



## CLASSIFICATION SYSTEM FOR THE NATIONALS ADAPTIVE EDITION COMPETITION

*NOTE: This Document is copied from the CrossFit Games adaptive athlete policy with revisions to fit some of the changes The Nationals Adaptive Edition uses for competition when dividing competition classes. We have used the same document to allow for the language to be the same and create a seamless process from moving between competitions. WheelWOD, ATA and LEA were contracted to create this policy and The Nationals Adaptive Edition strongly believe the processes in place are the correct procedures for building a better classification and competition for adaptive athletes.*

### D-1

#### ELIGIBILITY FOR THE UPPER EXTREMITY DIVISION

To be eligible to compete in the Upper Extremity Division, athletes must meet all the following criteria below

Athletes must have a diagnosed, significant and permanent impairment that exists, or causes limitations, to the upper extremity (e.g. arm) to include the shoulder joint; and

The impairment must be one of the eligible impairments listed for the division and beyond a reasonable doubt, meet the requirements for one of the Competition classes for the Upper Extremity Division.

### D-2

#### ELIGIBLE IMPAIRMENTS FOR THE UPPER EXTREMITY DIVISION

Eligible impairments:

- Ataxia – brain damage causing difficulty walking, coordination and Balance incl eye movement
- Athetosis – involuntary convoluted movements of extremities
- Hypertonia – spasticity, Upper Motor Neuron lesions
- Impaired Passive Range of Movement
- Impaired Muscle Power
- Limb Deficiency

Impairments not eligible:

- Vision Impairment
- Short Stature
- Leg Length Difference
- Intellectual Disability

### D-3

#### **ADDITIONAL UPPER EXTREMITY DIVISION CLASSIFICATION INCLUSIONS**

Inclusions:

**Athletes with neuromuscular impairments which primarily present or cause limitations to a single arm should classify in this division under the class UE5.**

Exclusions:

Athletes with neuromuscular impairments which primarily present or cause limitations to multiple limbs and/or the trunk should NOT classify in this division and should classify in the Neuromuscular Division, contingent upon meeting the requirements of that division.

Additional exclusions may be outlined in specific classes.

#### **Additional Requirements:**

Athletes in this division must be capable of competing in a standing form for most events. Standing also requires the ability to ambulate, and in some events, perform tasks from multiple archetypes forms such as lying and hanging.

### D-4

#### **UPPER EXTREMITY DIVISION COMPETITION CLASSES (1PT/2PT)**

##### **1 point of Contact**

**Definition:** Athlete uses 1 point of contact (1 arm) in any lifting, pulling or hanging, the athlete does not use an additional point of contact (ie a strap or band) to perform exercises. The only second point of contact that will be allowed will be for deadlifting or carries. In this case the athlete will have a 25% load increase to the exercise outlined in the specific workout document.

##### **UE1**

Athletes have no function of one or more arms to include the lack of function of the shoulder joint. Athletes may have some motor function and range of motion of the chest and upper back, but must have a complete lack of function of the shoulder, arm, elbow, wrist, and hand. Athlete will not have the ability to grip or support an external object without assistance from adaptive equipment.

Athlete Examples: Brachial Plexus Injuries (BPI) and shoulder disarticulation amputations.

##### **UE2**

Athletes have significant functional limitations of at least one arm to include range of motion and motor function, which occurs above the elbow.

Athletes may have some motor function and range of motion of the shoulder but must have a lack of function of the elbow, wrist, and hand.

Athletes will not have the ability to grip or support an external object without assistance from

adaptive equipment.

Athlete Examples: Athletes with an amputation above or at the elbow.

## D-5

### 2 Points of Contact

**Definition:** Athlete uses 2 Arms (full or partial arms) Athlete uses 2 point of contacts in any lifting, pulling or hanging, the athlete uses an additional point of contact (ie a strap or band) to perform exercises and have 2 points of contact on the object (ie Barbell). The only one point of contact that will be allowed will be for overhead movements or carries. In this case the athlete will have 2 points to get to the shoulder and then 1 point of contact shoulder to overhead, in this case a 25% load decrease will given to the exercise outlined in the specific workout document.

