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Dec. 2013
**U.S. Paralympics Sport**

**Performance & the Athlete Pipeline**

**Intro**

As partners in the Paralympic Movement, we hope you find the following information and resources helpful as you continue to work and develop athletes with Paralympic eligible impairments. The Guide includes a number of resources including information on the U.S. Paralympic pipeline, coaching training certifications, sport fact sheets and information on how to become a Paralympian. Should you work with athletes that do not have Paralympic eligible disabilities, we encourage you to use this guide as a resource in supporting these athletes in reaching their highest potential. We encourage you to utilize this resource as you develop and enhance sport programs in your community.
**Paralympic Eligible**

A Paralympic eligible athlete refers to an individual with a classifiable impairment, which may include a physical disability such as an amputation, cerebral palsy, dwarfism or spina bifida, visual impairment or intellectual disability. The chart below lists Paralympic sports by physical disability group.

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Paralympic Classification

What is Classification?
Classification is a structure for competition. Paralympic athletes have one or more impairments in body structures and functions that lead to a competitive disadvantage in sport. Consequently, criteria are put in place to ensure that winning is determined by skill, fitness, power, endurance, tactical ability and mental focus; the same factors that account for success in sport for athletes who are able-bodied.

Classification is the process by which athletes are assessed by reference to the impact of impairment on ability to compete in a specific sport. As an example from an Olympic perspective, boxers compete against athletes that are in the same weight classes to make sure they are competing on an even playing field.

Athlete Pipeline/Performance Levels

Community partners play a vital role in helping introduce athletes with Paralympic eligible impairments to sport at the recreational level. Participants in Paralympic sport have the opportunity to move up the athlete pipeline as outlined below if they have the desire to progress within a particular sport or sports. The pipeline helps both community partners and participants identify where athletes currently are along the spectrum of their sport performance as well as guide them to next steps based on their performance levels. Below are descriptions of the five athlete performance levels.
Recreational:
An athlete who demonstrates the following:
- Utilizes program equipment to participate
- Learning basic rules and sport techniques
- Emphasis is on skill development and sport education
- Participating at entry level, not yet competing at local level

Development:
An athlete who demonstrates the following:
- Understands basic rules and techniques of the sport
- Is pursuing purchase of or has their own equipment, if equipment is applicable
- Is participating in a structured on-going training program (as opposed to participating in “open gym”)
- Is competing at a local level or higher
- Has not reached an Emerging/Military Standard

Emerging:
An athlete who demonstrates the following:
- Is becoming more focused on one or two sport
- Is competing at local, regional and/or national level
- Performance is results-oriented
- Meets/exceeds designated emerging standard for particular sport
- Is pursuing purchase of or has their own equipment, if equipment is applicable
- Is participating in a structured on-going training program
- May be invited to compete in regional events or national team events

National Team:
An athlete who demonstrates the following:
- Meets/exceeds designated performance criteria for national team nomination
- has their own equipment, if equipment is applicable
- Is competing at a national and international level
- Is single sport-focused
- Selected to represent country at international competitions
Paralympic Podium:

An athlete who demonstrates the following:

✓ Achieves sustained competitive excellence at highest levels of the sport
✓ Utilizes program equipment to participate
✓ Training is focused on medals/podium finish

Types of Competition Events

Below are descriptions of the four types of competition events.

1. **Local events:** Community level, may be single or multi-sport, disability focused or integrated with able-bodied participants, such as a local meet with a local track club. Athletes typically represent themselves, local team, program or training group. Good competition opportunities for recreational and developmental athletes.

2. **Regional events:** State and multi-state level, may be single or multi-sport, disability focused or integrated with able-bodied participants. Athletes typically represent local team, program or training group. In some cases training events may be invite-only. Good competition opportunities for developmental, emerging and national team athletes.

3. **National events:** Typically, single-sport, draw participants from all 50 states, qualifying criteria / standards often required for participation, disability focused. May include able-bodied events for which Paralympic-eligible athletes have met qualifying criteria. Athletes typically represent local team, program or training group. These are likely to be opportunities for Emerging, National team athletes.

