



Guide

School sports challenges

Wheelchair Slalom | Niveau 1

RULES FOR THE WHEELCHAIR SLALOM CHALLENGE

1 – Steps for the wheelchair Slalom challenge Level 1

The challenge area is made up of 4 cones arranged in a square, with a distance of about 1m50 between each of the corners.

Step 1 - Start

The start is in a static position. The wheels of the wheelchair must be completely outside the square.

Step 2 - 180° swivel square

Competitors must cross the entrance from the front, perform a 180° without going outside the bounds of the square and exit the zone backwards.

Step 3 - The "8"

The athlete must go around the 2 cones on their right, forming an eight. They must start towards the inside of the first cone located directly on their right.

Step 4 - 360° square

The athlete must enter the square, do a 360° inside the boundaries of the square and exit the square in the same manner as they entered it.

2 – Rules

- The stopwatch will start at the start signal.
- The stopwatch will stop when the athlete has the wheels completely out of the square.



3 – Penalties

Action	Pénalité
Contact with a cylinder, cone or boundary line	1 second will be added to the total recorded for the time trial (per item touched)
Failure to follow the specific instructions for a step (for example: forgetting to go around a cone, omitting to complete a backwards event, etc.).	5 seconds will be added to the total recorded for the event (per instruction not respected). 10 seconds will be added if the athlete does not complete the steps in the right order.
Failure to complete a step	The athlete must return to the missed step without stopping the stopwatch.

4 – Videos

<https://www.youtube.com/watch?v=palpjDYNWAo&feature=youtu.be>

Faut que ça bouge !
Let's get moving!





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