

SUMMER SPORTS

ARCHERY:

Archery is a sport for all disabled people, standing or in a wheelchair, as well as visually impaired.

External link to the official website: <http://www.archery.org>

ATHLETICS:

Every disability group is able to compete in Athletics, and athletes are classified both by their physical and mental ability and whether they are a track or field athlete and given the following categorization:

11-13: Visually impaired track and field athletes

20: Intellectually disabled track and field athletes

31-38: Cerebral palsy track and field athletes

T 51-56: Wheelchair track athletes

F 51-58: Wheelchair field athletes

Some compete in wheelchairs, others with prostheses, and visually impaired athletes compete with the guidance of a sighted companion.

Athletes compete according to their functional classifications in each event. Athletics includes: 100m, 200m, 400m, 800m, 1,500m, 5,000m, 10,000m, 4x100m, 4x400m running, Discus, Shot Put, Javelin, Triple Jump, Long Jump, High Jump, Pentathlon and Marathon. Events are open to male and female athletes in all disability groups.

The governing body is the IPC through the International Paralympic Athletics Committee.

External link to the official website: <http://www.ipc-athletics.org>

BOCCIA:

Boccia is a target sport played by individuals, pairs or teams.

It requires a high degree of muscle control, accuracy, concentration and tactical awareness.

The goal is to land six of your balls closer to the white target ball than the opponent's balls.

Boccia is one of the fastest growing International and Paralympic Sports. Over 50 countries have local and/or national competitive programs. The sport is governed by the Cerebral Palsy International Sports and Recreation Association (CPISRA).

External link to the official website: <http://www.cpisra.org>

BOWLS:

Bowls is an IPC Championship sport widely practiced in 15 countries.

Although it is no longer included in the Paralympic Games programme, regular multi-disability World Championships are conducted.

Bowls is practiced by both male and female athletes with a physical disability. The game is played on a level, grassed or synthetic surface called a green between two competitors or teams consisting of two, three or four players.

The aim is to roll one's bowl as close as possible to a white ball called a jack. Bowls is governed by International Bowls for the Disabled.

CYCLING:

Cycling for people with disabilities is governed by the International Cycling Federation (UCI). The sport was first developed by IBSA for blind and partially sighted cyclists who competed - and continue to compete - using tandem bicycles and with the assistance of a guide.

Cycling was introduced as a Paralympic Sport in Seoul in 1988 and is now practiced in more than 40 countries. Today, in addition to athletes with a visual impairment, cyclists with cerebral palsy, amputations or other physical disabilities can participate in classes depending on their degree of function and the skills required for cycling.

Depending on their classification, athletes use a bicycle, tricycle, tandem or hand cycle. The competition programme includes track and road events for individuals and teams with Sprints, Individual Pursuits, 1,000m Time Trial, Road Races and Road Time Trials. Events are for both men and women, with the cyclists grouped together according to their functional ability or visual impairment.

Paralympic cycling is not an adapted sport and the technical regulations of the International Cycling Union (UCI) are used at all cycling competitions. There are



specific IPC cycling rules that allow for adaptations to cycles and equipment as necessary, for reasons of safety.

External link to the official website: <http://www.uci.ch>

EQUESTRIAN:

Used for many years in rehabilitation and recreation programmes for people with disabilities, Equestrian as a sport was included in the programme of the Paralympic Games for the first time in Atlanta in 1996.

It is a multi-disability sport open to athletes with a physical disability or visual impairment. Events are mixed and grouped according to their functional profiles. Riders compete in two dressage events; a Championship Test of set movements and a Freestyle Test to music. There is also a Team Test for three to four riders per team. Competitors are judged on their display of horsemanship skills as they ride their horse using a series of commands for walk, trot and canter.

Riders may use permitted assistive devices such as dressage crops, a connecting rein bar, rubber bands or other aids. Since 2006, the International Equestrian Federation (FEI) is the governing body for the sport. External link to the official website: <http://www.fei.org>

FOOTBALL 5-A-SIDE:

Football 5-a-side is played by totally blind players on a pitch measuring 20 m by 40 m. It is also known as futsal for the blind or blind futsal.