4. **International events:** Single and multisport (i.e. world championships, Paralympic Games), draw participants from all regions and nations, qualifying criteria/ standards frequently required for participation. Athletes typically represent nation. These are likely to be opportunities for national team and U.S. Paralympic Team athletes.

Talent/Athlete Identification

Talent Identification is the process of capturing athletes’ information specifically related to sport interests and potential. Once an athlete has been identified, U.S. Paralympics will provide information and possible resources to assist the athlete in pursuing their sport at a higher level. U.S. Paralympics will also inform the athlete of opportunities in which they may want to compete. U.S. Paralympics’ role in talent identification is to support the individual athlete(s) as well as facilitate NBGs/HPMOs expanding the overall talent pool.

Also the “threshold” for identifying athletes should be new Paralympic eligible athletes who,

- Understand the basic rules and techniques of the sport
- Have a desire and ability to start participating in a structured on-going training program (as opposed to participating in “open gym”)
- Have a desire and ability to start competing at a local level or higher
- Have been seen by a coach and thought to have “talent” in a sport
Once athletes are identified the organization needs to share the Paralympic Identified Athlete Questionnaire for the athlete to complete and submit to U.S. Paralympics Emerging Sport. When completing the Questionnaire, be as specific as possible with regard to results.

Once submitted the athlete will be included in the U.S. Paralympics emerging athlete database and will receive information on competition and sport development opportunities.

Coaching Competence

Coaches need to have a variety of knowledge and understanding of sport and physical education to be effective and beneficial for their athletes. No matter if you are coaching able bodied or disabled athletes, coaching core competence is built through educating yourself in a variety of areas that will benefit yourself through education and you athletes through application. Here are some suggested sites where you can take educational sport courses that are more focused on general core competence of coaching, as suggested by the USOC Coaching Education Department.

- National High School Federation
- American Sport Education Program
- USOC Safe Sport (sport misconduct and awareness program)

U.S. Paralympics Coaching Philosophy

You’ll note below that a number of NGBs/HPMOs do not offer Paralympic specific coaching certifications. We encourage those interested in getting certified in a particular sport that does not offer an adaptive certification, to go ahead and register for the current sport certification. It is important to understand sport fundamentals and then build in coaching elements related to adaptations. Many NGBs/HPMOs will discuss Paralympic sport as an element within their certification course. A number of NGBs/HPMOs note the importance of Paralympic coaching and are working towards developing certifications focused on Paralympic sport in the near future.

Disclaimer

Please note the information provided below on “How to become a Paralympian” are general guidelines and should be viewed as a general reference – they do not guarantee a participant will become a Paralympian when following the guidelines. The steps and processes noted below do not hold true for every athlete and should be referenced as general guidelines in pursuing sport at a higher level.
Alpine Skiing

Coaching Certification Resources

NGB/HPMO: USOC/U.S. Paralympics

Contact: Jessica Smith, National Teams Manager, Alpine; (719) 866-2082; jessica.smith@usoc.org

USSA Adaptive certification available: Coaching education is run through U.S. Ski and Snowboard Association (USSA). For more information, visit http://alpine.usskiteam.com/alpine/continuing-education.

For recreational ski instruction: Instruction is available through PSIA – Professional Ski Instructors of America.
Phone: (303) 987-9390
Email: mist@thesnowpros.org
Web: http://www.thesnowpros.org

Paralympic Alpine Skiing Fact Sheet

Number of players: Individual

Eligible disabilities: Open to male and female athletes with physical disabilities such as amputation, blindness/visual impairment, spinal cord injury/wheelchair-users and cerebral palsy/brain injury/stroke.

