

Para Shooting



Shooting is the ultimate test of accuracy and control and in shooting Para sport events, athletes with physical impairments compete in both rifle and pistol events. In this precision sport, athletes use focus and controlled breathing to reduce their heart rates and improve stability and high performance.

This ability to steady hand and mind to deliver a sequence of shots requires well-developed powers of concentration and emotional control. Athletes compete in events from distances of 10m, 25m and 50m in men's, women's and mixed competition events. Therefore, for classification to minimize the impact of impairment on sport performance, classification must be sport-specific.

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

SHOOTING/MENEMBAK



Eligibility:

Impaired muscle power	Limb deficiency	Hypertonia	
Impaired passive range of movement		Athetosis	Ataxia

Classification:

Sport class SH1 (pistol)	In this sport class athletes are able to support the full weight of the pistol themselves. As the pistol is held with one hand only, athletes in this sport class have an impairment affecting one arm and/or the legs, for example resulting from amputations or spinal cord injuries. Some shooters compete in a seated position, while others will compete in a standing position as defined in the sport rules.
Sport class SH1 (rifle)	In this sport class athletes are able to support the full weight of the rifle themselves. As the rifle is held with both hands, athletes in this sport class have an impairment in their legs, for example amputations or paraplegia. Some athletes will compete in a seated position, while others will compete in a standing position.
Sport class SH2 (rifle)	In this sport class athletes have an impairment that affects their arms, meaning they are not able to support the full weight of the rifles themselves. Athletes therefore compete using a shooting stand to support the weight of the rifle. Athletes competing in this sport class have impairments such as arm amputations or congenital impairments affecting the muscle power/movement in their arms. Some SH2 shooters have impairments in both the arms and legs, such as tetraplegia. The majority of athletes in this sport class compete in a seated position.