### UE3

Athletes will have significant functional limitations of at least one arm to include range of motion and motor function, which occurs below the elbow but above or at the wrist. Athletes may have some motor function and range of motion of the shoulder, elbow, and wrist, but must have a significant lack of function of wrist and hand. Athletes will not have the ability to grip or support an external object without assistance from adaptive equipment.

Athlete Examples: Athletes with an amputation below the elbow.

### UE4

Athletes will have significant functional limitations of at least one arm to include range of motion and motor function, which most significantly occurs below or at the wrist. Athletes may have some motor function and range of motion of the shoulder, elbow, and wrist, but must have a significant lack of function of the hand and fingers that requires assistance from adaptive equipment to perform functional movements.

#### UE4 Exclusions:

Athletes who can improve their ability to grip, through adaptive equipment or other means, so that competition with able-bodied athletes is nearly fair, are not eligible for this classification.

Athlete Examples: Athletes with an amputation at the wrist and athletes with non-functional use of three or more fingers.

### UE5

#### UE5 Exclusions:

Athletes who can improve their ability to grip, through adaptive equipment or other means, so that competition with able-bodied athletes is nearly fair, are not eligible for this classification.

Athlete Examples: Athletes with a significant neuromuscular condition that affects most or all of the arm to include significant limitations to grip.

## E-1

### LOWER EXTREMITY DIVISION COMPETITION ELIGIBILITY

To be eligible to compete in the Lower Extremity Division, athletes must meet all the following criteria below:

1. Athletes must have a diagnosed, significant and permanent impairment that exists, or causes limitations, to the lower extremity (e.g. leg) to include the hip joint; and
2. The impairment must be one of the eligible impairments listed for the division and
3. Beyond a reasonable doubt, meet the requirements for one of the competition classes for the Lower Extremity Division

## E-2

### ELIGIBLE IMPAIRMENTS FOR THE LOWER EXTREMITY DIVISION

#### Eligible impairments:

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

#### Impairments not eligible:

- Vision Impairment
- Short Stature
- Intellectual Disability

## E-3

### ADDITIONAL LOWER EXTREMITY DIVISION CLASSIFICATION GUIDANCE

#### Inclusions:

Athletes with neuromuscular impairments which primarily present or cause limitations to single limb (leg and/or foot) should classify in this division under the sport class LE5.

#### Exclusions:

Athletes with neuromuscular impairments which primarily present or cause limitations to multiple limbs and/or the trunk should not classify in this division, and should classify in the Neuromuscular Division, contingent upon meeting the requirements of that division.

#### Additional Requirements:

Athletes in this division must be capable of competing in a standing form for most events. Standing also requires the ability to ambulate, and in some events, perform tasks from multiple archetypes forms such as lying and hanging.

## LOWER EXTREMITY DIVISION COMPETITION CLASSES (1PT/2PT)

E-4

### 1 point of Contact

**Definition:** Athlete uses 1 point of contact (1 LEG) in any lifting, pulling or hanging, the athlete uses an additional point of contact that attaches above the knee (ie above knee prosthetic) to perform exercises. This will also include bilateral amputations in this class. A below knee attachment will not be eligible for 1 point of contact classification.

#### LE1

Athletes will have no function of one or more legs to include the lack of function of the hip joint. Athletes may have some motor function and range of motion of the core musculature and posterior chain but must have a complete lack of function of the hip, leg, knee, ankle, and toes

Athlete Examples: Hip disarticulation amputations or athletes with one above-knee amputation where the residual limb is less than 2/3 femur length.

#### LE2

Athletes will have significant functional limitations of at least one leg to include range of motion and motor function, which occurs above or at the knee, and affects function of the knee, ankle, and foot. Athletes may have some motor function and range of motion of the hip but must have a lack of function of the knee, lower leg, ankle, and foot. The most distal function must occur above the knee.

#### LE2 Inclusions:

Athletes in this classification may have a complete native leg, but the knee and ankle joints must not have any function other than to be used as a support. Athletes with bilateral impairments may classify in this division if one of the two impairments meets the requirements listed in the first sentence of this section.

