

Para Athletics



The Sport offers a wide range of competitions and events and is open to male and female athletics in all impairment groups.

Para athletics compete according to their functional classification in each event. Some compete in wheelchairs and some with prostheses, while those who are visually impaired receive guidance from a sighted guide.

The categories in para athletics are:

- Track events: Sprint (100m, 200m, 400m); Middle Distance (800m, 1,500m); Long Distance (5,000m, 10,000m); Relay Races (4x100m, 4x400m).
- Road event: Marathon.
- Field events: High Jump, Long Jump, Triple Jump, Discus, Shot Put, Javelin.
- Combined events: Pentathlon

The Sport is governed by International Paralympic Committee (IPC).



Eligibility:

Impaired muscle power		Limb deficiency	Leg length difference	Athetosis	Visual Impairment
Ataxia	Impaired passive range of movement		Intellectual impairment	Hypertonia	Short stature

Classification:

T/F11-T/F13	Athletes with a visual impairment compete in 3 sport classes from T/F 11 (B1) to T/F 13 (B3). In order to ensure a fair competition athletes in the T/F 11 sport class are required to wear eyeshades.
T20/F20	Athletes in this sport class have an intellectual impairment, which typically leads to the athletes having difficulties with regards to pattern recognition, sequencing, and memory, or having a slower reaction time, which impacts sport performance in general. The impairment of T/F20 athletes has been proven to have an impact on performance in the different disciplines.
F31, T32/F32-T38/ F38	The 30s sport classes are allocated to athletes with athetosis, ataxia and/or hypertonia. The impairments typically affect the ability to control legs, trunk, arms and/or hand function. The lower the number is, the more significant the activity limitation. You will see athletes in the sport classes 31-34 compete in a seated position, e.g. in wheelchair racing or using a throwing chair. By contrast, athletes in the sport classes 35-38
T40/ F40, T41/F41	Athletes with short stature compete in the sport classes T/F40-41. There are two classes depending on the body height of the athlete and the proportionality of the upper limbs, with athletes in sport class T/F41 being taller than athletes in sport class T/F 40.
T42/F42 - T46/F46, T47	These sport classes are designated for athletes with limb deficiencies, such as amputations or dysmelia. In the sport classes 42-44 the lower limbs are affected by the impairment and in the sport classes 45-47 the upper limbs are affected, for example by above or below elbow amputations. For example, a shot putter with a single above knee amputation competes in sport class F42. All athletes in the 40s classes compete standing and do not use a wheelchair.
T51-54; F51-57	In the 50s sport classes, all athletes compete in a seated position, either in wheelchair or on a throwing chair, due to impaired muscle power, restricted range of movement, limb deficiency or leg length difference. Again, a lower number indicates a higher activity limitation.