



THE NATIONALS ADAPTIVE EDITION COMPETITION CLASSIFICATION RULEBOOK

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ELIGIBILITY REQUIREMENTS

FOR THE NATIONALS ADAPTIVE EDITION

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.

A-1

For the purposes of competition classification in THE NATIONALS ADAPTIVE EDITION, an athlete must

1. Prove the presence of a diagnosed and documented permanent impairment (e.g. health condition or diagnosis) from the list of 10 eligible impairments; and complete a classification form.
2. Have significant functional limitation(s) that prevent them from inclusion in fair competition against athletes in the non-adaptive divisions;
and
3. Meet the minimum impairment criteria listed in the description of each specific division's sport classes.

A-2

AGE REQUIREMENTS

Any athlete younger than 18 years of age will be required to provide additional parental consent during the online registration

A-3

ELIGIBLE IMPAIRMENTS

Eligible impairments for competition include the following:

Ataxia
Athetosis
Hypertonia
Impaired Passive Range of Movement
Impaired Muscle Power
Limb Deficiency
Leg Length Difference
Vision & Hearing Impairment
Short Stature
Intellectual Disability

Each adaptive classification allows for certain eligible impairments to qualify for eligibility, but not all eligible impairments are permitted. Please reference the eligibility for each adaptive division in

IMPAIRMENTS NOT LISTED AS ELIGIBLE IMPAIRMENTS

Any impairment that is not listed as an Eligible Impairment is referred to as a **Non-Eligible Impairment**.

It is important to note that the requirement to possess an eligible permanent impairment is a prerequisite to participate in this competition, but not the sole criterion. Changes to eligibility may occur as the field of participating adaptive athletes in competition grows.

B-1

CLASSIFICATION FOR THE NATIONALS ADAPTIVE EDITION

The term “classification” refers to the structure of rules, the process of evaluating eligibility for competition, and the placement of the athletes into sport classes. Ensuring that athletes are appropriately classified is crucial to safeguarding the integrity and credibility of the competition.

B-2

CLASSIFICATION ROLES AND RESPONSIBILITIES

It is the personal responsibility of all athletes to familiarize themselves with the requirements of the classification rules.

B-3

ATHLETE CLASSIFICATION RESPONSIBILITIES

The roles and responsibilities of athletes include:

- Be knowledgeable and comply with all applicable policies, rules, and processes
- Participate in athlete evaluations and review processes in good faith
- Ensure that adequate information related to impairment or diagnosed condition (eligible impairment) is provided and/or made available and
- Cooperate with any investigations concerning violations of this policy.

The Nationals Adaptive Edition CLASSIFICATION RESPONSIBILITIES

• REVIEW AND VERIFY ALL ATHLETES COMPETING IN The Nationals Adaptive Edition COMPETITIONS

- Provide Online and in person individual classification sessions for athletes to be classified properly.
- After verifying classification, supply the athlete with an official classification to be used in all future The Nationals Adaptive Edition competitions.
- Research and develop competition rules and procedures to ensure that all adaptive athletes have equal access and opportunity to participate in a manner that is fair to all competitors while preserving the integrity of the sport; and
- Provide risk mitigation procedures to allow for safe competition; and

- Provide clear information for classification; and
- Provide timely and clear communication to the Nationals Adaptive Edition community

B-4

CLASSIFICATION PROCESS & FORM

The classification process begins during registration for competition. Athletes will need to fill out a form prior to being interviewed. Once confirmed in their respective division, the athlete will receive an email with their competition class. Athletes that have already been officially classified from previous classification will compete under that classification. The Nationals Adaptive Edition will reserve the right to withdraw an athlete from the competition, should he/she/they have deliberately withheld vital information during the classification process so as to earn an advantageous classification.

B-5

COMPETITION CLASSES

Competition classes have been established to aid in establishing eligibility and in selecting the appropriate competition division. Classes are categories for competition created by reference to the extent to which an athlete can perform specific tasks and activities required by the competition or to the extent to which an impairment causes limitations to functional movements.

Competition classes may be used to make competitions more fair by altering programming for specific classes, and to regroup athletes with similar abilities into divisions.

B-6

CHANGING COMPETITION CLASSES

An athlete may request to change their sport class only after the conclusion of the current competition season, which includes follow-up qualifiers and events.

A request to change a preferred sport class must be made to The Nationals Adaptive Edition via email to contact@crossfitironsparks.com. Such requests must include documentation to validate the change. After review of documentation and other evidence, The Nationals Adaptive Edition will allocate a competition class status and notify the athlete of their decision via the email provided in the request.