**Athlete Examples:** Athletes with an above-knee amputation, athletes with a significant neuromuscular impairment that significantly affects the knee, ankle, and foot, and athletes with bilateral impairments who meet the minimum criteria for at least one of the two impairments.

E-5

### 2 Points of Contact

**Definition:** Athlete uses 2 legs (full or partial legs) Athlete uses 2 point of contact that consists 2 legs have functioning knee joints in any lifting, pulling or pressing, the athlete uses an additional point of contact (below knee prosthetic) to perform exercises and have 2 points of contact on floor with functioning knees.

### **LE3**

Athletes will have significant functional limitations of at least one leg, to include range of motion and motor function, which occurs below the knee, and affects function of the ankle and foot. Athletes may have some motor function and range of motion of the knee but must have a lack of function of the ankle and foot. The most distal function occurs below the knee but above the ankle.

**Athlete Examples:** Athletes with a below-knee amputation or who have a significant neuromuscular impairment that extends below the knee that significantly affects the ankle and foot.

### **LE4**

Athletes will have significant functional limitations of at least one leg, to include range of motion and motor function, which occurs at or below the ankle, and affects the function of the foot.

Athletes may have some motor function and range of motion of the hip, knee, and ankle, but must have a significant lack of function of the ankle and foot to include toes.

**Athlete Examples:** Athletes may have an ankle disarticulation amputation, or other impairments that significantly affect the ability to plantar flex or dorsiflex the ankle and stabilize with the foot.

### **LE5**

Athletes will have significant unilateral, functional limitations that include range of motion and/or motor function, which may affect the entire lower extremity, or hip, knee, and/or ankle joints.

#### **LE5 Exclusions:**

Athletes who can improve their ability to stand and perform standing movements, through adaptive equipment, so that competition with able bodied athletes is nearly fair, are not eligible for this classification. An example of athletes who are excluded from this classification are those athletes who have limited range of motion of the ankle but are able to perform squats, with or without the assistance of adaptive equipment, to, or near parallel.

### **F-1**

## **ELIGIBILITY FOR NEUROMUSCULAR DIVISION**

To be eligible to compete in the Neuromuscular Division, athletes must meet all the following criteria below:

1. Athletes must have a diagnosed, significant and permanent impairment that causes functional limitations in movement, specifically in gait, balance, range of motion, and/or coordination through impaired muscular control, dystonia, ataxia, athetosis, hypertonia, paralysis and/or general neurological signalling in the trunk and/or more than one limb; and
2. The impairment must be one of the eligible impairments listed for the division; and
3. Beyond a reasonable doubt, meet the requirements for one of the sport classes for the Neuromuscular Division.

## F-2

### ELIGIBLE IMPAIRMENTS FOR THE NEUROMUSCULAR DIVISION

#### Eligible impairments:

- Ataxia
- Athetosis
- Hypertonia
- Impaired Passive Range of Movement
- Impaired Muscle Power

#### Impairments not eligible:

- Limb Deficiency
- Leg Length Difference
- Vision Impairment
- Short Stature
- Intellectual Disability

## F-3

### ADDITIONAL NEUROMUSCULAR DIVISION CLASSIFICATION GUIDANCE

The neuromuscular impairment may present in a variety of means and degrees of limitation for athletes, but for classification in this division, the limitations must be significant to a degree that warrants competition among other similarly able athletes with neuromuscular impairments. To classify in this division, athletes shall not have the ability to compete fairly against athletes without a significant neuromuscular impairment. Be aware that the impairment, and subsequent limitations, may be stable or progressive in nature, and may present in various degrees at different times throughout competition. Examples of specific athlete conditions which qualify for this division are Cerebral Palsy, Muscular Dystrophy, and congenital and acquired brain injuries.

#### Additional Requirements:

Athletes in this division must be capable of competing in a standing form for most events. Standing also requires the ability to ambulate, and in some events, perform tasks from multiple archetypes forms such as lying and hanging.

