 45-60 yards

Goal line = 35-40 yards

Circle/penalty arc radius = 8 yards

Goal width = 18 ft or smaller

Goal height = 6 ft or smaller

Corner arc = 3 ft

Penalty area = 10 yards out from the inside of each goal post and extending 10 yards into the field of play

Goal area = 5 yards out from the inside of each goal post and extending 5 yards into the field of play

Penalty spot from mid-goal = 8 yards

Flag posts, not less than 5 ft high, shall be placed at each corner of the field. Flag posts on either end of the halfway line are optional.

Ball size: 4

Duration of match:

- Example: 2x25min halves, with a 5min half-time break (subject to change)
- With offside.
- All punts are indirect.
- Free kicks may be direct and indirect
- For free kicks and corner kicks, all opponents are at least 8 yards from the ball.
- Underhand or two-handed throw-ins are allowed.

Scoring:

Normal soccer rules

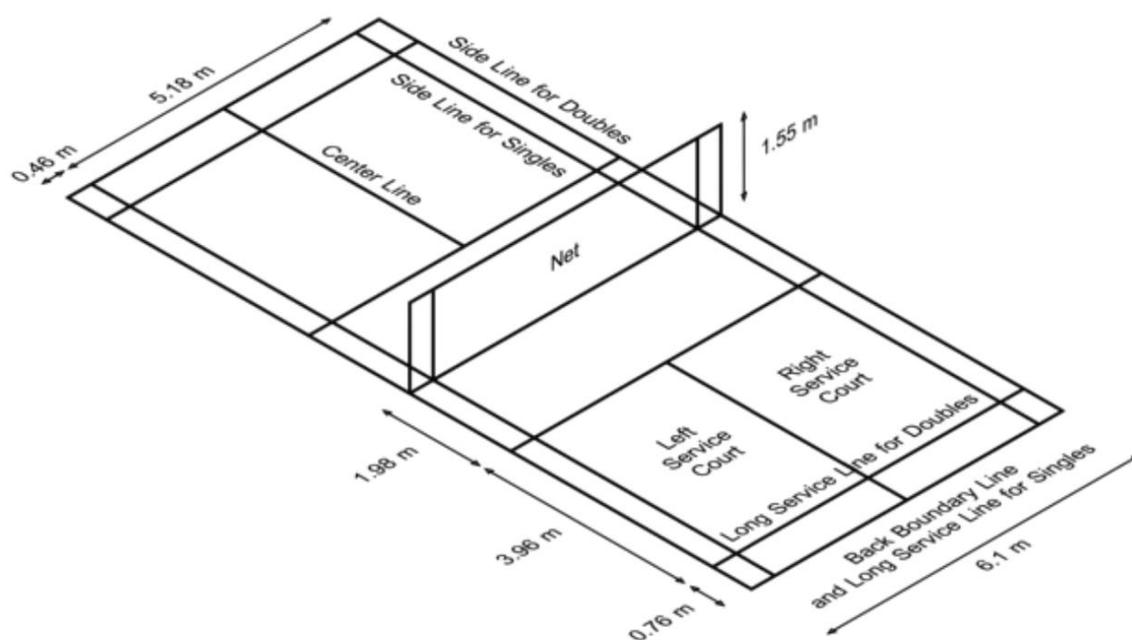
Equipment:

Shin guards are mandatory for Junior-A, Junior-B and Open-Divisions. Appropriate shoes for playing on grass are recommended. The goalkeeper should wear goalkeeper gloves.

Badminton

When:	Monday 31.07.2023, morning & afternoon sessions
Where:	“Nordhallen”
Classification:	Lower body classification
Sex divisions:	Separate
Age divisions:	Junior A (7-11), Junior B (12-15), Open (16-34 for singles), Masters (35+)
Events:	Men’s and Women’s Singles Men’s and Women’s Doubles
Event Procedures:	Laws 1 through 17 of the Parabadminton World Federation rules apply with the following exceptions: <ul style="list-style-type: none">• Junior-size badminton racquets may be used by competitors in the Junior A and Junior B divisions. A sidearm serve shall be allowed to accommodate short stature. Long racquets make the underhand serve difficult for the dwarf athlete.• Match for 3rd place will be held
Tournament format:	TDB
IDSF rules:	Page 24 following

Facilities



Scoring:

A point is scored when the shuttle touches the court of the opponent, or the opponent strikes the shuttle into the net or outside the court, or makes a mistake. The player

that first scores 21 points with a two point lead, wins the set. The first player to win two sets wins the match.

Equipment:

Shuttles with specification from Law 2 and Law 3 of the Parabadminton World Federation rules and racquets with specification from Law 4. Junior-size badminton racquets may be used by competitors in the Junior A and Junior B divisions.

Basketball

When:	Tuesday 01.08.23, morning & afternoon (tbd) sessions (up to semifinals) Friday, 04.08.23, afternoon sessions (finals)
Where:	“Nordhallen”
Classification:	Contact Sport classification (Class 4 athletes are only allowed to play the first two quarters of any game)
Sex divisions:	Mixed
Age divisions:	Junior A (7-11), Junior B (12-15), Open (any age)
Events:	Matches: 5-on-5 plays
Event Procedures:	Rule One: The Game; Rule Two: Court and Equipment; Rule Three: Teams; Rule Four: Playing Regulations; Rule Five: Violations; Rule Six: Fouls; and Rule Seven: General Provisions of the current edition of the International Basketball Federation (FIBA) Official Basketball Rules shall apply with the following exceptions:
Tournament format:	TDB
IDSF rules:	Page 27 following

Ball Size Junior-A/B:

International size 5 (junior size) basketball

Ball Size Open:

International size 6 (women size) basketball

Team Size:

There shall be no fewer than 6 and no more than 12 players on a team. A team may not have alternates above the 12-player limit.

