



REGISTRATION KIT

MARCH 6 – 2019

REPSOL SPORTS CENTRE

**ARE YOU
PARATOUGH?**



**ETES-VOUS
PARAFORTS?**



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PARATOUGH CUP

LA COUPE PARAFORTS

WELCOME!

Thank you for registering for the 2019 ParaTough Cup - Calgary! We are thrilled that you will be a part of this event and that you share our passion for Paralympic sport in Canada!

Now that you have registered, there are a few things you should know:

- Your team will participate in 6 **TOUGH** parasport challenges. You will get a glimpse of the toughness and difficulty that is parasport, and a taste of what some of our elite athletes train for on a daily basis.
- Your team is encouraged to raise funds in support of the event. The more you fundraise, the more points your team is awarded in the competition. There will also be some exciting prizes awarded to top fundraisers in the event.
- Each person on your team will receive an email link to their own online fundraising page, so that they can reach out individually for donations. All funds collected from each individual will be counted towards your team's total. A fundraising kit will be provided to you containing tips and best practices on how to raise funds!
- In the months leading up to the event, be sure to start training! If you want a chance to win the Cup, you'll have to come prepared for some tough challenges!
- Funds raised through the ParaTough Cup will support the Paralympic Foundation of Canada. As the philanthropic arm of the Canadian Paralympic Committee, the Paralympic Foundation of Canada's goal is to ensure that the programs, equipment and people are in place to propel more Canadians with a disability all the way from their communities to the Paralympic podium.





PARATOUGH CUP

LA COUPE PARAFORTS

EVENT DETAILS

6 PARASPORT CHALLENGES. 1 CHAMPION.
ARE YOU PARATOUGH?

The ParaTough Cup is a half-day corporate challenge that will put your athleticism and fitness to the test through six parasport challenges. Teams of six participants face off and collect points through competition and fundraising performance, with the goal of being the team crowned as ParaTough Cup champions.

The event will take place on March 6th, 2019 at the Repsol Sports Centre beginning at 1pm. Once registered, teams are provided an online platform to raise funds in support of the Paralympic movement. The more you raise – the more points you get towards the competition!

The team with the largest combination of points from fundraising and from their performance on event day will be the **ParaTough Cup champions!**

Schedule

TIME	ITEM
1:00 p.m.	Registration and change rooms open
1:00 – 2:00 p.m.	Participant arrival
2:00 p.m. SHARP	Event Overview / Opening Remarks
2:30 – 5:30 p.m.	Competition
5:30 p.m. –	Post-event reception and awards

ARE YOU
PARATOUGH?



ETES-VOUS
PARAFORTS?



RULES AND REGULATIONS

1. ParaTough Cup teams are comprised of 6 participants each.
2. If a team has less than 6 team members present, a designated team member may have to participate in an activity more than once. For team activities (wheelchair basketball, sitting volleyball and wheelchair curling), competition will continue with the number of team members present.
3. Each member of a team must participate in each activity unless otherwise indicated in the activity overview and rules contained herein. The exception will be if a participant is unable to compete in one of the activities due to a disability/injury or other impairment. In this case another team member may take the place of the individual that is unable to compete.
4. The team that collects the most points through the parasport challenges and fundraising bonus points will win the ParaTough Cup. Fundraising bonus points will be based on fundraising totals as of 14:00 ET on March 6th 2019.
5. Points will be awarded as per the tables below. Stations and point allocation are subject to change based on the final number of teams registered. Teams will be informed of any changes prior to the event.
6. In the event of a tie in points, the team that raised the most amount of money, will be declared the winner. If there is a tie in money raised, there will be a sport/challenge activity as the final tie-breaker.
7. All decisions of event officials will be final.





POINTS

ITEM / PARASPORT CHALLENGE	POINTS AWARDED
Early Bird registration	5
Wheelchair Basketball	4 for win, 2 for tie, 1 for loss
Sitting Volleyball	4 for win, 1 for loss
Wheelchair Curling	4 for win, 2 for tie, 1 for loss
Guided Run	Ranking, 1st receives 24 pts, last place receives 1 pt
Wheelchair Sprint	Ranking, 1st receives 24 pts, last place receives 1 pt
Para Ice Hockey Target Shooting	Ranking, 1st receives 24 pts, last place receives 1 pt

AMOUNT FUNDRAISED (inclusive of participation fee)	POINTS AWARDED
\$5,001 - \$5,999	1
\$6,000 - \$6,999	2
\$7,000 - \$7,499	3
\$7,500 - \$8,499	5
\$8,500 - \$9,999	7
\$10,000 - \$11,499	10
\$11,500 - \$12,999	14
\$13,000 - \$14,999	18
\$15,000 +	25