#### Exclusions:

Athletes with neuromuscular impairments, which primarily present or cause limitations, to a single limb (arm or leg) should classify in the Upper Extremity or Lower Extremity Divisions under the sport class UE5 or LE5.

Athletes not able to stand to perform movements should not compete in this division and should potentially classify in one of the Seated Divisions.

## F-4

### **NEURO DIVISION COMPETITION CLASSES (MAJOR/MINOR)**

There are three Neuromuscular sport classes that are arranged by the significance to which the physiological limitations (aka “physical involvement”) affect physical skills as measured in work capacity. The significance, or degree, to which physical skills are affected decreases as the number of the sport class increases.

Example: NM1 has more significant effects on physical skills than NM3.

#### **NM1 (also known as “MAJOR”)**

An athlete’s physical skills are severely affected by neuromuscular symptoms to include, but are not limited to, multiple combinations of significant spasticity, tonicity, ataxia, imbalance, contracture, weakness, impaired muscle power and/or range of motion; measurably limiting more than one limb, sides, or halves of the body or global physical functioning.

Athletes tend to require more frequent and extensive use of orthotics or mobility aids. Physical involvement is most significant and tends to be seen as combinations of multiple symptoms, as described above.

## F-5

#### **NM2 (also known as “MINOR”)**

An athlete’s physical skills are moderately affected by neuromuscular symptoms to include, but are not limited to, combinations of increased spasticity, tonicity, ataxia, imbalance, contracture, weakness, impaired muscle power and/or range of motion; measurably limiting more than one limb, sides, or halves of the body. Athletes may require the use of orthotics or mobility aids. Physical involvement is moderate and tends to be seen as combinations of multiple symptoms, as described above.

#### **NM3 (also known as “MINOR/ MILD”)**

An athlete’s physical skills are mildly affected by neuromuscular symptoms to include, but are not limited to, spasticity, tonicity, ataxia, imbalance, contracture, weakness, impaired muscle power and/or range of motion; measurably limiting more than one limb, sides, or halves of the body. Athletes typically do not require the use of orthotics or mobility aids. Physical involvement tends to present as a singular symptom or mild symptoms as described above; centralized to one limb or measurably impacting one limb more than others



## **G-1**

### **ELIGIBILITY FOR SENSORY DIVISION (VISION & HEARING)**

To be eligible to compete in the Vision portion of the Sensory Division, athletes must meet both the following criteria

1. The athlete must have at least one of the following impairments:
  - Impairment of the eye structure
  - Impairment of the optical nerve/optic pathways; or
  - Impairment of the visual cortex.
2. The athlete's vision impairment, with best corrective devices, must result in a visual acuity of less than or equal to LogMAR 1.0 or a visual field restricted to less than 40 degrees in diameter.

## **G-2**

### **VISION DIVISION COMPETITION CLASSES**

Competition classes in the Visions Division include V1, V2, and V3. All available corrections should be considered when evaluating class eligibility.

#### **V1**

Athletes have a diagnosed, permanent impairment, which causes reduced or no vision caused by damage to the eye structure, optical nerves or optical pathway, or to the visual cortex of the brain, which allows visual acuity less than Log MAR 2.60

#### **V2**

Athletes have a diagnosed, permanent impairment, which causes reduced or no vision caused by damage to the eye structure, optical nerves or optical pathway, or to the visual cortex of the brain, which allows visual acuity less than Log MAR 1.5 to 2.06 (inclusive), and/or the field of vision is constricted to a diameter of less than 10 degrees.

#### **V3**

Athletes have a diagnosed, permanent impairment, which causes reduced or no vision caused by damage to the eye structure, optical nerves or optical pathway, or to the visual cortex of the brain, which allows visual acuity less than Log MAR 1.4 to 1 (inclusive), and/or the field of vision is constricted to a diameter of less than 40 degrees.

## G-3

### DEAF ELIGIBILITY

To be eligible to compete in the HEARING portion of the Sensory Division, athletes must meet both the following criteria :

1. Athletes that cannot hear sounds that are less than 55 dB.
2. Hearing loss standard we use is the one used in Deaflympics and the same standard used to be eligible in the Spanish basketball national team for deaf athletes.

