

Para Archery

Sport Fast Facts:

- Para archery is a competition to shoot stationary circular targets set at specific distances. It has a long history in the Paralympic Movement, being the very first Paralympic sport. The 1948 Stoke Mandeville Games are considered the birth of the Paralympic Movement, and the event featured two teams of athletes competing in one sport – archery.
- The distance to and size of the target differ in each category of the event:
 - In W1 events, an 80cm target is used at a distance of 50m.
 - Compound events use a 48cm target at a distance of 50m.
 - Recurve events see a 122cm target from a distance of 70m.

Sport Equipment:

- Attire: Uniform, protective gears and most of the equipment used in Para archery are the same as those used in archery for able-bodied athletes.
- Back Cushions: Wheelchair archers use seat and back cushions with specifications on the thickness of the cushions. Generally, the back cushions are 5 cm and seat cushions are 15 cm in thickness.
- Other protective gears: Other equipment includes chest straps, and universal cuffs to help hold the bow, bow slings, amputee adapter devices and an adapted archery bow.
- Recurve Bow: In the recurve open category, archers can use a recurve bow which can be made of wood, fiberglass, graphite or carbon composites.

Recent Team USA Highlights:

- [In Honor of Father's Day, the Armless Archer, Matt Stutzman, talks life as a single dad to three](#)
- [After Winning Her "Fight to Live," Para Archer Lia Coryell Aiming for Tokyo](#)

Classification in Sport:

- Open: Open class contains both standing athletes and those in a wheelchair. Archers position themselves at a 90-degree angle to the target and may use body support.
- W1: Athletes may use either bow limited to 45lbs in draw weight and without magnifying sights.

Eligible Impairment Types:

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



Para Track And Field

Sport Fast Facts:

- Para track and field includes various events such as 100m, long jump, seated shot put, discus throw and javelin throw.
- The sport has been included in all editions of the Paralympic Games since Rome 1960.
- Para track and field is practiced internationally by athletes in more than 150 countries.

Sport Equipment:

- Attire: Athletes wear either a pair of shorts/trousers and a short-sleeved or sleeveless T-shirt/vests or leotards made from lightweight material.
- Shoes: Athletes may choose to compete either barefoot or with footwear on one or both feet. The shoes must provide protection and stability to the feet and may have any number of spikes up to 11.
- Wheelchair: Wheelchair track and field athletes use aerodynamic, lightweight wheelchairs with pneumatic tires that must have dimensions and features specified in the World Para Athletics rules.
- Helmet: The sport classes T32-34, T51-54 (athletes belonging to all wheelchair races) must wear helmets having a hard protective shell to protect against injuries.
- Tether: When competing with a guide, athletes belonging to class T11 and T12 are connected to the guide with a tether made from a non-elastic material. Its maximum length at its full extension must not exceed 100cm.
- Eye Mask: Athletes belonging to sport classes T/F11 must wear opaque glasses to block out all light and ensure fair competition.
- Prosthetics and Orthotics: Para track and field classes T/F 35-38, T/F 42-47 and F51-57 may wear prosthetic or orthotic devices to ensure balanced and symmetric running.

Recent Team USA Highlights:

- [Susannah Scaroni Focused on What She Could Do, And Oh Did She Do It](#)
- [Newcomers and Paralympians shine at Para Track and Field Nationals](#)
- [Brittini Mason and Dallas Wise win multiple events at Paris Para Track Grand Prix](#)

Classification in Sport:

- T11-13: Vision impairment
- T20: Intellectual impairment
- T35-38: Co-ordination impairments (hypertonia, ataxia and athetosis)
- T40-41: Short stature
- T42-44: Lower limb competing without prosthesis affected by limb deficiency, leg length difference, impaired muscle power or impaired passive range of movement
- T61-64: Lower limb/s competing with prosthesis affected by limb deficiency and leg length difference
- Wheelchair racing
 - T32-34: Co-ordination impairments (hypertonia, ataxia and athetosis)
 - T51-54: Limb deficiency, leg length difference, impaired muscle power or impaired passive range of movement
- Frame Running
 - RR1, RR2, RR3: Athletes with severe co-ordination impairment (hypertonia, ataxia, athetosis) competing in frame running events in Sport Classes RR1, RR2, RR3
- Standing Throws
 - F11-13: Vision impairment
 - F20: Intellectual impairment
 - F35-38: Coordination impairments (hypertonia, ataxia and athetosis)
 - F40-41: Short stature
 - F42-44: Lower limb competing without prosthesis affected by limb deficiency, leg length difference, impaired muscle power or impaired passive range of movement
- F45-46: Upper limb/s affected by limb deficiency, impaired muscle power or impaired passive range of movement

- F61-64: Lower limb/s competing with prosthesis affected by limb deficiency and leg length difference
- Seated throws
 - F31-34: Co-ordination impairments (hypertonia, ataxia and athetosis)
 - F51-57: Limb deficiency, leg length difference, impaired muscle power or impaired range of movement

Eligible Impairment Types:

- Impaired Muscle Power
- Impaired Passive Range of Movement
- Limb Deficiency
- Leg Length Difference
- Short Stature
- Hypertonia
- Ataxia
- Athetosis
- Vision Impairment
- Intellectual Impairment

Sports Equipment:

- Attire: Athletes wear either a pair of shorts/trousers and a short-sleeved or sleeveless T-shirt/vests or leotards made from lightweight material.
- Shoes: Athletes may choose to compete either barefoot or with footwear on one or both feet. The shoes must provide protection and stability to the feet and may have any number of spikes up to 11.
- Wheelchair: Wheelchair track and field athletes use aerodynamic, lightweight wheelchairs with pneumatic tires that must have dimensions and features specified in the World Para Athletics rules.
- Helmet: The sport classes T32-34, T51-54 (athletes belonging to all wheelchair races) must wear helmets having a hard protective shell to protect against injuries.
- Eye Mask: Athletes belonging to sport classes T/F11 must wear opaque glasses to block out all light and ensure fair competition.
- Prosthetics and Orthotics: Para track and field classes T/F 35-38, T/F 42-47 and F51-57 may wear prosthetic or orthotic devices to ensure balanced and symmetric running.

Para Badminton

Sport Fast Facts:

- Para badminton players compete standing or in wheelchairs in singles, doubles or mixed doubles events. Matches consists of the best of three games.
- The sport made its Paralympic debut at Tokyo 2020.