PARASPORT CHALLENGES

6 PARASPORT CHALLENGES. 1 CHAMPION.
ARE YOU PARATOUGH?

PARASPORT / CHALLENGE	DESCRIPTION
Wheelchair Basketball	Each team will play three 7-minute mini-games against different opponents.
Sitting Volleyball	Each team will play three 15-point mini-games against different opponents.
Guided Running	Each team is responsible for completing 6 laps of a 200m track. Each team member is responsible for completing 2 of the 6 laps – 1 lap as a guide, and 1 lap blindfolded.
Wheelchair Curling	Each team will play 2 games consisting of two ends against an opponent.
Wheelchair Sprint	Each member of your team will complete 80m as quick as they can in a wheelchair on a track.
Para Ice Hockey Target Shooting	Each team member will get into a para ice hockey sled and shoot pucks at the shooting targets in the net.





WHEELCHAIR BASKETBALL

Station Overview

At this station, your team will play a mini-tournament of half-court wheelchair basketball. You will play 3 games against 3 different teams, with each game lasting 7 minutes. Games are played 3 vs. 3.

Scoring

For each game you win, you will receive 4 points. Ties are worth 2 points. One point is allotted for a loss.

About Wheelchair Basketball

The basic rules of wheelchair basketball are very similar to stand-up or able-bodied basketball. For example, the court dimensions, the height of the basket and the distance to the foul and three point lines, etc., are the same measurements as in the game of stand-up basketball.

A player may wheel the chair and bounce the ball simultaneously, however, if the ball is picked up and/or placed on the player's lap, he or she is only allowed to push twice before being obligated to shoot, pass, or dribble the ball again. There is no double dribble rule in wheelchair basketball. A traveling violation occurs if the player takes more than two pushes while in possession of the ball without dribbling. A player is not allowed to touch the playing surface with his or her feet.





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SITTING VOLLEYBALL

Station Overview

At this station, your team will play a mini-tournament of sitting volleyball. You will play 3 games against 3 different teams. Winning teams are the first team to reach 15 points or the leader once 7 minutes has passed. Sitting volleyball is played 6 vs. 6.

Scoring

For each game you win, you will receive 4 points. One point is allotted for a loss.

About Sitting Volleyball

Sitting volleyball is a discipline of volleyball that is played while sitting on the floor. The sport is governed by the same set of rules as the able-bodied game, with a few minor rule modifications.

The sitting volleyball court measures 10m x 6m, divided into two sides of 5m deep by 6m wide. The net height is lower than that of able-bodied or standing volleyball, and is set at a height of 1.15m for men, and 1.05m for women. Front-row players are allowed to block the service of the opponent. Players are not allowed to lift their buttocks from the court when they carry out any type of attack-hit. Players must remain in contact with the court at all times when playing the ball. To stand up, rise or take steps is forbidden.





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WHEELCHAIR CURLING

Station Overview

Each team will play 2 game of wheelchair curling consisting of two ends. In each end, 6 rocks will be thrown by each team for a total of 12 rocks. Three (3) team members will participate in each end, each throwing 2 rocks. This station takes place on curling mats on a gymnasium floor.

Scoring

For each game you win, you will receive 4 points. Ties are worth 2 points. One point is allotted for a loss.

About Wheelchair Curling

Wheelchair curling is played with the same rocks and on the same ice as regular curling, though the rocks are thrown from a stationary wheelchair and there is no sweeping. Rocks may be thrown by hand while leaning over the side of the wheelchair, or pushed by a delivery stick. This is a pole with a bracket that fits over the rock handle, allowing the rock to be pushed while applying correct rotation. Stones delivered between the house and the near hogline must be placed within 18 inches either side of the center line and must be released prior to reaching the near hogline.





GUIDED RUNNING

Station Overview

Each team will start at a corner of a 200m track. Within each team, members must pair up. The team is responsible for completing 6 laps; each team member will run 2 laps, one as the guide, and one as the runner. Only one pair is running at a time. Each runner will have a blindfold on, and be connected to their guide partner with a tether. As soon as one pair crosses the line, the next pairing will go. Time does not continue to run, each lap is timed and all lap times are added up once all 6 laps have been completed. The goal is to finish all 6 laps as fast as possible.

Scoring

At the end of the competition, all teams will be ranked from 1st to last place based on their times. The fastest team will receive the amount of points corresponding with the number of teams competing (eg. 16), second fastest will receive 15, etc. The slowest team will receive 1pt.

