

SPORT DESCRIPTIONS

Para Biathlon

Para Biathlon was introduced as a Paralympic sport in 1988. It follows the rules of the International Biathlon Union with modifications in equipment for various impairments. Para Biathlon combines the disciplines of cross-country skiing and rifle shooting. The events consist of a 2.0 or 2.5 km course skied three or five times. The total race distance is between 6 and 15 km. Between the two stages, athletes must hit two targets from a distance of 10m. In this sport, men and women compete separately. Eligible impairments include leg impairments, arm impairments, combined leg and arm impairments, and visual impairments. Based on level and type of impairment, athletes are divided into sitting, standing, and visually impaired categories. Athletes with a visual impairment use a guide for the skiing portion of the race and rely on changes in pitch when shooting at targets. When the pitch is highest, the athlete is aiming at the correct target.

<https://www.paralympic.org/nordic-skiing>

Wheelchair Curling

Wheelchair Curling was introduced as a Paralympic sport in 2006. Wheelchair Curling is played according to the rules of the World Curling Federation, with the only modification being the elimination of sweepers. In this sport, athletes sit in a stationary wheelchair and have the option of using the traditional arm/hand release to deliver the stone or using a delivery stick. Teams include both men and women and the sport is open to athletes with a physical impairment to the lower half of the body. Eligible impairments include spinal-cord injuries, cerebral palsy, multiple sclerosis, and double-leg amputation.

<https://www.paralympic.org/wheelchair-curling>

Para Ice Hockey

Para Ice Hockey, formerly known as IPC Ice Sledge Hockey, was introduced as a Paralympic sport in 1994. Para Ice Hockey is played according to the rules of the International Ice Hockey Federation with several modifications. Players sit on double-blade sledges that allow the puck to pass underneath. They each have two sticks, which have a spiked end for pushing and blade-end for handling the puck. Para Ice Hockey is a very fast-paced and physical sport. It is played by both men and women and is open to athletes with a physical impairment in the lower part of their body that would inhibit them from playing in able-bodied ice hockey.

<https://www.paralympic.org/ice-hockey>

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Para Alpine Skiing

Para Alpine Skiing was included in the first Paralympic Games in 1976. The sport features six disciplines: downhill, slalom, giant slalom, super-G, super combined, and team events. The sport is open to both men and women. Eligible impairments include spinal injury, cerebral palsy, amputation, les autres conditions, and blindness/visual impairment. Athletes with a visual impairment use sighted guides to navigate the course. Equipment adaptations such as single ski, sit-ski or orthopedic aids are available to accommodate various impairments.

<https://www.paralympic.org/alpine-skiing/about>

Para Cross-Country Skiing

Para Cross-Country Skiing was introduced as a Paralympic sport in 1976. It follows the rules of the International Ski Federations with modifications in equipment for various impairments. Athletes can compete in a variety of events ranging in distance from 2.5 km to 20 km, or they can participate in a team relay. The sport is open to athletes with leg impairments, arm impairments, combined leg and arm impairments, and visual impairments. Athletes with visual impairments use a guide to navigate the course. Depending on the level of physical impairment, an athlete may use a sit-ski or outrigger skis.

<https://www.paralympic.org/nordic-skiing>

Para Snowboard

Para Snowboard made its debut as a Paralympic sport in 2014. In this event, athletes use speed and agility to complete the course as fast as possible. The sport includes three disciplines: snowboard-cross, banked slalom, and giant slalom. Para snowboard is open to both men and women. Eligible impairments include spinal injury, cerebral palsy, and amputation. Equipment adaptations such as orthopedic aids are available to meet the needs of snowboarders with various impairments.

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