

I'mPOSSIBLE

Engaging young people with the Paralympic Movement

Overview of Para sports

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Para sports

This overview gives a brief introduction to the Para sports profiled in the I'mPOSSIBLE units.

Para sport refers to all sport for athletes with an eligible impairment, whether they feature on the Paralympic programme or not. The International Federation must be recognised by the International Paralympic Committee (IPC) and therefore operate under the IPC Athlete Classification Code.

A full list of all Para sports and further information can be found at: <https://www.paralympic.org/sports>



Credit: Getty Images



Credit: Getty Images



Credit: Getty Images



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Sitting volleyball

What is sitting volleyball?

Sitting volleyball is a global game played by athletes with physical impairments. Its rules are very similar to volleyball. It is played on a smaller court (10m x 6m) and uses a lower net. This makes the game faster than standing volleyball.

For a brief introduction, please see the film 'Sitting volleyball' at: <https://youtu.be/vW1VouTLnME>

- The game is played 6-a-side.
- All players must be seated and remain seated at all times. The pelvis must be in contact with the floor throughout.
- Teams aim to hit the ball over the net so that it lands within the opponents' court.
- Teams are permitted three passes before the ball has to go over the net.
- The first team to 25 points wins a set as long as they win by two clear points.
- The first team to win three sets wins the match.
- Further information can be found at: <https://www.paralympic.org/sitting-volleyball>



Credit: Getty Images



Goalball

What is goalball?

Goalball is a game for athletes who have vision impairments. To ensure fair and equitable competition all players wear blackout eyeshades. A ball with bells inside is used so that participants can hear and track the movement of the ball around the court. Tactile markings are used to enable players to orientate themselves. It is played on a court 18m x 9m. During play there must be complete silence so that players can hear the direction of the ball. The game is played 3-a-side.



Credit: Getty Images

For a brief introduction, please see the film 'Goalball' at: https://youtu.be/P_LJ6eDjGGc

- The object of the game is to score a goal by using a bowling action to roll the ball along the floor so that it passes the opponents and crosses the goal line of the opposing team.
- The opposing team tries to block the ball with their bodies.
- No player can take more than two throws consecutively.
- If a ball is thrown over the side line possession changes to the other team.
- Teams have 10 seconds from a first defensive contact to get the ball across the centre line.
- Each match consists of 2 x 12-minute halves with a three-minute break in between.
- The winning team is the team that scores the most points in the allotted time.
- Further information can be found at: <https://www.paralympic.org/goalball>

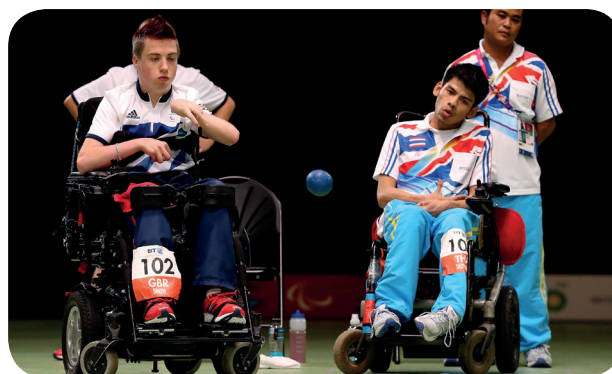


Boccia

What is boccia?

Boccia is played by athletes with impairments that affect motor skills. It is similar to bowls and pétanque. The game requires strategy and pin-point accuracy. It is played on a flat, smooth court measuring 12.5m x 6m. Made of leather, the balls are slightly larger and heavier than a tennis ball.

For a brief introduction, please see the film 'Boccia' at: <https://youtu.be/W9aiKvYLKWM>



Credit: Getty Images

- The game is played individually, in pairs or teams. Men and women compete with and against each other.
- Coloured balls are thrown, rolled, kicked or released so that they stop as close as possible to a white target ball, known as the 'jack'. Players can use assistive devices like ramps or chutes to enable them to propel the ball.
- The aim is to score as many points as possible by getting as many balls closer to the jack than the opposition.
- The player, pair or team with the most balls closest to the jack is the winner. They receive one point and an additional point for every ball that is closer to the jack than any opposition ball.
- Matches consist of 'ends'. Each individual, pair or team 'throws' six balls per end.
- At the completion of six ends (four for individual and pair competitions), the points scored for each end are added together. The team with the highest total score wins.
- Further information can be found at: <https://www.paralympic.org/boccia>



