

# Classification Information Sheet

## Para-Cross Country Skiing

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

### What is the classification process?

Trained classifiers assess an athlete using the World Para Nordic Skiing classification rules to determine the following:

**1. Does the athlete have an eligible impairment type?**

An athlete must have a permanent eligible impairment type and provide medical documentation detailing their diagnosis and health condition.

**2. Does the athlete meet the minimum impairment criteria for the sport?**

Specific criteria applied to each sport to determine if a person's impairment results in sufficient limitation in their sport. This is called the minimum impairment criteria.

**3. What is the appropriate class to allocate the athlete for competition?**

Classes are detailed in the classification rules for the sport and a classifier determines the class an athlete will compete in.

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

Athletes are required to have a permanent, eligible impairment and will be required to provide medical diagnostic information about their diagnosis and impairment.

Eligible Impairment Type	Examples of health conditions	
Vision Impairment	Reduced or no vision in both eyes caused by damage to the eye structure, optical nerves/optic pathways, or visual cortex of the brain. Includes Albinism, Retinitis Pigmentosa, macular or rod cone dystrophy.	
Physical Impairment	Limb deficiency	Amputation from trauma, illness or 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 Athetosis	Cerebral palsy, acquired brain injury, stroke, brain tumor, Multiple sclerosis, cerebellar ataxia, Hereditary Spastic Paraparesis or other conditions with hypertonia (spasticity, rigidity or dystonia), ataxia or athetosis are present.
	Impaired passive range of movement	Arthrogryposis, Talipes Equinovarus, joint fusions or contractures from chronic immobilisation or trauma.
	Leg length difference	Significant difference in leg length

## 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 minimum impairment criteria.

Impairment	Minimal Impairment Criteria (Guide Only)	
Vision Impairment	<ul style="list-style-type: none"> <li>- Visual acuity in both eyes with best corrected vision of less than or equal to 6/60 (log MAR 1.0); and/or</li> <li>- Visual field restriction of less than 40 degrees diameter</li> <li>- Classification assessed in best eye with best corrected vision</li> </ul>	
Physical Impairment	Limb deficiency	At least one through / above ankle amputation; or At least one through or above the wrist
	Impaired Muscle Power	Loss of muscle power in at least one lower limb (including knee); or loss of functional grip due to loss of muscle power in one upper limb.  Level of spinal cord injury and residual muscle strength determines class. Muscle weakness in the legs and/or trunk and/or arms.
	Hypertonia Ataxia Athetosis	Hypertonia, ataxia or athetosis in at least one leg.
	Impaired passive range of movement	Movement restriction in at least one major joint.
	Leg length difference	Leg length difference of at least 7cm.

Minimum impairment criteria is further detailed in the [World Para Nordic Skiing Classification Rules and Regulations](#).

## 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 impairment criteria for Para-Cross Country Skiing.

Class	Examples (Guide Only)
<b>Visual Impairment Classes</b>	
B1	<ul style="list-style-type: none"> <li>Visual acuity is less than LogMAR 2.60</li> <li>All athletes (with the exception of those with prosthesis in both eyes) shall be required to wear opaque goggles for each individual and relay event for the full duration of the event. Athletes whose facial structure will not support goggles shall be required to cover the eyes with an opaque covering.</li> </ul>
B2	<ul style="list-style-type: none"> <li>Visual acuity ranges from LogMAR 1.50 – 2.60; and/or</li> <li>Visual field is constricted to a diameter of less than 10 degrees</li> </ul>
B3	<ul style="list-style-type: none"> <li>Visual acuity ranges from LogMAR 1.40 to 1 (inclusive), and/or</li> <li>Visual field is constricted to a diameter of less than 40 degrees</li> </ul>