Sport Equipment:

- Prosthetic limbs: Amputee players belonging to categories SL3, SL4 and WH may use a prosthetic limb; for category SU5, these are not allowed. The prosthetic limb must be of the same length as the players' existing limb and in proportion with the players' other limbs.
- Crutch: Leg amputees (upper or lower both) may use a crutch while playing which must not extend the players' natural height from the armpit to the ground.
- Wheelchair: Modern badminton wheelchairs have two larger cambered wheels at the rear to optimize stability and maneuverability, two small castor wheels at the front and one of two small 'anti-tip' castor wheels to the rear. A player's body is affixed to the wheelchair with an elastic belt or a strap around the waist and/or across the thighs and feet must be attached to the footrest of the wheelchair.



Recent Team USA Highlights:

- [Miles Krajewski Takes Home Hard-Earned Silver In Badminton](#)
- [Friends And Rivals, Amy Burnett Reconnects With Fellow Badminton Player At Parapan American Games](#)
- [Summer Heats Up For 4 Para Sports With Upcoming World Championships](#)

Classification in Sport:

- WH1: Wheelchair/ severe impairment
- WH2: Wheelchair/minor impairment
- SL3: Standing/lower limb impairment/severe
- SL4: Standing/ lower limb impairment/minor
- SU5: Standing/upper limb impairment
- SH6: Standing/short stature

Eligible Impairment Types:

- Impaired muscle power
- Athetosis
- Impaired passive range of movement
- Hypertonia
- Limb deficiency
- Ataxia
- Leg length difference
- Short stature

Boccia

Sport Fast Facts:

- Boccia is unique to the Paralympics and is a game where players must throw or roll colored balls as close as possible to a white target ball known as the "jack." The player, pair or team with the most balls near the jack wins.
- Paralympic boccia was initially for athletes with cerebral palsy, and now includes athletes who have any kind of neurological impairment that impacts their motor function.
- The sport made its Paralympic debut at New York 1984.

Sports Equipment:

- Court: 12.5 x 6 m flat and smooth-surfaced court with two meters of space around it.
- Throwing Area: The throwing area of the court is divided into six rectangular throwing boxes from which the athletes throw the balls and remain within it throughout the game.
- Dead Ball Container: A dead ball container is placed at the end of the court in which balls are put if they are thrown out of the playing area or in the case of a rule violation during the throw.

Recent Team USA Highlights:

- [Boccia Athlete Katie Smith Leaves Behind Legacy Of Achievement And Service](#)
- [3-Time Paralympic Tennis Champ Nick Taylor Takes On New Challenge In Boccia](#)
- [Team USA Para Athletes Show the World the Paralympic Games are Impossible to Miss with New Campaign](#)

Classification in Sport:

- BC1: Athletes have severe activity limitations affecting their legs, arms and trunk, and typically use powered wheelchairs.
- BC2: Players have more trunk and arm function that often allow them to throw the ball overhand and underhand and with a variety of grasps.
- BC3: Athletes have significant limitations in arm and leg functions, and poor or no trunk control. They are unable to consistently grasp or release the ball and propel the ball consistently into the field of play. BC3 athletes are allowed to use a ramp with the help of a Sport Assistant.
- BC4: Players with non-cerebral impairments that also impact their co-ordination.

Eligible Impairment Types:

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

Para Canoe

Sport Fast Facts:

- Paracanoe is the canoeing discipline for athletes with an impairment. Races are contested by two types of boat: kayak or va'a.

Sport Equipment:

- Boats: There are two main types of paracanoe boats used in the sport; kayaks (K), with a double-blade paddle, and outrigger canoes known as va'as (V) where the paddler has a second hull as a support float and uses a single blade paddle with a T-top handle.

Recent Team USA Highlights:

- [An Investment Analyst By Day, Blake Haxton Paddled To Paralympic Success As A Rower And Canoeist In Tokyo](#)
- [Team USA's Two-Sport Star Blake Haxton Wins Silver Medal In Sprint Canoe Debut](#)
- [Kaitlyn Verfuierth Expresses Gratitude Towards Her Partner On Their 'Bargaining Journey' To The Paralympic Games](#)

Classification in Sport:

- KL1/VL1: Athletes who propel with their arms only.
- KL2/VL2: Competitors propel themselves with their arms and trunk.
- KL3/VL3: Athletes have full function of their arms and trunk, and partial function in the legs.

Eligible Impairment Types:

- Impaired muscle power
- Impaired passive range of movement
- Limb deficiency

Para-Cycling

Sport Fast Facts:

- Para-cycling includes road races and track events. Athletes compete on handcycles, tricycles, bicycles or on tandems.
- Road Para-cycling entered at New York/Stoke Mandeville 1984; track Para-cycling made its debut at Atlanta 1996.

Sports Equipment:

- Upright Bicycles: For using a "standard" bicycle, there are five sports classes, C1-C5.
- Handcycles: Handcycles are powered by the arms and upper body rather than the legs. For using a handcycle, there are five sports classes, H1-H5.
- Tricycles: Athletes can compete with a three-wheeled cycle called a tricycle – three wheels providing more balance than a standard two-wheeled cycle. There are two sports classes, T1-T2. Athletes in the T class have conditions with significant co-ordination limitations.
- Tandem bicycles: Tandem bikes are built for two riders, one behind the other. The blind or visually impaired rider is called a stoker and rides behind the sighted rider who is called the pilot.



Recent Team USA Highlights:

- [U.S. Para-cyclists Conclude Track World Championships With Four Omnium Medals](#)
- [Three Americans Earn Silver Medals On Day 3 At Para-Cycling Track World Championships](#)
- [Aaron Keith Scores Another Para-Cycling Global Silver Medal](#)

Classification in Sport:

- Handcycling: There are different sport classes for handcycling, H1-5, where lower numbers indicating restrictions in both upper and lower limbs, and higher numbers indicating restrictions in lower limbs specifically.
- Tricycle: Athletes are divided into two classes, T1 and T2, with the former being allocated to athletes with more significant co-ordination impairments.
- Standard bicycle: Athletes who use a standard bicycle compete in the five sport classes C1-5, with lower numbers indicating a more severe limitation in lower and/or upper limbs.
- Tandem: Cyclists with a vision impairment race tandem with a sighted cyclist in front.