Football 5-a-side is based on the FIFA Futsal rulebook, with some modifications to make it possible for blind footballers to play:

Ball: the ball has ball-bearings inside to make a noise and let players know where it is;

Kickboards: boards are placed along the sidelines to prevent the ball from going out and ensure a fast-moving game with fewer interruptions;

Guides: each team has three guides to help orientate players.

Football 5-a-side is governed by the International Blind Sports Federation (IBSA).

External link to the official website: <http://www.ibsa.es>



FOOTBALL 7-A-SIDE:

Football 7-a-side is a team sport for athletes with cerebral palsy.

Modifications to international FIFA soccer rules make Football 7-a-side an exciting sport. (Some of the changes include a smaller pitch and goal posts, no off-side rule and players can roll the ball into play in place of a throw-in. (On the field, teams are made up of seven ambulant cerebral palsy athletes ranging from classes 5 to 8.

The complete rules of Football 7-a-side are detailed in the CPISRA Classification and Sports Rules Manual.

The sport is governed by the Cerebral Palsy International Sports and Recreation Association (CPISRA).

Click on the link below to visit the CPISRA web site.

External link to the official website: <http://www.cpisra.org>

GOALBALL:

Goalball is a sport specially designed for people with a visual impairment.

Goalball has been on the Paralympic programme since the games in Toronto in 1976.

The game is played by two teams of three players with a maximum of three substitutes on each team. Blind and partially sighted players are able to play together as all players must wear opaque goggles during the match.

The game is played on the floor of a gymnasium within a rectangular court which is divided into two halves by a center line. Goals are erected at either end. It is played with a bell ball and the aim of the game is for each team to roll the ball across the opponent's goal line while the other team attempts to defend its goal.

Goalball is widely-practiced in all parts of the world. The sport is governed by the International Blind Sports Federation (IBSA). Click on the link below to visit the IBSA web site.

External link to the official website: <http://www.ibsa.es>

JUDO:

Judo is a Paralympic sport for athletes with a visual impairment.

Judo is practiced by blind and partially sighted athletes. Deafblind judokas are



also among the top athletes.

As judo is a contact sport, athletes from each of the three sight categories (B1, B2 and B3) are able to compete against each other in one single competition.

At the Paralympic Games, men compete in seven body weight categories (-60kg, -66kg, -73kg, -81kg, -90kg, -100kg and +100kg), while women compete in six categories (-48kg, -52kg, -57kg, -63kg, -70kg and +70kg).

Judo is governed by the International Blind Sports Federation (IBSA).

External link to the official website: <http://www.ibsa.es>

PARA-BADMINTON:

History was created and badminton (para-badminton) will have its maiden appearance as a medal sport in the Tokyo 2020 Paralympic Games.

On this page you will be able to read more about para-badminton in general, the Sport Classes, Classifiers & Classification and to view Badminton Europe's (BEC) Strategic Plan.

BEC supports and guides all our 52 Member Associations for the start of this new chapter for our sport.

Para-badminton players compete in singles (men/women), doubles (men/women) and mixed doubles. The rules and regulations for para-badminton are based on the standard "Laws of Badminton" and take into account the specific needs of players' Sport Class.

Players are classified into 'Sport Classes' to ensure fairness in competition. There are 6 Sport Classes in para-badminton: Wheelchair Sport Classes WH1 and WH2, Standing Sport Classes SL3*, SL4 and SU5* (SL* - Standing Lower, SU* - Standing Upper (identifies the area of impairment of the para-athlete)) and Short Stature Sport Class SS6

External link to the official website:

<http://badmintoneurope.com/cms/?&pageid=23222>

POWERLIFTING:

Athletes eligible for the competition are lower limb amputee classes A1 to A4, les autres classes with minimum handicap, cerebral palsy classes and spinal cord injury classes.



Lifters must have the ability to fully extend the arms with no more than a 20-degree loss of full extension on either elbow to make an approved lift according to the rules.

