

APPENDIX 2

Information on Para Sport

If you are interested in learning more about Para sport, the International Paralympic Committee website has a lot of useful information: <https://www.paralympic.org>. The following web pages are of particular interest.

**Explanatory Guide to Paralympic Classification:
Paralympic Summer Sports June 2020**

https://www.paralympic.org/sites/default/files/2020-10/2020_06%20Explanatory%20Guide%20to%20Classification_Summer%20Sports.pdf

This guide includes an explanation of the classification system used for athletes competing in the Paralympics:

Classification provides a structure for competition. Athletes competing in Para sports have an impairment that leads to a competitive disadvantage. Consequently, a system has been put in place to minimise the impact of impairments on sport performance and to ensure the success of an athlete is determined by skill, fitness, power, endurance, tactical ability and mental focus. This system is called classification. Classification determines who is eligible to compete in a Para sport and it groups the eligible athletes in sport classes according to their activity limitation in a certain sport.

Ten eligible impairments are included, such as impaired muscle power and vision impairment.

This guide covers the following summer sports:

- Archery
- Athletics (includes track and field and wheelchair racing)
- Badminton
- Boccia
- Canoe
- Cycling
- Equestrian
- Football five-a-side
- Goalball
- Judo
- Powerlifting
- Rowing
- Shooting
- Sitting volleyball
- Swimming
- Table tennis
- Taekwondo
- Triathlon
- Wheelchair basketball
- Wheelchair fencing
- Wheelchair rugby
- Wheelchair tennis

Explanatory Guide to Paralympic Classification:

Paralympic Winter Sports July 2020

https://www.paralympic.org/sites/default/files/2020-10/2020_10%20Explanatory%20Guide%20to%20Classification_Winter%20Sports.pdf

In addition to the information on classification, this guide covers the following winter sports:

- Para alpine skiing
- Para ice hockey
- Para nordic skiing

- Para snowboard
- Wheelchair curling

International Paralympic Committee:

Classification by Sports

<https://www.paralympic.org/classification-by-sport>

This web page contains further information on individual sports.