



## WELCOME!

You are now part of one of the world's most exciting sports events. The Rio 2016 Paralympic Games Spectator Guide brings tips and important information to enable you to make the most of this great party. Enjoy your reading!



# Judo

## GOLDEN TIPS

What you need to know to enjoy every single moment of the Rio 2016 Games

- Before leaving, **check out the latest information** about the Games on [rio2016.com](http://rio2016.com)
- Do not forget your tickets and **check the date, time and place** of competitions on the website before leaving. Get more tickets on [rio2016.com/en/tickets](http://rio2016.com/en/tickets)
- **Check the weather forecast** and prepare yourself accordingly
- **Use public transport.** It is not possible to park at the competition venues and their surroundings
- **Plan your trip.** Transport systems and competition venues will be crowded. It can take you a while to go back and forth!
- Arrive early: **this venue opens one and a half hour before the competition gets underway.** If the session has already started, you may have to wait for a break to enter. **Check out this information** at [rio2016.com/en/venues](http://rio2016.com/en/venues)
- You will go through a **security check** with X-ray equipment. **Forbidden or restricted items** will be collected and not returned. **Check the complete list** on [rio2016.com/en/venues](http://rio2016.com/en/venues)
- **Avoid carrying bags to speed up your entrance.** If necessary, choose the smaller ones that you can put on your lap or under the seat
- **Identify children** and other special cases with **bracelets made available at the public information desks**
- Look for the **Rio 2016 team** members wearing **green** - they are there to **help you!**
- **It is forbidden to smoke at the competition venues.** There are designated smoking areas. Get more information with the volunteers or at the public information desks
- This **Guide has a map with the services available at the venues**
- **Within Rio 2016 venues, payments** can only be made in **cash or Visa debit**, credit or pre-paid cards
- **Download the official app** on [rio2016.com/en/app](http://rio2016.com/en/app) and **stay tuned** to everything that happens during the Games
- Bring your energy and support. Let's make it an unforgettable party!

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## LEARN MORE ABOUT RIO

Nature, culture and gastronomy are permanent attractions in the city, which has been welcoming more and more tourists with open arms. The Olympic City is ready to welcome visitors arriving for the Rio 2016 Games and is preparing an amazing programme for the Live Sites installed at strategic locations in the city, where you can watch the Games broadcast and enjoy a vast cultural programme.

Go to the [visit.rio](http://visit.rio) portal and discover the wonders of Rio de Janeiro.

## SUSTAINABILITY

Do your part and dispose of your rubbish appropriately. Use the coloured recycling collectors provided: they benefit recycling cooperatives, generating social inclusion and new businesses.

## ACCESSIBILITY

Individuals with an impairment or reduced mobility, such as obese people, senior citizens, pregnant and breastfeeding women and people with small children are entitled to preferential service when accessing venues and on services offered to Games' spectators. Exclusive services intended for this audience are also available at all venues. Get more information with the volunteers or at the public information desks.

## FORMS OF PAYMENT

**VISA** In recognition of its long-standing support to the Paralympic Games, only Visa cards (debit, credit or prepaid) and cash are accepted for purchases at Rio 2016 venues.

## CONTACT US

An open channel to listen to you.  
Call centre: + 55 (21) 3004-2016\*  
[rio2016.com/en/contact](http://rio2016.com/en/contact)

\*Price of a local call if calling from Brazil.  
Price of a call to Rio de Janeiro if calling from overseas.

## UNDERSTANDING THE SPORT

### HOW IT ALL BEGAN

Based on jujutsu, it was developed by educator Jigoro Kano and consolidated as a sport in the late 19th century. Judo made its first appearance at the Tokyo 1964 Olympic Games. It debuted in the Paralympic programme in Seoul 1988, and women were allowed into the competition from Athens 2004. Judo is the only martial art present in the Paralympic programme.

### ABOUT THE COMPETITION

Only visually impaired athletes compete in Paralympic judo. For this reason, classification is based on functional, rather than on medical criteria.

One of the biggest benefits afforded by Paralympic judo is teaching the athlete to fall properly - since the sport helps them move and position themselves correctly, and they end up being able to avoid common, daily accidents.

Athletes are divided into three classes, all starting with the letter B (for blind):

- **B1** – Total blindness. The athlete may perceive brightness, but is unable to identify objects or people
- **B2** – Visual field of less than 5 degrees. Athletes can perceive shapes and recognise shapes
- **B3** – Visual field between 5 and 20 degrees, which means that the judoka is able to see images

The official only starts the bout when the two athletes are holding each other's *judogi* (kimono). It is their responsibility to keep the fighters active. If the two are not in contact with each other, the bout is stopped.

### DID YOU KNOW?

The greatest Paralympic judo champion is the Brazilian Antônio Tenório, who won four gold medals, at Atlanta 1996, Sydney 2000, Athens 2004 and Beijing 2008. At London 2012, Antônio Tenório won the bronze medal.



### PROGRAMME\*

SEPTEMBER		SESSIONS	
07	WED		
<b>08</b>	<b>THU</b>	10:00 12:30	<b>15:30 17:55</b>
<b>09</b>	<b>FRI</b>	10:00 12:30	<b>15:30 17:55</b>
<b>10</b>	<b>SAT</b>	10:00 13:30	<b>15:30 18:35</b>
11	SUN		
12	MON		
13	TUE		
14	WED		
15	THU		
16	FRI		
17	SAT		
18	SUN		

\* Information subject to change without prior notice.

