



# **DOPING CONTROL GUIDE FOR TESTING ATHLETES IN PARA SPORT**

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**INTERNATIONAL PARALYMPIC COMMITTEE**

# 1 INTRODUCTION

This guide is intended for athletes, anti-doping organisations and sample collection personnel who are responsible for managing the sample collection process – and other organisations or individuals who have an interest in doping control in Para sport.

It provides advice on how to prepare for and manage the sample collection process when testing athletes who compete in Para sport. It also provides information about the Para sport classification system (including the types of impairments) and the types of modifications that may be required to complete the sample collection process.

Appendix 1 details the classification system for those sports that are included in the Paralympic programme – and the applicable disciplines that apply within the doping control setting.

The International Paralympic Committee's (IPC's) doping control guidelines outlined, align with Annex A Modifications for Athletes with Impairments of the World Anti-Doping Agency's International Standard for Testing and Investigations (ISTI).

It is recommended that anti-doping organisations (and sample collection personnel) follow these guidelines when conducting testing in Para sport.

## 2 DISABILITY & IMPAIRMENT

In line with the United Nations Convention on the Rights of Persons with Disabilities (CRPD), 'disability' is a preferred word along with the usage of the term 'impairment', which refers to the classification system and the ten eligible impairments that are recognised in Para sports.

The IPC uses the first-person language, i.e., addressing the athlete first and then their disability. As such, the right term encouraged by the IPC is 'athlete or person with disability'. An athlete with a disability may be further described as an 'athlete with a vision impairment', for example.

## 3 PARA SPORT CLASSIFICATION

Classification is the cornerstone of the Paralympic Movement. Athletes competing in Para sports have an impairment that leads to a competitive disadvantage. Classification aims to minimise the impact of impairments on sport performance and ensure the success of an athlete is determined by skill, fitness, power, endurance, tactical ability and mental focus.

Classification determines who is eligible to compete in a Para sport and it groups the eligible athletes in sport classes based on the degree to which their impairment limits their activity.

The Paralympic Movement offers sport opportunities for athletes that have at least one of ten eligible impairment types, which can be broadly grouped as vision, intellectual and physical impairments.

Different sports require athletes to perform different activities, so the impact of an impairment on each sport also differs. For this reason, every sport has its own classification system, which is developed by the respective International Federation.

It is important to remember that a Sport Class is not necessarily comprised of just one type of impairment but can involve athletes with a range of different impairments. Furthermore, some sports are organised such that athletes of various sport classes will compete together, while other Para sports have only one sport class.

For more information including full classification guides for Paralympic Summer and Winter sports visit [www.paralympic.org/classification](http://www.paralympic.org/classification).

## **4 INFORMATION FOR SAMPLE COLLECTION**

The ISTI requires that wherever possible, sample collection authorities (including sample collection personnel) must be provided with all the necessary information required to carry out the sample collection session.

When testing individual Para athletes, this includes specific information about the athlete's impairment, their sport class and any modifications that may be required for the sample collection session (such as sample collection equipment or facilities).

When testing multiple Para athletes, in an in-competition setting for example, a broader overview of the sport classification system can be more helpful.

## **5 ENGAGING WITH PARA ATHLETES**

Para athletes are often described as inspirational, having fought against adversity throughout their lives, to achieve in sport and represent their country at the highest level. However, when engaging with Para athletes, keep in mind that they want to be seen as an athlete first, not as an athlete with a disability.

For the purposes of doping control, it is helpful for the Doping Control Officer (DCO) to have a basic understanding of Para sport, the types of impairments and

the modifications that may be required. However, the athlete will almost always be the best source of information. They know their own abilities and limitations, so the DCO should defer to the athlete in terms of what assistance and/or modifications may be required.

For younger, less experienced athletes and/or those undergoing their first doping control, this may require a practical but sensitive conversation to determine the best approach.

Following are some general rules to remember when engaging with Para athletes (or anyone with a disability):

- ALWAYS ask before providing any sort of assistance to an athlete, in general and directly relating to the sample collection session – and be prepared to take ‘No’ for an answer. Never assume an athlete needs help – even if it looks like they are struggling.
- Always identify the person first, then the disability. For example, say “athlete with a disability” or “athlete with a physical impairment” not a “disabled athlete”. It may not even be necessary or relevant to mention the disability.
- An athlete’s mobility equipment, such as a wheelchair, crutches, or prosthetic device, is part of their personal space. Do not touch or move it without permission, even if someone puts it down or chooses to leave it somewhere. Leaning on someone’s wheelchair is like leaning on their shoulder.
- Speak directly to the athlete, not to their representative.
- Avoid making an athlete crane their neck for long conversations, take a seat or crouch down, so that you can converse with the athlete at eye level. Bending down to speak to an athlete is patronising and should be avoided.
- Listen attentively when you are talking with an athlete who has difficulty speaking. Be patient and wait for them to finish, rather than correcting or speaking for the athlete. Never pretend to understand if you are having difficulty doing so. Instead, repeat what you have understood and allow the athlete to respond.
- Speak in your normal tone to an athlete – talking unnecessarily loudly or slowly is considered condescending.
- Be very wary of making assumptions about athletes with an intellectual impairment (or indeed any Para athlete). Use your people skills to assess and adapt to each individual athlete’s needs.
- When engaging with athletes with an intellectual impairment, take care to give clear instructions, keep your sentences short and to the point and check for understanding at every step along the process. Use of an interpreter, if required and available, is recommended.

- When engaging with athletes with a vision impairment, take care to give specific instructions or directions, such as “the bathroom is about five metres down the hall to your left” and describe your actions during the process, such as, “...I am using a refractometer to test the specific gravity of your sample...”.
- If you are ever unsure of how you should interact with an athlete with a disability, just ask them.

## **6 MODIFICATIONS TO SAMPLE COLLECTION PROCEDURES & EQUIPMENT**

The ISTI provides for modifications to be made during the sample collection session for athletes with a disability, where necessary and where possible, so long as the integrity of the Sample Collection Session is not compromised, and the dignity and privacy of the Athlete is respected.

This section outlines the general approach to modifications along with some specific procedures to follow for different types of impairments and/or modifications.

- The DCO has authority to make modifications as the situation requires, provided that the modifications do not compromise the identity, security, or integrity of the sample.
- Any specific assistance provided to the athlete, by a representative or by the DCO, must first be authorised by the athlete and agreed to by the DCO.
- If the athlete representative or DCO/chaperone is handing any collection equipment or sealing the sample on behalf of the athlete, they must wash their hands prior to doing so, or wear gloves.
- Athletes with vision or intellectual impairments may have a representative and/or a DCO representative present during the passing of the sample, to observe the witnessing DCO/chaperone. The representative(s) cannot directly observe the Athlete passing the sample, unless specifically requested by the athlete.
- All modifications made to the standard sample collection procedures must be recorded on the doping control form (DCF) and/or other form, as appropriate.

### **IMPORTANT:**

It is the athlete’s responsibility to provide whatever additional personal equipment is necessary to provide a urine sample, for example, a catheter/drainage system or a urine collection container (in accordance with Article A.4.6 of the ISTI).

Should an athlete not have the additional equipment necessary to provide a urine sample, the DCO may, at their discretion, allow the athlete the opportunity to locate the equipment they require. The athlete must remain under the observation of the DCO/chaperone throughout.

If the athlete is ultimately unable to provide a sample, due to lack of appropriate equipment, they could be charged with an anti-doping rule violation for failing to submit to doping control.

If unsure what type of collection device is most appropriate for their needs, the athlete should seek advice from a nurse, physician, or occupational therapist.

## **6.1 ATHLETES WITH A VISION IMPAIRMENT**

Athletes with a vision impairment have either reduced vision or are completely blind.

In some Para sports, athletes with different levels of vision impairment compete in separate classes, while in other sports they compete together in the same class.

Where athletes compete in separate classes (e.g. Para athletics T/F11-13) the lower the number of the class, the lower the athlete's visual acuity and/or field of vision. Where athletes compete together in the same class (e.g. goalball) the DCO/chaperone should ascertain the athlete's level of vision impairment at the point of notification (if this is not advised in advance).

