



SNOWBOARDING

SNOWBOARDING first appeared at the Sochi 2014 Paralympic Winter Games. Snowboarding currently consists of two events - snowboard cross and banked slalom.

BASIC RULES

Snowboard cross (also snowboarder X, SBX, boarder cross, boarder-X or BX) is a snowboard competition that first consists of a time-trial and can vary between one and three runs down a course. Athletes compete one rider at a time with their best run determining their placement in heats. Heats consist of two to four riders.

The ideal snowboard cross course consists of features excluding: gap jumps, corner jumps, spines and double spines, cutting banks, giant slalom turns and negative banks.

In banked slalom, each athlete gets three runs down the course with their best run determining the final results based on ascending time. There is only one rider on the course at a time. The course may be a medium pitched slope. It may be preferably a naturally varying terrain, with plenty of bumps and dips, and preferably a U-shaped/natural valley.

EQUIPMENT

Snowboarding events require sport specific equipment such as an athlete's snowboard, boots, bindings, goggles and helmet.

GETTING STARTED

We encourage you to get started by finding equipment (rent, borrow or buy) that fits and is comfortable for you.

We encourage you to start by connecting with a local adaptive sports organization that offers snowboarding or getting involved with a local able-bodied snowboard club. To find a list of clubs in your area, please visit <https://uspara.us/findaclub>.

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.

For more information on U.S. Paralympics Snowboarding, please visit www.Teamusa.org/USParaSnowboarding.

PARALYMPIC ELIGIBLE IMPAIRMENTS

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

PARALYMPIC EVENTS

- Snowboard-cross
- Banked slalom

PARALYMPIC MEDAL CATEGORIES

- Athletes in the **standing classes** include upper and lower body amputees, and athletes with cerebral palsy or other nerve disorders.
- The three categories are based on their functional ability: SB-LL1, SB-LL2 and SB-UL.

PARALYMPIC CLASS OVERVIEW

- **SB-LL1:** snowboard athletes in this sport class will have a significant impairment in one leg, for example an above knee amputation or a significant combined impairment in both legs
- **SB-LL2:** athletes in this sport class will have an impairment in one or two legs with less activity limitation
- **SB-UL:** athletes in this class have impairments of the upper limbs