Men compete in the 48kg, 52kg, 56kg, 60kg, 67.5kg, 75kg, 82.5kg, 90kg, 100kg and +100kg divisions.

Women compete in the 40kg, 44kg, 48kg, 52kg, 56kg, 60kg, 67.5kg, 75kg, 82.5kg and +82.5kg divisions.

In Powerlifting, male and female athletes must assume a position with head, trunk (including buttocks), legs and both heels extended on a specially designed bench and maintain this position during the complete lift.

The bar is placed horizontally on two supports, adjusted on the left and right of the bench. When removing the bar from the racks the lifter shall wait with locked elbows for the Chief Referee's signal "start", then the lifter must lower the bar to the chest, hold it motionless (visible) on the chest and then press it upwards, with an even extension of the arms, to arms length with locked elbows.

When held motionless in this position the audible signal "rack" shall be given. An immediate decision shall be given by the three nominated international referees through a system of white and red lights.

Each athlete has three attempts. Between the first and second attempt, and between the second and third attempt, there must be a minimum increase of 2.5kg.

Powerlifting is governed by the IPC through the IPC Powerlifting Technical Committee.

External link to the official website:

http://www.paralympic.org/release/Summer_Sports/Powerlifting/index.html

ROWING:

Rowing is the latest addition to the Paralympic Games competition programme, making its debut at the 2008 games in Beijing. Adaptive Rowing is rowing or sculling for athletes with a disability who meet the criteria as set out in the Adaptive Rowing classification regulations.

Adaptive implies that the equipment is adapted to the user to practice the sport, rather than the sport being "adapted" to the user.

The International Rowing Federation (FISA) is the sole world governing body for rowing. Adaptive rowing is open to male and female athletes and is divided into



four boat classes which are included in FISA's World Championship programme: LTA4+, TA2x, AW1x and AM1x. The LTA4+ and TA2x are mixed gender boats. Races are held over 1,000m for all four events.

The hull of the adaptive rowing boat is identical to able-bodied boats, while adaptive rowing boats are equipped with special seats which vary according to the disability of the rower.

External link to the official website: <http://www.worldrowing.com>

SAILING:

Sailing is a relatively recent sport at the Paralympic Games; the Atlanta 1996 Paralympic Games introduced Sailing as a demonstration sport, leading to its acceptance as a full medal sport at the Sydney 2000 Paralympics.

The sport is open to athletes with an amputation, cerebral palsy, blindness/partial sight, spinal injuries and les autres. The sailing classification system is based on four factors - stability, hand function, mobility and vision. Athletes compete in three events, which are non-gender specified: the Single-Person and Three-Person Keelboats are open to most disability groups, while the Two-Person Keelboat event is specifically designed for athletes with a severe disability.

The sport is governed by the International Association for Disabled Sailing (IFDS), which co-operates closely with the International Sailing Federation (the world governing body for sailing). The sport has grown rapidly and in 2006 has over 50 countries active in sailing for persons with disabilities at a development and national competition level.

External link to the official website: <http://www.sailing.org/disabled>

SHOOTING:

In Shooting for athletes with disabilities, there are wheelchair and standing groups, split into subclasses which determine the mobility equipment allowed to be used by competitors.

Competitors use pistols or rifles to fire a series of shots at a stationary target.

Athletes compete in rifle and pistol events from distances of 10, 25 and 50 meters and in men's, women's and mixed competitions.

Shooting utilizes a functional classification system, which enables athletes from different disability classes to compete together either individually or in teams.



Shooting is governed by the IPC through the IPC Shooting Technical Committee following the modified rules of the International Shooting Sport Federation (ISSF).

These rules take into account the differences that exist between shooting for the able-bodied and shooting for persons with a disability.

External link to the official website: <http://www.shootonline.org>

SWIMMING:

Swimmers with disabilities are divided into three different groups, each subdivided into levels of severity.

S1-S10: Physical impairment with the lower numbers representing the most severe disability;

S11-S13: Visually impaired with S11 representing little or no sight and S13 representing greater vision (of no more than 20degrees);

S14: Intellectual disability.

