



IPC GUIDE TO PARA AND IPC TERMINOLOGY

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1 INTRODUCTION

The IPC Guide to Para and IPC Terminology is a detailed reference document on the terminologies associated with the International Paralympic Committee (IPC) and the Paralympic Movement. It covers a wide range of topics such as correct usage of terms, event naming, acronyms and more.

In developing this document, the IPC uses language and terms consistent with the UN Convention on the Rights of Persons with Disabilities.

When covering Paralympic sport, you are strongly encouraged first and foremost to focus on the sporting performance and athletic achievement.

2 USAGE OF PARA AND PARALYMPIC

Paralympic, Paralympics and Paralympian can only be used with reference to the Paralympic Games. For all sport outside of that, the word Para can be used (capitalised and followed by a space), provided that the International Federation (IF) is a member of the IPC or recognised by the IPC.

Correct Term: Para athlete

Incorrect terms: Paralympian, Paralympic athlete

A general term for pro and amateur athletes with disabilities who play sport but have not competed at a Paralympic Games.

An athlete is only a Paralympian once he/she has taken part in a Paralympic Games.

Correct Term: Paralympian/Paralympic athlete

Incorrect terms: Para Olympian/Former Paralympian

An athlete who has taken part in a Paralympic Games.

A Paralympian is never a former/ex-Paralympian. If a Para athlete has taken part once, he/she is a Paralympian 'for life'. If the person is no longer an athlete, then he/she is a former athlete.

Correct Term: Paralympic sport

Incorrect terms: Para Olympic sport

Para sport is defined to mean any sport in which athletes with a disability participate and whereby the International Federation has been recognised by the IPC due to meeting several criterium including compliance with the IPC Athlete Classification Code.

Not all Para sports are included in the Paralympic Games sport programme.
Correct Term: Para sport or sport for athletes with a disability, Para athlete, athlete/person with disability, athlete/person with vision impairment, athlete/person with physical and/or intellectual impairment.
Incorrect terms: disabled sport, disability sport, disabled athlete, disabled person, blind athlete, blind person
Para sport will be defined to mean any sport in which people with a disability participate and which has classification rules compliant with the IPC Athlete Classification Code.
The IPC chooses the first-person language, ie, addressing the athlete first and then the disability second. Therefore, where possible refer always as Para athletes. If you feel the need to mention the disability, the right term encouraged is 'athlete/person with disability' and 'persons/people with disabilities'.
Correct Term: Non-disabled sport, Non-disabled athlete
Incorrect terms: Able-bodied sport, able-bodied athlete
The term able-bodied implies that all people with disabilities lack 'able bodies' or the ability to use their bodies well and therefore should be avoided.

3 TERMS TO AVOID

For many people writing or covering Para sport, it may be their first time writing about anything involving persons with disabilities. It is important to use appropriate and accurate language and avoid terminology that may cause offense. The National Center on Disability and Journalism recommends avoid the following terms:

Abnormal: Inappropriate when used to describe an individual.

Afflicted with: Implies that a person with a disability is suffering or has a reduced quality of life.

Able-bodied: Refers to a person who does not have a disability. The term implies that all people with disabilities lack "able bodies" or the ability to use their bodies well.

Confined to a wheelchair: Describes a person only in relationship to a piece of equipment designed to liberate rather than confine.

Deaf and dumb/deaf-mute: Avoid these terms as they are often used inaccurately and can be offensive.

Defect, birth defect, defective: Avoid these terms when describing a disability because they imply the person is somehow incomplete or sub-par.

Epileptic fit: The term seizure is preferred when referring to the brief manifestation of symptoms common among those with epilepsy. Avoid stating that the person had a fit or an epileptic fit.

Mentally retarded: Always try to specify the type of disability being referenced. Otherwise, the terms mental disability, intellectual disability and developmental disability are acceptable.

