



# SHOOTING

**SHOOTING** first became a medal sport at the 1976 Paralympic Games in Toronto after a successful demonstration at the prior Games in Mandeville, England.

## BASIC RULES

Shooting is divided into rifle and pistol events, air and .22 caliber. The rules governing Paralympic competition are those used by the World Shooting Para Sport. These rules take into account the differences that exist between disabilities allowing ambulant and wheelchair athletes to compete shoulder to shoulder. Shooting generally matches athletes of the same gender, with similar disabilities, against each other, both individually and in teams.

Athletes compete in rifle and pistol events.

## EQUIPMENT

Equipment includes Air Rifle, .22 Rifle, Air Pistol, .22 Sport Pistol, .22 Free Pistol; 4.5mm (.177 cal) diameter pellets (for 10m events with Air Rifle or Air Pistol); 5.6mm bullets (.22 cal for 25m Pistol, 50m Pistol and Rifle events); target (type of target depends on type of gun used). All standard or low velocity.

## GETTING STARTED

We encourage you to start by connecting with a local adaptive sports organization that offers shooting or getting involved with a local shooting club. To find a list of teams in your area, please visit visit <https://www.usashooting.org/7-events/locateaclub>.

## CLASSIFICATION

Classification determines which athletes are eligible to compete and how athletes are grouped together for competition. If an athlete has a Paralympic eligible impairment, the athlete may be eligible for a classification appointment. Once an athlete is ready to compete regionally or nationally, an athlete should seek national classification.

## START COMPETING

We encourage you to get started by connecting with a local shooting club for upcoming competitions and matches. To find a list of matches in your area, visit <https://usashooting.sport80.com/widget/events>.

For more information on Shooting, please visit <https://www.usashooting.org/about/paralympicshooting>.

## PARALYMPIC ELIGIBLE IMPAIRMENTS

- Ataxia, Athetosis and Hypertonia
- Impaired Muscle Power
- Impaired Passive Range of Movement
- Limb Deficiency
- Leg Length Difference

## PARALYMPIC CLASSIFICATIONS

- **SH1:** Pistol and rifle competitors that do not require a shooting spring stand.
- **SH2:** Rifle competitors who have no ability to support the weight of the rifle with their arms and therefore require a shooting spring stand.

## SHOOTING SCORING

The goal of shooting is to place a series of shots in the center of the bull's-eye.

The target is comprised of 10 concentric scoring rings with a score grade of one to 10, the central ring giving 10 points.

In some rifle events and the finals, the scoring rings are subdivided into 10 more score zones with 10.9 being the highest possible score.

Each competition consists of a qualification and a final round (for the top 8 only)

The winner is the competitor who qualifies for the top 8, then shoots the highest final score.