- The IPC strongly recommends that athletes with little or no vision, or with no light perception, have a representative with them during the entire sample collection session.
- The IPC also recommends that athletes with a less severe vision impairment have a representative present, during all or part of the session.
- If an athlete with a vision impairment declines to have a representative present, this does not invalidate the test but should be recorded on the DCF. The DCO should consider having a third party (DCO representative) present during sample provision, or during the entire sample collection session.

## **6.2 ATHLETES WITH AN INTELLECTUAL IMPAIRMENT**

Athletes with an intellectual impairment have a restriction in intellectual functioning and adaptive behaviour, which affects conceptual, social and practical adaptive skills required for everyday life.

For example, athletes with an intellectual impairment may struggle with numbers or time (conceptual skills); struggle to maintain eye contact or appear very shy (social skills); or struggle with daily living tasks such as dressing or feeding (practical skills).

- The IPC strongly recommends that athletes with an intellectual impairment have a representative with them during the entire sample collection session.
- If an athlete with an intellectual impairment declines to have a representative present this does not invalidate the test, but it should be recorded on the DCF. In this situation, the DCO should appoint a third party (DCO representative) to be present during the entire sample collection process.
- When communicating with athletes with an intellectual impairment it can be helpful to communicate using shorter sentences and plain language (speaking in your normal voice) and to check regularly for understanding.

## **6.3 ATHLETES WITH A PHYSICAL IMPAIRMENT**

Athletes with a wide range of physical impairments are eligible to compete in Para sport. This includes athletes with impaired muscle power, a limited range of movement, or increased muscle tension. Also, athletes with limb deficiencies or different leg lengths, short stature and athletes that have uncoordinated or involuntary movements.

For more information about the different types of physical impairments, visit [www.paralympic.org/classification](http://www.paralympic.org/classification).

- The Doping Control Station (including the toilet area) must be wheelchair accessible.
- Depending on the athlete's impairment, assistance and/or modifications may or may not be required during the sample collection process.

### **6.3.1 URINE DRAINAGE SYSTEMS**

Athletes with incontinence may use various types of catheters or drainage systems. Examples of the most common ones include:

- Indwelling catheters, such as suprapubic or urethral catheters;
- External catheters or collection devices, such as condom catheters, urine pouches or urine bottles; and
- Short term catheters (for intermittent catheterisation).

Some of the above-mentioned urinary collection devices will be used in combination with either a leg bag, in which the urine accumulates throughout the day and is emptied as needed; or a catheter valve, which allows urine to be held in the bladder and emptied as and when required.

The witnessing DCO/chaperone should check that the catheter is connected to the athlete's body and that the urine sample is coming from the athlete.

The standard procedure, where athletes are asked to adjust their clothing to provide an unobstructed view of the sample provision (and to ensure there are no concealed doping methods) still applies.

Ideally, the existing urine collection or drainage system should be replaced with a new, unused catheter or drainage system prior to collecting the sample – if the athlete has these available.

### **6.3.2 LEG BAGS**

When an athlete who uses a leg bag to collect urine is notified for testing, they must completely empty the drainage bag into the toilet as soon as practical.

After emptying the bag, the urine sample for doping control can be collected. The athlete must wait for the required amount of urine to collect, under the observation of a DCO/chaperone, before returning to the toilet area to transfer their urine into the collection vessel, ready for processing.

### **6.3.3 CATHETER VALVES**

Where a catheter valve is used, the athlete can simply release the valve to transfer their urine directly into the collection vessel.

NOTE: While athletes who use catheter valves may have no sensation of a full bladder, they will be well practised in managing this and will have a good sense of when they are able to provide sufficient volume of urine for doping control purposes.

### **6.3.4 URINE COLLECTION CONTAINERS**

In some instances, an athlete's disability may be such that passing a sample directly into the collection vessel is too difficult (e.g. due to involuntary muscle spasms or poor balance); or an athlete may be unable to (or choose not to) use a catheter/drainage system.

- In these situations, the athlete may require a urine collection container that fits over the toilet bowl (such as a 'toilet hat') in order to provide a sample. The athlete is responsible for providing this additional equipment.
- The DCO should inspect the collection container (in front of the athlete and their representative) and ask the athlete to rinse the container out with water before fitting it on the toilet.
- The athlete then sits on the toilet until a sufficient volume of urine has collected in the container. For athletes without bladder control, this could take up to an hour or more, during which time the athlete must be observed by a DCO/chaperone. When sufficient urine has collected, the athlete transfers the urine into the doping control collection vessel, ready for processing.



### **6.3.5 DISPOSING OF RESIDUAL URINE**

After filling the collection vessel with the required amount of urine, the athlete should discard any urine remaining in the leg bag (or other collection device) into the toilet.

### **6.3.6 DILUTE SAMPLES**

Where additional urine samples are required due to the previous sample(s) not meeting the requirement for specific gravity, any urine remaining in the leg bag (or other collection device) from the previous sample collection must be emptied into the toilet before proceeding with the collection of a second (or subsequent) new sample.

## **7 BLOOD SAMPLE COLLECTION**

The ISTI requires athletes to rest in a normal seated position with feet on the floor for at least ten (10) minutes prior to providing a blood sample. Athletes who remain in their wheelchairs for the sample collection are required to remain stationary in their wheelchair for this period.

- It may not be feasible for a blood sample to be taken from the athlete's arm, for a variety of reasons. The Blood Collection Officer (BCO) shall assess the most suitable location for venepuncture that is unlikely to adversely affect the athlete or their performance. The BCO should consult with the athlete to identify an alternative suitable location for drawing the blood – and to address any other potential issues associated with blood collection.

## **8 DOPING CONTROL PAPERWORK**

- All modifications to the sample collection procedure, (such as modifications to the sample provision/collection, the sealing of the sample collection kits and the presence, or otherwise, of representatives) must be recorded on the DCF or supplementary form.
- To assist, model statements that capture the typical modifications specific to Para sport are provided below.
- If the DCO appoints a third party or DCO representative (in addition to the witnessing DCO/chaperone) to be present during the sample collection process, this should be documented on the DCF or supplementary form.

NOTE: The DCO representative cannot sign the DCF as the athlete's representative.

- If an athlete is unable to sign the DCF, the athlete representative can sign on their behalf. This modification should be documented on the DCF or supplementary form.
- It is important for the laboratory analysis and reporting of results that the athlete's sport and discipline is recorded correctly on the DCF. Disciplines in Para sport may be based on the sport classification or the nature of the activity.
- Refer to Appendix 1 for the disciplines that apply to Paralympic sports for doping control purposes.

## 8.1 RECORDING MODIFICATIONS TO THE SAMPLE COLLECTION PROCEDURE

The table below provides model statements for the DCO to record typical modifications that might be made to the sample collection procedure, specific to Para sport. Further statements should be provided by the DCO, as required, to accurately document these and any other modifications made.

MODEL STATEMENTS FOR MODIFICIATIONS IN PARA SPORT	
Sample Provision	<ul style="list-style-type: none"> <li>• Athlete used a new (or used) catheter (and urine bag) to provide the sample.</li> <li>• The urine bag was emptied before sample provision.</li> <li>• The urine bag / collection device was emptied between sample provisions.</li> <li>• Athlete used an alternative urine collection vessel to provide the sample.</li> <li>• Athlete representative (or DCO) assisted the athlete during sample provision.</li> <li>• Athlete and/or DCO representative observed the witnessing DCO (or chaperone)</li> </ul>
Sample Sealing	<ul style="list-style-type: none"> <li>• Athlete representative (or DCO) filled the bottles.</li> <li>• Athlete representative (or DCO) closed the bottles.</li> <li>• Athlete representative (or DCO) filled and closed the bottles.</li> </ul>
General	<ul style="list-style-type: none"> <li>• Athlete representative (or DCO) narrated (or described) the sample collection process for the athlete.</li> <li>• Athlete was unable to sign the DCF - representative signed on their behalf.</li> </ul>

## ANNEX 1: PARALYMPIC SPORT: CLASSIFICATION SYSTEM & DISCIPLINES

The classification system in Para sport varies in complexity from sport to sport. This section provides an overview of the different classes (and the types of impairments) that apply within each Paralympic Summer and Winter sport.