**Divisions:** Downhill, Slalom, Giant Slalom, Super Giant Slalom (Super-G), Super Combined (SC)

**Course dimensions:** N/A

**Equipment:** [http://www.paralympic.org/AlpineSkiing/RulesandRegulations/Rules](http://www.paralympic.org/AlpineSkiing/RulesandRegulations/Rules)
- Skis: Men's skis are a minimum of 165cm and women's skis are a minimum of 155cm. The maximum height of the binding plate is 55mm in all events.
- Sit-skis: Mono-skis have a specially fitted chair over a single ski. The chair includes seat belts and other strapping, as well as a suspension device to minimize wear and tear on the skier's body.
- Poles or outriggers: Athletes in certain Paralympic classifications use special poles called outriggers. Outriggers have short ski blades on the end and help the skier with balance.
- Clothing: Alpine ski races wear lightweight, form-fitting clothing (all in one suit) to minimize air resistance. Slalom skiers frequently wear pads to protect from injury.
- Also: Boots and bindings, helmets, goggles

**Basic Rules:** Paralympic Alpine Skiing follows the International Ski Federation (FIS) rules with the following modifications: [http://www.paralympic.org/AlpineSkiing/RulesandRegulations/Rules](http://www.paralympic.org/AlpineSkiing/RulesandRegulations/Rules)
- For Sitting and Visually Impaired skiers, multiple jumps and multiple compressions should be eliminated.
- Athletes in classes LW 2 and LW 9 skiing with one ski are not allowed to use the free limb in contact with the snow to gain speed or to keep balance. Any violation of this rule will cause a disqualification.
- For all B-classes the use of a guide is obligatory.
- No physical contact between the guide and competitor is allowed during the race.
- All competitors in class B1 must wear blacked-out goggles during the competition.
- All guides must guide VI athletes from in front. An exception can occur only between the last gate and the finish line, where the athlete can overtake the guide.
- The distance between guide and athlete in technical events (Slalom and Giant Slalom) must not exceed two direction changes and in speed events (Downhill and Super-G) must not exceed one direction change. Failure to satisfy this definition of the team will lead to disqualification.
- The guide must pass through all gates.
- All guides must wear the supplied competition bibs.
  - The guide bibs must meet the following specifications:
  - Have a clearly visible “G” in front and the IPC Alpine Skiing on both shoulder fronts.
  - The back of the bib may be a different color to accommodate the needs of the visually impaired competitor.

**Time limits:** N/A
Scoring:

- **Downhill:** Times of single run determine result.
- **Slalom:** Combined times of two runs determine result.
- **Giant Slalom:** Combined times of two runs determine result.
- **Super Giant Slalom (Super-G):** Times of single run determine result.
- **Super Combined (SC):** Combined times of one Downhill and one Slalom OR one Super-G and one Slalom determine result.
- In all events, the penalty for a missed gate is disqualification.

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**How to become an Alpine Skiing Paralympian**

- Find a Paralympic Sport Club or an Alpine Skiing Club to find a coach and training group.
- Acquire some equipment (rent, borrow or buy) that is legal for IPC competition.
- Purchase a USSA alpine competitor license and an IPC alpine license which must be at least 1 month before you compete in an IPC Alpine competition. ([www.usa.org](http://www.usa.org))
- Register for classification (usually takes place the first week of December) -
- Start competing at the IPCAS or NorAm level events ([http://www.paralympic.org/AlpineSkiing/Calendar](http://www.paralympic.org/AlpineSkiing/Calendar))

**Links:**

- International Paralympic Committee website for rules and rankings and calendars ([http://www.paralympic.org/alpineskiing](http://www.paralympic.org/alpineskiing))
- U.S. Paralympics Alpine Skiing information
Biathlon

Coaching Certification Resources

NGB/HPMO: USOC/U.S. Paralympics

Contact: Jessica Smith, National Teams Manager, Nordic; (719) 866-2082; jessica.smith@usoc.org

Certification for adaptive Biathlon: No

Paralympic specific or adaptive instructors manual for Nordic/biathlon: USA Biathlon, Eileen Carey; (303) 987-9390; uspnordic@gmail.com; http://www2.teamusa.org/US-Paralympics/Sports/Nordic-Skiing/Education.aspx

Nordic skiing/biathlon coaching education
Contact: US Ski & Snowboard Association (USSA)
Phone: (435) 649-9090
Web: http://www.ussa.org

Paralympic Biathlon Fact Sheet

Number of players: Individual

Eligible disabilities: Open to male and female athletes with physical disabilities such as amputation, blindness/visual impairment, spinal cord injury/wheelchair-users and cerebral palsy/brain injury/stroke.

