

PARA-ATHLETICS

This information is intended to be a generic guide to classification for Para-Athletics. Classification is performed by authorised classifiers according to the IPC Athletics classification rules.

Which Paralympic impairment groups compete in Para-Athletics?

Impairment		Examples of health conditions
Intellectual Impairment		
Vision Impairment		Albinism, Retinitis Pigmentosa, macular or rod cone dystrophy
Physical Impairment	Limb loss or deficiency	Amputation from trauma, cancer, Limb deficiency from birth
	Loss of muscle strength	Spinal cord injury, Spina Bifida, Transverse Myelitis, Sacral Agenesis, Spinal Tumours, Erbs Palsy, Muscular dystrophy
	Hypertonia Ataxia Athetosis	Cerebral palsy, acquired brain injury, stroke, brain tumor, Multiple sclerosis, cerebellar ataxia, Hereditary Spastic Paraparesis or other conditions where hypertonia (spasticity, rigidity or dystonia), ataxia or athetosis are present.
	Short Stature	Achondroplasia and similar conditions
	Joint movement restrictions	Arthrogyrosis, Talipes Equinovarus, joint fusions
	Leg length difference	Significant difference in leg length

What is the Minimal Disability Criteria?

Specific criteria applied to each sport to determine if a person's disability results in sufficient limitation in their sport. This is called the minimal disability criteria. For more information page numbers of the [IPC Athletics Classification Rules and Regulations](#) are indicated in brackets.

Impairment		Minimal Disability – GUIDE ONLY
Intellectual Impairment		IQ of 75 or lower on standard tests, prior to 18 years. Evidence of significant limitations in adaptive behaviour as expressed in conceptual, social, and practical adaptive skills.
Vision Impairment		Visual acuity less than or equal to 6/60 (log MAR 1.0); or visual field is less than 20 degrees radius in both eyes with best corrected vision. (pg 106)
Physical Impairment	Limb loss or deficiency	Leg: Loss of half of one foot (pg 45) Arm:- one arm - loss of one hand through the wrist OR shortened arm of similar length (pg 45) - both arms - complete loss of thumbs OR loss of all 4 fingers on both hands (pg 69)
	Loss of muscle strength	Leg-Loss of strength in a hip, knee or ankle that impacts on running, jumping or throwing (pg 53-59)
Physical	Loss of muscle strength	Arm- Loss of strength in a shoulder, elbow or wrist that impacts on running, jumping or throwing (pg

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Impairment		60-62)
	Hypertonia Ataxia Athetosis	Hypertonia (Spasticity, Rigidity or Dystonia) in at least one joint. Ataxia-unsteadiness or inco-ordination in at least one ataxia test Athetosis-involuntary movement in fingers, hands or any other body part (pg 42-44)
	Short Stature	Adult standing height less than or equal to 145cm (males)/137cm (females); <u>AND</u> arm length less than or equal to 66cm (males)/63cm (females); <u>AND</u> a standing height plus arm length less than or equal to 200cm (males)/190cm (females). (pg 63). Juniors are to have an adult height estimation under 145cm male or 137cm female.
	Joint movement restrictions	Leg-Joint movement restriction in one hip, knee or ankle that impacts on running, jumping or throwing (pg 47-50) Arm- Joint movement restriction in one shoulder or elbow that impacts on running, jumping or throwing (pg 51-52)
	Leg length difference	The difference between legs should be at least 7cm. (pg 63)

How do I get classified?

Contact your [State Athletics Organisation](#)

What are the Paralympic classes for this sport?

The list below is intended as a guide only. Only authorised classifiers are able to provide a formal classification in a particular sport.

The prefix for each class identifies whether it is for track or field events;

T denotes the class for running, jumping and wheelchair racing events

F denotes the class for throwing events

Class	Examples (Guide Only)
Athletes with a Vision Impairment (Track & Field Events)	
T/F 11	Athletes who have no sight in both eyes.
T/F 12	Athletes who have limited vision in both eyes either in <ul style="list-style-type: none"> How far they can see (visual acuity). Athletes can see objects up to 2 meters away, what a person with normal vision can see at 60 metres away (2/60 vision); or How wide they can see (visual field). Athletes have tunnel vision less than 5 degrees radius.
T/F 13	Athletes who have limited vision in both eyes either in <ul style="list-style-type: none"> How far they can see (visual acuity). Athletes can see objects up to 6 meters away, what a person with normal vision can see at 60 metres away (6/60 vision); Or How wide they can see (visual field). Athletes have tunnel vision less than 20 degrees radius.