Eligible Impairment Types:

- Impaired muscle power
- Athetosis
- Impaired passive range of movement
- Hypertonia
- Limb deficiency
- Ataxia
- Leg length difference
- Vision Impairment

Para-Equestrian

Sport Fast Facts:

- Para-equestrian features equestrian dressage where competitors train horses and exhibit develop obedience, flexibility and balance.
- All athletes compete against each other together including men and women and different impairment types.
- Judges look at the movement of the horse only, not the rider. They judge against set criteria known as scales of training. These cover rhythm, suppleness, contact (between horse and rider), impulsion (the flow of forward movement from the horse's hind quarters), straightness (the alignment of the horse's feet) and collection (the balance of the horse and rider).

Sports Equipment:

- Riding gear (helmet, gloves, saddle, stirrup, etc.)
- Strapping, stability devices

Recent Team USA Highlights:

- [U.S. Equestrians Pick Up Three Medals At The World Championships In Denmark](#)
- [Paralympian Rebecca Hart Wins Dressage Bronze At Equestrian World Championships](#)
- [Perfect Partners: Roxanne Trunnell And Dolton Made U.S. Equestrian History In Tokyo](#)

Eligible Impairment Types:

- Impaired muscle power
- Athetosis
- Impaired passive range of movement
- Hypertonia
- Limb deficiency
- Ataxia
- Leg length difference
- Short stature
- Vision Impairment

Blind Soccer

Sport Fast Facts:

- Blind soccer is an adaptation of football (soccer) for athletes with a vision impairment.
- The game originated in Spain in the 1920s in schools for people with visual impairments.
- Until 1996, each country played according to different rules and with varying balls, pitches and playing surfaces.
- The ball contains bells or another system to make a noise when it is moving on the pitch or through the air.

Sport Equipment:

- Attire: Uniform, other equipment and protective gears used in Para soccer are the same as those used in the sport of able-bodied soccer.
- Eyeshades: All players except goalkeepers must wear eyeshades to ensure fair competition.
- Ball: The ball used in blind soccer is equipped with a noise-making device which allows players to locate it with sound.

Recent Team USA Highlights:

- [With A Ticket To 2028, The U.S. Is Rushing to Build A Men's Blind Soccer Team](#)
- [Nick Mayhugh Optimistic About U.S. 7-A-Side Soccer's Future As Team Earns Its First Parapan Medal](#)
- [Paralympian Seth Jahn Has Had The Honor Of Serving His Country In The Military And On The Soccer Field](#)

Classification in Sport:

- There is one class in blind soccer. Athletes who compete have a very low visual acuity and/ or no light perception (fully blind or nearly fully blind). Each team has a sighted, able-bodied goalkeeper, who does not need to undergo classification.

Eligible Impairment Types:

- Blind football is exclusively for athletes with a vision impairment.

Goalball

Sport Fast Facts:

- Goalball features visually impaired teams with three players each competing in a court nine meters wide and 18 meters long to roll a basketball-sized ball with bells over the opponent's goal line.
- Goalball is unique to the Paralympics and was invented in 1946 to help veterans of WWII rehabilitate from losing sight.
- Goalball made its Paralympic debut in Toronto, Canada in 1976 and the women's event was added at New York in 1984.

Sports Equipment:

- Eyeshades: All players must wear eyeshades to ensure fair competition.
- Ball: The size of a basketball, a goalball is also hollow and weighs about 2.8 pounds. Bells inside the goalball let players know where the ball is going.

Recent Team USA Highlights:

- [In Tokyo Rematch, U.S. Women's Goalball Falls To Turkey In World Championships Quarterfinals](#)
- [U.S. Women Move On To Quarterfinals At Goalball World Championships](#)
- [Amanda Dennis, U.S. Women Are Ready To Take On The Best Again At Goalball Worlds](#)

Classification in Sport:

- There is one class in goalball. Athletes have less than 10 percent visual acuity remaining, or a visual field restricted to 40 degrees diameter.

Eligible Impairment Types:

- Goalball is exclusively for athletes with a vision impairment.

Para Judo

Sport Fast Facts:

- Visually impaired judo athletes win matches (five minutes for men; four for women) by either scoring more points than opponents or achieving "ippon," the highest score an individual can achieve, by throwing the opponent with their back on the ground, immobilizing them or forcing a submission. Judoka athletes must have a grip on their opponent's judogi — a judo uniform — throughout the match. Athletes earn points and fractions of points for how they execute techniques.
- Para judo has been on the Paralympic program since 1988 and was a men's only event until 2004.

Sports Equipment:

- Judogi Suits: Para judokas have a loose grip on each other's judogi suits at the start. A red circle on the sleeve of their judogi indicates an athlete who is completely blind.
- Mats: The playing mat has different textures so athletes know the boundary.

Recent Team USA Highlights:

- [Right On Plan: Liana Mutia's Rise Continued With A Bronze Medal At IBSA Judo Worlds](#)
- [After Judo Silver In Tokyo, Ben Goodrich Is Off To Sweden To Get Married](#)
- [From PE Class To Paralympic Medalist, Ben Goodrich Claims Judo Silver Medal](#)

Classification in Sport:

- Athletes compete in weight categories independent of their vision impairment. All athletes have less than 10 percent visual acuity remaining, or a visual field restricted to 40 degrees diameter.

Eligible Impairment Types:

- Judo is exclusively for athletes with a vision impairment.

Para Powerlifting

Sport Fast Facts:

- Para powerlifting features athletes competing in bench press and was first included as a Paralympic sport at the 1984 Paralympic Games.
- Powerlifters usually use leg/bench straps to strap their legs to the bench for stability and it must be 7.5–10 cm wide without any additional padding, loops or metal buckles; only velcro fastening is allowed.

Recent Team USA Highlights:

- [Jacob Schrom Places Sixth In Paralympic Powerlifting Debut](#)
- [Para Powerlifting Has Just Felt Right For Ashley Dyce Since Discovering The Sport in 2016](#)
- [Two-Time Paralympic Powerlifter Ahmed Shafik Attributes Silver Medal To Commitment And Good Genes](#)

Classification in Sport:

- There is one sport class in Para powerlifting. All eligible athletes compete in this sport class. Competition is divided by gender and in weight categories.