Match Time:

Junior-A/B: 4x6min quarters

Open: 4x8min quarters

The clock will run continuously except for the last minute of the fourth quarter during which the clock will stop upon the official’s whistle, indicating one of the following:

- A foul (personal or technical)
- A jump ball
- A floor violation
- An unusual delay
- A time-out or other emergency
- A regular time-out

Intermissions:

1 minute after the first and third quarter, and 5 minutes after the second quarter

If the score is tied at the end of the fourth quarter, 2-min overtime periods will be played until a winner is determined. There shall be a 1-min intermission before each overtime period. Each team shall be given one 60-sec time-out in addition to any carry-over time-outs. The overtime period will begin with a jump ball.

If the point margin is 18 points or more in the fourth quarter, there shall be a continuous clock for the remainder of the game. In this case, the clock shall be stopped only for free throws and time outs.

An offensive player may occupy the space in the key (paint) for a maximum of 5 seconds.

A team has 10 seconds to advance the ball into front court. A new count will begin if stoppage of play has occurred before the ball is advanced past the center line. Failure to advance into the front court within this time frame will result in the offensive team turning possession over to the opposing team and play resuming at mid court.

A jump ball will be used at the beginning of the first quarter and all overtime periods. Alternating possessions will be used for the remainder of the game. Players cannot move onto or around the circle until the ball leaves the officials hand upon a jump ball. Team control applies only during a live ball inbounds, thus, team control does not exist on a throw-in.

During a front-court throw-in, the ball may be thrown anywhere on the court. At no time can the ball be thrown over the backboard on a throw-in.

During play, substitutes must always be beckoned in by an official. During a free throw, substitutions are allowed before the last attempt in the sequence or after the last free throw in the sequence if it was successful. Substitutions can also be made during a time-out.

Each team shall be entitled to two 60-second time-outs in the first half and three 60-second time-outs in the second half. Time-outs are granted at the request of any player or coach while in team control or during any dead ball situation. Time-outs may

be granted during free throws. In addition to one time-out granted per overtime period, unused time-outs will carry-over to overtime period(s).

A maximum of 5 players can occupy the lane spaces. The first space on either side of the lane must be occupied by the defense. No player shall occupy the fourth space on either side of the lane. During a foul shot, violations by the offence team shall be called immediately. Violations by the defensive team will be ignored if the free throw is successful. When shooting a free throw, players will have 10 seconds to release the ball. The lane area cannot be entered until the ball leaves the shooters hands; the shooter cannot enter the lane until the ball has hit the ring. Should the shooter fail to hit the ring, possession will automatically be given to the opposing (defending) team on the side line, in line with the free throw line.

A travelling violation will occur if a player with the ball slides or falls to the floor. The closely guarded violation will be enacted when the player is in the front-court only.

Front court status is achieved once the player is no longer in contact with the back court and is in contact with the front court, unless during a dribble, when both feet must be in the front court. A player that is straddling the centreline, but is not dribbling, is considered to have back court status.

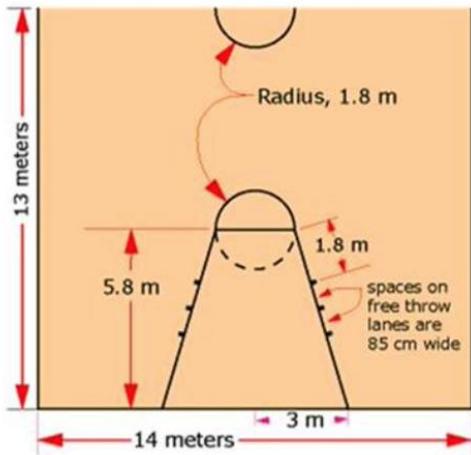
A team will be granted 1+1 penalty foul shots upon their opponent's seventh team foul. Teams will be granted two penalty foul shots upon the commission of their opponent's tenth team foul.

Technical fouls may be issued for both contact and non-contact violations during a dead ball and non-contact violations during a live ball. Opponents will be issued two foul shots, with play resuming at the point of interruption. Intentional technical fouls will be called upon contact by a player during a dead ball and will result in two foul shots by the opponent, with the ball put back into play at the division line. In the event of a flagrant technical foul, the violating player will be immediately ejected, and the opposing team will receive two foul shots. The ball will be placed at the division line to resume play. Technical fouls called on coaches or bench personnel will count towards the team foul count. The coach will lose his/her coaching box privilege if he/she commits a technical foul.

In the event of an unsportsmanlike/flagrant foul, the opposing team will receive two or three foul shots (depending on location of violation). In the event of a made basket, the basket will be scored, and the team will receive two foul shots and possession. After completion of the foul shots, the throw-in will occur at the spot closest to the infraction.