Midget: The term was used in the past to describe an unusually short and proportionate person. It is now widely considered derogatory. Short stature is a more appropriate term.

Paraplegic: Avoid referring to an individual as a paraplegic. Instead, say the person has paraplegia.

Quadriplegic: Use people-first language, such as “a person with quadriplegia” rather than quadriplegic.

Spastic or a spaz. It is acceptable to refer to someone as having spastic cerebral palsy, but it is derogatory to refer to someone as spastic or a spaz.

Stricken with, suffers from, victim of: These terms carry the assumption that a person with a disability is suffering or has a reduced quality of life.

4 PARALYMPIC/IPC TERMINOLOGY

Term	Description
IF sport	A sport governed by an International Federation (IF). They have a responsibility for governing sports on the Paralympic programme. There are 11 Olympic and Paralympic Federations: archery, badminton, canoe, cycling, equestrian, rowing, table tennis, taekwondo, triathlon, wheelchair curling and wheelchair tennis. There are four Paralympic Sport Federations: boccia, sitting volleyball, wheelchair basketball and wheelchair rugby.
IOSD Sport	A sport governed by an International Organisations of Sport for the Disabled (IOSD). They concentrate on grassroots development of the sport: CPISRA (cerebral palsy), IBSA (vision impairment), IWAS (wheelchair and amputee) and Virtus (intellectual impairment). IWAS is also the organisation responsible for the sport of wheelchair fencing.

IPC Athletes' Council	The IPC Athletes' Council is a group of elected athlete representatives who act as the voice of the Para athlete community to the IPC.
IPC brand narrative	Change Starts With Sport
IPC Governing Board	The IPC Governing Board is elected by the IPC membership every four years at the IPC General Assembly, is responsible for setting the policies and for ensuring that the directions set by the membership at the General Assembly are implemented.
IPC headquarters	The city and country where the International Paralympic Committee is located - Bonn, Germany.
IPC member	All sport entities (National Paralympic Committees, IFs, IOSDs, Regional Organisations) who are recognised and full members of the International Paralympic Committee.
IPC Vision	To make for an inclusive world through Para sport
IPC Mission	To lead the Paralympic Movement, oversee the delivery of the Paralympic Games and support members to enable Para athletes to achieve sporting excellence.
IPC sport/World Para sport	A sport governed by the International Paralympic Committee (IPC).
National Paralympic Committee	National Paralympic Committees (NPCs) are the sole representative of the Paralympic Movement in their territory. They have the exclusive right to enter their athletes in the Paralympic Games and other IPC competitions
Paralympic Games or Paralympics (informal term)	The Paralympic Games and Paralympic Winter Games held every four years for Paralympic athletes. <u>Incorrect Term</u> : Para Olympics, Summer Paralympic Games, Paralympic Summer Games
Paralympic anthem	The Paralympic anthem is played when the Paralympic flag is raised.
Paralympic emblem	The three Agitos (from the Latin meaning 'I move') encircling a central point symbolise motion, emphasise the role of the Paralympic Movement in bringing athletes together from all corners of the

	world to compete. The three colours of the Agitos - red, blue and green - are most widely represented in national flags around the world.
Paralympic Family	All the persons belonging to the IPC or Paralympic Movement
Paralympic flag	White flag with Paralympic emblem
Paralympic flame	The Paralympic flame is lit from the Paralympic Torch at the start of the Paralympic Games. It remains lit until extinguished at the end of the Closing Ceremony.
Paralympic Movement	Paralympic Movement includes the Members of the IPC and other persons and entities involved in the promotion, organisation, or delivery of Para sport or who participate in it. All athletes and officials from the NPCs, the IOSDs, the International Federations, the Regional Organisations, the IPC Regional Committees, the IOSD Sports, the IPC Sports Committees, IPC Councils, IPC Standing Committees, other IPC bodies and any other persons or organisations who agree to be guided by the IPC Constitution and Bylaws form a part of the Movement. The criteria for being a part of the Movement is a formal membership or recognition by the IPC, or the Paralympic Family.
Paralympic Sports programme	Collective term for the sports events taking place at the Paralympic Games.
Paralympic spirit	The aura of the Paralympic Movement
Paralympic sport(s)	A sport that is on the Paralympic programme
Paralympic torch	The Paralympic torch is lit a few days before the Paralympic Games.
Paralympic torchbearer	A Paralympic torchbearer carries the Paralympic Torch.
Paralympic venue	A major Games site that hosts competition or other primary Games events and activities (eg, Opening and Closing Ceremony, athlete accommodation, Paralympic Family Hotel).
Paralympic Village	The Village is where the athletes live during the Paralympic Games.

