***Para Poomsae Sports Classes Quick Guide***

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| **Sport Classes** | **Description (Guide Only)** | **Highest Level of Competition** |
| **Athletes with a Vision Impairment** | | |
| P 11 | Athletes who are blind with visual acuity poorer than LogMAR 2.60 | World Championships |
| P 12 | Athletes who have very low vision in both eyes either in how far they can see (visual acuity <6/60; LogMAR 1.0-2.6 inclusive) or how wide they can see (visual field <20 degrees radius). | World Championships |

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| **Sport Classes** | **Description (Guide Only)** | **Highest Level of Competition** |
| **Athletes with an Intellectual disability** | | |
| P 21 | Athletes with an intellectual impairment (IQ 75 or below) that is medically diagnosed before the age of 22. | World Championships |
| P 22 | Athletes with an intellectual impairment (IQ 75 or below) plus a significant impairment. E.g. Down Syndrome Trisomy 21. | World Championships |
| P 23 | Athletes with a medical diagnosis of Autism Spectrum Disorder (ASD) | World Championships |

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| **Sport Classes** | **Description (Guide Only)** | **Highest Level of Competition** |
| **Athletes with a Hearing Impairment** | | |
| P 61 | Athletes who are deaf with a hearing loss of at least 55dB pure tone average (PTA) in the better ear (three tone pure tone average at 500, 1000 and 2000 Hertz, air conduction, ISO 1969 Standard) | World Deaf Championships |

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| **Sport Classes** | **Description (Guide Only)** | **Highest Level of Competition** |
| **Athletes with co-ordination impairments (hypertonia, ataxia, athetosis).** | | |
| P 31 | Athletes with moderate co-ordination impairment, spasticity or involuntary movements that affected all 4 limbs. | World Championships |
| P 32 | Athletes with moderate co-ordination impairment, spasticity or involuntary movements that affected 3 limbs. | World Championships |
| P 33 | Athletes with moderate co-ordination impairment, spasticity or involuntary movements that affected 2 limbs. (either one side of the body, both legs, both arms or trunk) | World Championships |
| P 34 | Athletes with mild co-ordination impairment or spasticity that affected 2-4 limbs or trunk. | World Championships |
| P 35 | Athletes with mild co-ordination impairment or spasticity that affected 1 limb only. | World Championships |
| **Athletes with restricted joints, muscle weakness or loss of limbs.** | | |
| P41 | Athletes with limb loss or loss muscle power in both arms through or above the elbow or an equivalent shortened arm. | World Championships |
| P42 | Athletes with limb loss or loss muscle power in both arms below the elbow or an equivalent shortened arm. | World Championships |
| P43 | Athletes with limb loss or loss muscle power in one arm through or above the elbow or an equivalent shortened arm. | World Championships |
| P44 | Athletes with limb loss or loss muscle power in one arm through or below the elbow or an equivalent shortened arm. | World Championships |
| P45 | Athletes with leg length difference of 7cm or more or below knee amputation/limb loss in one leg. Athletes may use a prosthetic leg. | World Championships |
| **Athletes with muscle weakness, loss of limbs or hypertonia who use equipment (eg wheelchair, canes, crutches)** | | |
| P51 | Athletes with limb loss, muscle or co-ordination impairments in both legs and trunk to the extent that the athlete cannot stand and who would compete sitting in a wheelchair with the use of a back strap. | World Championships |
| P52 | Athletes with limb loss, muscle or co-ordination impairments in one or both legs to the extent that the athlete cannot stand and who would compete sitting in a wheelchair. Trunk not affected. | World Championships |
| P53 | Athletes with co-ordination impairments in one or both legs who can stand and compete with the use of canes, crutches or other walking aids. | World Championships |
| **Athletes with short stature** | | |
| P 72 | Adult standing height less than or equal to 145cm (males)/137cm (females); AND Arm length less than or equal to 66cm (males)/63cm (females); AND Standing height plus arm length less than or equal to 200cm (males)/190cm (females). | World Championships |