While it is not necessary for the DCO to understand the details of the classification system, having a general understanding of the different classes and the types of impairments can be helpful in preparing for the sample collection session, including any modifications that might be required.

This section also lists the sport and disciplines that apply for the specific purpose of doping control. These can differ from the non-disabled sport/disciplines, where in some Para sports (athletics and swimming in particular) the disciplines take account of the sport class as well as (or instead of) the type of activity.

It is important that the DCO records the Para sport and discipline correctly on the DCF, for the laboratory analysis and reporting results.

For more detailed information about the Paralympic classification system visit [www.paralympic.org/classification](http://www.paralympic.org/classification).

For more information about the sports and disciplines used for doping control purposes (and the relevant minimum levels of analysis) refer to the World Anti-Doping Agency's [Technical Document for Sport Specific Analysis \(TDSSA\)](#).

### PARALYMPIC SUMMER & WINTER SPORTS

- |                      |                         |                         |
|----------------------|-------------------------|-------------------------|
| • Para Archery       | • Goalball              | • Para Swimming *       |
| • Para Alpine Skiing | • Para Ice Hockey *     | • Para Table Tennis     |
| • Para Athletics *   | • Para Judo             | • Para Taekwondo        |
| • Para Badminton     | • Para Nordic Skiing    | • Para Triathlon        |
| • Boccia             | • Para Powerlifting *   | • Wheelchair Basketball |
| • Para Canoe         | • Para Rowing           | • Wheelchair Curling    |
| • Para Cycling       | • Shooting Para Sport * | • Wheelchair Fencing    |
| • Para Equestrian    | • Sitting Volleyball    | • Wheelchair Rugby      |
| • Blind Football     | • Para Snowboard        | • Wheelchair Tennis     |

\* IPC is currently the International Federation for these sports.

## PARA ARCHERY

The following summarises the eligible impairments in the sport of archery, the classification system for athletes and the sport-disciplines that are applicable to the doping control process.

ELIGIBLE IMPAIRMENTS			
Impaired muscle power	✓	Involuntary movements	✓
Impaired passive range of movement	✓	Muscle tension	✓
Limb deficiency	✓	Uncoordinated movements	✓
Leg length difference		Short stature	
Intellectual impairment		Vision impairment	✓*

\* Not included in the Paralympic programme.

SPORT CLASSES	
W1	Impairment includes loss of leg and trunk function, which means these athletes compete in a wheelchair. Arms will also lack muscle strength, co-ordination or range of movement. An athlete with tetraplegia might fit this sport class, for example.
OPEN	Athletes may have an impairment in the legs and use a wheelchair or have a balance impairment and shoot standing or resting on a stool.

DCF SPORT	DCF DISCIPLINE
Archery	– Para Archery

## PARA ALPINE SKIING

The following summarises the eligible impairments in the sport of alpine skiing, the classification system for athletes and the sport-disciplines that are applicable to the doping control process.

ELIGIBLE IMPAIRMENTS			
Impaired muscle power	✓	Involuntary movements	✓
Impaired passive range of movement	✓	Muscle tension	✓
Limb deficiency	✓	Uncoordinated movements	✓
Leg length difference	✓	Short stature	
Intellectual impairment		Vision impairment	

SPORT CLASSES: STANDING SKIERS - LEG IMPAIRMENTS	
LW1	For athletes with an impairment that strongly affects both legs. Athletes may have a double above knee amputation, one above knee and one below knee amputation or significant muscle weakness in both legs.
LW2	For athletes who have a significant impairment in one leg. Athletes may have a single above or below knee amputation, ankle amputation or nerve injury resulting in muscle power impairment.
LW3	For athletes who have a moderate impairment in both legs. Athletes may have mild co-ordination problems or muscle weakness in both legs; others may have an ankle amputation, or double below-knee amputation.
LW4	For athletes who have an impairment in one leg, similar to LW2, but with less activity limitation. Athletes may have an ankle amputation, below knee amputation or nerve injury resulting in muscle power impairment.
SPORT CLASSES: STANDING SKIERS - ARM IMPAIRMENTS	
LW5/7	For athletes who have an impairment in both arms. Some athletes have amputations and others have limited muscle power or co-ordination problems.
LW6/8	Athletes in this sport class have a unilateral arm impairment.
SPORT CLASSES: STANDING SKIERS - COMBINED IMPAIRMENTS IN ARMS & LEGS	
LW9	Athletes in this sport class have an upper and lower limb impairment. Some skiers have co-ordination problems, such as spasticity or some loss of control over one side of their body. Includes LW9-1 and LW9-2 sport classes.

SPORT CLASSES: SIT SKIERS	
LW10	For athletes who have no or minimal trunk stability, for example, due to spinal cord injury or spina bifida.
LW11	For athletes who have good stability in their upper trunk, but very limited control in their lower trunk and hips.
LW12	For athletes who have no trunk impairment or slightly decreased trunk and leg impairments. Athletes in sport classes LW1-4 may also fit this sport class. Includes LW12-1 and LW12-2 sport classes.
SPORT CLASSES: SKIERS WITH A VISION IMPAIRMENT	
B1 to B3	Athletes have varying degrees of vision. Those with little or no vision are required to use eye shades. All athletes with a vision impairment ski with a sighted guide.

DCF SPORT	DCF DISCIPLINE
Skiing	– Para Alpine Skiing

## PARA ATHLETICS

The following summarises the eligible impairments in the sport of athletics, the classification system for athletes and the sport-disciplines that are applicable to the doping control process.

ELIGIBLE IMPAIRMENTS			
Impaired muscle power	✓	Involuntary movements	✓
Impaired passive range of movement	✓	Muscle tension	✓
Limb deficiency	✓	Uncoordinated movements	✓
Leg length difference	✓	Short stature	✓
Intellectual impairment	✓	Vision impairment	✓

The Para athletics classification system is more complex than most other Para sports. The sport class consists of a prefix "T" or "F" and a number. The "T" applies to both track (racing) and jumping events and the "F" applies to field (throwing) events. Click [here](#) for more detailed information about the Para athletics classification system.

SPORT CLASSES: RUNNING & JUMPING ("T")	
T11-13	For athletes with a vision impairment.
T20	For athletes with an intellectual impairment.
T35-38	For athletes with co-ordination impairments (involuntary movements, uncoordinated movements and/or muscle tension) often due to cerebral palsy or brain injury.
T40-41	For athletes of short stature.
T42-44	For athletes with a leg deficiency, leg length difference, impaired muscle power or impaired passive range of movement in the legs.
T45-47	For athlete with an arm deficiency, impaired muscle or impaired passive range of movement in the arms.
T61-64	For athletes with a leg amputation, who compete with prosthetics in a standing position.
SPORT CLASSES: WHEELCHAIR RACING ("T")	
T32-34	For athletes with co-ordination impairments (involuntary movements, uncoordinated movements and/or muscle tension) often due to cerebral palsy or brain injury.
T51-54	For athletes with impaired muscle power, restricted range of movement, limb deficiency or leg length difference, such as cervical cord injury, spinal cord injury, amputation, functional disorder.

SPORT CLASSES: FRAME RUNNING ("T")	
T71-72	For athletes with a coordination impairment who compete with a frame.
SPORT CLASSES: STANDING THROWS ("F")	
F11-13	For athletes with a vision impairment.
F20	For athlete with an intellectual impairment.
F35-38	For athletes with co-ordination impairments (involuntary movements, uncoordinated movements and/or muscle tension) often due to cerebral palsy or brain injury.
F40-41	For athletes of short stature.
F42-44	For athletes with a leg deficiency, leg length difference, impaired muscle power or impaired passive range of movement in the legs.
F45-46	For athlete with an arm deficiency, impaired muscle or impaired passive range of movement in the arms.
F61-64	For athletes with a leg amputation, who compete with prosthetics in a standing position.
SPORT CLASSES: SEATED THROWS ("F")	
F31-34	For athletes with co-ordination impairments (involuntary movements, uncoordinated movements and/or muscle tension) often due to cerebral palsy or brain injury.
F51-57	For athletes with impaired muscle power, restricted range of movement, limb deficiency or leg length difference, e.g. cervical cord injury, spinal cord injury, amputation, functional disorder.

