

Para Climbing Information Sheet

About the sport

Para climbing makes its debut at the 2028 Los Angeles Paralympic Games.

In competitive Para climbing, athletes climb 15 – 20m high walls of varying angles with plastic holds secured to the wall to create routes. The routes athletes climb are unique for each competition. Route setters will design the climbs specifically for each sport class. Athletes climb with a rope attached to their harness and anchored to two places on the wall to minimise how far they fall and swing when they come off the wall. This ensures high safety for competitors.

The goal is to achieve the highest point possible in a single attempt, with a maximum of 6 minutes for each route. Climbers will climb 2 qualification routes, and a finals route is climbed by the top qualifiers. Scoring is based on the highest point reached on the climbing wall. In qualifications, climbers view their routes on a pre-recorded video and can watch other athletes climb. In the final, athletes cannot watch other climbers competing and only preview the route briefly. In the event of a tie in height, countback to qualification rankings and then time taken to complete the attempt are used to determine the final ranking.

Competitors may use a variety of equipment to assist them to climb, including prosthetics and specialised harnesses. Athletes with visual impairment use radio communication with a sight guide to assist with navigation on the climbing wall.

Who can compete?

Para climbing is open to athletes with a physical or vision impairment. Athletes are required to submit medical reports and meet the minimum impairment criteria in order to compete.

Eligible impairments	Description	Minimum Impairment Criteria
Limb deficiency/Limb length difference	Significant difference in leg length due to a deficiency at birth or trauma.	Loss of length must be a minimum of 20% compared to the longer leg.

Eligible impairments	Description	Minimum Impairment Criteria
Muscle weakness/Impaired muscle power	Muscle weakness or paralysis from conditions such as muscular dystrophy, multiple sclerosis, nerve damage, spinal cord injury or other spinal condition or change in muscle origin/insertion.	Loss of strength in at least one hip, knee, ankle, shoulder, elbow, wrist, hand or trunk, over a minimum of two muscles.
Impaired Passive Range of Movement	Restricted movement or tightness in a joint/s from conditions such as joint fusions and other restricting Conditions.	Include arthrogryposis and contracture resulting from chronic joint immobilisation or trauma affecting a joint.
Co-ordination impairments: Hypertonia/Spasticity, Motor Ataxia, Dyskinesia	Impairments from neurological conditions such as acquired brain injury, cerebral palsy and multiple sclerosis that affect co-ordination and smoothness of movement and balance.	Joint movement restrictions in at least one joint that affects climbing in at least one arm or leg, including hip, knee, ankle, trunk, neck, shoulder, elbow, wrist or hand.
Short stature	Reduced standing height and limb length from conditions such as achondroplasia or other conditions that affect growth.	Standing height for males and females must be less than or equal to 140cm.
Vision Impairment	Impairment of the eye structure, optic nerves or pathways, or vision area of the brain, resulting in a loss of vision in both eyes. Caused by conditions such as albinism, macular degeneration, macular or cone rod dystrophy and retinitis pigmentosa.	Visual acuity loss in both eyes (how far they can see) with best corrected vision. Vision is less than or equal to 6/60 (log MAR 1.00); or Visual field restriction in both eyes (how wide they can see) of less than 40 degrees diameter with best corrected vision.

Para Climbing Sport Classes

Sport Class	Description (Guide Only)
Athletes with a Vision Impairment	
B1	Athletes who are blind (visual acuity <LogMAR 2.60). Athletes must wear a blindfold for competition and use a sighted guide for navigation while climbing.
B2	Athletes who have very low vision in both eyes either in how far they can see (visual acuity <2/60; LogMAR 1.5-2.6 inclusive) or how wide they can see (visual field <10 degrees diameter). Athletes use a sighted guide for navigation while climbing.
B3	Athletes who have low vision in both eyes, but more vision than B2 climbers. Vision is affected either in how far they can see (visual acuity <6/60; LogMAR 1-1.4 inclusive) or how wide they can see (visual field < 40 degrees diameter). Athletes use a sighted guide for navigation while climbing.

Athletes with a **Physical Impairment**

AU2	Athletes have moderate arm impairment (muscle weakness, limb deficiency/loss) below the elbow of one arm and do not have use of their wrist.
AU3	Athletes have a hand impairment with multiple fingers absent or with reduced function / muscle weakness in one or both hands.
AL1	Athletes have significant impairment in both legs that affect their climbing, or limb deficiency/loss in both legs.
AL2	Athletes have limb deficiency/loss in one leg or a leg length difference.
RP1	Athletes with significant impairments in at least two limbs; OR limb deficiency in one arm through the elbow or above OR one arm has severely limited functional use
RP2	Athletes with moderate impairments across all eligible impairment types affecting the trunk and/or limbs
RP3	Athletes with mild impairments across all eligible impairment types affecting the trunk and/or at least 1 limb OR athletes with short stature.
Not Eligible (NE)	Athlete does not meet the minimum criteria or eligible impairment criteria for the Para climbing classes at international events but may still be able to compete at selected national or independent competitions. Contact Sport Climbing Australia for more information.

Find out more

To get involved or for more information contact:

Sport Climbing Australia

W: <https://www.sportclimbingaustralia.org.au/>

E: paraclimbing@sportclimbingaustralia.org.au

Note: The classification information provided is intended as a guide only. Only authorised classifiers are able to provide a formal classification in accordance with the rules of the sport. Not all classes have events at the Paralympic Games.