Eligible Impairment Types:

- Impaired Muscle Power
- Impaired Passive Range of Movement
- Limb Deficiency
- Leg Length Difference
- Short Stature
- Hypertonia
- Ataxia
- Athetosis

Para-Rowing

Sport Fast Facts:

- Para-rowing is a 2000-meter regatta boat race featuring singles, mixed doubles and mixed fours.
- The sport made its Paralympic debut at Beijing 2008.
- Long before the Paralympic Games came to be, and over a century before Para-rowing made its debut, famous U.S. disability rights advocate Helen Keller learned to row. Deaf and blind from childhood, rowing became one of this legendary figure's favorite activities.

Recent Team USA Highlights:

- [In A Decade Of Near Nonstop Competition, Aaron Pike Is Determined To Stay Sharp](#)
- [Rower Dani Hansen Anything But Disappointed With Silver At Paralympic Games](#)
- [It's Silver Again For U.S. Rowers In PR3 Mixed Coxed Four](#)

Para-Rowing Equipment:

- **Strapping:** Chest and knee wraps must be used by AS (AS – Arms and Shoulders) rowers and additional postural straps can also be used.
- **Attire:** Uniform for Para-rowing is same as that used in able-bodied rowing.
- **Stabilizing Pontoons:** Stabilizing Pontoons are mandatory to be used for AS boats and are optional for TA, LTA and II boats.
- **Blindfolds:** Blindfolds are used to block out all light and are mandatory for all LTA-VI athletes. Blindfolds, ski goggles, swimming goggles and motor bike goggles blacked out with black paint are also acceptable.
- **Rowing Boats:** Standard rowing boats are used in Para-rowing with a fixed seat for class PR2 (TA – Trunk and Arms). For class PR1 (AS – Arms and Shoulders), boats have fixed seat and rowers are strapped at upper chest level to allow only shoulder and arm movements.

Classification in Sport:

- **PR1:** 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.
- **PR2:** Rowers that have functional use of arms and trunk but have weakness/absence of leg function to slide the seat.
- **PR3:** Rowers with residual function in the legs which allows them to slide the seat. This class also includes athletes with vision impairment.

Eligible Impairment Types:

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

Para Shooting

Sport Fast Facts:

- Para shooting features men's, women's and mixed competitions. Competitors use pistols or rifles to fire a series of shots at a stationary target at 10, 25 or 50 meters to earn points.
- The sport has been featured in all editions of the Paralympic Games since Toronto 1976.
- Para shooting is practiced internationally by athletes in more than 75 countries.

Recent Team USA Highlights:

- [Stetson Bardfield Records Top U.S. Shooting Team Finish In First Paralympic Games](#)
- [Rio Medalist McKenna Geer Highlights Six-Person U.S. Para Shooting Team](#)
- [U.S. Para Shooters Earn Two Quota Spots And Seven Medals At World Cup](#)

Para Shooting Equipment:

- Air Rifle
- Rifle
- Air Pistol
- Pistol

Classification in Para Shooting:

- Sport Class SH1 (Rifle): Athletes with lower limb impairment for competition in Rifle events.

- Sport Class SH2 (Rifle): For rifle events only, athletes with upper limb impairment (which necessitates them to use a shooting stand to support the rifle), all or not in combination with lower limb impairment.
- Sport Class SG-S (Trap): Athletes with poor balance and/or trunk stability, compete from a wheelchair or seat in a standard seated position. Athletes have an impairment in the lower limb(s), but no functional limitation in the upper limbs.
- Sport Class SG-L (Trap): Athletes with good balance and trunk function, competing from a standing position. Athletes have an impairment in the lower limb(s), but no functional limitation in the upper limbs.
- Sport Class SG-U (Trap): Athletes with good balance and trunk function, competing from a standing position. Athletes have an impairment in the non-shooting arm.
- Sport Class SH-VI (Rifle): Athletes with a vision impairment for competition in 10m Rifle events.

Eligible Impairment Types:

- Impaired muscle power
- Limb deficiency
- Hypertonia
- Ataxia
- Athetosis
- Impaired passive range of movement
- Leg length difference
- Vision impairment



Sitting Volleyball

Sport Fast Facts:

- Sitting volleyball features teams of six-on-six competing in a best-of-five set format. The first team to reach 25 points (with at least a two-point lead) wins the set. At all times, a portion of the athlete's torso must be in contact with the ground.
- Sitting volleyball originated in the Netherlands in 1956 as a combination of volleyball and sitzball.
- It was introduced by the Dutch sports committee and saw its first international competition in 1967 in Flensburg, Germany. Women's sitting volleyball was added at Athens 2004, with China claiming the first Paralympic title.

Recent Team USA Highlights:

- [Setting The Stage: John Kremer & U.S. Men's Sitting Volleyball Team Are Coming Off Strong Performance At Worlds](#)
- [U.S. Women Defeat Slovenia To Take Bronze At Sitting Volleyball World Championships](#)
- [U.S. Women Sweep Into The Semifinals At Sitting Volleyball World Championships](#)

Sports Equipment:

- Net: Sitting volleyball is played from a lower net than non-disabled volleyball. It is 0.8 m wide set at 1.15 m high for men and 1.05 m for women.
- Volleyball: Sitting volleyball is played with the same ball that is used in non-disabled volleyball.

Classification in Sport:

- Being unable to stand is not a requirement for playing sitting volleyball. There are two sport classes depending on the severity and impact on the core functions in sitting volleyball: VS1 and VS2 (less impaired). Impairments can be either upper or lower limb, or both. Teams can have up to two VS2 on the roster.

Eligible Impairment Types:

- Impaired muscle power
- Athetosis
- Impaired passive range of movement
- Hypertonia
- Limb deficiency
- Ataxia
- Leg length difference

Para Swimming

Sport Fast Facts:

- Para swimming includes races in breaststroke, backstroke, butterfly, freestyle and medley across various distances, such as the 50m freestyle and 200 individual medley.
- Para swimming was part of the first Games at Rome 1960 and World Para Swimming introduced its first World Series in 2017.
- London 2012 and Tokyo 2020 saw the most participants with 604 swimmers.