DCF SPORT	DCF DISCIPLINES
Para Athletics	<ul style="list-style-type: none"> <li>– Jumping - All Classes</li> <li>– Running Sprints 400m or less - All Classes</li> <li>– Running Middle Distance 800m - 1500m - All Classes</li> <li>– Running Endurance - greater than 1500m - All Classes</li> <li>– Wheelchair Racing - All Distances - All Classes</li> <li>– Standing Throws - All Classes</li> <li>– Seated Throws - Classes: F31-34/F51-53</li> <li>– Seated Throws - Classes: F54-F57</li> </ul>



## PARA BADMINTON

The following summarises the eligible impairments in the sport of badminton, the classification system for athletes and the sport-disciplines that are applicable to the doping control process.

ELIGIBLE IMPAIRMENTS			
Impaired muscle power	✓	Involuntary movements	✓
Impaired passive range of movement	✓	Muscle tension	✓
Limb deficiency	✓	Uncoordinated movements	✓
Leg length difference	✓	Short stature	✓
Intellectual impairment		Vision impairment	

SPORT CLASSES: WHEELCHAIR (WH)	
WH1	For players who require a wheelchair to play badminton and usually have an impairment in both their legs and trunk.
WH2	For players who could have an impairment in one or both legs and minimal or no impairment of the trunk.
SPORT CLASSES: STANDING LOWER (SL)	
SL3	For players who could have an impairment in one or both legs and poor walking/running balance.
SL4	For players who could have an impairment in one or both legs with a minimal impairment in walking/running balance. (An SL4 player has a lesser impairment compared to an SL3 player.)
SPORT CLASSES: STANDING UPPER (SU)	
SU5	For players with an impairment of the upper limb. The impairment could be on the playing or non-playing hand.
SPORT CLASSES: SHORT STATURE (SH)	
SH6	For players who have a short stature.

DCF SPORT	DCF DISCIPLINE
Badminton	– Para Badminton

## BOCCIA

The following summarises the eligible impairments in the sport of boccia, the classification system for athletes and the sport-disciplines that are applicable to the doping control process.

ELIGIBLE IMPAIRMENTS			
Impaired muscle power	✓	Involuntary movements	✓
Impaired passive range of movement	✓	Muscle tension	✓
Limb deficiency	✓	Uncoordinated movements	✓
Leg length difference		Short stature	
Intellectual impairment		Vision impairment	

SPORT CLASSES	
<b>BC1</b>	For athletes who have severe activity limitations affecting their legs, arms and trunk due to co-ordination impairments, and are typically dependent on a powered wheelchair. They can grasp and throw the ball without assistive devices. Athletes with some leg control can propel the ball with their foot.
<b>BC2</b>	For athletes have better trunk control and arm function (than BC1). The abilities of their arms and hands often allow them to throw the ball overhand and underhand, with a variety of grasps. They are not eligible for assistance.
<b>BC3</b>	For athletes who have significantly limited function in their arms and legs, and poor or no trunk control due to cerebral or non-cerebral origins. They are unable to consistently grasp or release the ball and to help them propel the ball onto the court, they use a ramp and other assistive devices to roll the ball with the help of a Sport Assistant.
<b>BC4</b>	For athletes with impairments that have no cerebral origin. Possible health conditions include progressive weakness and loss of muscle mass (muscular dystrophy), spinal cord injuries or amputations affecting all four limbs. Athletes throw the ball usually with a pendulum swing, sometimes using both hands or arms.

DCF SPORT	DCF DISCIPLINE
Boccia	– Para Boccia

## PARA CANOE

The following summarises the eligible impairments in the sport of canoe, the classification system for athletes and the sport-disciplines that are applicable to the doping control process.

ELIGIBLE IMPAIRMENTS			
Impaired muscle power	✓	Involuntary movements	
Impaired passive range of movement	✓	Muscle tension	
Limb deficiency	✓	Uncoordinated movements	
Leg length difference		Short stature	
Intellectual impairment		Vision impairment	

Athletes can compete in two types of boat, kayak (K) and va'a (V). The kayak is propelled by a double blade paddle, while the va'a is an outrigger canoe propelled by a single-blade paddle. Kayak and va'a are different disciplines, each with a specific classification (KL and VL) which is based on the same principle.

SPORT CLASSES	
<b>KL1</b>	For athletes who have very limited trunk function and no leg function.
<b>KL2</b>	For athletes with partial trunk and leg function who are able to sit upright in the kayak. They will have limited leg movement during paddling.
<b>KL3</b>	For athletes who have trunk and partial leg function. They are able to sit with their trunk bent forward and paddle by bracing their legs and using their hips.
<b>VL1</b>	For athletes who have no dynamic trunk function - they are unable to sit upright on a bench with the legs hanging whilst the thighs and/or pelvis are secured and cannot bend their trunk forwards, backwards, sideways or rotating. These athletes should also not have any leg function.
<b>VL2</b>	For athletes with partial trunk and leg function who are able to sit upright in the va'a but might need a special backrest and have limited leg movement during paddling.
<b>VL3</b>	For athletes with full (or almost full) dynamic trunk function.

DCF SPORT	DCF DISCIPLINE
Canoe/Kayak	– Para Canoe Sprint

## PARA CYCLING

The following summarises the eligible impairments in the sport of cycling, the classification system for athletes and the sport-disciplines that are applicable to the doping control process.

ELIGIBLE IMPAIRMENTS			
Impaired muscle power	✓	Involuntary movements	✓
Impaired passive range of movement	✓	Muscle tension	✓
Limb deficiency	✓	Uncoordinated movements	✓
Leg length difference	✓	Short stature	
Intellectual impairment		Vision impairment	✓

SPORT CLASSES: HANDCYCLE (H1-H5)
<p>Athletes in sport classes H1-4 compete on a hand bike where a reclining position is mandatory. Athletes in the H1 class do not have any trunk and leg function and have limited arm function, e.g. because of spinal-cord injuries. Athletes in the H4 class have no leg function but good trunk and arm function.</p> <p>Athletes in class H5 compete from a kneeling position (HK) and can thus use their arms and trunk to accelerate the handcycle. These athletes might have leg amputations, paraplegia or mild to moderate involuntary movements or uncoordinated movements.</p>
SPORT CLASSES: TRICYCLE (T1, T2)
<p>Athletes in the Tricycle division are unable to ride a bicycle due to lack of balance and/or restriction in pedalling due to muscle tension, uncoordinated movements or involuntary movements. Sport class T1 is for athletes with more significant balance, co-ordination impairments and problems controlling movements than T2 athletes.</p>
SPORT CLASSES: CYCLING (C1-C5)
<p>For athletes with limb deficiency, impaired muscle power or range of motion and impairments affecting co-ordination, such as uncoordinated and/or involuntary movements. Each number indicates a different degree of activity limitation..</p>
SPORT CLASSES: TANDEM B
<p>Cyclists with a vision impairment race tandem with a sighted cyclist (pilot) in front. Athletes with different degrees of visual impairment all compete together in one event.</p>

DCF SPORT	DCF DISCIPLINE
Cycling	– Para Cycling

## PARA EQUESTRIAN

The following summarises the eligible impairments in the sport of equestrian, the classification system for athletes and the sport-disciplines that are applicable to the doping control process.

