



## Classification Information Sheet PARA CROSS COUNTRY SKIING

This information is intended to be a guide to classification for Para Cross Country Skiing. The classification of athletes in this sport is performed by authorised classifiers according to the classification rules of the sport, which are determined by the International Federation ([World Para Nordic Skiing](#)).

### Which Paralympic impairment groups compete in Para Cross Country Skiing?

Impairment		Examples of health conditions
Vision Impairment		Albinism, Retinitis Pigmentosa, macular or rod cone dystrophy
Physical Impairment	Limb deficiency	Amputation from trauma, cancer Limb deficiency from birth
	Impaired muscle power	Spinal cord injury, Spina Bifida, Transverse Myelitis, Sacral Agenesis, Spinal Tumours, Erbs Palsy, Muscular dystrophy
	Hypertonia, Ataxia or Athetosis	Cerebral palsy, acquired brain injury, stroke, brain tumour, Multiple sclerosis, cerebellar ataxia, Hereditary Spastic Paraparesis
	Impaired passive range of movement	Arthrogryposis, Talipes Equinovarus, joint fusions
	Leg length difference	Significant difference in leg length from disturbance of limb growth

### What is the Minimal Impairment Criteria?

Specific criteria is applied to each sport to determine if a person's impairment results in sufficient limitation in their sport. This is called the minimal impairment criteria. For more information refer to the [World Para Nordic Skiing Classification Rules and Regulations](#).

Impairment		Minimal Impairment Criteria – GUIDE ONLY
Vision Impairment		Athletes with Vision Impairment have reduced or no vision caused by damage to the eye structure, optical nerves or optical pathways, or visual cortex of the brain. Visual acuity in both eyes must be at or below 6/60 or the visual field is less than 40 degrees diameter with best corrected vision.
Physical Impairment	Limb deficiency	At least single below knee amputation through ankle or through wrist amputation.
	Impaired muscle power	Level of spinal cord injury and residual muscle strength determines class. Muscle weakness in the legs and/or trunk and/or arms.
	Hypertonia, Ataxia or Athetosis	Spasticity, ataxia or athetosis in at least one limb.
	Impaired passive range of movement	Limitations in movement in one major joint
	Leg length difference	Greater than 7cms



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### What are the Paralympic classes for this sport?

The list below is intended as a guide only. Only authorised classifiers are able to determine whether a person has an eligible impairment type and meets the minimal disability criteria for Para-biathlon.

Class	Examples (Guide Only)
<b>Physical Impairment Classes - Standing</b>	
LW2	Athletes with impairment in one entire lower limb such as limb deficiency through or above knee, no range of motion in knee or hip joint, significant loss of muscle power in at least one limb. Athletes ski using two skis and two ski poles.
LW3	Athletes with impairment in both lower limbs, such as limb deficiency or dysmelia in both legs, loss of muscle power in both legs, ataxia or athetosis in both legs. Athletes ski using two skis and two ski poles.
LW4	Skiers with an impairment affecting one lower limb below the knee, including limb deficiency or dysmelia below knee or through ankle, loss of muscle power in lower limbs, ataxia or athetosis in one limb or leg length difference. Athlete ski with two skis and two pole.
LW5/7	Skiers in both upper limbs without use of prosthesis, such as limb deficiency or dysmelia in both upper limbs or loss of function grip in both hands/arms. Athletes ski with two skis and no ski poles.
LW6	Skiers with a disability in one arm equivalent to amputation through or above the elbow, loss of muscle power in wrist and elbow or similar disability. Athlete ski with two skis and one ski pole.
LW8	Athletes with impairment in one upper limb below the elbow such as limb deficiency below the elbow, fixed elbow joint, dysmelia of the hand. Athletes ski with two skis and one pole.
LW9	Athletes with a combination of impairments in upper and lower limbs such as limb deficiency, hypertonia, ataxia or athetosis.
<b>Physical Impairment classes - Sitting</b>	
LW10	Sit skiers who have significant impairment in the trunk and lower limbs, such as high level of spinal cord injury. Athletes are unable to maintain a sitting position without trunk or arm support.
LW10.5	Sit skiers with impairments in the trunk and lower limbs. Athletes have some trunk and abdominal strength. Athletes are able to sit statically without arm support.
LW11	Sit skiers with impairments in the trunk and lower limbs. Athletes are unable to stand, but are able to sit unsupported.
LW11.5	Athletes with impairments in the trunk and lower limbs. Athletes have near to normal trunk function and may be able to stand or walk.
LW12	Athletes with impairments in their lower limbs with normal trunk movement such as paraplegia and double above knee amputees



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Class	Examples (Guide Only)
Visual Impairment classes	
B1	From no light perception in either eye to light perception, but inability to recognise the shape of a hand at any distance or in any direction. Visual acuity is less than LogMAR 2.6
B2	Ability to recognise objects up to a distance of 2 metres i.e. below 2/60 and/or visual field of less than ten (10) degrees diameter. Visual acuity ranges from LogMAR1.5 – 2.6
B3	Can recognise contours between 2 and 6 metres away i.e. 2/60 – 6/60 and visual field of less than forty (40) degrees diameter.

### How do I get classified?

Athletes with a vision impairment

Classification is organised through the Australian Paralympic Committee

[www.paralympic.org.au/vision-classification/](http://www.paralympic.org.au/vision-classification/)

Athletes with a physical impairment

Classification information is available through Ski and Snowboard Australia

[www.skiandsnowboard.org.au](http://www.skiandsnowboard.org.au)

Request further information about classification via the [Get Classified form](#).

### Further Information:

National	<a href="mailto:info@skiandsnowboard.org.au">Ski and Snowboard Australia info@skiandsnowboard.org.au</a> +61 3 9696 2344	<a href="mailto:classification@paralympic.org.au">Australian Paralympic Committee classification@paralympic.org.au</a> +61 2 9704 0500
International	<b>World Para Nordic Skiing</b> <a href="http://www.paralympic.org/nordic-skiing">www.paralympic.org/nordic-skiing</a>	