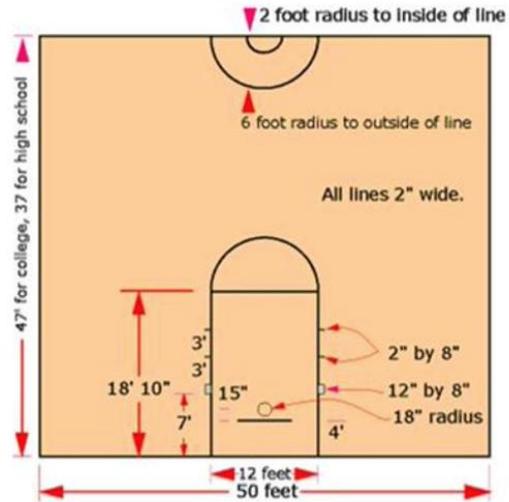
In the event of a cancelled foul shot or field goal, the resulting throw-in will occur from the end line.

Half of an FIBA Basketball Court



No midcourt line

Half of a U. S. Collegiate Basketball Court



Scoring:

Normal Basketball rules.

Equipment:

Each player's shirt shall display a clearly visible unique number on both the front and back. Else the team must wear pinnies/vests.

Archery & Crossbow

When:	Tuesday, 01.08.2023, afternoon sessions
Where:	Track and Field stadium (tbd)
Classification:	No classification
Sex divisions:	Separate
Age divisions:	Junior B (12-15), Open (16-34), Masters (35+)
Events:	9 & 18m Archery, 18m Crossbow
Event Procedures:	IDSF archery rules have been adapted from FITA (International Archery Federation Rules (http://archery.org)
IDSF rules:	Page 20 following

Safety Procedures:

- Know and obey all range commands.
- Keep your arrows in your quiver until you are told to shoot.
- Always wear your arm guard and finger tab.
- Only use the arrows that have been approved for competition. Remember what they look like.
- Always keep your arrows pointed down or toward the target. Shoot only at your own target.
- If you drop an arrow, leave it on the ground until you are instructed to retrieve your arrows.
- Always walk only at the archery range.

Archery & Crossbow range whistle commands

- Two blasts - "Archers to the shooting line."
- One blast - "Begin shooting."
- Three blasts - "Walk forward and get your arrows."
- Five or more blasts (series of blasts) - "STOP SHOOTING immediately and put your arrows in your quiver."

Archery & Crossbow range procedures

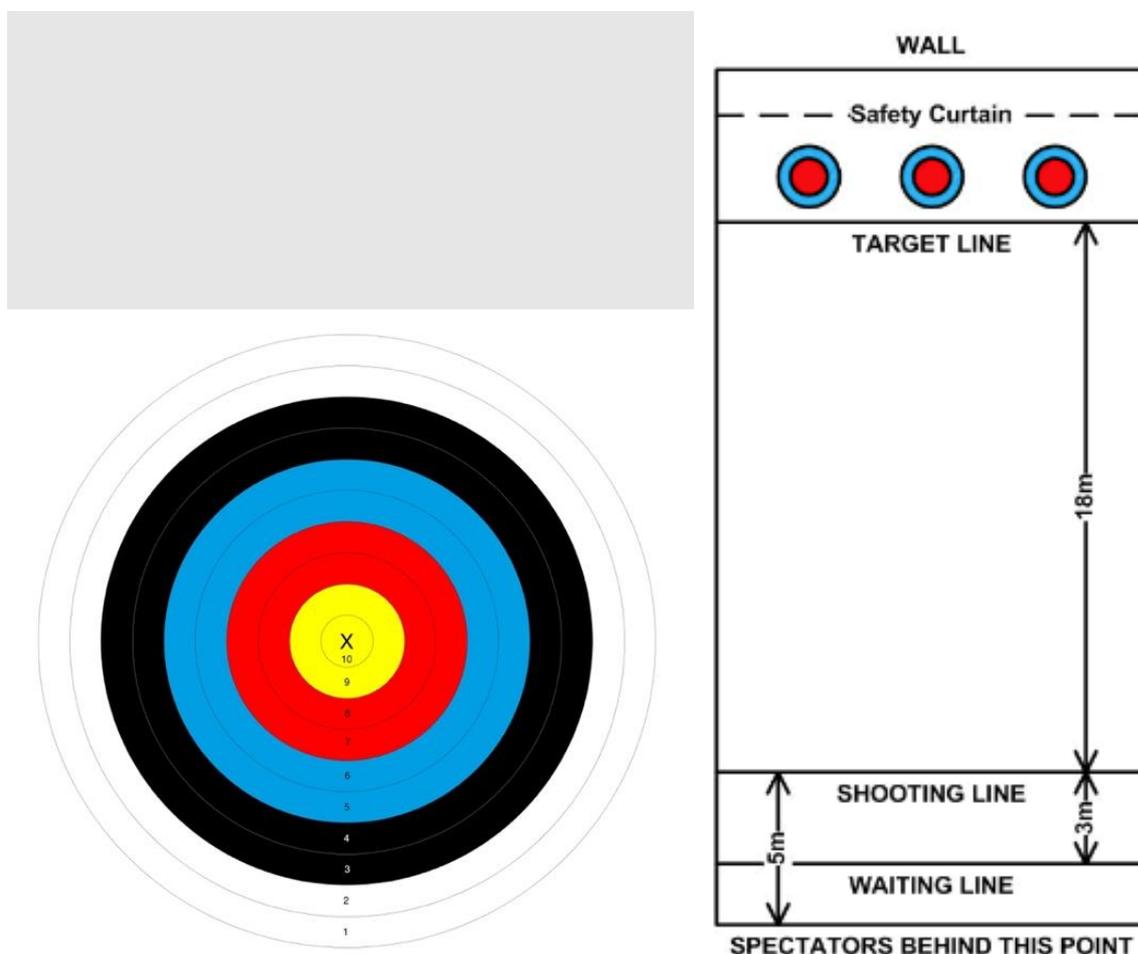
- Stand behind the waiting line until you hear 2 whistles or "Archers to the shooting line." Pick up your bow and straddle the shooting line.
- Keep your arrows in your quiver until you hear 1 whistle or "Begin shooting."
- After you have shot all of your arrows, step back from the shooting line, set your bow on the rack, and wait behind the waiting line.
- After everyone is done shooting and behind the waiting line, the Director of Shooting will blow the whistle 3 times. "Walk forward to get your arrows. Stop at the target line."