Regional Organisations	Regional Organisations (ROs) focus on regional games, member support and regional cooperation. Full details below in Section 7.
Worldwide Paralympic Partners	Commercial supporters of the IPC
The following elements refer to potential future Olympic and Paralympic Games.	
Interested Party(ies)	City/Region/Country/National Olympic Committee (NOC) / associated individuals interested in hosting a future edition of the Olympic Summer/Winter Games and Paralympic Summer/Winter Games.
Preferred Host(s)	Interested Party/ies identified by the IOC Executive Board following Continuous Dialogue based on recommendations from the Future Host Commissions to enter into a Targeted Dialogue for an edition specific Games.
Continuous Dialogue	Non-committal discussions between the IOC and Interested Parties with regard to hosting future Olympic and Paralympic Games. The IPC contributes to these discussions on an on-going and as needed basis.
Targeted Dialogue	Targeted discussions with one or more Preferred Host(s), as instructed by the IOC Executive Board. This follows a recommendation by the Future Host Commission as a result of Continuous Dialogue. The IOC Executive Board draws up the final list of Preferred Host(s) for an edition of the Games and is submitted to the IOC Session. The Host is elected by the IOC Session.

5 EVENT TERMINOLOGY

5.1 PARALYMPIC GAMES

When addressing the Paralympic Games, use various formal or informal terms depending on the inclusion of the city and/or year. The preferred term should be used on first usage, after which other formal or informal terms may be used where appropriate.

Format	Term
Paralympic Games [City] [Year] Paralympic Games	First usage: Tokyo 2020 Paralympic Games Subsequent usage: 2020 Paralympic Games, Tokyo 2020 Paralympics, Tokyo 2020
Paralympic Winter Games [City] [Year] Paralympic Winter Games	First usage: Beijing 2022 Paralympic Winter Games Subsequent usage: Beijing 2022 Winter Paralympics, Paralympic Winter Games, 2022 Paralympics, Beijing 2022

Note:

- The Paralympic Games should not be referred to by the number of its edition (eg, XI Paralympic Winter Games) or as Games of the Paralympiad.
- The term Paralympic Games refers only to summer editions of the Paralympic Games. Any reference to winter editions should use the term Paralympic Winter Games.

5.2 IPC SPORT EVENTS

Event	Format	Example
National Championships	Multi-Sport: [Year] [Nation] Para National Games	2019 Colombia Para National Games 2019 Colombia Para Sport Games
	Single Sport: [Year] [Nation] [Sport] Championships	2015 Japan Para Swimming Championships
State/Local Championships	Multi-Sport: [Year] [State/Local] Para Games	2016 Ontario Para Games
	Single Sport: [Year] [State/Local] [Sport] Championships	2017 Barcelona Archery Championships

World and Regional Championships, World Cups and Grand Prix	Please get in touch with Ms. Annika Zeyen, World Para Sports Brand Manager at Annika.Zeyen@paralympic.org for naming conventions
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Note:

- For non-IPC sports, the official event title should be used.
- The term 'Paralympic Games' cannot be used for a national event.
- The IPC prefers NPCs to adhere to this format for National and State Championships to maintain consistency.