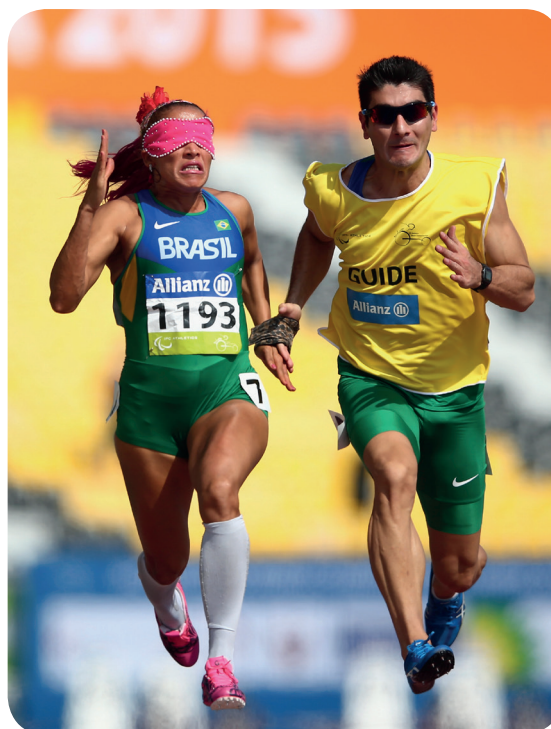
Para athletics

What is Para athletics?

Para athletics, in the form of wheelchair racing, appeared in the first Paralympic Games in 1960 for athletes with spinal injuries. The sport now includes a wide range of events for male and female athletes with a variety of impairments. Some athletes compete in wheelchairs and some with prostheses. In track and field events those with vision impairments may be assisted by sighted guides.

The Para athletics disciplines include:

- Track and road: sprinting, middle distance, long distance, marathon and relay races
- Jumps: high jump, long jump, triple jump
- Throws: discus, shot put, javelin, club throw – an event that is unique to Para athletics.



Credit: Getty Images

Technology is advancing at a rapid pace allowing more and more Para athletes to use assistive devices to access a greater range of athletic events. Wheelchairs are used by athletes with lower limb impairments. Prosthetic devices are used by amputees for track and road events and may be used for field events.

Athletes with vision impairments competing in track and road events may use rope tethers to link with a sighted guide. Acoustic devices (or a sighted 'caller') may be used to indicate such things as the take-off position in jumping and throwing events.

Further information can be found at: <https://www.paralympic.org/athletics>



Football 5-a-side

What is football 5-a-side?

Football 5-a-side appeared in the Paralympic Games for the first time in the Athens 2004 Paralympic Games. Football 5-a-side is also known as blind football, and is played by athletes with a vision impairment. To ensure fair and equitable competition, all players wear an eyeshade. A ball with bells inside is used so that players can hear and track the movement of the ball. It is played on a 40m x 20m court, smaller than a football field (105m x 68m). The whole length of the pitch is covered by kickboards of 1 - 1.20 metres to prevent the ball from going out of play. The dimension of the goalpost is 3,66m x 2,14m, also smaller compared to football goalpost (7.32m x 2.44m).



Credit: Cireco Rodrigues

Each team is composed of five players per side, four players compete completely blind. The goalkeeper may be fully sighted or partially sighted. Each team also has a guide, who is fully sighted.

Further information can be found at: <https://youtu.be/fEMyOHJwfSE>

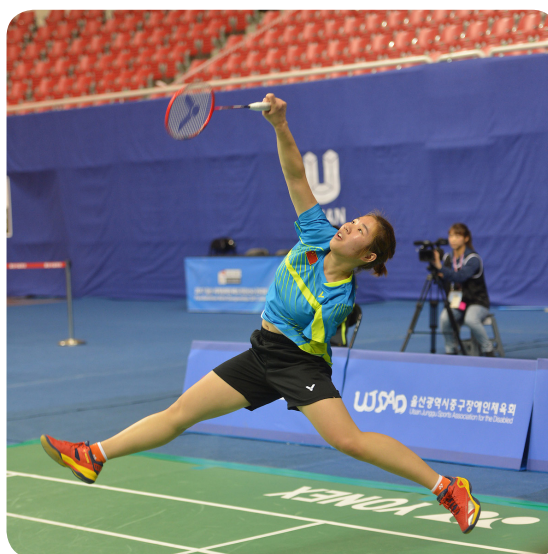


Para badminton

What is Para badminton?

Para badminton will feature in the Paralympic programme for the first time in the Tokyo 2020 Paralympic Games. Para badminton is played by athletes with a range of impairments, and is split into six sport classes:

- Wheelchair 1 (WH1)
- Wheelchair 2 (WH2)
- Standing Lower 3 (SL3)
- Standing Lower 4 (SL4)
- Standing Upper 5 (SU5)
- Short Stature 6 (SS6)



Credit: World Badminton Federation

As in badminton, Para badminton athletes compete in men's and women's singles, men's and women's doubles and mixed doubles. Para badminton is played on a standard badminton court, however, within some sport classes the court is modified. For example, Wheelchair Singles is played on a half-court, with the area in front of the service line being out of bounds.

To win a competitive match, players must win two games. Each game is played up to 21 points, with the exception if the score reaches 20-20. In this situation the game continues until one player gains a 2-point lead. If the score reaches 29-29 then a sudden death point is played to determine the winner of the game. Points are won by forcing your opponent to hit the shuttle into the net, out of the court, or by playing a winning shot that your opponent cannot retrieve.

For more information, please visit www.bwfshuttletime.com and www.bwfcorporate.com



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