Procedures for pulling arrows

- Two archers at a time, from each target, may go forward from the target line to pull their arrows.
- Stand to the side of the target and make sure that no one is standing behind your arrows.
- Pull your arrows out one at a time and put them in your quiver. After you have pulled all of your arrows, return to the waiting line.

Archery & Crossbow rules

- A maximum of two archers may be assigned to each shooting lane/target.
- Shooting position: sitting or standing.



Time limit: 2 minutes for shooting 3 arrows (one end). If an arrow is shot before or after the 2-minute time limit, it will be considered as part of that end, and the athlete will lose the highest scoring arrow of that end, which will be scored as a miss.

Scoring

After each end of 3 arrows, the two athletes assigned to the same shooting lane (or from adjacent lanes) shall share responsibility for scoring. The shooter shall call out

the value for each arrow and the second athlete shall check the value of the arrow. The Crossbow Judge shall resolve any disagreement.

Respect for safety procedures.

Any archer, coach, or spectator who demonstrates wilful disregard of the safety procedures described in these rules shall be required by the Archery Judge or the facility staff to immediately leave the facility.

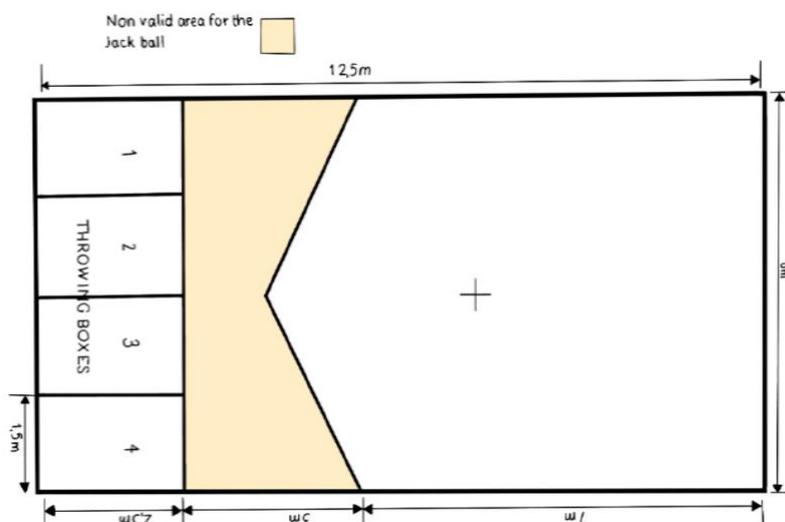
Equipment:

- Crossbows with TBD specifications
- Bolts with TBD specifications
- Finger tabs and guards
- Field glasses and similar optical devices may be used for spotting arrows.
- NOT ALLOWED: Other equipment such as aiming devices, stabilisers, and compensators

Boccia

When:	Wednesday 02.08.23, morning & afternoon sessions
Where:	“Nordhallen”
Classification:	Upper Body
Sex divisions:	Mixed
Age divisions:	Futures (0-6), Junior A (7-11), Junior B (12-15), Open (16-34), Masters (35+)
Events:	Futures: Singles Junior A/B and Open: Singles and Pairs
Event Procedures:	IDSF follows the BISFED - Sport Rules - Boccia (10th edition) established by BISFED. In each of the 4 throwing areas/boxes per field will be a seat. Only one person per throwing area/boxes is allowed. In pairs events, all 4 throwing areas/boxes will be used. In singles events, only the two middle areas/boxes will be used. In pairs events, each athlete will get 3 balls. In Single Events, each athlete will get 6 balls.
Event Format:	Seated Boccia (all athletes compete from a seated position)
Tournament format:	Tournament format (5 or fewer athletes): Round Robin tournament Tournament format (6 or more athletes): Double elimination
IDSF rules:	Page 32 following

Field:



Boccia Rules:

- The team/athlete with the red balls begins. The starting athlete throws the Jack Ball and has 3 attempts to land the ball in the valid area, otherwise, the turn is given over to the other team/athlete. Then the starting athlete throws their first coloured ball.
- The opposing team/athlete can then make their attempt to throw in their first coloured ball.
- If their ball lands closer to the Jack than the ball of the first team/athlete, the turn goes back to the first team/athlete. If their ball lands further away from the Jack than the ball of the first team/athlete, they may continue their attempts. (The turn always belongs to the team/athletes whose balls are furthest away from the Jack).
- Athletes must always stay seated during a throw. Athletes and their seats must always stay within their designated throwing area/box
- In a paired team, athletes must take their turns alternatively
- Touching or moving the balls of the opposing team is allowed
- If the Jack leaves the field, it will be placed back into the middle of the field
- If/when a team/athlete have run out of balls, the opposing team may throw the rest of their balls
- The team/athlete with the ball closest to the Jack wins

**There may be either 2 or 4 Ends played per match: final decision is TBD.*

Scoring:

- Scoring will take place by the referee after both sides have played all their balls. The side with the ball closest to the Jack will score one point for each ball closer to the Jack than the opponent's closest ball to the Jack.
- If two or more balls of different colours are equidistant from the Jack and no other balls are closer, then each side will receive one point per ball.
- Penalty ball points, if any, are added to the score and recorded when made. Each penalty ball that stops within the target box will score one point.
- At the completion of each end, the referee must be sure that the score is correct on the score sheet and the scoreboard. Athletes/captains are responsible for ensuring that the scores are recorded accurately.
- At the completion of the ends, the points scored on each end are added together and the side with the higher total score wins.
- If the scores are equal after the regulation ends have been played, including any penalty balls, a tie-break end is played. The points scored in a tie-break end will only determine the winner, and not count towards a side's tally in that match.

Equipment:

Indoor sport shoes

Track & Field

Track

When:	Thursday, 03.08.23, morning & afternoon sessions
Where:	Track and field stadium
Classification:	Lower Body
Sex divisions:	Separate
Age divisions:	Futures (0-6), Junior A (7-9), Junior B (10-12), Junior C (13-15), Open (16-34 for single events), Masters (35+)
Event Procedures:	The conduct of IDSF individual and relay track events shall comply with International Paralympic Committee (IPC) Athletics Rule.
Tournament format:	TBD
IDSF rules:	Page 65 following

Events:

<i>Sports</i>	Futures	Junior A	Junior B	Junior C	Open	Masters	Classification
15m Run	X						Lower Body
20m Run	X	X					Lower Body
40m Run		X	X				Lower Body
60m Run			X	X	X	X	Lower Body
100m Run				X	X	X	Lower Body
1500m Run					X	X	Lower Body
4x20m Shuttle	X	X					Lower Body
4x40m Shuttle			X				Lower Body
4x60m Shuttle				X		X	Lower Body
4x100m Shuttle					X		Lower Body

Event Rules:

- Athletes must be at the start five minutes before the given time.
- All races shall normally be started by the report of the starter's gun fired upwards, after they have ascertained that athletes are steady and in the correct starting position.
- The commands will be "On your marks" and then "Set". When all athletes are "Set", the gun shall be fired. An athlete shall not touch either the start line or the ground in front of it with their hands or their feet when on their marks.
- Athletes have the option to start with or without a starting block

- In all races run in lanes, each athlete must keep within their allocated lane from start to finish.
- An athlete who, during the course of a race, voluntarily leaves the track prior to the finish, will not be allowed to continue in the race and shall be recorded as not finishing the event.
- Instead of relay races there will only be shuttle races, due to renovation work. The exact information regarding the shuttle races are TBD.

Scoring:

The athlete with the best time in each classification per age division wins.

Equipment:

Starting blocks and relay batons will be provided. The athletes will need proper running shoes.

Field

When: **Thursday, 03.08.23, morning & afternoon sessions**
 Where: Track and field stadium
 Classification: Upper Body
 Sex divisions: Separate
 Age divisions: Futures (0-6), Junior A (7-9), Junior B (10-12), Junior C (13-15), Open (16-34 for individual events), Masters (35+)
 Event Procedures: The International Paralympic Committee rules apply to this event.
 Tournament format: TBD
 IDSF rules: Page 65 following

Events:

Sports	Futures	Junior A	Junior B	Junior C	Open	Masters	Classification
Flippy Flyer Throw	X						Upper Body
Frisbee Throw	X	X	X				Upper Body
Tennis Ball Throw	X	X	X				Upper Body
Soft/Cricketball Throw		X	X				Upper Body
Discus			X	X	X	X	Upper Body
Javelin			X	X	X	X	Upper Body
Shot Put			X	X	X	X	Upper Body

Event Procedures:

Each competitor shall have three throwing attempts. The furthest legal throw shall be the athlete's result.

The athlete shall stand with feet completely inside the circle. If the athlete is a wheelchair user, a sitting position may be used where no part of the athlete or wheelchair is on or outside the circle. Mobility devices such as canes or walkers may be used for balance if the athlete generally relies upon those mobility devices for activities of daily living.

The athlete shall throw the implement with one hand. In Flippy Flyer Throw, Frisbee Throw, Tennis Ball Throw, Soft-/Cricketball Throw no run-ups are allowed.

The athlete must remain standing (or sitting) with feet completely inside the circle. The throwing device must land between the two white sector lines marked on the field. If the athlete steps on or outside the circle, or if the throwing device lands outside the sector lines, the throw will not be measured and a "no throw" shall be recorded.