### Why WheelWOD includes deaf athletes in the division?

Eligible athletes may have their balance affected, and that would clearly affect in their performance. We only include the athletes /At the level of 55 db) for the impairment they have when learning this sport and in competition.

## H-1

### ELIGIBILITY FOR THE SHORT STATURE DIVISION

Eligibility for the Short Stature Division is evaluated through measurements and is specific to each gender.

## H-2

### ELIGIBLE IMPAIRMENTS FOR THE SHORT STATURE DIVISION

Eligible impairments:

- Short Stature

Impairments not eligible:

- Ataxia
- Athetosis
- Hypertonia
- Impaired Passive Range of Movement
- Impaired Muscle Power
- Limb Deficiency
- Leg Length Difference
- Vision Impairment
- Intellectual Disability

## H-3

### ELIGIBILITY FOR MALES IN THE SHORT STATURE DIVISION

To be eligible, male athletes must meet all of the following criteria:

- Standing height  $\leq$  57 in (145 cm); and
- Arm length  $\leq$  26 in (66 cm); and
- Sum of standing height plus arm length  $\leq$  79 in (200 cm).

## H-4

### ELIGIBILITY FOR FEMALES IN THE SHORT STATURE DIVISION

To be eligible, female athletes must meet all of the following criteria:

- Standing height ≤ 54 in (137 cm); and
- Arm length ≤ 25 in (63 cm); and
- Sum of standing height plus arm length ≤ 75 in (190 cm).

## H-5

### SHORT STATURE COMPETITION CLASSES

There is only one sport class (SS) for the Short Stature Division and the requirements are the same as outlined in the eligibility for competition in the division.

## I-1

### ELIGIBILITY FOR THE SEATED 1 (WITHOUT HIP FUNCTION DIVISION)

To be eligible to compete in the Seated Without Hip Function Division, athletes must meet all the following criteria:

1. Athletes must have a diagnosed, significant, and permanent impairment that causes functional limitations and requires athletes to perform most Activities of Daily Living (ADLs) in a seated position; and
2. The impairment must be one of the eligible impairments listed for the division; and
3. Beyond a reasonable doubt, meet the requirements for one of the COMPETITION classes for the Seated 1 DIVISION – Without Hip Function Division.

## I-2

### ELIGIBLE IMPAIRMENTS FOR THE SEATED 1 DIVISION

#### Eligible impairments:

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

#### Impairments not eligible:

- Vision Impairment
- Short Stature
- Intellectual Disability

**Inclusions:**

A key distinction between the **Seated 1 – Without Hip Function Division** and the **Seated 2 – With Hip Function Division** is that athletes in the Without Hip Function Division will not be able to move, or reposition, their legs without manual assistance; except for sport Competition S5 with special considerations.

**Exclusions:**

Athletes who are able to move, or reposition, their legs without manual assistance are more likely classified in the Seated With Hip Function Division. Athletes who do not require the use of a wheelchair to complete ADLs, but prefer to compete in a wheelchair are not eligible for this division. Athletes must have an eligible impairment, which requires the use of a wheelchair for ADLs.

**I-3****SEATED 1 – WITHOUT HIP FUNCTION COMPETITION CLASSES**

Competition classes in the Seated 1 Division include S1 through S5. All competition classes with the exception of a special exclusion in S5, do not have functional control of the hip or legs.

**Q1 (QUAD)**

Athletes will have no functional movement of the trunk in the transverse plane (rotation). Athletes will have little to no functional movement in the sagittal (forward) or frontal (lateral) planes. When unbalanced, the athlete will need to utilize a counterbalance or extremities for support. Athletes will have no function to significant lack of function of the hip. Athlete will Also have impairments in the Hands and or Arms, affecting grip and pressing, pulling strength.

**S1 (Seated High)**

Athletes will have no functional movement of the trunk in the transverse plane (rotation). Athletes will have little to no functional movement in the sagittal (forward) or frontal (lateral) planes. When unbalanced, the athlete will need to utilize a counterbalance or extremities for support. Athletes will have no function to significant lack of function of the hip.