Events are conducted as heats per class and with the fastest swimmers per class competing in the finals. There are various forms for swimmers to start their race; in the water, a dive start sitting on the starting platform or the typical standing start.

During a swimming event, swimmers who are blind are required to have an assistant to help him/her as he or she approaches the swimming pool end wall, either to make a turn or for the finish of the race. This process is called tapping and performed by a "tapper". These swimmers are also required to wear blackened goggles in all their events.

External link to the official website:

http://www.paralympic.org/release/Summer_Sports/Swimming/index.html

TABLE TENNIS:

Table tennis for athletes with disabilities is contested by athletes with all types of disability except visual impairment.

Players are split into 11 classes, grouped in standing, wheelchair and ID events with men and women competing individually, in doubles and in team events.

1-5: Wheelchair athletes with 5 being the least disabled;

6-10: Athletes who are able to walk independently with class 6 the most severely disabled;

11: Intellectual disability.

The governing body for Table Tennis is the International Table Tennis Federation (ITTF).

External link to the official website: <http://www.ittf.com/>

VOLLEYBALL:

Sitting volleyball was introduced at the Arnhem 1980 Paralympics. The sport is governed by the World Organization for Volleyball for the Disabled (WOVD), and there are current athletes from around 48 countries practicing the sport.

A high level of teamwork, skill, strategy and intensity is needed in sitting volleyball. Each team's goal is to pass the ball over the net and bounce on the ground on the opposing team's side. Male and female athletes with a physical disability are eligible to participate and must fulfill the conditions of a minimum degree of disability. Teams are made up of mixed classes in male and female events, with six players on the court at one time. At all times the athlete's pelvis must touch the ground and the service block is allowed.

Because sitting volleyball requires a smaller court (10m x 6m) and lower net, the game is considerably faster than the standing event. The game lasts up to five sets and the winning team is the first to win three sets. The first team to reach 25 points, with at least a two-point lead, takes the set.

External link to the official website: <http://www.wovd.info>

WHEELCHAIR BASKETBALL:

Wheelchair Basketball was originally developed by World War II veterans in the USA in 1945/1946. At the same time, Sir Ludwig Guttmann developed a similar sport named Wheelchair Netball at the Spinal Rehabilitation Hospital at Stoke Mandeville, Great Britain, to aid the rehabilitation of war veterans.

The US Wheelchair Basketball team, the Pan Am Jets, competed for the first time at the International Stoke Mandeville Games in 1955. Since then, the sport has developed worldwide and was introduced to the Paralympic Games in Rome in 1960. The sport, one of the most popular in the Paralympic Games, is designed

for athletes who have a physical disability that prevents running, jumping and pivoting.

Wheelchair Basketball is open to male or female athletes and is played by two teams of five players each. Depending on their functional abilities a point value from 0.5 (most severely disabled) to 4.5 is given to each player. Five players are on the court at any one time and throughout the game the total point value of each team must not exceed 14 points.

The aim of each team is to score into the opponent's basket and to prevent the other team from gaining control of the ball or scoring. The measurements of the court and the height of the baskets are the same as in able-bodied Basketball. The International Wheelchair Basketball Federation (IWBF) is the world governing body for Wheelchair Basketball, and the sport is practiced by athletes in 77 countries.

The European branch of the IWBF joined the EPC as a full member in 2007.

External link to the official website: <http://www.iwbf.org/>

WHEELCHAIR DANCE SPORT:

Wheelchair Dance Sport involves athletes with a physical disability that affects the lower limbs.

Wheelchair dancers may participate in "combi"-style dancing with an able-bodied (standing) partner or duo-dance for two wheelchair users together.

Standard dances include the waltz, tango, Viennese waltz, slow foxtrot and quickstep. Latin-American dances include the samba, cha-cha-cha, rumba, pasodoble and jive. There are also Formation dances for four, six or eight couples.

The sport is governed by the International Paralympic Wheelchair Dance Sport Committee (IPWDSC) following the modified rules of the International DanceSport Federation (IDSF).

