

**PARABADMINTONIST CLASSIFICATION FEATURES****D. A. Xo'jamkeldiyeva***Uzbek State University of Physical Culture and Sports**Uzbekistan, Chirchik**E-mail: [xujamkeldiyeva@mail.ru](mailto:xujamkeldiyeva@mail.ru)***ABOUT ARTICLE**

**Key words:** para-badminton, competitive activity, training activity, the system of sports training.

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**Abstract:** This article describes the sport of para-badminton and its specific features. Parabadminton has entered the Paralympic sports and has specially adapted training and competition systems for athletes with musculoskeletal injuries. Athletes participate in competitions based on special classifications, which are divided by athletes' mobility and degree of injury. The article provides detailed information about the rules of para-badminton competitions, the use of special equipment, as well as the principles that athletes must follow in their training process. It is noted that the number of international parabadminton competitions is increasing year after year, and this sport reflects modern trends.

**Dosing.** Parabadminton is a relatively young but increasingly popular group of Paralympic sports, included in the 2020 Paralympic Games program. These sports can be attended by athletes with musculoskeletal injuries, who compete both standing and sitting. The networks have a number of specific features: the presence of a specialized sports-functional classification, including 6 classes (two - athletes in wheelchairs and four - athletes competing standing), the presence of special competition rules, and the possibility of using special equipment (special wheelchairs, prosthetic equipment). Implementation of specific principles of sports training (the principle of determining and taking into account the possibilities of performing actions, the principle of constant improvement and maximum use of special technical means)

**The purpose of the work.** An analysis of the characteristics of para-badminton players' classification

**Research objectives:** 1. Analysis of the classifications of para-badminton players. 2. Comparison of para-badminton players in our republic with the current classification.

**Discussion of the research results.** Taking into account the participation of athletes with traumatic brain injury who have certain functional characteristics in para-badminton training, the purpose of this study is to determine the characteristics of training and competitive activity in Paralympic sports.

A specialized sports and functional classification has been developed in the CPC for the participation of individuals with various musculoskeletal injuries in parabadminton competitions - amputation, dysmelia, cerebral palsy, spinal cord injury, short stature, athetosis, ataxia, as well as to provide athletes with the opportunity to participate in competitions on an equal basis with other athletes. The classification evaluates the impact of functional injuries to the musculoskeletal system on the athlete's ability to play badminton. As a result, the athlete's athletic level is determined in accordance with the degree and characteristics of their musculoskeletal system damage. Accordingly, 6 sports are distinguished in this classification. The most characteristic types of injury for these classes are spinal cord injury, cerebral palsy that damages the limbs, or high amputations of the limbs.

Athletes in the WH2 category reliably maintain body balance in a sitting position, actively work with the back and press muscles, typically using sports carriages with a low back. Athletes in the WH1 category struggle to maintain body balance or do not maintain it at all, are practically unable to control the waist and press muscles, typically use relatively high belts;

SL3 and SL4 for athletes with moderate and slight impaired leg function in standing positions. Class SL3 includes dysmelia with amputation of one leg above the knee or both legs below the knee, the same degree of injury, or functions of one or both legs of a different nature: Athletes with equivalent disorders such as cerebral palsy, ataxia, and athetosis are included.

BSF, ataxia, athetosis, different limb lengths;

Class SL4 includes athletes who have one leg amputated below the knee with the same degree of injury dysmelia or equivalent impairment of limb function,BSF, ataxia, athetosis, different limb lengths;

SU5 for athletes with impaired leg function. Injury to the non-playing hand: absence of a part of the hand from the hand and above it, shortening equal to the length of the palm, dysmelia of the same degree, restriction of movement in the shoulder joint. For the playing hand: limited movement in the elbow joint, significant impairment of hand functions, absence of 2 or more fingers;

SS6 - for short athletes. The athlete's height should not exceed 137 cm for women and 145 cm for men.

In order to create an opportunity for athletes with musculoskeletal injuries to engage in safe and entertaining wrestling, parabadminton rules have been developed based on international badminton rules that affect both competitive and training processes. The following should be included in the main ones:

In the singles competitions of classes WH1 and WH2, matches are played at half the width of the typical badminton court, in addition to the back zone when passing the ball increasing the effectiveness of sports training, as well as reducing the risk of sports, operational, and domestic injuries during training.

**Conclusion.** Analysis of competitive activity has shown that the main modern trends in para-badminton are an increase in game speed, an increase in the number of offensive shots in the game, and an increase in requirements for game reliability. At the same time, the number of international parabadminton tournaments is increasing: in 2009-2014, only 2-4 international tournaments were held annually, in 2015-2016, their number reached 6, and since 2017, at least 12 international tournaments have been held annually. At the same time, the national and especially regional competitive calendars are not sufficiently saturated, and in our opinion, especially highly qualified athletes do not have the necessary volume of game practice, therefore Russian athletes are forced to perform a large amount of sparring work with opponents of the same theme therefore, to achieve the goal and solve the tasks of parabadminton sports training, it is necessary to comprehensively and systematically consider the entire complex of characteristics related to both the athlete's disability and the characteristics of sports discipline.

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