ELIGIBLE IMPAIRMENTS			
Impaired muscle power	✓	Involuntary movements	✓
Impaired passive range of movement	✓	Muscle tension	✓
Limb deficiency	✓	Uncoordinated movements	✓
Leg length difference	✓	Short stature	✓
Intellectual impairment		Vision impairment	✓

SPORT CLASSES	
Grade I	For athletes who have severe impairments affecting all limbs and the trunk. These athletes usually require the use of a wheelchair in daily life, though may also be able to walk with an unsteady gait. Trunk and balance are severely impaired.
Grade II	For athletes who have either a severe impairment of the trunk and minimal impairment of the arms, or moderate impairment of the trunk, arms and legs. Most athletes in this grade use a wheelchair in daily life.
Grade III	For athletes who have severe impairments in both legs with minimal or no impairment of the trunk, or moderate impairment of the arms, legs and trunk. Some athletes in this grade may use a wheelchair in daily life.
Grade IV	For athletes who have a severe impairment or deficiency of both arms or a moderate impairment of all four limbs or short stature. Athletes in Grade IV are able to walk and generally do not require a wheelchair in daily life. Grade IV also includes athletes with more severe vision impairment.
Grade V	For athletes who have a mild impairment affecting the range of movement, or muscle strength or a deficiency of one limb or a mild deficiency of two limbs. Grade V is also for athletes with a moderate vision impairment.

DCF SPORT	DCF DISCIPLINE
Equestrian	– Para Equestrian

## FOOTBALL

The following summarises the eligible impairments in the sport of football 5-a-side, the classification system for athletes and the sport-disciplines that are applicable to the doping control process.

ELIGIBLE IMPAIRMENTS			
Impaired muscle power		Involuntary movements	
Impaired passive range of movement		Muscle tension	
Limb deficiency		Uncoordinated movements	
Leg length difference		Short stature	
Intellectual impairment		Vision impairment	✓*

\* Only B1 Class is included in the Paralympic programme.

SPORT CLASS	
B1	Only athletes who have little, or no vision may compete in Blind Football. This classification applies to the field players. In addition, each team has a sighted, non-disabled goalkeeper, who does not need to undergo classification. To ensure fair competition all athletes (except for the goalkeeper) must wear eyeshades.

DCF SPORT	DCF DISCIPLINE
IBSA - Football	– Blind Football

## GOALBALL

The following summarises the eligible impairments in the sport of goalball, the classification system for athletes and the sport-disciplines that are applicable to the doping control process.

ELIGIBLE IMPAIRMENTS			
Impaired muscle power		Involuntary movements	
Impaired passive range of movement		Muscle tension	
Limb deficiency		Uncoordinated movements	
Leg length difference		Short stature	
Intellectual impairment		Vision impairment	✓

SPORT CLASSES
Athletes competing in goalball all have varying degrees of vision impairments. To ensure fair competition between the teams, all athletes must wear eyeshades during the game.

DCF SPORT	DCF DISCIPLINE
Goalball	– Goalball

## PARA ICE HOCKEY

The following summarises the eligible impairments in the sport of ice hockey, the classification system for athletes and the sport-disciplines that are applicable to the doping control process.

ELIGIBLE IMPAIRMENTS			
Impaired muscle power	✓	Involuntary movements	✓
Impaired passive range of movement	✓	Muscle tension	✓
Limb deficiency	✓	Uncoordinated movements	✓
Leg length difference	✓	Short stature	
Intellectual impairment		Vision impairment	

SPORT CLASSES
There is only one sport class in Para ice hockey. Athletes must have a leg impairment that would prevent them from competing in non-disabled ice hockey. Athletes, for example, may have impaired passive range of motion in one ankle or limited range of motion in the knee, or a leg length difference. Some athletes may have muscle weakness in their legs, for example, paraplegia due to spinal cord injury.

DCF SPORT	DCF DISCIPLINE
Para Ice Hockey	– Para Ice Hockey



## PARA JUDO

The following summarises the eligible impairments in the sport of judo, the classification system for athletes and the sport-disciplines that are applicable to the doping control process.

ELIGIBLE IMPAIRMENTS			
Impaired muscle power		Involuntary movements	
Impaired passive range of movement		Muscle tension	
Limb deficiency		Uncoordinated movements	
Leg length difference		Short stature	
Intellectual impairment		Vision impairment	✓

SPORT CLASSES	
J1	Athletes in J1 have little measurable vision, light perception, or no light perception.
J2	Athletes in J2 have reduced clarity, quality, and amount of vision and/or a restricted field of vision.

DCF SPORT	DCF DISCIPLINE
Judo	– Para Judo

## PARA NORDIC SKIING

The following summarises the eligible impairments in the sport of Nordic skiing, the classification system for athletes and the sport-disciplines that are applicable to the doping control process.

ELIGIBLE IMPAIRMENTS			
Impaired muscle power	✓	Involuntary movements	✓
Impaired passive range of movement	✓	Muscle tension	✓
Limb deficiency	✓	Uncoordinated movements	✓
Leg length difference	✓	Short stature	
Intellectual impairment		Vision impairment	✓

Nordic skiing includes the disciplines of cross-country skiing and biathlon. Skiers of both disciplines compete in several different sport classes, depending on the impact of the impairment on the sport specific activities of the discipline.

SPORT CLASSES: STANDING SKIERS - LEG IMPAIRMENTS	
LW2	For athletes with an impairment affecting one leg, such as an amputation through or above the knee, limb deficiency or a health condition resulting in no range of motion or loss of muscle power in lower limbs and hips.
LW3	For athletes who have an impairment in both legs, which may be the result of muscle weakness. They may have mild co-ordination problems or loss of muscle power in both legs; others may have a loss of both legs, a limb deficiency or a health condition resulting in the absence of forefoot structure.
LW4	For athletes with impairments in the lower parts of one leg, but with less impact on skiing (compared to LW2). These athletes may have mild co-ordination problems or loss of muscle power in one leg; others may have a loss of limb through or above the ankle joint or a leg length difference.
SPORT CLASSES: STANDING SKIERS - ARM IMPAIRMENTS	
LW5/7	For athletes who have impairments in both arms. preventing the use of ski poles. For example, athletes with no hands.
LW6	For athlete with a significant impairment in one arm, e.g., arm amputation or limb deficiency above the elbow. The impaired arm is fixed to the body and may not be used during the races.
LW8	For athletes who have a moderate impairment affecting one arm. For example, skiers in this sport class cannot flex their elbow or fingers on one side, or they have a below elbow amputation. .
SPORT CLASSES: STANDING SKIERS - COMBINED IMPAIRMENTS IN ARMS & LEGS	

LW9	For athletes who have an impairment in both their arms and legs. There are also skiers in this sport class who have mild co-ordination problems in all extremities. Other skiers have amputations affecting at least one arm and one leg.
<b>SPORT CLASSES: SIT SKIERS</b>	
LW10	For athletes who have an impairment that impacts their legs and trunk, for example, a high level of paraplegia. Skiers in this sport class are unable to maintain a sitting position against gravity without using their arms for support.
LW10.5	For athletes who have an impairment that impacts their legs and trunk. These athletes can generally sit statically without arm support, keeping their balance, except when moving sideways.
LW11	For athletes who have leg impairments and less impairment in the trunk than sport class 10.5 skiers. Athletes may be unable to stand and/or walk even with orthosis. Skiers in this sport class will be able to sit unsupported (with or without strapping) and keep their balance even when moving sideways.
LW11.5	Athletes in this sport class have leg impairments and less impairment in the trunk with nearly complete trunk control.
LW12	For athletes who have leg impairments. Athletes with leg impairments in sport classes LW2-4 may also fit this sport class (and must choose which discipline they wish to compete at the start of their career).
<b>SPORT CLASSES: SKIERS WITH A VISION IMPAIRMENT</b>	
B1-B3	Para Nordic skiers in the B1 sport class have an obligatory guide while skiers in the B2 and B3 sport classes may choose whether or not they ski with a guide. The guide skis in front of the athlete and gives specific verbal directions regarding the course to the athlete.  In biathlon, athletes follow sound signals to shoot the target.

DCF SPORT	DCF DISCIPLINE
Para Nordic Skiing	– All

## PARA POWERLIFTING

The following summarises the eligible impairments in the sport of powerlifting, the classification system for athletes and the sport-disciplines that are applicable to the doping control process.