<b>Physical Impairment Classes - Standing</b>	
LW2	<p>Athletes with impairment in one entire lower limb such as:</p> <ul style="list-style-type: none"> <li>Limb deficiency through or above knee, no range of motion in knee or hip joint, significant loss of muscle power in at least one lower limb.</li> </ul> <p>Athletes ski using two skis and two ski poles.</p>
LW3	<p>Athletes with impairment in both lower limbs, such as:</p> <ul style="list-style-type: none"> <li>limb deficiency or dysmelia above the midfoot, loss of muscle power in both legs; hypertonia, ataxia or athetosis in both legs; no range of movement in both knees.</li> </ul> <p>Athletes ski using two skis and two ski poles.</p>
LW4	<p>Skiers with an impairment affecting one lower limb below the knee, including:</p> <ul style="list-style-type: none"> <li>Limb deficiency or dysmelia below knee or through the ankle, loss of muscle power in one lower limb, ataxia or athetosis in one limb or leg length difference.</li> </ul> <p>Athletes ski with two skis and two ski poles.</p>
LW5/7	<p>Skiers with impairment of both upper limbs <u>without</u> use of prosthesis, such as:</p> <ul style="list-style-type: none"> <li>Limb deficiency or dysmelia in both upper limbs through the wrist or loss of functional grip in both hands/arms.</li> </ul> <p>Athletes ski with two skis and no ski poles.</p>
LW6	<p>Skiers with impairment in one arm equivalent to:</p> <ul style="list-style-type: none"> <li>Amputation through or above the elbow, loss of muscle power in wrist and elbow or similar disability.</li> </ul> <p>Athletes ski with two skis and one ski pole (without the use of a prosthesis).</p>

<b>Physical Impairment Classes – Standing (cont.)</b>	
LW8	<p>Athletes with impairment in one upper limb such as:</p> <ul style="list-style-type: none"> <li>– Amputation below the elbow and above the hand, lack of functional grip, maximum of 5 degrees flexion or extension of the elbow, dysmelia of the hand.</li> </ul> <p>Athletes ski with two skis and one pole (without the use of a prosthesis).</p>
LW9	<p>Athletes with a combination of impairments in upper and lower limbs such as:</p> <ul style="list-style-type: none"> <li>– Limb deficiency, hypertonia, ataxia or athetosis.</li> </ul> <p>Athletes must ski with two skis and either one or two ski poles.</p>

<b>Physical Impairment classes - Sitting</b>	
LW10	<ul style="list-style-type: none"> <li>– Sit skiers who have significant impairment in the trunk and lower limbs, such as a high level of spinal cord injury.</li> <li>– Athletes are unable to maintain a sitting position against gravity while properly strapped over the legs to the test table and without arm support.</li> </ul>
LW10.5	<ul style="list-style-type: none"> <li>– Sit skiers with impairments in the trunk and lower limbs.</li> <li>– Athletes have some trunk and abdominal strength.</li> <li>– Athletes can sit statically without arm support when sitting with proper strapping over the legs to the test table and will not be able to move beyond the base of support.</li> </ul>
LW11	<ul style="list-style-type: none"> <li>– Sit skiers with impairments in the trunk and lower limbs. Athletes have retained the use of abdominal muscles and trunk extensor muscles.</li> <li>– Athletes are unable to stand and/or walk with orthosis but are able to sit unsupported (with or without strapping) and move trunk out of the base of support, returning unaided.</li> </ul>
LW11.5	<ul style="list-style-type: none"> <li>– Athletes with impairments in the trunk and lower limbs. Athletes have near to normal muscle activation.</li> <li>– Athletes may be able to stand or walk (with or without the aid of an orthosis).</li> </ul>
LW12	<ul style="list-style-type: none"> <li>– Athletes with impairments in their lower limbs with normal trunk movement such as paraplegia and double above knee amputees</li> </ul>

## How do I get classified?

Athletes with a **Vision Impairment** seek classification through [Paralympics Australia](#)

Athletes with a **Physical Impairment** seek classification through [Snow Australia](#)

## Where do I find out further Information?

National	Snow Australia E: <a href="mailto:ageiger@snow.org.au">ageiger@snow.org.au</a> P: +61 3 9696 2344	
	Paralympics Australia E: <a href="mailto:classification@paralympic.org.au">classification@paralympic.org.au</a> P: +61 2 9704 0500	
International	World Para Nordic Skiing	