Recent Team USA Highlights:

- [Swimmers Jessica Long And Brad Snyder Overcame Fears To Create Magic At The London Paralympics](#)
- [U.S. Swimmers Capture Eighth Consecutive Duel In The Pool Title](#)
- [Team USA Versus Australia "Duel in the Pool" Returns After Long Hiatus](#)

Classification in Sport:

- The sport class names in swimming consist of a prefix "S" or "SB" and a number. The prefixes stand for the strokes and the number indicates the sport classes. There are ten different sport classes for athletes with physical impairment, numbered 1-10.
- S: Freestyle, butterfly and backstroke events
- SB: Breaststroke
- SM: Individual medley. It is not a sports class, but an entry index and calculated as $(3 \times S + SB)/4$; for classes S1-4 who have a 3-discipline medley, the formula is $(2S + SB)/3$.
- Sport Classes S1-S10 / SB1 – SB9 / SM1- SM10 – physical impairment
- S/SB11-13 – vision impairment (to ensure safety all S/SB11 swimmers must use a tapper, swimmers in the S/SB12 and S/SB13 sport classes may choose whether or not they wish to use one):
- S/SB11: These athletes have a very low visual acuity and/ or no light perception. Athletes in the S/SB11 sport class are required to wear blackened goggles.
- S/SB12: Athletes have a higher visual acuity than athletes competing in the S/SB11 sport class and/or a visual field of less than 5 degrees radius.
- S/SB13: Athletes have the least severe vision impairment eligible for Paralympic sport. They have the highest visual acuity and/or a visual field of less than 20 degrees radius.
- S/SB14 – intellectual impairments

Eligible Impairment Types:

- Impaired Muscle Power
- Limb Deficiency
- Leg Length Difference
- Short Stature
- Hypertonia
- Ataxia
- Athetosis
- Impaired Passive Range of Movement
- Vision Impairment
- Intellectual Impairment

Para Table Tennis

Sport Fast Facts:

- Para table tennis features two or four players hitting a ping-pong ball back and forth across a table using paddles. Events include wheelchair athletes and competitors with physical and intellectual impairments. All events were for athletes in wheelchairs, until the Toronto 1976 Paralympics included the first events for standing players.
- Table tennis was included in the first Paralympic Games in Rome 1960, 28 years before the sport made its Olympic debut.

Recent Team USA Highlights:

- [Ian Seidenfeld Upsets Reigning Paralympic Table Tennis Champ To Take Gold Medal](#)
- [Table Tennis Players Leibovitz, Seidenfeld & Van Emburgh Officially Qualify For Paralympic Team](#)
- [Table Tennis Randall Medcalf Obtaining Insight From Both Teammates And International Competition](#)

Sports Equipment:

- Wheelchair: Wheelchairs used in the sport have two large wheels and a small wheel. The wheelchairs may have one or maximum two cushions with a height limited to 15 cm. In team and class events, the player's' body above the knees must not be attached to the chair as this could improve balance.
- Attire: Para table tennis players wear lightweight short sleeved or sleeveless shirts with shorts or a pair of trousers.

Classification in Sport:

- There are 11 classes, grouped as wheelchair (TT1-5), standing (TT6-10) and intellectual impairment (TT11). The wheelchair and standing classes are distinguished by the ability of the player to have sitting/standing balance and hand function (wheelchair classes).

Eligible Impairment Types:

- Impaired muscle power
- Athetosis
- Impaired passive range of movement
- Hypertonia
- Limb deficiency
- Ataxia
- Leg length difference
- Short stature
- Intellectual impairment

Para Taekwondo

Sport Fast Facts:

- Para taekwondo features two athletes fighting in three, two-minute rounds who try to outscore their opponent.
- Developed in 2006, para taekwondo has exploded in popularity due to its practicality, minimal need for equipment and spectacular spin kick techniques.
- As para taekwondo was specifically developed by World Taekwondo, the rules are exactly the same as for Olympic taekwondo, with some changes made for safety. Para taekwondoins use the same padded mat (8m in diameter), the same round and time format, and the same scoring and penalties, with some minor adjustments.

Recent Team USA Highlights:

- [Evan Medell Scores First U.S. Medal In Paralympic Taekwondo](#)
- [Tokyo Qualifier Brianna Salinaro Taking More Flexibility Into Para Taekwondo](#)
- [Para Taekwondo Athletes Evan Medell And Brianna Salinaro Prep For Tokyo And College Graduation](#)

Sports Equipment:

- Attire: Para taekwondo athletes wear the same uniforms and protective gears as non-disabled athletes do.

Classification in Sport:

- K43 includes athletes with bilateral amputation below the elbow, or equivalent loss of function in both upper limbs.
- K44 includes athletes with unilateral arm amputation (or equivalent loss of function), or loss of toes which impact the ability to lift the heel properly.

Eligible Impairment Types:

- Impaired muscle power
- Athetosis
- Hypertonia
- Limb deficiency
- Ataxia



Para Triathlon

Sport Fast Facts:

- Para triathlon consists of a swim, run and bicycle race over the 'sprint' distance: 750m of swimming, 20km of cycling and a 5km run. Men and women compete separately.
- Para triathlon made its debut in the sea off Copacabana Beach at the Rio 2016 Paralympic Games.
- The first ever para triathlon Paralympic champion was Germany's Martin Schulz in the men's PT4.

Sport Equipment:

- Running Gear: Competition wheelchairs, assistive devices such as prosthetics, visual guides, run tether
- Swim Gear: Assistive devices such as prosthetics, visual guides, swimsuit, goggles, swim tether
- Biking Gear: Recumbent hand cycle, tandem bicycle with visual guide/pilot (for visual impairments), road bicycle, helmet

Recent Team USA Highlights:

- [Morgan Pearson Is First U.S. Man To Medal At Triathlon Worlds In 31 Years](#)
- [Hailey Danz, Grace Norman Celebrate Thanksgiving With Paratriathlon World Titles](#)
- [Big Changes After Tokyo Have Paratriathlete Grace Norman Reset And Ready For More](#)

Classification in Sport:

- PTWC 1-2: Athletes with limitations in lower (PTWC2) and upper limbs (PTWC1), using a handcycle for the cycling segment and a racing chair for the running segment.
- PT 2-5: Athletes with limitations in lower and/or upper limbs (lower class number means there is more limitations) who

- compete in traditional cycling and running. Assistive devices such as prosthetic legs and/or bike modifications are regulated by the IF.
- PTVI 1-3: Athletes with vision impairment, subdivided in three classes by severity of vision loss (visual acuity and/or visual field).
- Athletes in the PTWC and PTVI classes compete in combined events, with an interval start system per sport class.