ELIGIBLE IMPAIRMENTS			
Impaired muscle power	✓	Involuntary movements	✓
Impaired passive range of movement	✓	Muscle tension	✓
Limb deficiency	✓	Uncoordinated movements	✓
Leg length difference	✓	Short stature	✓
Intellectual impairment		Vision impairment	

SPORT CLASSES
There is only one sport class in powerlifting with athletes competing in different weight categories.
Powerlifting is open to athletes with all eligible physical impairments. All athletes have an impairment in their legs or hips, which would prohibit them from competing in non-disabled (standing) weightlifting. In powerlifting, they compete in the bench press.

DCF SPORT	DCF DISCIPLINE
Para Powerlifting	– Para Powerlifting

## PARA ROWING

The following summarises the eligible impairments in the sport of rowing, the classification system for athletes and the sport-disciplines that are applicable to the doping control process.

ELIGIBLE IMPAIRMENTS			
Impaired muscle power	✓	Involuntary movements	✓
Impaired passive range of movement	✓	Muscle tension	✓
Limb deficiency	✓	Uncoordinated movements	✓
Leg length difference		Short stature	
Intellectual impairment		Vision impairment	✓

SPORT CLASSES	
<b>PR1</b>	For rowers with minimal or no trunk function who primarily propel the boat through arm and shoulder function. These rowers have poor sitting balance, which requires them to be strapped to the boat/seat.
<b>PR2</b>	For rowers that have functional use of their arms and trunk but have weakness/absence of leg function to slide the seat.
<b>PR3</b>	For rowers with residual function in their legs, which allows them to slide the seat. This class also includes athletes with a vision impairment.

DCF SPORT	DCF DISCIPLINE
Rowing	– Para Rowing

## SHOOTING PARA SPORT

The following summarises the eligible impairments in the sport of shooting, the classification system for athletes and the sport-disciplines that are applicable to the doping control process.

ELIGIBLE IMPAIRMENTS			
Impaired muscle power	✓	Involuntary movements	✓
Impaired passive range of movement	✓	Muscle tension	✓
Limb deficiency	✓	Uncoordinated movements	✓
Leg length difference		Short stature	
Intellectual impairment		Vision impairment	✓*

\* Not included in the Paralympic programme.

SPORT CLASSES	
<b>SH1 (PISTOL)</b>	For athletes with an impairment affecting one arm and/or the legs. Some shooters compete in a seated position, while others compete in a standing position.
<b>SH1 (RIFLE)</b>	For athletes with an impairment in their legs, such as amputations or paraplegia. Some athletes will compete in a seated position, while others compete in a standing position.
<b>SH2 (RIFLE)</b>	For athletes with an impairment that affects their arms, such as amputations or congenital impairments affecting the muscle power/movement. Athletes compete using a shooting stand, to support the weight of the rifle. Some shooters have impairments in both the arms and legs, such as tetraplegia. Most athletes compete in a seated position.
<b>SG-S (TRAP)</b>	For athletes with poor balance and/or trunk stability who compete from a wheelchair in a standard seated position. These athletes have an impairment in the leg(s), but no functional limitation in the arms.
<b>SG-L (TRAP)</b>	Athletes have good balance and trunk function, competing from a standing position. These athletes have an impairment in the leg(s), but no functional limitation in the arms.
<b>SG-U (TRAP)</b>	Athletes have good balance and trunk function, competing from a standing position. These athletes have an impairment in the non-shooting arm.
<b>SH-VI (RIFLE)</b>	For athletes with a vision impairment.

DCF SPORT	DCF DISCIPLINE
Shooting Para Sport	– Shooting Para Sport

## SITTING VOLLEYBALL

The following summarises the eligible impairments in the sport of sitting volleyball, the classification system for athletes and the sport-disciplines that are applicable to the doping control process.

ELIGIBLE IMPAIRMENTS			
Impaired muscle power	✓	Involuntary movements	✓
Impaired passive range of movement	✓	Muscle tension	✓
Limb deficiency	✓	Uncoordinated movements	✓
Leg length difference	✓	Short stature	
Intellectual impairment		Vision impairment	

SPORT CLASSES	
<b>VS1</b>	For athletes with impairments that significantly affect the core functions in sitting volleyball. For example, ankle or higher amputation, severe cases of missing or shortened limbs from birth, stiff knee due to abnormal adhesion and rigidity of the bones of the joint, muscle tension, uncoordinated movements and involuntary movements, etc.
<b>VS2</b>	For athletes with impairments that affect the core functions in sitting volleyball to a lesser degree. For example, amputation through the foot/feet, stiff ankle due to abnormal adhesion and rigidity of the bones of the joint, amputation of four digits on one hand, less severe muscle tension, uncoordinated movements and involuntary movements, etc

In sitting volleyball, VS1 and VS2 athletes compete together. The rules provide that a team may have only one VS2 athlete on the court at a time. The other five athletes must have sport class VS1.

DCF SPORT	DCF DISCIPLINE
Para Volley	– ParaVolley Sitting

## PARA SNOWBOARD

The following summarises the eligible impairments in the sport of snowboard, the classification system for athletes and the sport-disciplines that are applicable to the doping control process.

ELIGIBLE IMPAIRMENTS			
Impaired muscle power	✓	Involuntary movements	✓
Impaired passive range of movement	✓	Muscle tension	✓
Limb deficiency	✓	Uncoordinated movements	✓
Leg length difference	✓	Short stature	
Intellectual impairment		Vision impairment	

SPORT CLASSES	
SB-LL1	For athletes with a significant impairment in one leg (single above knee amputation, including through the knee); or a significant combined impairment in two legs (double above knee amputation). These athletes may also present with muscle weakness or spasticity in both legs. These impairments will affect their ability to balance, control the snowboard and absorb the terrain. Athletes with amputations will use a prosthesis/orthosis during the races.
SB-LL2	For athletes who have an impairment in one or two legs with less activity limitation. They may have a single above ankle amputation, a leg length difference or mild spasticity. Athletes with amputations will use a prosthesis/orthosis during the races.
SB-UL	For athletes who have an impairment in one or both arms. For example, a single or double above wrist amputation, a congenital absence of the wrist joint or a loss of muscle power in at least one arm. These types of impairments impact their ability to balance when racing down the slopes.

DCF SPORT	DCF DISCIPLINE
Para Snowboard	– Para Snowboard



## SWIMMING

The following summarises the eligible impairments in the sport of swimming, the classification system for athletes and the sport-disciplines that are applicable to the doping control process.

ELIGIBLE IMPAIRMENTS			
Impaired muscle power	✓	Involuntary movements	✓
Impaired passive range of movement	✓	Muscle tension	✓
Limb deficiency	✓	Uncoordinated movements	✓
Leg length difference	✓	Short stature	✓
Intellectual impairment	✓	Vision impairment	✓

The sport class names in swimming consist of a prefix “S” or “SB” and a number. The prefix indicates the stroke and the number indicates the sport class.

- S: Freestyle, Butterfly and Backstroke
- SB: Breaststroke

The prefix “SM” is given to athletes competing in individual medley events. It is not a sports class, but an entry index based on a calculation.

SPORT CLASSES: PHYSICAL IMPAIRMENT (S1-S10)	
<p>Athletes with different impairments compete against each other in swimming. This is because sport classes are allocated based on the impact the impairment has on swimming, rather than on the impairment itself.</p> <p>Swimmers functional body structures are assessed using a point system and the total number of points determines the athlete's S and SB sport classes. Due to the different demands of S and SB events, swimmers are often allocated different S and SB sport classes. The SM sport class is calculated from the S and SB sport class.</p> <p>Below are general examples of impairments and resulting functional abilities described in each sport class. These are the most common S and SB combinations, but it is possible that an athlete has another combination, for example S7 and SB7.</p>	
S1/SM1 SB1	Swimmers in this sport class have a significant loss of muscle power or control in their legs, arms and hands. Some athletes also have limited trunk control, which may be caused by tetraplegia, for example. Swimmers in this class usually use a wheelchair in daily life.
S2/SM2 SB1	These athletes rely mainly on their arms for swimming. Their hand, trunk and leg function are limited due to tetraplegia or co-ordination problems, for example.