Athlete classifications: Disabled ski racers compete in three different medal categories: standing, sitting, and visually impaired.

- **Standing Classes**
  - LW 2 – Single leg amputation above the knee
    - Two skis, two poles
  - LW 3 – Double leg amputation below the knee, mild cerebral palsy, or equivalent impairment
    - Two skis, two poles
  - LW 4 – Single leg amputation below the knee
    - Two skis, two poles
  - LW 5/7 – Double arm amputation above the elbow
    - Two skis, no poles
  - LW 6 – Single arm amputation above the elbow
    - Two skis, one pole
- LW 8 – Single arm amputation below the elbow
  - Two skis, one pole
- LW 9 – Amputation or equivalent impairment of one arm and one leg above the knee
  - Two skis, one pole or two poles

**Sitting Classes**
- LW 10 – Paraplegia with no upper abdominal function and no functional sitting balance
- LW 10.5 – Paraplegia with some upper abdominal function and no functional sitting balance
- LW 11 – Paraplegia with fair functional sitting balance
- LW 11.5 – Paraplegia with some leg function and good sitting balance
- LW 12 – Double or single leg amputation above the knees

**Visually Impaired Classes**
- Skiers with blindness/visual impairment are guided through the course by sighted guides using voice signals to indicate the course to follow.
- B1 – Visual acuity is poorer than LogMAR 2.60
- B2 – Visual acuity ranges from LogMAR 1.50 to 2.60 (inclusive), and/or the visual field is constricted to a radius of less than 5 degrees
- B3 – Visual acuity ranges from LogMAR 1.40 to 1 (inclusive), and/or the visual field is constricted to a radius of less than 20 degrees

**Divisions:**

- **Individual competitions:**
  - 6km women/7.5km men all classes (2 shooting rounds)
  - 10km LW 10-12 women (4 shooting rounds)
  - 12.5km LW 10-12 men (4 shooting rounds)
  - 12.5km LW 2-9 men, women (4 shooting rounds)
  - 12.5km B1-3 men, women (4 shooting rounds)

**Course Distances:** 1km-20km

**Equipment:** Air Rifle (audio rifle for Visually Impaired athletes); Sit-Ski OR Skis

**Basic Rules:** Paralympic Biathlon follows the International Paralympic Committee (IPC) rules:

- **Sight apparatus:**
  - No corrective lens must be fixed on the rifle, on the rise, etc. The shooter can wear corrective glasses.
  - Any sight apparatus containing neither lens, nor lens system, is authorized. Orthochromatic filters (color) can be adapted on the tunnel of the rise.
  - Telescopes are forbidden on rifles.
Time limits: N/A

Scoring: Biathlon follows standard IPC scoring with the following modifications:

- A time penalty of one (1) minute shall be imposed on athletes or teams for:
  - Not giving way at the first request by an overtaking Athlete
  - Committing a very minor violation of the principles of fair play or the requirements of sportsmanship
- A time penalty of two (2) minutes shall be imposed on athletes or teams for:
  - Every penalty loop, as a result of shot-penalties, not done immediately after each shooting by an athlete
  - Every round not fired if the athlete recommences skiing before he has fired all five shots in a competition committing a minor violation of the principles of fair play or the requirements of sportsmanship.

