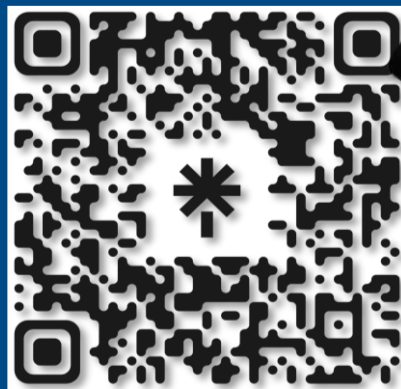




Explore Your Paralympic Potential

Fall in love with your new Paralympic Sport
this Valentines Day

Check out our Linktree to apply now:
<https://linktr.ee/wheelchairexploreday>



Try

Wheelchair Tennis & Wheelchair Rugby

Plus, static Rowing, Canoeing, Cycling, Athletics + Triathlon

Saturday 14th February 2026 • Loughborough



About the Explore Day

The Paralympic Potential Programme is the first step in finding out what your future Paralympic sport could be. If you want to find a competitive pathway and unlock the opportunities that sport offers, then now is the time to Explore Your Paralympic Potential - could you #BeTheFuture?

ParalympicsGB are working closely with GB Wheelchair Rugby and the Lawn Tennis Association to offer you the chance to receive expert coaching and input from GB coaches. They will be looking out for talented individual to support and signpost you to appropriate next steps.

On **Saturday 14th February 2026**, you will get to try both Wheelchair Rugby and Wheelchair Tennis in **Loughborough**. You will be matched with a qualified coach from each sport dependent on your experience and disability. They will provide you with a small group coaching session, information on the sport, insights into classification and intel about how to continue the sport post Explore Day.

In attendance will also be British Rowing, Paddle UK, UK Athletics, British Cycling and British Triathlon to provide you with a small taster of their sports and more information on how to get involved.

Read on to find out more about each sport and which sports you could be classifiable for. With the right commitment and dedication, one day you could represent Great Britain at the Paralympic Games!



Explore Your Paralympic Potential



What happens next?

- We will review your application, ensure you have the right impairment type and profile for the event
- If you are unsuccessful, we will email you with other opportunities
- If you are successful, we will invite you to attend the day and send over all the logistical information

What happens on the day?

- There will be an introduction from the Paralympic Potential Manager and 2012 London Paralympic Bronze Medalist, Ben Quilter, with a chance to ask questions
- You will get to try out and receive expert coaching and input from the GB coaches
- They will be looking out for talented individuals to support and will signpost you to appropriate next steps.



Explore Your Paralympic Potential



About Paralympic Classification

Classification is the process by which athletes are placed into the appropriate sports class within the specific sports classification system.

Classification establishes a unique framework that promotes fair and meaningful competition by minimising the impact of athletes' impairments on the outcome of competition so that the outcome is determined by factors other than impairment.

Check out our [Classification Explainer Video here](#).

The exact criteria and their application are sport-specific, but the goal is to ensure a fair competition by only including athletes whose impairment genuinely impacts their ability to perform the fundamental tasks of the sport.



Explore Your Paralympic Potential



Eligible Impairments

To be eligible for Paralympic wheelchair rugby or wheelchair tennis, an athlete **must** have at least one of the **7 eligible impairment types**.



Ataxia, athetosis, hypertonia

Often termed “coordination” impairment. Reduced ability to produce and/or control skilled movement.

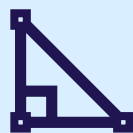
Examples: cerebral palsy, traumatic brain injury, stroke, multiple sclerosis.



Impaired muscle power

Reduced ability to voluntarily contract muscles.

Examples: spinal cord injury, spina bifida, polio myelitis, muscular dystrophy.



Impaired passive range of motion

Restricted movement in one or more joints.

Examples: arthrogyrosis, joint contracture.



Leg length Difference

Difference in the length of legs.

Examples: disturbance of limb growth or trauma.



Limb deficiency

Total or partial absence of bones or joints.

Examples: traumatic amputation, disturbance of limb growth.

The impairment must be caused by a diagnosed health condition.

Athletes may have a combination of eligible and/or non-eligible impairments. **Only the eligible impairment(s)** can be considered as part of classification.

For more information contact classification@paralympics.org.uk.



Explore Your Paralympic Potential



Classification Overview

To be eligible for Paralympic wheelchair rugby, boccia, archery or shooting, an athlete **must** have at least one of the **7 eligible impairment types**.

An “X” indicates that the impairment type is eligible for the sport.

Impairment	Wheelchair Rugby	Wheelchair Tennis
Ataxia	X	X
Athetosis	X	X
Hypertonia	X	X
Impaired muscle power	X	X
Impaired passive range of motion	X	X
Leg length difference		X
Limb deficiency	X	X

Not all impairment types are eligible for Paralympic sport. Some common impairments that are not eligible include: pain, which may be caused by Chronic Regional Pain Syndrome; fatigue, which may be caused by chronic fatigue syndrome; hypermobility or hypotonia, which may be caused by Ehlers Danlos Syndrome; and impairments that are psychosomatic in nature, which may be caused by Functional Neurological Disorder.



Explore Your Paralympic Potential



Wheelchair Rugby

Wheelchair rugby is a mixed team sport for athletes with physical impairment that impacts at least three limbs and the trunk.

There are seven Sport Classes, all of which are numbered according to the point score the player contributes to the team's on-court total. Of the four players allowed on-court at any time the total point score cannot exceed 8. Therefore, there will always be a mixture of athletes with lower and higher levels of impairment playing at the same time. The exception is that for every female that a team has on court, the total team allowance is increased by 0.5.

Sport Class Structure:

0.5, 1.0, 1.5, 2.0, 2.5, 3.0, 3.5: athletes are classified according to the extent that their impairment impacts on their ability to perform activities that are fundamental to the sport such as manoeuvring their wheelchair, passing, catching and blocking. Athletes with Sport Class 0.5 have the greatest level of impairment, and 3.5 the lowest.



Image source: <https://lexi.global/sports/wheelchair-rugby>.

Wheelchair Tennis

Wheelchair tennis is a fast-paced, fully integrative, inclusive and professional para-sport. For people with a physical impairment and with a progressive pathway, players can play and compete at every level: from local opportunities to Grand Slams and Paralympic Games. It's a sport that breaks down barrier, champions ability and gives players of all ages the chance to thrive and compete.

Sport Class structure

There are two classes for wheelchair tennis where athletes with different impairments compete together. Based on the level of impairment, athletes will either compete in the Open or Quad Division.

1. The Open Division: for athletes with a lower limb impairment that meet or exceed the minimal impairment classification criterion. This class has separate men's and women's competitions.



2. The Quad Division: for athletes with a lower limb impairment and at least one upper limb impairment that meets or exceeds the minimal classification criterion. This class is mixed gender where men and women compete with each other.



Image source: <https://lexi.global/sports/wheelchair-tennis>.