Eligible Impairment Types:

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

Wheelchair Basketball

Sport Fast Facts:

- Wheelchair basketball is a game of five-on-five to score the most points in the opposing team's basket with the same court dimensions, basket height and playing time as able-bodied basketball. Athletes must pass or bounce the ball after every two pushes on their wheelchair to avoid being penalized for travelling.
- Wheelchair basketball is one of the world's oldest Para sports and was one of the 'original eight' at the first Paralympic Games in Rome 1960. A women's tournament was added at Tel Aviv 1968.

Sports Equipment:

- Wheelchair: Modern basketball wheelchairs have two larger cambered wheels at the rear to optimize stability and maneuverability, two small caster wheels at the front and one of two small 'anti-tip' castor wheels to the rear. Athletes sit higher than on a racing chair, thus are using a bigger push rim that can range from 60-68cm in diameter, compared to 35-39cm.

Recent Team USA Highlights:

- [Paralympian Darlene Hunter Helps Spread Wheelchair Basketball In NYC Clinic](#)
- [When Not On The Basketball Court, Team USA's Trevon Jenifer Is Working In The Secret Service](#)
- [Ron Lykins, Coach Of Four Wheelchair Hoops Gold-Medal Teams, Retires From Team USA](#)

Classification in Sport:

- Players are classified on a point system from 1 to 4.5. Points are based on trunk control and sitting balance, plus speed and maneuverability, similar to Wheelchair Rugby, which impact the reach of the player to catch and pass the ball (lower number means less function). Teams are composed of five players, and the sum of points must be 14 or less.

Eligible Impairment Types:

- Impaired muscle power
- Athetosis
- Impaired passive range of movement
- Hypertonia
- Limb deficiency
- Ataxia
- Leg length difference

Wheelchair Fencing

Sport Fast Facts:

- Wheelchair fencing was one of eight sports to be featured at the first official Paralympic Games, in Rome 1960.
- The object of this fast-moving sport is to score 'hits' or 'touches' on your opponent. A given number of hits (usually from five to 15) make up a 'bout', and the first player to score that number wins the bout. Touches are recorded electronically by body wires, and announced by a colored light on the side of the fencer who made the touch.

Sports Equipment:

- Wheelchair: The wheelchairs are fastened on the floors with the help of a rod and a metal frame which gives the participants to have the freedom of upper body.
- For Sabre: The fencers wear lame jacket, lame bib on metallic face mask, lame cuff in this event.
- For Epee: Apart from the regular prescribed clothing the fencers wear lame apron from the waist to the bottom which covers the non-target area.
- For Foil: The clothing consists of lame jacket, lame bib on the face mask for foil events.

Recent Team USA Highlights:

- [Para Fencing Found Ellen Geddes, And She Grabbed The Sport By The Reins](#)
- [After 10-Place Finish In Individual Foil Event, Ellen Geddes And U.S. Team Takes Eighth](#)
- [Joey Brinson, A Two-Time Paralympian In Wheelchair Fencing, Passes Away](#)

Classification in Sport:

- Fencers in category A have good trunk control, whereas category B athletes have an impairment that impacts their trunk or their fencing arm.

Eligible Impairment Types:

- Impaired muscle power
- Athetosis
- Impaired passive range of movement
- Hypertonia
- Limb deficiency
- Ataxia
- Leg length difference

Wheelchair Rugby

Sport Fast Facts:

- Para badminton players compete standing or in wheelchairs in singles, doubles or mixed doubles events. Matches consists of the best of three games.
- The sport made its Paralympic debut at Tokyo 2020.
- is practiced internationally by athletes in more than 150 countries.

Sport Equipment:

- Wheelchair rugby combines elements of rugby, basketball and handball. Players compete in teams of four to carry the ball across the opposing team's goal line. Contact between wheelchairs is not only permitted but is an integral part of the sport as players use their chairs to block and hold opponents.
- To encourage positive play and avoid the clock being run down by the team in the lead, a 40-second shot clock was introduced in 2008. If a team has not scored within that time, possession is handed over.
- Teams have 12 seconds to move the ball from their half of the court (each court measures 28 meters x 15 meters) into the opponent's half. Players must bounce or pass the ball within 10 seconds of receiving it.
- Wheelchair rugby made its debut as a demonstration event at Atlanta 1996 but was awarded medal status four years later at Sydney 2000 and has remained ever since.

Recent Team USA Highlights:

- [Player-Turned-Coach Joe Delagrave Led A New Era Of U.S. Wheelchair Rugby To World Silver Medal \(teamusa.org\)](#)
- [U.S. Wheelchair Rugby Team Brings Home Silver From World Championship \(teamusa.org\)](#)
- [U.S. Knocks Off No. 1 Japan To Play For Wheelchair Rugby World Title \(teamusa.org\)](#)

Classification in Sport:

- Wheelchair rugby players are classified on a point system from 0.5 to 3.5. Their points allocation is dependent on restrictions in arm and trunk function that impact wheelchair rugby skills such as ball handling (catching, passing, carrying the ball) and wheelchair maneuverability (start/stop/turn, tackling and blocking opponents). A team is composed of five players, and the sum of points must be 8 or less.

Eligible Impairment Types:

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

Wheelchair Tennis

Sport Fast Facts:

- Wheelchair tennis requires no adaptations to the dimensions of the tennis court, nor the height of the net, and is played using conventional tennis balls and rackets. The only rule change in wheelchair tennis is that the wheelchair player is allowed two bounces of the ball. Providing the first bounce is within the usual parameters of the court, the second bounce can be outside of the court.
- Wheelchair tennis originated in California in 1976 after former acrobatic skier Brad Parks was paralyzed in a skiing accident.
- Modern tennis wheelchairs have two larger cambered wheels at the rear to optimize stability and maneuverability, two small castor wheels at the front and one of two small 'anti-tip' castor wheels to the rear.

Sport Equipment:

- Prosthetics: Amputees may use arm and leg prosthetics to be able to play the sport. Arm prosthetics can be used to grasp the racquet.
- Grip devices: An athletic tape or an ace bandage wrap is used by players who don't have the grip strength for holding a racquet. Sometimes, orthopedic racquet holders or grasping gloves are also used if more support is needed.
- Wheelchair: In this sport, players use a sports wheelchair which is lighter than everyday wheelchairs and allows the player flexibility of movement. A positioning strap across the waist and thighs is used to keep the player stable on the chair.