How to become a Biathlon Paralympian

- Find a Paralympic Sport Club or Biathlon Club to find a coach and training group.
- Acquire some equipment (rent, borrow or buy) that fits and is comfortable
- Get some instruction/coaching in cross country skiing to make sure you are utilizing the latest techniques
- Get some instruction/coaching in Biathlon shooting with an experienced Biathlon coach with either competition air rifle or electronic (audio) rifle for those with visual impairment.
• Train a minimum of five days per week for endurance sport. Cross country skiing is always the primary choice, but other forms of endurance training will prepare your body for the rigors of Nordic.
• Ask for an invitation to attend an official U.S. Paralympics Nordic Training Camp by contacting uspnordic@gmail.com
• If interested in Biathlon request Biathlon shooting training by U.S. Paralympic Coaching staff at an official training camp.
• Attend local & regional cross country ski races during the winter months
• Acquire a USSA cross country skiing competitor license for standing & visually impaired athletes, and a USBA for sitting athletes and anyone wanting to compete in the sport of Biathlon.
• Register for our premier event - U.S. National Championships (usually in the first week of January) – requires the below licenses.
• Register for classification at U.S. National Championships (National level classification will be offered).
• When you are performing at a high level (there are no exact standards in Nordic but the U.S. Paralympics Coaching staff can be consulted for reference) then it is time to:
  • Purchase an IPC Nordic License (it is the same license for cross country and for Biathlon)
  • Aim to qualify for international events (IPC World Cups).
  • Selection procedures are published for each international competition. Read these documents so that you know the qualification criteria.
• IPC Classification will need to be completed before being able to race in IPC races, but U.S. Paralympics Nordic Director can help identify opportunities.

**Upcoming International events include:**
• 2013 IPC Nordic World Cup - December
• 2014 IPC Nordic World Cup - January
• 2014 Paralympic Winter Games - March
• 2015 IPC Nordic World Championships

**Links:**
• Find a Club
• Selection procedures
• U.S. Paralympics Camps & competitions
• Classification information
• IPC Licensing
Nordic/Cross Country Skiing

Coaching Certification Resources

NGB/HPMO: USOC/U.S. Paralympics

Contact: Jessica Smith, National Teams Manager, Nordic; (719) 866-2082; jessica.smith@usoc.org

Certification for adaptive Nordic Skiing Available: No

Paralympic specific or Adaptive Instructors manual for Nordic: USA Biathlon, Eileen Carey; (303) 987-9390; uspnordic@gmail.com; http://www2.teamusa.org/US-Paralympics/Sports/Nordic-Skiing/Education.aspx

Nordic Skiing/Biathlon Coaching Education
Contact: US Ski & Snowboard Association (USSA)
Phone: (435) 649-9090
Web: http://www.ussa.org

Paralympic Nordic Skiing Fact Sheet

Number of players: Individual

Eligible disabilities: Open to male and female athletes with physical disabilities such as amputation/limb loss, blindness/visual impairment, spinal cord injury/wheelchair-users and cerebral palsy/brain injury/stroke.

Athlete classifications: Disabled ski racers compete in three different medal categories: standing, sitting, and visually impaired.

- **Standing Classes**
  - LW 2 – Single leg amputation above the knee
    - Two skis, two poles
  - LW 3 – Double leg amputation below the knee, mild cerebral palsy, or equivalent impairment
    - Two skis, two poles
PARALYMPIC SPORT COACHES GUIDE

- LW 4 – Single leg amputation below the knee
  - Two skis, two poles
- LW 5/7 – Double arm amputation above the elbow
  - Two skis, no poles
- LW 6 – Single arm amputation above the elbow
  - Two skis, one pole
- LW 8 – Single arm amputation below the elbow
  - Two skis, one pole
- LW 9 – Amputation or equivalent impairment of one arm and one leg above the knee
  - Two skis, one pole or two poles

- Sitting Classes (monoskiers)
  - LW 10-1 – Paraplegia with no upper abdominal function and no functional sitting balance
  - LW 10-2 – Paraplegia with some upper abdominal function and no functional sitting balance
  - LW 11 – Paraplegia with fair functional sitting balance
  - LW 12-1 – Paraplegia with some leg function and good sitting balance
  - LW 12-2 – Double leg amputation above the knees