S3/SM3 SB2	This sport class includes athletes with amputations of both arms and legs. It also includes swimmers with reasonable arm strokes but no use of their legs or trunk, and swimmers with severe co-ordination problems in all limbs.
S4/SM4 SB3	Swimmers in this sport class can use their arms and have fair function in their hands, but who cannot use their trunk or legs. Athletes with amputations of three limbs could also swim in this sport class.
S5/SM5 SB4	Swimmers with short stature and an additional impairment, with loss of control over one side of their body (hemiplegia) or with paraplegia compete in this sport class.
S6/SM6 SB5	This sport class includes swimmers with short stature, or amputations of both arms or moderate co-ordination problems on one side of their body, for example.
S7/SM7 SB6	This sport class is for athletes with one leg and one arm amputation on opposite sides, or a paralysis of one arm and one leg on the same side. Swimmers with full control over arms and trunk and some leg function can also compete in this class.
S8/SM8 SB7	Swimmers who have an amputation of one arm are eligible to compete in this sport class. Athletes with significant restrictions across hip, knee and ankle joints could also compete in this sport class.
S9/SM9 SB8	Athletes in this sport class, for example, swim with joint restrictions in one leg or with double below-the-knee amputations
S10/SM10 SB9	This class describes minimal physical impairments of eligible swimmers. These include the loss of one hand or a movement restriction in one hip joint.
<b>SPORT CLASSES: VISION IMPAIRMENT (S/SB/SM11-13)</b>	
Athletes with a vision impairment compete in three sport classes from S/SB11 to S/SB13. To ensure fair competition, athletes swimming in the S/SB11 sport class (little or no vision) are required to wear blackened goggles.	
<b>SPORT CLASSES: INTELLECTUAL IMPAIRMENT (S/SB/SM14)</b>	
S14 swimmers have an intellectual impairment, which typically leads to the athletes having difficulties with regards to pattern recognition, sequencing, and memory, which impact on sport performance in general.	

DCF SPORT	DCF DISCIPLINE
Para Swimming	<ul style="list-style-type: none"> <li>Classes: S1/SB1/SM1-S3/SB3/SM3</li> <li>Classes: S4/SB4/SM4-S9/SB8/SM9</li> <li>Classes: S10/SB9/SM10-S14/SB14</li> </ul>

## PARA TABLE TENNIS

The following summarises the eligible impairments in the sport of table tennis, the classification system for athletes and the sport-disciplines that are applicable to the doping control process.

ELIGIBLE IMPAIRMENTS			
Impaired muscle power	✓	Involuntary movements	✓
Impaired passive range of movement	✓	Muscle tension	✓
Limb deficiency	✓	Uncoordinated movements	✓
Leg length difference	✓	Short stature	✓
Intellectual impairment	✓	Vision impairment	

SPORT CLASSES: SITTING (1-5)	
1	For athletes with no sitting balance and a significantly affected playing arm, for example due to tetraplegia. Athletes often use the support of their non-playing arm to maintain their sitting balance.
2	Athletes in this sport class also have no sitting balance, and their playing arm is moderately affected. Like sport class 1 athletes, they tape the racket to the hand to make up for limited grip function
3	For athletes with full hand and arm function. With their good arm function, athletes can manoeuvre the wheelchair while maintaining good balance of their upper body. The athlete's impairment may result from spinal cord injuries or neurological conditions, such as cerebral palsy.
4	For athletes who have some sitting balance and fully functional arms and hands. They can move to the front to meet their opponent's serve.
5	For athletes who compete in a wheelchair and have normal sitting balance, arm and hand function. With the good trunk function, they can stretch out to the sides to hit the ball. This sport class includes athletes with lower spinal cord injuries.
SPORT CLASSES: STANDING (6-10)	
6	For athletes with impairments affecting both arms and legs, for example, athletes with uncoordinated movements, involuntary movements or muscle tension which affects the legs and the playing arm.
7	For athletes with either significant impairments of both legs, or the playing arm, or moderate impairments affecting arms and legs. For example, an athlete with an amputation of the playing arm above the elbow could compete in this class.
8	For athletes with a moderate impairment of their legs or moderately affected playing arm.

9	For athletes with mild impairments affecting the legs or the playing arm. Athletes who have significant impairments in the non-playing arm can also compete in this sport class.
10	For athlete with relatively mild impairments, such as a stiff ankle or wrist of the playing arm. Athletes with short stature may also play in this sport class.
<b>INTELLECTUAL IMPAIRMENT (11)</b>	
11	Athletes with an intellectual impairment typically have difficulties with pattern recognition, sequencing and memory, which impacts on their sport performance.

DCF SPORT	DCF DISCIPLINE
Table Tennis	– Para Table Tennis

## PARA TAEKWONDO

The following summarises the eligible impairments in the sport of taekwondo, the classification system for athletes and the sport-disciplines that are applicable to the doping control process.

ELIGIBLE IMPAIRMENTS			
Impaired muscle power	✓	Involuntary movements	✓
Impaired passive range of movement		Muscle tension	✓
Limb deficiency	✓	Uncoordinated movements	✓
Leg length difference	✓	Short stature	
Intellectual impairment	✓*	Vision impairment	✓*

\* Not included in the Paralympic programme.

Taekwondo involves two disciplines, Kyorugi and Poomsae, indicated by the prefix "K" and "P" respectively. Only certain weight categories within sport class K44 (Kyorugi) are included in the Paralympic programme.

SPORT CLASSES	
K43	For athletes who have restrictions on both sides of their body in the arm below the elbow joint.
K44	For athletes who have restrictions on one side, in the arm or leg.

DCF SPORT	DCF DISCIPLINE
Taekwondo	– Para Taekwondo-Kyorugi

## PARA TRIATHLON

The following summarises the eligible impairments in the sport of triathlon, the classification system for athletes and the sport-disciplines that are applicable to the doping control process.

ELIGIBLE IMPAIRMENTS			
Impaired muscle power	✓	Involuntary movements	✓
Impaired passive range of movement	✓	Muscle tension	✓
Limb deficiency	✓	Uncoordinated movements	✓
Leg length difference		Short stature	
Intellectual impairment		Vision impairment	✓

SPORT CLASSES WHEELCHAIR RACING PARA TRIATHLETES (PTWC)	
<b>PTWC1 - PTWC2</b>	Triathletes in this class swim, cycle on a hand bike and compete in a racing wheelchair for the run section. This class is for athletes with, but not limited to, impairments of muscle power, range of movement, limb deficiency such as single or double leg amputation, spinal cord injuries resulting in paraplegia or tetraplegia. PTWC1 and PTWC2 athletes have a different activity limitation based on trunk and hip functionality and compete together using a start interval system which allows for a staggered start.
SPORT CLASSES: AMBULANT (PTS)	
PTS2	For athletes with a severe degree of activity limitation. This could include severe cerebral palsy, paralysis of one side of the body, above the knee amputation, etc.
PTS3	For athletes with a significant degree of activity limitation. This could include athletes with significant spastic paralysis of one side of the body, cerebral palsy, double below-knee amputation, impaired arm and legs, etc.
PTS4	For athletes with a moderate degree of activity limitation. This could include moderate spastic cerebral palsy, through the shoulder amputation, one below-the-knee amputation, etc.
PTS5	For athletes with a mild degree of activity limitation, such as a below the elbow arm amputation, partial loss of arm muscle power, leg deficiency, etc. In both bike and run segments, amputee athletes may use an approved prosthesis or other supportive devices.

SPORT CLASSES: VISION IMPAIRMENT (PTV)		
PTVI1	-	Athletes with a vision impairment compete together in a PTVI event using a start interval system (staggered start). Triathletes in this class must swim, ride a tandem cycle and run with the same guide throughout the entire race.
PTVI3		

DCF SPORT	DCF DISCIPLINE
Triathlon	- Para Triathlon

## WHEELCHAIR BASKETBALL

The following summarises the eligible impairments in the sport of wheelchair basketball, the classification system for athletes and the sport-disciplines that are applicable to the doping control process.

