

Quick Guide to PARA CLASSIFICATIONS

This Guide compiled for BC Athletics by Deborah Carter, using information provided by World Para Athletics in 2022.

NB: While designations for track events and jumping events are indicated with a “T”, athletes entered in a throwing event will be given the same numerical designation, but with an “F” (rather than a “T”).

VISUAL

T11 – totally or almost totally blind, no light perception

T12 – vision that falls between B1-B3 classification, visual field of less than 10 degrees in diameter

T13 – partial sight with visual acuity from 2/60 to 6/60, visual field of less than 40 degrees in diameter

INTELLECTUAL

T20

COORDINATION IMPAIRMENT (CEREBRAL PALSY, BRAIN INJURY)

T32 – seated, Athletes have moderate to severe co-ordination impairment affecting all four limbs and trunk, but usually with slightly more function on one side of the body or in the legs. Function is affected so that throwing and wheelchair propulsion is difficult. Trunk control is poor.

T33 – seated, Athletes have moderate to severe co-ordination impairment of three to four limbs, but typically have almost full functional control in the least impaired arm. Forward propulsion of the wheelchair is impacted by significant asymmetry in arm action and/or very poor grasp and release in one hand and limited trunk movement.

T34 – seated, Athletes are generally affected in all four limbs but more in the lower limbs than the upper limbs. The arms and trunk demonstrate fair to good functional strength and near to able-bodied grasp, release and relatively symmetrical wheelchair propulsion.

T35 – standing, Athletes are typically affected in all four limbs but more so in the legs than the arms. Running gait is moderately to severely impacted, with stride length typically shortened.

T36 – standing, these athletes demonstrate moderate athetosis, ataxia and sometimes hypertonia or a mixture of these which affects all four limbs. The arms are usually similarly or more affected than the legs. Involuntary movements are clearly evident throughout the trunk and/or in the limbs in all sport activities, either when the athlete is attempting to stand still (athetosis) or when attempting a specific movement (tremor).

T37 – standing, Athletes have moderate hypertonia, ataxia or athetosis in one half of the body. The other side of the body may be minimally affected but always demonstrates good functional ability in running. Arm action is asymmetrical. Some trunk asymmetry is usually evident.

T38 – standing, Athletes have clear evidence of hypertonia, ataxia and/or athetosis on physical assessment that will affect running. Co-ordination impairment is mild to moderate and can be in one to four limbs. Co-ordination and balance are typically mildly affected, and overall these athletes are able to run and jump freely.

SHORT STATURE - There are two classes depending on the body height of the athlete and the proportionality of the upper limbs.

T40 – shorter stature than T41

T41

LEG DEFICIENCY

T42 – single above the knee amputations, Athletes have one or more impairment types affecting hip and/or knee function in one or both limbs and with activity limitations in throws, jumps and running competing without prosthesis/prostheses comparable to that of an athlete with at least a single through or above knee amputation. Athletes with impairment(s) roughly comparable to bilateral above knee amputations are also placed in this class.

T43 – double below knee amputations, Athletes have bilateral lower limb impairments competing without prostheses where both limbs meet the minimum impairment criteria, and where functional loss is in the feet, ankles and/or lower legs. The activity limitation in Para Athletics is roughly comparable to that found in an athlete with bilateral below-knee amputations.

T44 – single below knee amputations, this class is for any athlete competing without a prosthesis with a unilateral or a combination of lower limb impairment/s where the impairment in only one limb meets the minimum impairment criteria. Functional loss is seen in one foot, ankle and/or lower leg. The activity limitation in Para Athletics is roughly comparable to that found in an athlete with one through ankle / below knee amputation.

ARM DEFICIENCY - The primary impairments are in the upper limbs. All athletes in these classes compete standing without support. The criteria for running and jumps are slightly different to the criteria for throws.

T45 - Athletes have impairments of both arms affecting the shoulder and/or elbow joints which are comparable to the activity limitations in running and jumping as experienced by an athlete with bilateral above elbow amputations.

T46 - Athletes have a unilateral upper limb impairment that affects the shoulder and/or elbow joint of one arm and which is comparable to the activity limitations in running and jumps roughly comparable to that found in an athlete with a unilateral above elbow amputation. Athletes who have impairments of both arms, affecting elbow and wrist and roughly comparable to the activity limitations experienced by an athlete with bilateral through wrist / below elbow amputations of both arms, or an athlete with one above elbow amputation and one below elbow amputation, will also be placed in this class.

T47 - Athletes with a unilateral upper limb impairment resulting in some loss of function at the shoulder, elbow, and wrist and which impacts sprints primarily. The impact of the impairment is comparable to the activity limitations experienced by an athlete with a unilateral through wrist/ below elbow amputation.

WHEELCHAIR - Athletes in these athletics categories use racing wheelchairs

T51 – upper and lower limb impairment, limited function in shoulders/arms/hands and no trunk or leg function, Athletes usually have decreased shoulder muscle power and difficulty straightening the elbows for a pushing action required for wheelchair racing propulsion. There is no muscle power in the trunk. Wheelchair propulsion is achieved with a pulling action using the elbow flexor and wrist extensor muscles.

T52 - upper and lower limb impairment, good shoulder and upper body control but lack fine motor skills in arms/hands and no trunk or leg function, Athletes use their shoulder, elbow, and wrist muscles for wheelchair propulsion. There is poor to full muscle power in the fingers with wasting of the intrinsic muscles of the hands. Muscle power in the trunk is typically absent.

T53 – fully functioning arms but no trunk function, Athletes typically have full function of the arms but no abdominal or lower spinal muscle activity (grade 0).

T54 – partial trunk and leg function, Athletes have full upper muscle power in the arms and some to full muscle power in the trunk. Athletes may have some function in the legs.

LEG AMPUTATION – PROSTHETICS IN STANDING POSITION - The primary impairments are in the lower limbs and include only limb deficiency and leg length discrepancy. All athletes in these classes compete standing without support and they must use prosthesis/es.

T61 - Athletes with bilateral through knee or above knee limb deficiency competing with prostheses where minimum impairment criteria for lower limb deficiency are met

T62 - Athletes with bilateral below knee limb deficiency competing with prostheses where minimum impairment criteria for lower limb deficiency are met

T63 - Athletes with single through knee or above knee limb deficiency competing with a prosthesis where minimum impairment criteria for lower limb deficiency are met

T64 - Athletes with unilateral below knee limb deficiency competing with a prosthesis where the minimum impairment criteria for lower limb deficiency and leg length discrepancy are met

CEREBRAL PALSY (SEVERE MOTOR AND COORDINATION IMPAIRMENTS)

T71

T72

T73

Sources

https://en.wikipedia.org/wiki/Para-athletics_classification

<https://www.paralympic.org/classification>

<https://www.paralympic.org/athletics/classification>