About Guided Running

Athletes and guides are usually linked together by a tether, which must be made of non-stretch material, tied around the wrists or held between the fingers. Using verbal cues, guides will instruct and motivate their athletes as well as make them aware of any bends. They can also have a crucial job in raising the levels of cheers from an audience. Guides are required to run within 50cm of the athlete at all times, apart from the last 10m of the race. Guides must not cross the finish line before the athlete, or the athlete will be disqualified.





WHEELCHAIR SPRINT RELAY

Station Overview

Each team member will travel 80m in a wheelchair on a track. The goal is to complete the 80m as fast as possible. Each team's total time will be added up. Teams will be ranked based on their times, and awarded points accordingly.

Scoring

At the end of the competition, all teams will be ranked from 1st to last place based on the combined times of their team. The fastest team will receive the amount of points corresponding with the number of teams competing (eg. 16), second fastest will receive 15, etc. The slowest team will receive 1pt.

About Wheelchair Racing

Wheelchair racing is the racing of wheelchairs in track and road races. Like running, it can take place on a track or as a road race. The distances involved in wheelchair racing include sprint distances of 100 m, 200 m and 400 m, middle distances of 800 m and 1500 m, long distances of 5000 m and 10,000 m and relay races of 4 x 100 m and 4 x 400 m. There is also a road event which is the wheelchair marathon.





PARATOUGH CUP LA COUPE PARAFORTS

PARA ICE HOCKEY TARGET SHOOTING

Station Overview

Each team member will get into a para ice hockey sled on synthetic ice and shoot pucks at the shooting targets in the net. They will each have 20 pucks to shoot. The first 10 are to be shot at the bottom targets. The second 10 are to be shot at the top targets.

Scoring

Teams will be awarded 1 point for each low target they hit, and 2 points for each high target they hit. At the end of the competition, all teams will be ranked from 1st to last place based on their points. The team with the highest score will receive the amount of points corresponding with the number of teams competing (eg. 16), second most will receive 15, etc. The lowest scoring team will receive 1pt.

About Para Ice Hockey

Para ice hockey is the parasport version of ice hockey. All players have a lower body disability and are strapped to a two-bladed sledge. They propel themselves with sticks spiked at one end and curved blades at the other for shooting. The goaltender may have an additional pick at the base end of his stick and may use an additional stick with a blade or wear a trapper glove. Teams are comprised of a maximum 15 players per team, including two goaltenders. Games consist of three 15-minute stop-time periods.





FREQUENTLY ASKED QUESTIONS

How do I sign up a team?

- To register, please contact Maggie Brennan, Coordinator, Special Projects at mbrennan@paralympic.ca or (613) 569-4333 x255
- Space is limited – sign up quick to ensure your spot!

What is expected of me as a participant?

- Arrive on event day with a smile and ready to have fun!
- Fundraise in support of the Paralympic Foundation of Canada

How much do I have to raise?

The more you fundraise, the more points your team is allotted towards winning the ParaTough Cup. We recommend your team set a fundraising target of at least \$2,500. Fundraising targets can also be adjusted as you go. We are here to support your fundraising efforts in any way we can.

How does my team win?

Your team wins by having the most combined points from the amount of money your team has fundraised, as well as your performance in the various parasport challenges.

What if there is a tie in total points?

The tie breaker is the team who raised the most amount of money, down to a single penny. If there is a tie in money raised, there will be a fitness challenge as the tie breaker.

Do I have to participate in every challenge?

Each team member will be required to participate in every challenge unless otherwise indicated in the activity overview and rules. The exception will be if a participant is unable to compete in one of the activities due to a disability/injury or other impairment. In this case another team member may take the place of the individual that is unable to compete.





PARATOUGH CUP LA COUPE PARAFORTS

What should I bring?

Comfortable athletic wear and good running shoes. Athletic gloves can also be worn for the challenges which involve wheelchairs to protect your hands, but are not necessary. Your team will be provided with t-shirts and competition bibs. You may also want to bring a change of clothes for the post-event activities.

Will there be food and drink available?

There will be various event sponsors who will have drink and snacks available throughout the competition. There will also be a post event reception with food and beverages.

Will you provide parking?

Free parking is provided at the facility, although it is limited. We encourage participants to carpool and use public transit.

How do I get there?

The Repsol Sports Centre is located at 2225 MacLeod Trail South, Calgary, Alberta, T2G 5B6

Is there a place to change/store my personal items?

Yes. Changing facilities and showers are available, however lockers are reserved for members only. You may leave your personal belongings underneath your team table in the presentation area.

What if I have another question that hasn't been answered here?

Feel free to contact us at mbrennan@paralympic.ca or 613-569-4333 x255.





PARATOUGH CUP LA COUPE PARAFORTS

THANK YOU TO OUR EVENT PARTNERS

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