



CEREBRAL PALSY AWARENESS - WHAT IS POSSIBLE?

# PARA SHOOTING

## WHAT IS PARA SHOOTING?

Shooting tests accuracy and control and in para shooting, athletes with physical impairments compete in both rifle and pistol events. Depending upon their classification, individuals can either stand, sit in a chair or a wheelchair, or lie on the floor on their front.

## WHO CAN TAKE PART?

All individuals with a physical impairment can participate in shooting.



## CLASSIFICATION

In Shooting, there is no specific classification for individuals with Cerebral Palsy. However, the classification system allows individuals to be classified fairly and considers how their impairments may affect them whilst shooting.

The classification system is formed of three classes, which follows;

SH1 (Pistol): Individuals with impairments in the lower limb(s) and/or the upper limb associated with the shooting arm.

SH1 (Rifle): Individuals with no impairment in the upper limbs but an impairment in either/both the lower limbs.

SH2 (Rifle): Individuals who have impairments in any limb and finds it difficult to carry the weight of the gun.



## WORLD PARA SHOOTING

The sport is governed by the IPC and coordinated by the World Para Shooting Sport Technical Committee and Management team.

The sport follows rules of the International Shooting Sport Federation (ISSF) in conjunction with its own World Para Shooting Sport Technical Rules and Regulations, which take into account considerations for Para athletes in shooting.

Shooting has been on the Paralympic programme since the Toronto 1976 Paralympic Games and today is practiced in more than 65 countries.

Athletes compete in events from distances of 10m, 25m and 50m in men's, women's and mixed competition events.

[www.cpisra.org/sport/shooting/](http://www.cpisra.org/sport/shooting/)  
<https://www.paralympic.org/shooting>