Recent Team USA Highlights:

- [Rajeev Ram Scores Historic Repeat Title In Men's Doubles Finals](#)
- [Serena's Farewell, Expanded Wheelchair Fields Among Stories To Watch At The U.S. Open](#)
- [Paralympian Dana Mathewson Wins Historic Women's Wheelchair Doubles Title At Wimbledon](#)

Classification in Sport:

- Open Class: Athletes with permanent impairment of one or both legs, but with normal arm function.
- Quad Class: Athletes with additional restrictions in the playing arm, which limits the ability to handle the racquet and maneuver the wheelchair.

Eligible Impairment Types:

- Impaired muscle power
- Athetosis
- Impaired passive range of movement
- Hypertonia
- Limb deficiency
- Ataxia
- Leg length difference

Para Alpine Skiing

Sport Fast Facts:

- Para alpine skiing features athletes with physical and/or vision disabilities in race to be the fastest across the finish line.
- Some Para alpine skiers are completely blind, racing down the mountain with only the sound of their guide to follow. Some guides use speakers strapped to their backs while others give athletes directions using headsets.
- Skiers with physical disabilities compete in either a standing or sitting category. Those in the sitting category use sit-skis and 'outriggers' – poles with a foot. Some standing skiers also use outriggers.

Sport Equipment:

- Ski Boots: The boots for para-skiers are designed to give support to the foot and ankle with the use of materials like hard plastics in boot construction.
- Skis: Standing skiers use typical racing skis. The minimum length of the skis used by men must be at least 165cm and those for women must be at least 155cm. Bindings used for skis can be maximum 55mm high.
- Outriggers: Outriggers are mainly used by sit-skiers or single leg skiers. These are similar to ski poles and have a larger base of support at the bottom. They assist skiers with speed control, balance and turns. Outriggers are mainly used by sit-skiers or single leg skiers.
- Sit-Ski / Mono-Ski: A sit-ski or mono-ski is a seat suspended above a ski.

Recent Team USA Highlights:

- [Laurie Stephens Has Pair Of Second-Place Finishes In Para Alpine World Cup](#)
- [The First Year Of A Paralympic Quad Is All About Process For The Para Alpine Ski Team](#)
- [How Para Skier Kyle Taulman Is Making His College More Accessible To All](#)

Classification in Sport:

- Sport Classes LW1-9 Standing Skiers:
- Lower limb disabilities:
- Sport Class LW 1: Athletes have a disability in both legs.
- Sport Class LW 2: Athletes have a disability in one leg.
- Sport Class LW 3: Athletes have a disability in both legs.
- Sport Class LW 4: Athletes have a disability in one leg.
- Upper limb disabilities:
- Sport Class LW 5/7: Athletes have a disability in both arms and compete without ski poles.
- Sport Class LW 6/8: Athletes have a disability in one arm and compete with one ski pole.
- Combined upper and lower limb disabilities:
- Sport Class LW 9: Skiers in this Sport Class have a disability that affects arms and legs. Depending on the nature and degree of their activity limitation they compete with or two skis and one or two poles.
- Sport Classes LW 10-12: Sit-Skiers:
- Sport Classes LW 10-12: All sit-skiers have a disability affecting their legs and compete in a seated position.
- Sport Classes B1-3: Skiers with Vision Impairment
- Sport Classes B 1-3: Athletes in these sport classes have vision impairment and meet the minimum disability criteria to compete. Athletes with vision impairment ski with a guide, who verbally gives directions to the athlete.

Eligible Impairment Types:

- Impaired Muscle Power
- Limb Deficiency
- Leg Length Difference
- Hypertonia
- Ataxia
- Athetosis
- Impaired Passive Range of Movement
- Vision Impairment

Para Nordic Skiing

Sport Fast Facts:

- Para Nordic skiing includes two different disciplines: Para biathlon (a combination of cross-country skiing and rifle shooting) and Para cross-country skiing. Competitions include standing events, sitting events (for wheelchair users) and events for visually impaired athletes.
- The events consist of a 2.0 or 2.5 km course skied three or five times in the free technique for a total race distance between 6-15 km.
- Athletes with vision impairment are assisted by acoustic signals, which depending on signal intensity, indicate when the athlete is on target.

Sport Equipment:

- Attire: Uniform, other equipment and protective gears used in para-cross country skiing are same as those used in cross-country skiing.
- Para Nordic Skiing - Sit-ski Poles: Poles used with sit-skis are short to accommodate skiing from a sitting position and vary based on the height of the sit-skier and the sit-ski. Correct height of the poles is generally determined by measuring its length from the ground to the skiers' mouth.
- Headsets: Blind skiers use sound location boxes and headsets to communicate with their guides.
- Para Nordic Skiing - Sit-skis/Mono-skis: Sit-skis consists of a seat on a frame mounted with bindings onto two regular cross-country skis while mono-ski has a chair fitted over a single ski. The chair includes seat belts and strapping for added protection and support.

Recent Team USA Highlights:

- [After A Banner 2022 For Dual-Sport Star Lera Doederlein, A New Winter Season Beckons](#)
- [As The Para Nordic Skiing Season Kicks Off, U.S. Skiers See Opportunity To Improve](#)
- [Oksana Masters Stresses The Importance Of Para Athletes Being "Seen"](#)

Classification in Sport:

- Athletes must have one of the eligible disabilities and meet the minimum disability criteria for the sport set out in those rules in order to be eligible to compete.
- Sport Classes LW 2-9 Standing Skiers
- Lower Leg Disabilities:
- Sport Class LW 2: Athletes have a disability in one leg.
- Sport Class LW 3: Athletes have a disability in both legs.
- Sport Class LW4: Athletes have a disability in one leg.
- Upper Arm Disabilities:
- Sport Class LW 5/7: Athletes have a disability in both arms and compete without ski poles.
- Sport Class LW 6: Athletes have a disability in one arm and compete with one ski pole.
- Sport Class LW 8: Athletes have a disability in one arm and compete with one ski pole.
- Combined Upper and Lower Limb Disabilities:
- Class LW 9: Skiers in this Sport Class have a disability that affects arms and legs. Depending on the nature and degree of their activity limitation they compete with or two skis and one or two poles.
- Sport Classes LW 10-12: Sit Skiers:
- Sport Classes LW 10-12: All sit-skiers have a disability affecting their legs and compete in a seated position.
- Sport Classes B 1-3: Vision Impairment:
- Sport Classes B 1-3: Athletes in these sport classes have vision impairment. Athletes with vision impairment ski with a guide, who verbally gives directions to the athlete.