**S2 (Seated High)**

Athletes will have some functional use of the upper trunk, but not the lower trunk, in the sagittal (forward) and transverse (rotational) planes. Athletes will have little to no trunk control in the frontal plane (lateral movement). Athletes will have no function to significant lack of function of the hip.

**S3 (SEATED LOW)**

Athletes will have complete active use of the upper trunk and lower trunk in the sagittal (forward) and transverse (rotational) planes. Athletes may have partial trunk movement in both directions of the frontal (lateral) plane, or have severe asymmetrical imbalance of function. Athletes will have no function to significant lack of function of the hip.

## **S4 (SEATED LOW)**

Athletes have little to no impaired movement of the trunk in the frontal, sagittal, and transverse planes, but will have no function to significant lack of function of the hip.

### **S4 Inclusions:**

S4 inclusions listed below may have activation of some hip musculature, but due to residual limb length or amputation of the femurs, are unable to utilize the hip as would an athlete in the S5 or S6 sport classes.

S4 class may include athletes with one bilateral impairment that includes:

- a hemipelvectomy, **and** an above-the-knee amputation where the residual limb is less than 2/3 femur length.

The S4 class may also include athletes with a double hip disarticulation amputation.

## **J-1**

### **ELIGIBILITY FOR THE SEATED 2 (WITH HIP FUNCTION DIVISION)**

To be eligible to compete in the Seated With Hip Function Division, athletes must meet all the following criteria below:

1. Athletes must have a diagnosed, significant, and permanent impairment that causes functional limitations and requires athletes to perform most Activities of Daily Living (ADLs) in a seated position; and
2. The impairment must be one of the eligible impairments listed for the division; and
3. Beyond a reasonable doubt, meet the requirements for one of the competition classes for the Seated 2- With Hip Function Division.

## **J-2**

### **ELIGIBLE IMPAIRMENTS FOR THE SEATED WITH HIP FUNCTION DIVISION**

#### **Eligible impairments:**

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

#### **Impairments not eligible:**

- Vision Impairment
- Short Stature
- Intellectual Disability

### **Inclusions:**

A key distinction between the Seated 2 – With Hip Function Division and the Seated 1 – Without Hip Function Division is that athletes in the Seated 2 Division will be able to move or reposition their legs without manual assistance.

**Exclusions:**

Athletes who are not able to move or reposition their legs without manual assistance are more likely classified in the Seated 1 Division.

Athletes who do not require the use of a wheelchair to complete ADLs, but prefer to compete in a wheelchair are not eligible for this division. Athletes must have an eligible impairment, which requires the use of a wheelchair for ADLs.

**J-3****SEATED 2 WITH HIP FUNCTION COMPETITION CLASSES**

COMPETITION classes in the Seated 2 Division include S6 and S7. **All sport classes must compete in a wheelchair.**

**S5**

Athletes will have minimal limitations to the function of the hip unilaterally, or have partial function bilaterally. Athletes will not have bilateral knee function. Athletes must perform most activities of daily living (ADLs) in a wheelchair.

**S6**

Athletes will have little to no limitations of the function of the hip bilaterally. Athletes must perform most activities of daily living (ADLs) in a wheelchair.

**S6 Inclusions:**

- Athletes who meet the eligibility criteria and have bilateral impairments that preclude them from competing in the standing divisions may be eligible to compete in this division.
- Athletes who may be eligible include those with neuromuscular impairments who have compound neuromuscular symptoms, or multilimb involvement, that require the use of a wheelchair, or preclude them from competing in the standing divisions.

**S6 Exclusions:**

Athletes who can compete as standing athletes by utilizing adaptive equipment WITHOUT CAUSING INJURY (e.g. a prosthesis continuous wearing of skin or bone damage), should attempt to classify in the Standing Lower Extremity Division.

**Intellectual Division****K-1****ELIGIBILITY FOR THE INTELLECTUAL DIVISION**

The athlete's condition must meet the following requirements:

1. Athletes must have received a diagnosis before the age of 18 of intellectual functioning that includes significant limitations in behavior as expressed in conceptual, practical, and social skills as determined by a medical

- professional through testing or evaluation and that can be supported with qualifying evidence; and
2. The intellectual impairment can be clearly observed or detected during a classification assessment or in the performance of movements used in CrossFit competitions.