6 IPC COMMITTEES AND ASSEMBLY OFFICIAL NAMES

Committee/Assembly	Official Term
Olympic and Paralympic Organising Committees	<p>[City][Year] Organising Committee for the Olympic and Paralympic [Winter] Games</p> <p>Eg, First usage: Tokyo 2020 Organising Committee for the Olympic and Paralympic Games</p> <p>Subsequent usage: Tokyo 2020 Organising Committee or Tokyo 2020</p>
IPC General Assembly	<p>[Year] IPC General Assembly</p> <p>Eg: 2019 IPC General Assembly</p>

7 SPORTS AND DISCIPLINES

- Sports and disciplines are written in upper case including reference to the brand name, eg, **World Para Athletics**.
- The brand name should never be shortened.
- Abbreviations may only be used for results, but never in external documents.
- 'Para' must be used before the sport, if a distinction is necessary between **able-bodied (a person without disability) sport**, eg, John Smith was world champion on the able-bodied ski circuit, before he began Para table tennis.
- 'Para' should always be capitalised and be followed by a space.

Sports and disciplines governed by the IPC		
Abbreviation	Sport	Brand name/Federations
ALP	Para Alpine Skiing	World Para Alpine Skiing
ATH	Para Athletics	World Para Athletics
BTH	Para Biathlon	World Para Nordic Skiing
CCS	Para Cross-Country Skiing (If the context is clear, this can on second reference be informally referred to as Cross-Country)	World Para Nordic Skiing
NSK	Para Nordic Skiing	World Para Nordic Skiing
IHO	Para Ice Hockey	World Para Ice Hockey
PWL	Para Powerlifting	World Para Powerlifting
SBD	Para Snowboard	World Para Snowboard
SHO	Shooting Para Sport	World Shooting Para Sport
SWM	Para Swimming	World Para Swimming
DS	Para Dance Sport	World Para Dance Sport
Sports and disciplines governed by IOSDs		
FB5	Football 5-a-side (Will change to Blind Football after Tokyo Games)	IBSA
GBL	Goalball	IBSA
JUD	Judo	IBSA
WFE	Wheelchair Fencing	IWAS
Sports and disciplines governed by International Federation (IF)		
ARC	Para Archery	World Archery
BOC	Boccia	BISFed
CYC	Para Cycling	UCI
EQU	Para Equestrian	FEI
TTE	Para Table Tennis	ITTF
ROW	Para Rowing	FISA

VBS	Sitting Volleyball	World ParaVolley
WBK	Wheelchair Basketball	IWBF
CUR	Wheelchair Curling	WCF
WRU	Wheelchair Rugby	IWRF
WTE	Wheelchair Tennis	ITF
TRI	Para Triathlon	World Triathlon
CAS	Para Canoe	ICF
BDM	Para Badminton	BWF
TKW	Para Taekwondo	World Taekwondo

Note: The sport and discipline codes are defined in cooperation between IPC/IOC/ATOS and can be found here <https://odf.olympictech.org/project.htm>

8 REGIONS

A Regional/Continental Paralympic Organisation is an independent organisation recognised as the sole representative of the IPC members within a specific region/continent as recognised by the IPC.

- European Paralympic Committee (EPC)
- Oceania Paralympic Committee (OPC)
- Asian Paralympic Committee
- Americas Paralympic Committee
- African Paralympic Committee

Note: For African Paralympic Committee, Asian Paralympic Committee and Americas Paralympic Committee, use full names as much as possible. Acronym (APC) should be used only if the reference is to one region in specific.

9 ACRONYMS

Acronyms can only be used upon second use and should be avoided altogether in external documents.