One flight consists of each competitor in a division/event having one opportunity to throw. All athletes assigned to a flight shall complete one throw before the next round begins. The order of competitors within a flight shall be determined by random draw.

Throwing procedure:

- The official shall record attendance at the beginning of the competition.
- The official shall indicate the throwing order to all the athletes and shall announce after each throw the next two athletes.
- An athlete shall have 2 minutes to complete a throw after her/his name has been called.
- Athletes must wait for the signal from the official before entering the throwing area.
- Athletes must respect health and safety when other athletes are throwing.
- Noise must be kept to a minimum and mobile device switched off or set on silent mode.

One or more wind socks will be placed in appropriate positions for discus and javelin events.

Scoring:

The throwing distance shall be measured to the nearest centimetre from the front of the throwing circle to the point where the frisbee/ball landed.

Place finishes shall be determined by the distances of the athletes' longest legal throws. The winner of an event shall be the athlete with the longest legal throw. Athletes' second longest legal throws will be compared in the event of a tie.

Equipment:

	Circumference	Weight	Other
Flippy Flyer			Fabric disc 20.3cm in diameter
Frisbee		145gr	24.1cm in diameter
Tennis ball	6.4-6.7cm	57.7-58.5g	Bound 134-148cm when dropped 254 cm to concrete
Softball	29.4-30.0cm	166.5-173.6cm	
Cricket ball	22.4-22.9cm	156-163gr	Leather cover

	Discus		Javelin		Shot Put	
	Males	Females	Males	Females	Males	Females
Junior B	500g	500g	270g	270g	2.72kg	2.00kg
Junior C	1.00kg	750g	400g	400g	3.00kg	2.00kg
Open	1.00kg	750g	600g	400g	4.00kg	3.00kg
Masters	1.00kg	750g	600g	400g	4.00kg	3.00kg

Swimming

When:	Friday 04.08.23, morning session
Where:	Stadionbad Hallenbad (indoor pool/25m)
Classification:	Upper Body
Sex divisions:	Separate
Age divisions:	Futures (0-6), Junior A (7-9), Junior B (10-12), Junior C (13-15), Open (16-34 for individual events), Masters (35+)
Event Procedures:	Federation Internationale de Natation (FINA) rules (4-10) apply with the following exceptions.
Tournament format:	TBD
IDSF rules:	Page 59 following

Events:

Sports	Futures	Junior A	Junior B	Junior C	Open	Masters	Classification
12.5m (width) Flotation	X	X	X	X			Upper Body
12.5m Freestyle	X						Upper Body
25m Freestyle		X	X	X		X	Upper Body
50m Freestyle					X	X	Upper Body
100m Freestyle					X		Upper Body
400m Freestyle					X		Upper Body
25m Backstroke		X	X	X		X	Upper Body
50m Backstroke					X	X	Upper Body
100m Backstroke					X		Upper Body
25m Breaststroke		X	X	X		X	Upper Body

50m Breaststroke					X	X	Upper Body
100m Breaststroke					X		Upper Body
25m Butterfly		X	X	X		X	Upper Body
50m Butterfly					X	X	Upper Body
100m Butterfly					X		Upper Body
100m Individual Medley		X	X	X			Upper Body
200m Individual Medley					X		Upper Body
4x25m Freestyle Relay		X	X	X			Upper Body
4x50m Freestyle Relay					X		Upper Body

The Start:

The start in Freestyle, Breaststroke, Butterfly and Individual Medley races shall be with a dive. On the long whistle from the referee the swimmers shall step onto the starting platform and remain there. On the starter's command "take your marks", they shall immediately take up a starting position with at least one foot at the front of the starting platforms. The position of the hands is not relevant. When all swimmers are stationary, the starter shall give the starting signal.

In any event that uses a forward start, swimmers may choose to start from a standing, kneeling, or sitting position on the starting block or pool deck. Swimmers may also choose to start in the water with at least one hand in contact with the end wall of the pool.

Swimmers with atlantoaxial instability shall not perform the forward start and shall not compete in butterfly or individual medley events.

The start in Backstroke and Medley Relay races shall be from the water. At the referee's first long whistle, the swimmers shall immediately enter the water. At the referee's second long whistle the swimmers shall return without undue delay to the starting position. When all swimmers have assumed their starting positions, the starter shall give the command "take your marks". When all swimmers are stationary, the starter shall give the starting signal.

In any event that uses a backstroke start, swimmers may choose to use the starting block grips, the swimming pool gutter, or other placement of both hands on the end wall of the pool.

Any swimmer initiating a start before the signal may be disqualified. If the starting signal sounds before the disqualification is declared, the race shall continue, and the swimmer or swimmers shall be disqualified upon completion of the race. If the disqualification is declared before the starting signal, the signal shall not be given, but the remaining swimmers shall be called back and start again. The referee repeats the starting procedure beginning with the long whistle (the second one for Backstroke).

Freestyle

Freestyle means that in an event so designated the swimmer may swim any style, except that in individual medley or medley relay events, freestyle means any style other than backstroke, breaststroke or butterfly.

Some part of the swimmer must touch the wall upon completion of each length and at the finish.

