

## **INTERNATIONAL PARALYMPIC COMMITTEE’S BRIEF DESCRIPTION OF THE 10 ELIGIBLE IMPAIRMENT TYPES (AS A GUIDELINE FOR THE ICU PARACHEER/ADAPTIVE ABILITIES PROGRAMME)**

Due to the newness of the ICU ParaCheer/Adaptive Abilities development programme at the grass-roots level, the ICU encourages use of the IPC’s excellent brief description of eligible impairment types simply as a guideline – and to encourage participation of all disabled athletes who may or may not meet the impairments listed below. As ICU’s ParaCheer/Adaptive Abilities development programme continues to develop, stricter adherence to these policies will be distinctly addressed for specific future competitions.

<b>Impairment</b>	<b>Explanation</b>
<b>Impaired muscle power</b>	Reduced force generated by muscles or muscle groups, such as muscles of one limb or the lower half of the body, as caused, for example, by spinal cord injuries, spina bifida or polio.
<b>Impaired passive range of movement</b>	Range of movement in one or more joints is reduced permanently, for example due to arthrogyrosis. Hypermobility of joints, joint instability, and acute 42 conditions, such as arthritis, are not considered eligible impairments.
<b>Limb deficiency</b>	Total or partial absence of bones or joints as a consequence of trauma (e.g. car accident), illness (e.g. bone cancer) or congenital limb deficiency (e.g. dysmelia).
<b>Leg length difference</b>	Bone shortening in one leg due to congenital deficiency or trauma.
<b>Short stature</b>	Reduced standing height due to abnormal dimensions of bones of upper and lower limbs or trunk, for example due to achondroplasia or growth hormone dysfunction
<b>Hypertonia</b>	Abnormal increase in muscle tension and a reduced ability of a muscle to stretch, due to a neurological condition, such as cerebral palsy, brain injury or multiple sclerosis
<b>Ataxia</b>	Lack of co-ordination of muscle movements due to a neurological condition, such as cerebral palsy, brain injury or multiple sclerosis.
<b>Athetosis</b>	Generally characterised by unbalanced, involuntary movements and a difficulty in maintaining a symmetrical posture, due to a neurological condition, such as cerebral palsy, brain injury or multiple sclerosis.
<b>Visual impairment</b>	Vision is impacted by either an impairment of the eye structure, optical nerves or optical pathways, or the visual cortex.
<b>Intellectual Impairment</b>	A limitation in intellectual functioning and adaptive behaviour as expressed in conceptual, social and practical adaptive skills, which originates before the age of 18.
<b>Hearing Impairment*</b>	Hearing is impacted by either an impairment of the ear structure, illness, or other factors leading to a hearing loss of at least 55 decibels in an athlete’s “better ear”- that is not corrected with the use of hearing aids, cochlear implants and/or similar devices

\*Based on the uniqueness of our sport, the ICU additionally includes Hearing Impairment (#11) as a guideline only and also for possible future development of programmes compliant with the ICSD.

For more information on IPC’s eligible impairments and exclusions you can read Chapter 3 of the [IPC Handbook](#)