Athletes with an Intellectual impairment (Track & Field Events)	
T/F 20	Athletes must have an IQ of 75 or lower on standard tests, prior to 18 years. Evidence of significant limitations in adaptive behaviour as expressed in conceptual, social, and practical adaptive skills.
Athletes with hypertonia, ataxia or athetosis who compete sitting (Track & Field events)	
T/F 31	Athletes with significant involvement in all four limbs who propel their wheelchair with their feet on the track; and throw the club in field.
T/F 32	Athletes with significant symmetrical involvement of all four limbs, who propel their track chair with their arms.
T/F 33	Athletes with asymmetrical involvement in all four limbs who are unable to run or jump.
T/F 34	Athletes with involvement in both their legs who are unable to run or jump well.
Athletes with hypertonia, ataxia or athetosis who compete standing (Track & Field Events)	
T/F 35	Moderate involvement in both legs; athletes can run or jump.
T/F 36	Co-ordination (ataxia) or involuntary movements (athetosis) in all four limbs; athletes can run or jump.
T/F 37	Moderate involvement on one side of their body (hemiplegia).
T/F 38	Athletes with minimal ataxia, athetosis or hypertonia.
Athletes with short stature (Track & Field Events)	
T/F 40	Adult standing height less than or equal to 130cm (males)/125cm (females); <u>AND</u> arm length less than or equal to 59cm (males)/ 57cm (females); <u>AND</u> a standing height plus arm length less than or equal to 180cm (males) /173cm (females).
T/F 41	Adult standing height less than or equal to 145cm (males)/137cm (females); <u>AND</u> arm length less than or equal to 66cm (males)/63cm (females); <u>AND</u> a standing height plus arm length less than or equal to 200cm (males)/190cm (females).
Athletes with limb deficiency, muscle weakness or joint restrictions who compete standing (Track & Field Events)	
T/F 42	Single or double above or through knee limb deficiency; or equivalent joint restrictions or muscle weakness
T/F 43	Double below knee limb deficiency who use prostheses; or equivalent joint restrictions or muscle weakness in both legs.
T/F 44	Single below knee limb deficiency that use a prosthesis; or joint restrictions; leg length difference or muscle weakness in one leg.
T/F 45	Limb deficiency, joint restrictions or muscle weakness in both arms
T/F 46	Single limb deficiency above the elbow; or equivalent joint restrictions or muscle weakness in one arm OR Limb deficiency in both arms
T47	Single limb deficiency below the elbow; or equivalent joint restrictions or muscle weakness in one arm (eligible for 100m-400m and jumps only)
Athletes with muscle weakness, limb deficiency or joint restrictions who compete in a track chair (Track events)	
T 51	Athletes with shoulder, elbow, wrist and hand weakness and no trunk or leg strength (equivalent to C5-6 spinal cord injury; or equivalent joint restrictions or limb deficiency)

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T 52	Athletes with hand and finger weakness; no trunk or leg strength (equivalent to C7-8 spinal cord injury; or equivalent joint restrictions or limb deficiency)
T 53	Athletes with normal arms strength with no trunk or leg strength (equivalent to T1-7 spinal cord injury; or equivalent joint restrictions or limb deficiency)
T 54	Athletes with normal arm strength and some trunk strength (equivalent to T8-S4 spinal cord injury; or equivalent joint restrictions or limb deficiency)
Athletes with muscle weakness, limb deficiency or joint restrictions who compete seated (Field events)	
F 51	Athletes with shoulder, elbow, wrist and hand weakness and no trunk or leg strength (equivalent to C5-6 spinal cord injury; or equivalent joint restrictions or limb deficiency)
F 52	Athletes with good shoulder, elbow and wrist strength, with weakness in the fingers; no trunk or leg strength (equivalent to C7 spinal cord injury; or equivalent joint restrictions or limb deficiency)
F 53	Athletes with good shoulder, elbow and wrist strength, weakness in fine movements of the hands; no trunk or leg strength (equivalent to C8 spinal cord injury; or equivalent joint restrictions/ limb deficiency)
F 54	Athletes with good arm strength; and no trunk or leg strength (equivalent to T1-7 spinal cord injury; or equivalent joint restrictions or limb deficiency)
F 55	Athletes with normal arm and near normal trunk strength; with weakness in the legs (equivalent to T8-L1 spinal cord injury); or equivalent joint restrictions or limb deficiency eg amputation of both legs through the hip.
F 56	Athletes with normal arm and trunk strength; with weakness in the legs (equivalent to L2-L4 spinal cord injury); or equivalent joint restrictions or limb deficiency eg amputation of both legs above the knees with short residual limbs.
F 57	Athletes with normal arm and trunk strength; with minimal weakness in the legs or equivalent joint restrictions or limb deficiency eg single leg amputations

Further Information

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