Some part of the swimmer must break the surface of the water throughout the race, except it shall be permissible for the swimmer to be completely submerged during the turn and for a distance of not more than 15 metres after the start and each turn. By that point, the head must have broken the surface.

Backstroke

Prior to the starting signal, the swimmers shall line up in the water facing the starting end, with both hands holding the starting grips. Standing in or on the gutter or bending the toes over the lip of the gutter is prohibited. When using a backstroke ledge at the start, at least one toe of each foot must be in contact with the end wall or face of the touchpad. Bending the toes over the top of the touchpad is prohibited.

At the signal for starting and after turning the swimmer shall push off and swim upon his back throughout the race except when executing a turn. The normal position on the back can include a roll movement of the body up to, but not including 90 degrees from horizontal. The position of the head is not relevant.

Some part of the swimmer must break the surface of the water throughout the race. It is permissible for the swimmer to be completely sub-merged during the turn, and for a distance of not more than 15 metres after the start and each turn. By that point the head must have broken the surface.

When executing the turn there must be a touch of the wall with some part of the swimmer's body. During the turn the shoulders may be turned over the vertical to the breast after which an immediate continuous single arm pull or immediate continuous simultaneous double arm pull may be used to initiate the turn. The swimmer must have returned to the position on the back upon leaving the wall.

Upon the finish of the race the swimmer must touch the wall while on the back.

Breaststroke

After the start and after each turn, the swimmer may take one arm stroke completely back to the legs during which the swimmer may be submerged. At any time prior to the first Breaststroke kick after the start and after each turn a single butterfly kick is permitted. The head must break the surface of the water before the hands turn inward at the widest part of the second stroke.

From the beginning of the first arm stroke after the start and after each turn, the body shall be on the breast. It is not permitted to roll onto the back at any time except at the turn after the touch of the wall where it is permissible to turn in any manner as long as the body is on the breast when leaving the wall. From the start and throughout the race the stroke cycle must be one arm stroke and one leg kick in that order. All movements of the arms shall be simultaneous without alternating movement.

The hands shall be pushed forward together from the breast on, under, or over the water. The elbows shall be under water except for the final stroke before the turn, during the turn and for the final stroke at the finish. The hands shall be brought back on or under the surface of the water. The hands shall not be brought back beyond the hip line, except during the first stroke after the start and each turn.

During each complete cycle, some part of the swimmer's head must break the surface of the water. All movements of the legs shall be simultaneous without alternating movement.

The feet must be turned outwards during the propulsive part of the kick. Alternating movements or downward butterfly kicks are not permitted except as in SW7.1. Breaking the surface of the water with the feet is allowed unless followed by a downward butterfly kick.

At each turn and at the finish of the race, the touch shall be made with both hands separated and simultaneously at, above, or below the water level. At the last stroke

before the turn and at the finish an arm stroke not followed by a leg kick is permitted. The head may be submerged after the last arm pull prior to the touch, provided it breaks the surface of the water at some point during the last complete or incomplete cycle preceding the touch.

Butterfly

From the beginning of the first arm stroke after the start and each turn, the body shall be kept on the breast. It is not permitted to roll onto the back at any time, except at the turn after the touch of the wall where it is permissible to turn in any manner as long as the body is on the breast when leaving the wall.

Both arms shall be brought forward simultaneously over the water and brought backward simultaneously under the water throughout the race.

All up and down movements of the legs must be simultaneous. The legs or the feet need not be on the same level, but they shall not alternate in relation to each other. A breaststroke kicking movement is not permitted.

At each turn and at the finish of the race, the touch shall be made with both hands separated and simultaneously, at, above or below the water surface.

At the start and at turns, a swimmer is permitted one or more leg kicks and one arm pull under the water, which must bring him to the surface. It shall be permissible for a swimmer to be completely submerged for a distance of not more than 15 metres after the start and after each turn. By that point, the head must have broken the surface. The swimmer must remain on the surface until the next turn or finish.

Medley Swimming

In individual medley events, the swimmer covers the four swimming strokes in the following order: Butterfly, Backstroke, Breaststroke and Freestyle. Each of the strokes must cover one quarter (1/4) of the distance in the following order: Backstroke, Breaststroke, Butterfly and Freestyle. Leaving the wall on the back during the freestyle portion is permissible but no kicking action is permitted until the swimmer has returned past the vertical to the breast at which point kicking, including a butterfly kick(s) may commence.

In Freestyle the swimmer must be on the breast except when executing a turn. The swimmer must return to the breast before any kick or stroke.

Each section must be finished in accordance with the rule which applies to the stroke concerned.

The Race

All individual races must be held as separate gender events.

A swimmer swimming over the course alone shall cover the whole distance to qualify. A swimmer who does not complete the whole distance in accordance with the relevant FINA rules shall be disqualified.

The swimmer must remain and finish the race in the same lane in which he/she started.

In all events, a swimmer when turning shall make physical contact with the end of the pool or course. The turn must be made from the wall, and it is not permitted to take a stride or step from the bottom of the pool.

Standing on the bottom during freestyle events or during the freestyle portion of medley events shall not disqualify a swimmer, but he shall not walk.

Pulling on the lane rope is not allowed.

Obstructing another swimmer by swimming across another lane or otherwise interfering shall disqualify the offender. Should the foul be intentional, the referee shall report the matter to the Member promoting the race, and to the Member of the swimmer so offending.