External link to the official website: <http://www.wdance.com/>

WHEELCHAIR FENCING:

Wheelchair fencing is one of the oldest sports for people with disabilities. First played at the mythical Stoke Mandeville Hospital, the birthplace of the Paralympic Games and the Paralympic movement, it was introduced at the 1960 Paralympic Games in Rome.



From a spectator's point of view, the most striking feature of Wheelchair Fencing is the fact that athletes compete in wheelchairs that are fastened to the floor. However, these chairs allow the fencers freedom of movement in the upper body only and the activity is as fast-paced as in fencing competitions for able-bodied.

Men and women with an amputation, spinal injury or cerebral palsy are eligible to compete in events including Foil, Épée (men and women) and Sabre (men). The aim of the sport is to score 15 points against your opponent. The sport is governed by IWAS (the International Wheelchair & Amputee Sports Federation) and the International Wheelchair Fencing Committee.

Athlete eligibility and classification

There are three competition classes and the split is based upon disability classification.

Field of play

In able-bodied fencing, two fencers compete on a 14 meters strip, while in wheelchair fencing the athletes are static. Their wheelchairs are fixed in place to the ground by metal frames. The chair is preferably clamped to both sides of the frame to keep the chair from tipping over. The distance between the fencers is decided by the fencer with the shortest arms, who decides if the distance will be at his distance or that of his opponent. One arm/hand holds the fencing weapon. The other arm is used to hold onto the chair when lunging and recovering.

External link to the official website: <http://www.iwasf.com/>

WHEELCHAIR RUGBY:

Wheelchair Rugby was developed in Canada during the 1970s by athletes with quadriplegia. The first international tournament was held in Toronto, Canada in 1989, with club teams from Canada, USA and Great Britain competing. In 1990, Wheelchair Rugby first appeared at the International Stoke Mandeville Wheelchair Games as an exhibition event and in 1993 and has 15 participating countries, the sport was recognized by the ISMWSF (now part of IWAS) as an official sport. Thus an ISMWSF Wheelchair Rugby Sport Section was formed (IWRF).

The first Wheelchair Rugby World Championships were held in Nottwil, Switzerland in 1995. Wheelchair Rugby appeared as a demonstration sport in the 1996 Paralympic Games in Atlanta and was granted full medal status at the Sydney Paralympic Games 2000. Played in approximately 25 countries.



Wheelchair Rugby is an intense, physical team sport for male and female athletes with quadriplegia (tetraplegia). The sport can be very physical as athletes attempt to carry the ball over the opponent's goal line. Depending on their functional abilities, athletes are placed into one of seven sport classes from 0.5 (most severely disabled) to 3.5 (less severe disability). During the game, the total value of all the players on the court for a team cannot exceed eight points.

Two teams of four players compete for four periods of eight minutes each. Wheelchair Rugby is governed internationally by the International Wheelchair Rugby Federation (IWRF), which is a committee of the International Wheelchair and Amputee Sports Federation (IWAS).

The game was originally known as "Murderball", the name given to a well-known film/documentary about the sport released in 2005.

External link to the official website: <http://www.iwasf.com/index.htm>

WHEELCHAIR TENNIS:

Wheelchair Tennis appeared for the first time on the Paralympic Programme in Barcelona in 1992. It originated in the USA in the 1970s and continues to develop a strong following of players and fans internationally.

The game follows able-bodied Tennis rules and athletes must have high levels of skill, fitness and strategy. The only difference in Wheelchair Tennis competitions is that the ball is allowed to bounce twice - the first bounce being within the bounds of the court. Athletes must have a permanent substantial or total loss of function in one or both legs. For the quad division, the eligibility criteria require that a player has a disability in three or more limbs.

The events are singles (between two players) and doubles (between two pairs). The winner of a match is the first athlete or pair to win two sets. The International Tennis Federation (ITF) is the governing body for Wheelchair Tennis. In 2006, Wheelchair Tennis is practiced by athletes in over 70 countries.

External link to the official website: <http://itftennis.com/wheelchair/>