



## Para-Climbing Information Sheet

### About the Sport

Para-Climbing makes its debut at the 2028 Los Angeles Paralympic Games.

In competitive Para-climbing, athletes climb 15 – 20m high walls of varying angles with plastic holds secured to the wall to create routes. The routes athletes climb are unique for each competition. Route setters will design the climbs specifically for each sport class. Athletes climb with a rope attached to their harness and anchored to two places on the wall to minimise how far they fall and swing when they come off the wall. This ensures high safety for competitors.

The goal is to achieve the highest point possible in a single attempt, with a maximum of 6 minutes for each route. Climbers will climb 2 qualification routes, and a finals route is climbed by the top qualifiers. Scoring is based on the highest point reached on the climbing wall. In qualifications, climbers view their routes on a pre-recorded video and can watch other athletes climb. In the final, athletes cannot watch other climbers competing and only preview the route briefly. In the event of a tie in height, countback to qualification rankings and then time taken to complete the attempt are used to determine the final ranking.

Competitors may use a variety of equipment to assist them to climb, including prosthetics and specialised harnesses. Athletes with visual impairment use radio communication with a sight guide to assist with navigation on the climbing wall.

### Who can compete?

Para-Climbing 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.	<b>Arm:</b> loss of 6 knuckles in 1 or both hands OR shortened arm of similar length <b>Leg:</b> complete loss of one foot from the ankle joint OR shortened leg of similar length.

Eligible impairments	Description	Minimum Impairment Criteria
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 at least one hip, knee, ankle, shoulder, elbow, wrist, hand or trunk, over a minimum of two muscles.
Co-ordination impairments - Hypertonia, Ataxia, Athetosis	Impairments from neurological conditions such as acquired brain injury, cerebral palsy, multiple sclerosis that affect co-ordination and smoothness of movement and balance.	Co-ordination or movement difficulties in at least one arm or leg in climbing specific muscles.
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 restrictions in at least one joint that affects climbing in at least one arm or leg, including hip, knee, ankle, trunk, neck, shoulder, elbow, wrist or hand
Leg length difference	Significant difference in leg length due to a deficiency at birth or trauma.	Loss of length must be a minimum of 20% compared to the longer leg
Short stature	Reduced standing height and limb length from conditions such as achondroplasia or other conditions that affect growth.	Standing height for males and females must be less than or equal to 140cm.
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 Visual field restriction in both eyes (how wide they can see) of less than 40 degrees diameter with best corrected vision.

## Para-Climbing Sport Classes

Sport Class	Description (Guide Only)
<b>Athletes with a Vision Impairment</b>	
B1	Athletes who are blind (visual acuity <LogMAR 2.60). Athletes must wear a blindfold for competition and use a sighted guide for navigation while climbing.
B2	Athletes who have very low vision in both eyes either in how far they can see (visual acuity <2/60; LogMAR 1.5-2.6 inclusive) or how wide they can see (visual field <10 degrees diameter). Athletes use a sighted guide for navigation while climbing.
B3	Athletes who have low vision in both eyes, but more vision than B2 climbers. Vision is affected either in how far they can see (visual acuity <6/60; LogMAR 1-1.4 inclusive) or how wide they can see (visual field < 40 degrees diameter). Athletes use a sighted guide for navigation while climbing.

## Athletes with a **Physical Impairment**

AU2	Athletes have moderate arm impairment (muscle weakness, limb deficiency/loss) below the elbow of one arm and do not have use of their wrist.
AU3	Athletes have a hand impairment with multiple fingers absent or with reduced function / muscle weakness in one or both hands.
AL1	Athletes have significant impairment in both legs that affects their climbing, or limb deficiency/loss in both legs.
AL2	Athletes have limb deficiency/loss in one leg or a leg length difference.
RP1	Athletes with significant impairments in at least two limbs; OR limb deficiency in one arm through the elbow or above OR one arm has severely limited functional use
RP2	Athletes with moderate impairments across all eligible impairment types affecting the trunk and/or limbs
RP3	Athletes with mild impairments across all eligible impairment types affecting the trunk and/or at least 1 limb OR athletes with short stature.
Not Eligible (NE)	Athlete does not meet the minimum criteria or eligible impairment criteria for the Para-climbing classes at international events, but may still be able to compete at selected national or independent competitions. Contact Sport Climbing Australia for more information.

### Find out more

To get involved or for more information contact:

Sport Climbing Australia

W: <https://www.sportclimbingaustralia.org.au/>

E: [info@sportclimbingaustralia.org.au](mailto:info@sportclimbingaustralia.org.au)

**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 have events at the Paralympic Games.