Acronym	Terminologies
BAC	Board of Appeal of Classification
BWF	Badminton World Federation
CAS	Court of Arbitration for Sport

CPISRA	Cerebral Palsy International Sports and Recreation Association
EPC	European Paralympic Committee
FEI	International Federation for Equestrian Sports
FIPFA	International Federation of Powerchair Football Association
FISA	World Rowing Federation
FOP	Field of Play
IPC GA	IPC General Assembly
GAISF	Global Association of International Sports Federations
IBSA	International Blind Sports Federation
IBSF	International Bobsleigh & Skeleton Federation
ICAS	International Council of Arbitration for Sport
ICF	International Canoe Federation
ICSSPE	International Council of Sport Science and Physical Education
IF	International Federation
IFCPF	International Federation of Cerebral Palsy Football
IFSC	International Federation of Sport Climbing
IGF	International Golf Federation
IHF	International Handball Federation
FIH	International Hockey Federation
IOC	International Olympic Committee
IOSD	International Organisation of Sport for the Disabled
IPC	International Paralympic Committee
ITF	International Tennis Federation
ITTF	International Table Tennis Federation
IWAS	International Wheelchair and Amputee Sports Federation
IWBF	International Wheelchair Basketball Federation
IWRF	International Wheelchair Rugby Federation
Virtus	Virtus - World Intellectual Impairment Sport
LOC	Local Organising Committee

MQS	Minimum Qualification Standard
NPC	National Paralympic Committee
OCOG	Organising Committee for the Olympic and Paralympic Games
ODI	Organisational Development Initiative
OGKS	Olympic Games Knowledge Service
OPC	Oceania Paralympic Committee
PG	Paralympic Games
PRIS	Paralympic Results Information Systems
PSD	Paralympic School Day
PWG	Paralympic Winter Games
RC	Regional Championships
RO	Regional Organisation
SSC	Sport Science Committee
TD	Technical Delegate
TO	Technical Official
TOK	Transfer of Knowledge
TOP	Olympic Partner Programme
TRI	World Triathlon
UCI	International Cycling Union
UIPM	Modern Pentathlon International Union
UWC	Universality Wild Card
VIK	Value in Kind
WA	World Archery
WADA	World Anti-Doping Agency
WADC	World Anti-Doping Code
WAF	World Armwrestling Federation
BISFed	Boccia International Sports Federation
WCH	World Championships
WCUP	World Cup

WCF	World Curling Federation
WFDF	World Flying Disc Federation
WKF	World Karate Federation
WPV	World ParaVolley
WS	World Sailing
WT	World Taekwondo

10 COUNTRY NAMES AND CODES

For all official documents and protocol occasions use the official country name in the order below.

Country (Code)	Country (Code)	Country (Code)
Afghanistan (AFG)	Algeria (ALG)	Andorra (AND)
Angola (ANG)	Antigua and Barbuda (ANT)	Argentina (ARG)
Armenia (ARM)	Aruba (ARU)	Australia (AUS)
Austria (AUT)	Azerbaijan (AZE)	Bahrain (BRN)
Barbados (BAR)	Belarus (BLR)	Belgium (BEL)
Benin (BEN)	Bermuda (BER)	Bhutan (BTN)
Bosnia and Herzegovina (BIH)	Botswana (BOT)	Brazil (BRA)
Brunei Darussalam (BRU)	Bulgaria (BUL)	Burkina Faso (BUR)
Burundi (BDI)	Cambodia (CAM)	Cameroon (CMR)
Canada (CAN)	Cape Verde (CPV)	Central African Republic (CAF)
Chile (CHI)	Chinese Taipei (TPE)	Colombia (COL)
Comoros (COM)	Congo (CGO)	Costa Rica (CRC)
Côte d'Ivoire (CIV)	Croatia (CRO)	Cuba (CUB)
Cyprus (CYP)	Czech Republic (CZE)	Democratic People's Republic of Korea (PRK)