B-7

ADAPTIVE DIVISIONS

There are Twenty-Two (22) adaptive divisions for the 2022 competition year:

1. Men and Women Adaptive: Upper Extremity 1 Point of Contact
2. Men and Women Adaptive: Upper Extremity 2 Points of Contact
3. Men and Women Adaptive: Lower Extremity 1 Point of Contact
4. Men and Women Adaptive: Lower Extremity 2 Points of Contact
5. Men and Women Adaptive: Neuromuscular Minor
6. Men and Women Adaptive: Neuromuscular Major
7. Men and Women Adaptive: Sensory Vision & Hearing
8. Men and Women Adaptive: Short Stature
9. Men and Women Adaptive: Seated 2 Athletes (with hip function)
10. Men and Women Adaptive: Seated 1 Athletes (without hip function)
11. Men and Women Adaptive: Intellectual

C-1

USE OF ADAPTIVE EQUIPMENT IN CLASSIFICATION

When determining the appropriate competition division and competition class, athletes shall utilize all adaptive and assistive equipment they intend to use in competition within their evaluation. Evaluation with adaptive equipment provides the most accurate assessment of ability.

If an athlete assesses themselves without the use of equipment but then shows more functionality through use of equipment, their competition class and division may be adjusted by The Nationals Adaptive Edition in accordance with the above-mentioned classification process.

C-2

MODIFICATIONS TO MOVEMENT STANDARDS

In specific instances, athletes may require a waiver to modify the standards set forth in the movement standards.

ACCEPTED MODIFICATION TO MOVEMENT STANDARDS

Acceptable modifications include the following:

1. Setup and finish positions due to range-of-motion limitations; or
2. Assistance with positioning or “spotting” of the athlete for risk mitigation.
Accepted modifications listed above still require the submission of a modification request and approval from The National Adaptive Edition to be permitted in competition, unless otherwise permitted on workout/event scorecards or workout/event briefings. Other modifications may be granted on a case-by-case basis. Do not assume your modification will be permitted. A request to validate a modification should be made to The Nationals Adaptive Edition as early as possible or identified by in workout release via email to contact@crossfitironsparks.com

MODIFICATIONS TO MOVEMENT STANDARDS NOT PERMITTED

1. Use of alternate weight (loads); or
2. Use of alternate movement or movement patterns; or
3. Any modification not clearly stated and shown in demonstration

HOW TO REQUEST A MODIFICATION TO MOVEMENT STANDARDS:

To submit a request for modification, athletes must record a video containing the following. A link to the video should be included in the Movement Standards Modification email request.

1. Clearly state (verbally) and demonstrate (visually) the reason for modification.
2. Clearly state (verbally) and demonstrate (visually) the proposed modification.
Send a formal email request for modification, which includes an explanation of the reason for the modification, and the actual modification proposed.

C-3

EMAIL MODIFICATION REQUEST MUST INCLUDE:

Disclaimer if any of the email request information is missing or request is not deemed to be fair by WheelWOD Staff then we will automatically deny the request.

First Name:

Last Name:

The Nationals Adaptive Edition CLASSIFICATION ID Number:

Competition Classification Division:

Email:

Phone Number:

Gender:

Competition/Event (i.e., Online Season – Event 1)

Movement(s) Affected:

Reason for Modification:

Proposed Modification:

Link to video clearly stating (verbally) and demonstrating (visually) both the reason for modification and the proposed modification:

AdditionalComments:

C-4

APPEAL BY AN ATHLETE FOR SCORES, CLASSIFICATION OR MODIFICATIONS

Any adaptive athlete whose eligibility to compete in general, in a particular adaptive division or Competition class or scoring dispute that has been rejected or ruled upon by The Nationals Adaptive Edition, may appeal that decision as follows:

- Athletes shall have 5 business days following receipt of the decision rejecting their competition class, score result designation to submit their written petition of appeal explaining why that decision should be overturned. Appeals should be sent to contact@crossfitironsparks.com.
- Following a review of the athlete's petition of appeal, The Nationals Adaptive Edition will, in a timely manner, provide its written decision, including supporting reasons, either denying or granting the appeal.
- The athlete may request a personal hearing by telephone. The athlete may have an advocate or other representative present, if the athlete so desires, at any such hearing. In the event that there is a personal hearing:
 - At least two representatives from The Nationals Adaptive Edition will hear appeals.
 - Appeal hearings are conducted by telephone or Zoom conference.

SPECIFIC CLASSIFICATION FOR COMPETITION –

D: Specific classification for competition can be found in the 'Specific Classification for Competition' section on the website.

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 impairment criteria is the one used in 'Deaflympics'.

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.