Eligible Impairment Types:

- Impaired Muscle Power
- Limb Deficiency
- Leg Length Difference
- Hypertonia
- Ataxia
- Athetosis
- Impaired Passive Range of Movement
- Vision Impairment

Sled Hockey

Sport Fast Facts:

- Para ice hockey was formerly known as ice sledge hockey until it was renamed in 2016 and features players with double-blade sledges that allow the puck to pass beneath and two sticks, which have a spike-end for pushing and a blade end for shooting.
- The sport made its Paralympic debut at the 1994 Paralympic Winter Games in Lillehammer, Norway.

Sport Equipment:

- Goalie Attire: Goalies wear the same equipment as ice hockey but with some modifications to the glove. The metal picks are attached to the backside of the glove allowing the goalie to maneuver.
- Attire: Players wear a hockey helmet with face mask, gloves and body protection along with shoulder pads, shin guards, elbow pads, neck guard and hockey gloves.
- Hockey Stick: Instead of one, the players use two hockey sticks for propulsion, passing and shooting. The sticks may be up to 100 cm long but generally range between 75-95 cm and are made of wood, aluminum or composite materials. The sticks consist of metal picks on one end for players to propel themselves. The players who do not have a complete grip on the stick have an option to secure the stick to their hands.

- **Sledge:** The sledges are made of light-gauge aluminum with a customized basin in there to sit in. It also has a backrest which can be used as per the moving ability of the athlete. The frame of the sledge supports the legs and feet and is affixed on two skate blades which are attached under the bucket while straps tie around the waist of the player to secure them to the sledge.

Recent Team USA Highlights:

- [After A Banner 2022 For Dual-Sport Star Lera Doederlein, A New Winter Season Beckons](#)
- [Retired Marine Ralph DeQuebec Found A New Mission With U.S. Sled Hockey Team](#)
- [U.S. Sled Hockey Team Captures IPH Cup Title After Beating Canada, 4-0](#)

Classification in Sport:

- There is only one sport class. All athletes in the sport class have an impairment in the lower part of their body. All players on a team must meet the minimum impairment criteria to compete in para ice hockey.

Eligible Impairment Types:

- Limb deficiency
- Impaired Muscle Power
- Impaired Passive Range of Motion
- Ataxia, athetosis, hypertonia
- Leg length difference

Para Snowboarding

Sport Fast Facts:

- Para snowboarding races feature three disciplines: snowboard-cross, banked slalom and giant slalom.
- Competitions includes male and female athletes with a physical impairment such as spinal injury, cerebral palsy and amputation.

- The first official Para snowboarding competition was held in 2000 in Waterville Valley, New Hampshire. It would take many more years for snowboarding to become a Paralympic sport, however. A group of snowboarders started campaigning for its inclusion at the Paralympic Winter Games in 2005. Their hard work paid off nine years later when snowboarding made its Paralympic debut at Sochi in 2014.
- In Sochi, the Americans dominated the competition, winning five gold medals and 13 total medals, almost tripling the next-closest country (the Netherlands with five).

Sport Equipment:

- **Prosthetic limbs:** Amputee snowboarders may use a prosthetic limb. It must be of the same length as the players' existing limb and in proportion with the players' other limbs. Lower limb prosthetics must be used with snowboard boots.
- **Attire:** Uniform, other equipment and protective gears used in Para snowboarding are same as those used in able-bodied snowboarding.

Recent Team USA Highlights:

- [Darian Haynes Traded Her Surfboard For A Snowboard. Now She's Aiming For The Paralympics](#)
- [Mike Schultz Wins Two Golds At Para Snowboarding World Cup Stop In Big White](#)
- [U.S. Para Snowboarders Have Had To Up Their Game To Compete With The World's Best](#)

Classification in Sport:

- **Sport Class SB-LL1:** Athletes have a disability in one or both legs.
- **Sport Class SB-LL2:** Athletes have a disability in one or both legs.
- **Sport Class SB-UL:** Athletes have a disability in one or both arms.

Eligible Impairment Types:

- Impaired Muscle Power
- Limb Deficiency
- Leg Length Difference
- Hypertonia
- Ataxia
- Athetosis
- Impaired Passive Range of Movement

Wheelchair Curling

Sport Fast Facts:

- Wheelchair curling is a competition where two teams of four players (men and women) in stationary wheelchairs slide stones, by hand or with a delivery stick, on a sheet of ice toward a target area called the "House" to earn points. Athletes do not sweep the ice to maneuver the stone to its final position. This means the throw must be very precise.
- Wheelchair curling was developed in the 1990s and was added to the Paralympic Winter Games at Torino 2006.
- Curling has been described as the 'Roarin' Game,' with the 'roar' coming from the noise of a granite stone as it travels over the ice.

Sport Equipment:

- Curling Stones: These are circular and are made of granite quarried from the Ailsa Craig Off of Scotland. The stones, consists of a plastic handle that allows control at the release.
- Attire: Players wear full or short-sleeved shirts and stretchable pants to accommodate curling stone delivery.
- Curling Gloves: Lightweight gloves are worn by curlers to keep the hands warm.

Recent Team USA Highlights:

- [Wheelchair Curling Team Back In Thick Of Playoff Hunt With Two Wins](#)
- [More Than An Inspiration: U.S. Para Wheelchair Curler Steve Emt On Making A Difference](#)
- [From Mongolia To Minnesota, Oyuna Uranchimeg Is Living A Paralympic Dream](#)

Classification in Sport:

- Wheelchair curling has only one sport class. Athletes must have a disability affecting their legs. However, some wheelchair curlers may also have a disability in their arms.

Eligible Impairment Types:

- Impaired muscle power
- Impaired passive range of movement
- Limb deficiency
- Leg length difference
- Short stature
- Hypertonia
- Ataxia
- Athetosis
- Vision impairment
- Intellectual impairment