 Sessions with victory ceremonies are in bold.

### EVENTS

- M** Extra-lightweight – up to 60kg
- M** Half-lightweight – up to 66kg
- M** Lightweight – up to 52kg
- M** Half-middleweight – up to 81kg
- M** Middleweight – up to 90kg
- M** Half heavyweight – up to 100kg
- M** Heavyweight – above 100kg
- F** Extra-lightweight – up to 48kg
- F** Half-lightweight – up to 52kg
- F** Lightweight – up to 57kg
- F** Half-middleweight – up to 63kg
- F** Middleweight – up to 70kg
- F** Heavyweight – above 70kg

**M** Male **F** Female



## PLANNING YOUR TRIP

### ARRIVING AT THE PARK

Carioca Arena 3 is located at Barra Olympic Park, considered the heart of the Games, which will become a sporting benchmark for the country bringing together cutting-edge competition venues. Check out how to get there:

**BRT - JD. OCEÂNICO X CENTRO OLÍMPICO > CENTRO OLÍMPICO TERMINAL/MORRO DO OUTEIRO**  
11min walk/800m

**BRT - RECREIO X VILA MILITAR > MORRO DO OUTEIRO STATION**  
11min walk/800m

**BRT - MADUREIRA X ALVORADA PARADOR/ EXPRESSO > RIO 2 STATION**  
**BRT - FUNDÃO X ALVORADA EXPRESSO > RIO 2 STATION**  
11min walk/800m

**Accessible station** - Centro Olímpico Terminal, Morro do Outeiro and Rio 2 stations are accessible. From Centro Olímpico station there is an accessible auxiliary shuttle service available for the convenience of people in wheelchairs or with reduced mobility. Learn more about public transport accessibility during the Games at [visit.rio](http://visit.rio).

### ATTENTION!

- Make sure you check the competition schedule and public transport stations
- Buy in advance the Cartão dos Jogos (transport card). Some stations are only available for transport card and ticket holders
- Learn more about Cartão dos Jogos and public transport at [visit.rio](http://visit.rio)
- Check the venue entry locations and pay attention to the signs at the stations
- After the competition, check the venue exits and public transport access signs
- Walking times are estimated based on the average speed of 1.2m/s

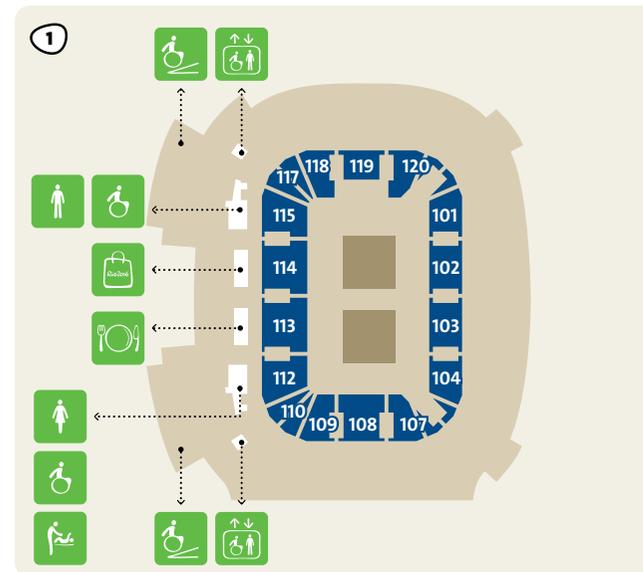
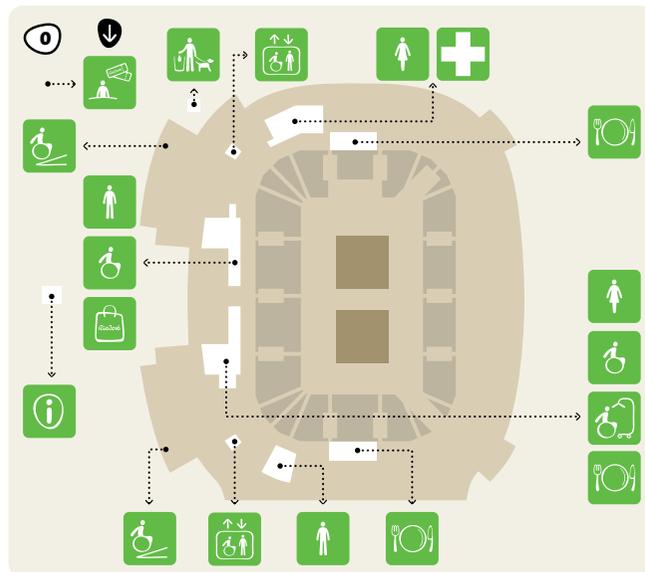
- Carioca Arena 3
- Entry or exit
- Spectator way
- BRT station
- Accessible station
- Station with accessible auxiliary shuttle



## DISCOVERING THE VENUE

- Entry
- Level
- Stands
- Ramp
- Elevator
- Ticket resolution office
- Public information
- Spectator medical post
- Women's toilet
- Men's toilet
- Accessible toilet
- Extra accessible toilet
- Baby changing
- Dog relief area
- Food and beverage
- Rio 2016 Store

To access the different levels of the venue you can use the stairs, besides lifts and ramps shown on the map.





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