

# Shooting Para-Sport Information Sheet

## About the Sport

Shooting is a test of accuracy and control, in which competitors fire a series of shots at a target. Athletes compete in rifle, pistol and trap events from distances of 10m, 25m and 50m in men's, women's and mixed competitions. Athletes compete using the same guns, bullets and targets as the Olympic disciplines.

Shooters may use an assistant or aids if needed to load the gun. Shooters with a vision impairment use an audio cue to assist them to aim correctly at the target.

## Who can compete?

Shooting Para-Sport is open to athletes with a physical or vision impairment. Athletes are required to submit medical reports and meet the minimum impairment criteria in order to compete.


Eligible impairments	Description	Minimum Impairment Criteria
Loss of limbs	Partial or complete absence of bones or joints due to amputation or deficiency from birth.	<p><b>Leg:</b> complete loss of one foot or shortened leg of comparable length.</p> <p><b>Arm:</b> complete loss of one hand or shortened arm of comparable length</p>
Muscle weakness/Impaired muscle power	Muscle weakness or paralysis from conditions such as muscular dystrophy, multiple sclerosis, nerve damage, spinal cord injury or other spinal condition.	Loss of strength in a shoulder, elbow, wrist, hip, knee or ankle
Co-ordination impairments - Hypertonia, Ataxia, Athetosis	Impairments from neurological conditions such as acquired brain injury, cerebral palsy and multiple sclerosis that affect co-ordination and smoothness of movement and balance.	Co-ordination or movement difficulties in at least one arm or leg

Eligible impairments	Description	Minimum Impairment Criteria
Restricted joint movement/ Impaired passive range	Restricted movement or tightness in a joint/s from conditions such as joint fusions and other restricting conditions.	Joint movement restriction in at least one shoulder, elbow, wrist, hip, knee or ankle.
Vision Impairment	Impairment of the eye structure, optic nerves or pathways, or vision area of the brain, resulting in a loss of vision in both eyes. Caused by conditions such as albinism, macular degeneration, macular or cone rod dystrophy and retinitis pigmentosa.	Visual acuity loss in both eyes (how far they can see) with best corrected vision. Vision is less than or equal to 6/60 (log MAR 1.00); or Athletes with a visual acuity between 0.6 and 1.0 logMAR (inclusive) and with a contrast sensitivity poorer than or equal to 1.4 logCS.

## Shooting Para-Sport Classes

Sport Class	Description (Guide Only)
<b>Rifle Classes</b>	
SH1	Rifle competitors who have a leg impairment, who have the torso and arm control to hold, aim and shoot the pistol or rifle.
SH2	Competitors who have arm impairments of such a level that they require a shooting stand to support the weight of the rifle. Some athletes may have an impairment in their legs, in addition to their arms.
SH - VI	Designated to athletes with a vision impairment for competition in Rifle events.

Sport Class	Description (Guide Only)
<b>Pistol classes</b>	
SH1	Pistol or Rifle competitors who have a leg impairment, who have the torso and arm control to hold, aim and shoot the pistol or rifle.

Sport Class	Description (Guide Only)
<b>Trap shooting classes</b> 	
SG - S	Athletes have an impairment in the legs and trunk and compete sitting down.
SG - L	Athletes with good balance and trunk function, competing from a standing position. Athletes have an impairment in the legs, and no limitations in the arms.
SG - U	Athletes have an impairment of the non-shooting arm and shoot standing.
Not Eligible (NE)	Does not meet the minimum criteria for the Para-sport classes but may still be able to compete. Contact Shooting Australia for more information.

## Find out more

To get involved or for more information contact

[Shooting Australia](https://www.shootingaustralia.org)

W: [www.shootingaustralia.org](https://www.shootingaustralia.org)

E: [office@shootingaustralia.org](mailto:office@shootingaustralia.org)

**Note:** The classification information provided is intended as a guide only. Only authorised classifiers are able to provide a formal classification in accordance with the rules of the sport. Not all classes may have events at the Paralympic Games.