

## Para cycling information sheet

### About the sport

Para cycling is cycling for people with impairments resulting from a health condition (disability).

Para athletes with physical impairments either compete on handcycles, tricycles or bicycles, while those with a visual impairment compete on tandems with a sighted 'pilot'.

Para cycling is divided into track and road events, with seven events in total.

### Classification explained

In Para sport classification provides the structure for fair and equitable competition to ensure that winning is determined by skill, fitness, power, endurance, tactical ability and mental focus – the same factors that account for success in sport for able-bodied athletes.

The Para sport classification assessment process identifies the eligibility of each Para athlete's impairment, and groups them into a sport class according to the degree of activity limitation resulting from their impairment.

Classification is sport-specific as an eligible impairment affects a Para athlete's ability to perform in different sports to a different extent. Each Para sport has a different classification system.

### Standard Classification in detail

Para-Cycling sport classes include:

#### **Handcycle sport classes H1 – 5:**

There are five different sport classes for handcycle racing. The lower numbers indicate a more severe activity limitation. Para athletes competing in the H1 classes have a complete loss of trunk and leg function and limited arm function, e.g. as a result of a spinal cord injury. Para athletes in the H4 class have limited or no leg function, but good trunk and arm function.

Para cyclists in sport classes H1 – 4 compete in a reclined position.

Para cyclists in the H5 sport class sit on their knees because they are able to use their arms and trunk to accelerate the handcycle. Para athletes in this sport class might have leg amputations, paraplegia or mild to moderate athetosis or ataxia.

#### **Tricycle T1 – 2:**

Para athletes who ride a tricycle are unable to ride a bicycle safely due to impairment affecting their balance and coordination. They are divided into two classes, T1 and T2.

Sport class T1 is allocated to Para athletes with more significant loss of coordination or muscle power than those competing in sport class T2.

**Bicycle C1 – 5:**

Para athletes who are able to use a standard bicycle compete in one of five sport classes, C1 – 5. Para athletes in these sports classes might have amputations, impaired muscle power or a limited range of motion, and also impairments affecting coordination such as ataxia and athetosis. Sport class C1 is allocated to Para athletes with the most severe activity limitation, while sport class C5 is allocated to those who meet the minimum disability criteria.

For example, Para cyclists with a double below-the-knee amputation who use a prosthesis are likely to compete in sport class C3, while those with a below-knee amputation and a prosthesis on one leg would compete in sport class C4.

**Tandem TB:**

Para cyclists with visual impairment race on a tandem bicycle with a sighted cyclist (pilot) at the front. Para cyclists with visual impairment either have a low visual acuity (less than 6/60) and/or a visual field of less than 20 degrees.

For further information visit [www.paralympics.org.nz/Pathway/Classification](http://www.paralympics.org.nz/Pathway/Classification)

Note - The New Zealand Para Cycling Programme is run by Paralympics New Zealand.