Democratic Republic of the Congo (COD)	Democratic Republic of Timor-Leste (TLS)	Denmark (DEN)
Djibouti (DJI)	Dominican Republic (DOM)	Ecuador (ECU)
Egypt (EGY)	El Salvador (ESA)	Estonia (EST)
Ethiopia (ETH)	Faroe Islands (FRO)	Fiji (FIJ)
Finland (FIN)	France (FRA)	Gabon (GAB)
Gambia (GAM)	Georgia (GEO)	Germany (GER)
Ghana (GHA)	Great Britain (GBR)	Greece (GRE)
Grenada (GRN)	Guatemala (GUA)	Guinea (GUI)
Guinea-Bissau (GBS)	Guyana (GUY)	Haiti (HAI)
Honduras (HON)	Hong Kong, China (HKG)	Hungary (HUN)
Iceland (ISL)	India (IND)	Indonesia (INA)
Iraq (IRQ)	Ireland (IRL)	Islamic Republic of Iran (IRI)
Israel (ISR)	Italy (ITA)	Jamaica (JAM)
Japan (JPN)	Jordan (JOR)	Kazakhstan (KAZ)
Kenya (KEN)	Kiribati (KIR)	Kuwait (KUW)
Kyrgyzstan (KGZ)	Lao People's Democratic Republic (LAO)	Latvia (LAT)
Lebanon (LBN)	Lesotho (LES)	Liberia (LBR)
Libya (LBA)	Liechtenstein (LIE)	Lithuania (LTU)
Luxembourg (LUX)	Macao, China (MAC)	Madagascar (MAD)
Malawi (MAW)	Malaysia (MAS)	Maldives (MDV)
Mali (MLI)	Malta (MLT)	Mauritius (MRI)
Mexico (MEX)	Mongolia (MGL)	Montenegro (MNE)
Morocco (MAR)	Mozambique (MOZ)	Myanmar (MYA)
Namibia (NAM)	Nepal (NEP)	Netherlands (NED)
New Zealand (NZL)	Nicaragua (NCA)	Niger (NIG)
Nigeria (NGR)	North Macedonia (MKD)	Norway (NOR)
Oman (OMA)	Pakistan (PAK)	Palestine (PLE)

Panama (PAN)	Papua New Guinea (PNG)	Paraguay (PAR)
People's Republic of China (CHN)	Peru (PER)	Philippines (PHI)
Poland (POL)	Portugal (POR)	Puerto Rico (PUR)
Qatar (QAT)	Republic of Korea (KOR)	Republic of Moldova (MDA)
Romania (ROU)	Russian Federation (RUS) ¹	Rwanda (RWA)
Samoa (SAM)	San Marino (SMR)	Sao Tome and Principe (STP)
Saudi Arabia (KSA)	Senegal (SEN)	Serbia (SRB)
Seychelles (SEY)	Sierra Leone (SLE)	Singapore (SGP)
Slovakia (SVK)	Slovenia (SLO)	Solomon Islands (SOL)
Somalia (SOM)	South Africa (RSA)	Spain (ESP)
Sri Lanka (SRI)	St Vincent and the Grenadines (VIN)	Sudan (SUD)
Suriname (SUR)	Sweden (SWE)	Switzerland (SUI)
Syrian Arab Republic (SYR)	Tajikistan (TJK)	Thailand (THA)
Togo (TOG)	Tonga (TGA)	Trinidad and Tobago (TRI)
Tunisia (TUN)	Turkey (TUR)	Turkmenistan (TKM)
Uganda (UGA)	Ukraine (UKR)	United Arab Emirates (UAE)
United Republic of Tanzania (TAN)	United States of America (USA)	Uruguay (URU)
US Virgin Islands (ISV)	Uzbekistan (UZB)	Vanuatu (VAN)
Venezuela (VEN)	Vietnam (VIE)	Yemen (YEM)
Zambia (ZAM)	Zimbabwe (ZIM)	

¹ In accordance with the CAS Award (December 2020), the team for Tokyo 2020 and Beijing 2022 will be Russian Paralympic Committee using the acronym RPC.