ELIGIBLE IMPAIRMENTS			
Impaired muscle power	✓	Involuntary movements	✓
Impaired passive range of movement	✓	Muscle tension	✓
Limb deficiency	✓	Uncoordinated movements	✓
Leg length difference	✓	Short stature	
Intellectual impairment		Vision impairment	

Wheelchair basketball has eight sport classes from 1.0 to 4.5. Athletes compete in a wheelchair and have an impairment affecting their legs. Not all athletes use a wheelchair in daily life. Most athletes have normal arm and hand function, with the main differences between the classes being trunk control and sitting balance, which allows them to lean forward and sideways to catch and pass the ball.

SPORT CLASSES	
<b>1.0*</b>	For athletes with no trunk control, who cannot bend forward or sideways or rotate to catch and pass the ball. To keep a stable position, the backrest of the wheelchair is a bit higher and the athletes are strapped to the wheelchair.
<b>2.0*</b>	For athletes who can fully rotate their body and lean forward to some extent, allowing them to catch the ball within a larger radius. As in sport class 1.0, their wheelchairs have a higher backrest and strapping for trunk support.
<b>3.0*</b>	For athletes who can fully rotate and lean forward but cannot lean to the sides. Their sitting balance is better than their team members in class 2.0, so they usually use wheelchairs with a lower backrest.
<b>4.0</b>	As well as moving forward and rotating, like athletes in sport class 3.0, these athletes can partially lean to the sides. Often athletes in this sport class can lean to one side only, for example, because an impairment in one leg would cause a loss of balance to the other side.
<b>4.5</b>	Athletes in this sport class have no restriction in trunk rotation or leaning forward or sideways. Athletes with a foot amputation or a 6 cm leg length difference would be eligible for this sport class.

\* Athletes can also be allocated sport classes 1.5, 2.5 or 3.5. The activity profile of these "half-pointers" fits between the profiles of the lower and higher class. These extra 3 classes complete the 8 sport classes in total.

DCF SPORT	DCF DISCIPLINE
Basketball	– Wheelchair Basketball



## WHEELCHAIR CURLING

The following summarises the eligible impairments in the sport of wheelchair curling, the classification system for athletes and the sport-disciplines that are applicable to the doping control process.

ELIGIBLE IMPAIRMENTS			
Impaired muscle power	✓	Involuntary movements	✓
Impaired passive range of movement	✓	Muscle tension	✓
Limb deficiency	✓	Uncoordinated movements	✓
Leg length difference		Short stature	
Intellectual impairment		Vision impairment	

SPORT CLASS
<p>There is only one sport class in wheelchair curling. Athletes must have an impairment affecting their legs. Athletes may have limb deficiency due to bilateral or unilateral amputation of the lower limbs, muscle weakness in their legs due to spinal cord injury or impaired coordination due to cerebral palsy.</p> <p>All athletes must use a wheelchair in competition, though not all athletes use a wheelchair in daily life. All wheelchair curlers must meet the minimum impairment criteria to compete.</p>

DCF SPORT	DCF DISCIPLINE
Curling	– Wheelchair Curling

## WHEELCHAIR FENCING

The following summarises the eligible impairments in the sport of wheelchair fencing, the classification system for athletes and the sport-disciplines that are applicable to the doping control process.

ELIGIBLE IMPAIRMENTS			
Impaired muscle power	✓	Involuntary movements	✓
Impaired passive range of movement	✓	Muscle tension	✓
Limb deficiency	✓	Uncoordinated movements	✓
Leg length difference		Short stature	
Intellectual impairment		Vision impairment	

SPORT CLASSES	
1A	For athletes without sitting balance who also have a restriction in the fencing arm.
1B	For athletes without sitting balance and restrictions in the fencing arm, which are less severe to Class 1A.
2	For athletes with fair sitting balance and a normal fencing arm, e.g. thoracic level paraplegia or incomplete tetraplegia with a minimally affected fencing arm and good sitting balance.
3	For athletes with good sitting balance, without support of legs and normal fencing arm.
4	For athletes with good sitting balance with the support of legs and normal fencing arm.

Currently at official International Wheelchair Fencing competitions, the sport classes are combined into the following three categories for each event:

- Category A: Sport classes 3 and 4.
- Category B: Sport class 2
- Category C: Sport classes 1A and 1B

DCF SPORT	DCF DISCIPLINE
Fencing	– Wheelchair Fencing

## WHEELCHAIR RUGBY

The following summarises the eligible impairments in the sport of wheelchair rugby, the classification system for athletes and the sport-disciplines that are applicable to the doping control process.

ELIGIBLE IMPAIRMENTS			
Impaired muscle power	✓	Involuntary movements	✓
Impaired passive range of movement	✓	Muscle tension	✓
Limb deficiency	✓	Uncoordinated movements	✓
Leg length difference	✓	Short stature	
Intellectual impairment		Vision impairment	

SPORT CLASSES	
0.5	For athletes who have significantly impaired movement in their shoulder, arms and hands, for example due to tetraplegia or similar neurological health conditions. These athletes typically catch the ball by scooping it into their lap and throw the ball with a 2-handed flick pass or bunt pass.
1.0	For athletes who have more balanced shoulder strength than athletes in the 0.5 sport class, so their arms are held closer to their body when they are pushing. These athletes may throw the ball but are not major ball handlers due to having an impairment affecting their elbow, wrist and hand function.
1.5	For athletes with fair arm function around shoulders, elbows, and wrists. They will handle the ball more frequently, but typically show some weakness in the wrist and hands, which leads to limited ball security and accuracy in passing the ball. Some athletes may also have asymmetrical arm function, so that they mainly handle the ball with their stronger arm only.
2.0	For athletes with good shoulder strength and stability which allows for very effective pushing. However, there is often impairment or loss of finger function which limits ball security and overhead passes. Athletes with limb deficiency that includes the loss of hands and forearms may also appear in this sport class.
2.5	For athletes with good shoulder, elbow and wrist strength. They might have some trunk muscle control present which improves their balance in the wheelchair and improves the efficiency of their wheelchair activities. These athletes may have some ability to use their fingers, and this can enhance the security and accuracy of overhead passes and also improve their ability to catch the ball. Well balanced strength in the arms means that these athletes can manoeuvre the wheelchair very effectively.

3.0	For athletes with excellent shoulder, elbow and wrist strength. For athletes who have neurological health conditions, there will usually be some finger or thumb weakness present. For athletes with limb deficiency, they may have partial loss of the palm of the hand including fingers/thumb. Athletes in this sport class often have some activity in their trunk muscles that enhances both their ball control and wheelchair activities.
3.5	For athletes with good arm and hand strength. They often have some trunk muscles, which helps them to rapidly accelerate their wheelchair. This will also typically allow them to have a high and upright sitting position in their wheelchair. For athletes with a limb deficiency, they may have partial loss of the palm of the hand and fingers/thumb.

DCF SPORT	DCF DISCIPLINE
Rugby	– Wheelchair Rugby

## WHEELCHAIR TENNIS

The following summarises the eligible impairments in the sport of wheelchair tennis, the classification system for athletes and the sport-disciplines that are applicable to the doping control process.

ELIGIBLE IMPAIRMENTS			
Impaired muscle power	✓	Involuntary movements	✓
Impaired passive range of movement	✓	Muscle tension	✓
Limb deficiency	✓	Uncoordinated movements	✓
Leg length difference	✓	Short stature	
Intellectual impairment		Vision impairment	

SPORT CLASSES	
Open Division	For athletes with a permanent physical disability that results in substantial loss of function in one or both legs that meets or exceeds the sport's minimum eligibility criteria.
<b>Quad Division</b>	For athletes who meet the eligibility criteria above, but who also have a permanent physical disability that results in substantial loss of function in one or both arms, and where at least three limbs are affected, are eligible to compete in this sport class. Athletes have limited ability to handle the racket or to move in the wheelchair, so athletes may require racket taping and/or an assistive device in order to play.

DCF SPORT	DCF DISCIPLINE
Tennis	– Wheelchair Tennis