### **ELIGIBLE IMPAIRMENTS FOR THE INTELLECTUAL DIVISION**

Eligible impairments:

- Intellectual Disability

Impairments not eligible:

- Vision Impairment
- Short Stature
- Ataxia
- Athetosis
- Hypertonia
- Impaired Passive Range of Movement
- Impaired Muscle Power
- Limb Deficiency
- Leg Length Difference

**QUICK TERMS OF REFERENCE** – can also be found under the ‘Specific Classification for Competition’ section on the website

#### **E-1**

##### **Upper Impairments**

**AE** – Above Elbow Impairment or amputation

**BE** – Below Elbow Impairment or amputation

**2 points Upper** – is 2 points of contact on a barbell or equipment – Can be AE or BE, additional point can be a limb extension of a strap.

**1 point Upper** – is 1 point of contact on bar (no strap replacing limb) Commonly an Above elbow amputee or brachial plexus impairment.

#### **E-2**

##### **Short Stature Impairment**

**Short Stature** – is an athlete that has dwarfism or a Variation of it. This impairment will affect limb length, joint mobility and or flexibility. Athletes that are short but have no affects of physical impairment from the short stature will NOT be eligible to compete.

## E-3

### Lower Impairment

AK – Above Knee Impairment or amputation

BK – Below Knee Impairment or amputation

**2 points Lower** – is 2 points of contact on the floor (commonly below knee amputee or hip, knee or ankle impairment)

**1 point Lower** – is 1 point of contact with floor (commonly Above Knee prosthetic or no prosthetic) (double leg amputees will be classified in this category) 1 point may use a box during squatting and hinging movements for safety. Commonly above knee amputee or fused knee not allowing for squatting to parallel.

## E-4

### Neurological Impairment

**Major Neuro** is Major neurological conditions where all 4 limbs are affected by balance, mobility, and coordination limitations. These athletes will struggle with grip and usually have extreme spasticity. Common impairments are CP, MS and Autism.

**Minor Neuro** is a neurological condition that will affect < 4 limbs in a position that the athlete may only be affected with 1 side of the body with lack of power or balance. It may also show as drop foot. **Common impairments are CP, Brain Injury or MS.**

## E-5

### Sensory

#### Visual Impaired & Deaf Athletes

This classification will have its own division in the 2022 season.

#### Classification for Visual impaired

The criteria for this year will be that every athlete who wants to take part in this division will have to proof the following:

Visually Impaired athletes: Visual acuity ranges from LogMAR 1 to 1.40 (inclusive); and/or the visual field is constricted to a diameter of less than 40 degrees.

Athletes with hearing loss: Athletes that cannot hear sounds that are less than 55 dB.

The visual impairment is the criteria used in most sports of the IPC and will include the biggest number of athletes. And the hearing loss is the one used in Deaflympics and to be part in the spanish basketball national team for deaf athletes.



## Why deaf athletes in the division?

Some of these athletes may have their balance affected, and that would clearly affect their performance.

### E-6

#### Seated Variations

##### SEATED 1: High, Low & Multi Limb

**Seated Low:** Athletes with only two lower limbs affected by a spinal injury, The athlete will have no Hip flexor engagement and will not be able to walk to stand with out **extreme** assistance. This impairment generally affects the athlete from the thoracic seventh vertebrae (T-7) to the (T-12).

**Seated High:** Athletes with only two lower limbs affected by a spinal injury, above hip amputation on both sides, or impairment that affects the athlete from the thoracic sixth vertebrae (T-6) to the cervical fifth vertebrae (C-5). These weights will differ from low in the olympic lifts.

### E-7

##### SEATED 2: Amputees & Lumbar, Minor neurological impairments

Leg Amputees, Lumbar level injured athletes or athletes with a neurological impairment that prohibits them to compete standing will compete in this division. These athletes will have access to hip flexors and may have ability to stand with assistance or independently with crutches. These athletes will have hip function.