



# SHOOTING PARA SPORT

It is a Para sport requiring focus and control. Shooters have to aim at a target that may be placed at 10 m, 25 m or 50 m.

## TYPES OF IMPAIRMENT

Physical

## SPORT CLASSES

**SH1 (Pistol):** Athletes can rest the weight of the gun on themselves. They may have upper or lower limb impairment.

**SH1 (Rifle):** Only lower limbs impairment.

**SH2:** Only rifle events. Arm impairment requiring a shooting support to carry the rifle's weight.

## TYPES OF SHOOTING



1 Standing



2 Sitting/kneeling



3 Prone

Pistol 10M	Men and women	SH1		Standing / sitting
Pistol 25 M	Mixed	SH1		Standing / sitting
Pistol 50M	Mixed	SH1		Standing / sitting
Rifle prone 10M	Mixed	SH1	SH2	Prone
Rifle standing 10M	Mixed	SH1		Standing
Rifle prone 50M	Mixed	SH1		Prone