



Source: Lima 2019



PARA ATHLETICS

This Para sport has the most medals events and it also includes the largest number of impairment classes. Each participant has a two-number category, the first number indicates the type of functional impairment. The second number indicates the impairment degree.

T or F in front of the number indicates whether the athlete competes in track events, such as races or jumps, or field events, such as throws.

TYPE OF IMPAIRMENT

Visual (total or partial)

SPORT CLASS

RACES WITH PEOPLE WITH VISUAL IMPAIRMENT

Classified according to the impairment and how it affects the performance.

T 11

Blind person.

T 12

A visual field of less than five degrees radius.

T 13

A visual field of less than 20 degrees radius.

PARA SPORT INFORMATION



PARA SPORT INFORMATION

- 1 The T11 competitors wear blindfolds or 100% dark glasses and have a guide. Running with a guide is optional for the T12 category.
- 2 T11 and T12 athletes must pass the finish line.
- 3 Athletes running with a guide use a strap.



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TYPE OF IMPAIRMENT

Physical.

SPORT CLASSES

RACES

Para athletes with one amputation classify in six classes where physically impaired athletes compete.

T42

Amputation of one or two limbs above the knee.

T43

Amputation of limbs below the knee.

T44

Amputation of one limb below the knee.

T45

Amputation of two upper limbs above the elbow.

T46

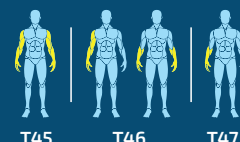
Amputation of one upper limb above the elbow or two amputation below the elbow.

T47

Amputation of one upper limb below the elbow.

PARA SPORT INFORMATION

● In the case of loss of one upper limb, the Para athletes compete without prosthetics.



T45

T46

T47

Each Para athlete compete using their own tailor-made prosthesis to assure the best fit and comfort.



- Tailor-made socket
- Modified knee
- Carbon fiber blade

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TYPE OF IMPAIRMENT

Physical.

SPORT CLASSES

WHEELCHAIR RACING

Classified according to the impairment and how it affects sports performance.

ATHLETES COMPETING IN WHEELCHAIRS

T32

Condition in all four limbs and core.

T33

Condition in three to four limbs.

T34

Greater condition in legs than arms.

T51

Few strength in shoulders and elbows.

T52

Use of shoulders, elbows and wrists.

T53

Arms fully able Without abdominal activity.

T54

Upper muscle strength in arms and core.

PARA SPORT INFORMATION

- Racing wheelchairs have inclined rear wheels which improve stability and turn. The "curve" angle may be of up to 15°

- From 800m, the wheelchair competition is faster than by foot.

- At this speed, a wheelchair runner covers more than 23 feet per second.

- Para athletes may reach speeds of more than 24 km/h.





PARA ATHLETICS

THROWS

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Throwing events consist in throwing an object the farthest possible.

TYPE OF IMPAIRMENT

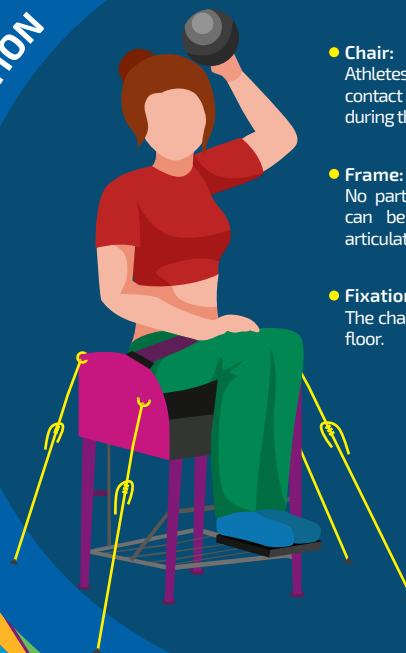
Visual, physical and intellectual.

TYPES OF THROW

Throws are divided in:

- 1 Discus
- 2 Shot put
- 3 Javelin
- 4 Club (These modalities are exclusive to Para athletics)

PARA SPORT INFORMATION



- **Chair:** Athletes must remain in contact with the chair during throw.
- **Frame:** No part of the wheelchair can be flexible or have articulations.
- **Fixation:** The chair is strapped to the floor.

RULES



- It is not allowed to step on the throwing line during the throw. A correct technique is required.
- No part of the wheelchair can be flexible or have articulations.



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PARA ATHLETICS

LONG JUMP

Performing a jump after a short sprint. The athlete performs a sprint on a specific area to generate momentum and then jump. Each competitor performs three qualifying jumps and three more final jumps if placed among the first eight positions.

TYPE OF IMPAIRMENT

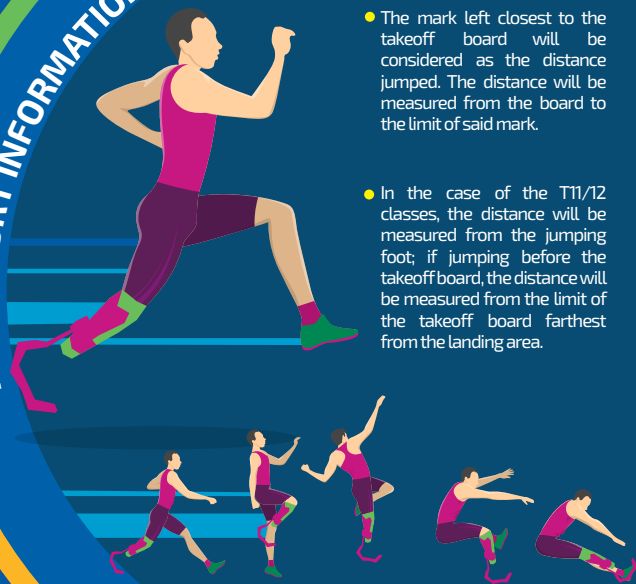
Visual, physical and intellectual

SPORT CLASS

SPORT CLASSES

- F11** Blind person
- F12** A visual field of less than five degrees radius
- F13** A visual field of less than 20 degrees radius
- F36** Bilateral moderate to severe hypertonia, ataxia and athetosis
- F37** Unilateral hypertonia, ataxia and athetosis
- F38** Bilateral mild to moderate hypertonia, ataxia and athetosis
- F42** Deficiency in hips and/or knee
- F44** Unilateral deficiency in foot, ankle and/or lower part of leg
- F45** Bilateral deficiency in shoulder and/or elbow
- F46** Unilateral deficiency in shoulder and/or elbow
- F47** Deficiency in hips and/or knee
- F61** Double amputee above the knee, prosthesis
- F63** One amputated leg above the knee, prosthesis
- F64** One amputated leg below the knee, prosthesis
- F64** One amputated leg below the knee, prosthesis

PARA SPORT INFORMATION



- The mark left closest to the takeoff board will be considered as the distance jumped. The distance will be measured from the board to the limit of said mark.
- In the case of the T11/12 classes, the distance will be measured from the jumping foot; if jumping before the takeoff board, the distance will be measured from the limit of the takeoff board farthest from the landing area.

RULES



The jump will be canceled if stepping on the line indicating the end of the sprint.