Any swimmer not entered in a race, who enters the water in which an event is being conducted before all swimmers therein have completed the race, shall be disqualified from his next scheduled race in the meet.

There shall be four swimmers on each relay team. Split times achieved in these events cannot be used for records and/or entry purposes. Whether separate relay events shall be held for males and females, or whether to offer mixed relays consisting of two males and two females is tbd. Junior Division relay teams may be comprised of swimmers from any of the age sub-divisions (7-9, 10-12, 13-15 years) and any classification (Class 1, 2, or 3). Open Division relay teams may be comprised of swimmers from any classification (Class 1, 2, or 3).

Relay exchanges must commence from the starting platform. Running starts from pool deck are not permitted.

In relay events, the team of a swimmer whose feet lose touch with the starting platform before the preceding team-mate touches the wall shall be disqualified.

Any relay team shall be disqualified from a race if a team member, other than the swimmer designated to swim that length, enters the water when the race is being conducted, before all swimmers of all teams have finished the race.

The members of a relay team and their order of competing must be nominated before the race. Any relay team member may compete in a race only once. The composition of a relay team may be changed between the heats and finals of an event, provided that it is made up from the list of swimmers properly entered by a member for that

event. Failure to swim in the order listed will result in disqualification. Substitutions may be made only in the case of a documented medical emergency.

Any swimmer having finished his race, or his distance in a relay event, must leave the pool as soon as possible without obstructing any other swimmer who has not yet finished his race. Otherwise the swimmer committing the fault, or his relay team, shall be disqualified.

Should a foul endanger the chance of success of a swimmer, the referee shall have the power to allow him to compete in the next heat or, should the foul occur in a final event or in the last heat, he/she may order it to be re-swum.

No pace-making shall be permitted, nor may any device be used or plan adopted which has that effect.

Scoring:

Each race is timed.

Equipment:

No swimmer shall be permitted to use or wear any device or swimsuit that may aid his/her speed, buoyancy or endurance during a competition (such as webbed gloves, flippers, fins, power bands, or adhesive substances, etc.). The use of technology and automated data collection devices is permissible for the sole purpose of collecting data. Automated devices shall not be utilised to transmit data, sounds, or signals to the swimmer and may not be used to aid their speed. Goggles may be worn. Any kind of tape on the body is not permitted unless approved by FINA Sport Medicine Committee.

Flotation vests or flotation swimsuits may be used only in the designated futures and juniors' individual events and in the juniors 4 x 25m freestyle relay. Whether swimmers must provide their own flotation equipment, e.g. vests, arm floats, kickboards, is TBD.

Table Tennis

When:	Saturday 05.08.23, morning session
Where:	tbd
Classification:	Lower Body
Sex divisions:	Separate
Age divisions:	Junior A (7-11), Junior B (12-15), Open (16-34 for single event), Masters (35+)
Events:	Table Tennis Single, Table Tennis Doubles
Playing Formats:	Standing: Athletes compete from a standing position on the floor. Riser or height adjustable tables: tbd Wheelchair: Athletes use wheelchairs while playing.
Event Procedures:	The Laws of Table Tennis (Part 2) from the International Table Tennis Federation Handbook (http://www.ittf.com/ittf_handbook/ittf_hb.html) will apply with the exceptions (see below).
Tournament format:	TBD
IDSF rules:	Page 62 following

Event Procedures:

The Laws of Table Tennis (Part 2) from the International Table Tennis Federation Handbook (http://www.ittf.com/ittf_handbook/ittf_hb.html) will apply with the following exceptions. Countries that enter more than one doubles team within a division shall designate one team "Team A," the next "Team B," etc.

The order of the play

- In singles, the server shall first make a service, the receiver shall then make a return and thereafter server and receiver alternately shall each make a return.
- In doubles, the server shall first make a service, the receiver shall then make a return but thereafter either player of the pair may make returns.

A let:

A let shall be called if in service the ball:

- (a) leaves the table by either of the receiver's side lines (on one or more bounces)
- (b) on bouncing on the receiver's side returns in the direction of the net;
- (c) comes to rest on the receiver's side of the playing surface.

However, if the receiver strikes the ball before it crosses a side-line or takes a second bounce on his/her side of the playing surface, the service shall be considered good and no let shall be called.

Either an adjustable-height table or risers may be used to accommodate athletes who are unable to reach the table. Risers, when used, must be approximately 2-3m wide, 2-3m long, and 12-18 inches high. The top surface of the riser shall be of non-slippery material. An average-height adult shall serve as a spotter for each player who uses a riser. The spotter's responsibility is to prevent the player from falling off the riser.

Scoring:

A game shall be won by the player or pair first scoring 11 points, unless both players or pairs score 10 points, when the game shall be won by the first player or pair subsequently gaining a lead of 2 points.

Equipment:

It's allowed to bring your own racquet which match the required characteristics specified in Rules 2.03 and 2.04 respectively of the International Table Tennis Federation Handbook

Imprint

Bundesverband Kleinwüchsige Menschen und ihre Familien e. V. (BKMF)
Leinestraße 2
28199 Bremen
Germany

You got questions? Get in touch via us!

E-Mail: info@wdg2023.com

Instagram: @officialwdg2023

The World Dwarf Games 2023 are organised and financed through



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