- Visually Impaired Classes
  - Skiers with blindness/visual impairment are guided through the course by sighted guides using voice signals to indicate the course to follow.
  - B1 – Visual acuity is poorer than LogMAR 2.60
  - B2 – Visual acuity ranges from LogMAR 1.50 to 2.60 (inclusive), and/or the visual field is constricted to a radius of less than 5 degrees
  - B3 – Visual acuity ranges from LogMAR 1.40 to 1 (inclusive), and/or the visual field is constricted to a radius of less than 20 degrees

Divisions:

- Men
  - 1 km sprint: Sitting, Standing, and Visually Impaired
  - 10km individual: Sitting, Standing, and Visually Impaired
  - 15km individual: Sitting
  - 20km individual: Standing and Visually Impaired
  - 1x4km relay
  - 2x5km relay

- Women
  - 1km sprint: Sitting, Standing, and Visually Impaired
  - 5km individual: Sitting, Standing, and Visually Impaired
  - 10km individual: Sitting
  - 15km individual: Standing and Visually Impaired

Course distances: 1km to 20km
**Equipment:** Skis or Sit-skis, poles, boots, bindings

**Basic Rules:** Paralympic Cross-Country Skiing follows the International Paralympic Committee (IPC) rules with the following modifications:

- For B1 athletes a guide is obligatory. For B2 and B3 athletes a guide is allowed.
- For reason of safety, the guide is allowed to hold a B Class athlete (one arm or one pole) on certain sections of the track which shall be clearly marked.
- Guiding must be by voice only. Radio communication between guide and competitor is accepted. The guide can also use an amplifier. No other means of communication is allowed. The amplifier must not disturb other competitors.
- All competitors in class B1 must wear their own opaque shades glasses. The glasses must be worn so that no light can be seen by the competitor.
- Should a visually impaired competitor wish to change his wax during a race due to changing snow conditions, the guide may apply the wax.
- Fallen competitors in the LW 10 - 12 classes may be brought back to the track by official help. They have to re-enter the race at the same place.
- LW10-12 athletes are not allowed to use one or both of their legs to steer or brake the sledge during competition.

**Time limits:** N/A

**Scoring:**

- The results are calculated by taking the difference between the finish and start times.
- If classes are combined, the real time has to be multiplied with the individual percentages.
- The result (calculated time) is rounded to 1/10th of a second.
- If two or more competitors have the same time, they shall have the same placing on the result list, and the competitor with the lower starting number will be listed first.

**How to become a Nordic Paralympian**

- Find a Paralympic Sport Club or Nordic Club to find a coach and training group. [http://findaclub.usparalympics.org/](http://findaclub.usparalympics.org/)
- Acquire some equipment (rent, borrow or buy) that fits and is comfortable
- Get some instruction/coaching in cross country skiing to make sure you are utilizing the latest techniques.
- Train a minimum of five days per week for endurance sport. Cross country skiing is always the primary choice, but other forms of endurance training will prepare your body for the rigors of Nordic.
- Ask for an invitation to attend an official U.S. Paralympics Nordic Training Camp by contacting uspnordic@gmail.com
• If interested in Biathlon request Biathlon shooting training by U.S. Paralympic Coaching staff at an official training camp.
• Attend local & regional cross country ski races during the winter months.
• Acquire a USSA cross country skiing competitor license for standing & visually impaired athletes, and a USBA for sitting athletes and anyone wanting to compete in the sport of Biathlon.
• Register for our premier event - U.S. National Championships (usually in the first week of January) – requires the below licenses.
• Register for classification at U.S. National Championships (National level classification will be offered).
• When you are performing at a high level (there are no exact standards in Nordic but the U.S. Paralympics Coaching staff can be consulted for reference) then it is time to:
  • Purchase an IPC Nordic License (it is the same license for cross country and for Biathlon)
  • Aim to qualify for international events (IPC World Cups).
  • Selection procedures are published for each international competition. Read these documents so that you know the qualification criteria.
  • IPC Classification will need to be completed before being able to race in IPC races, but U.S. Paralympics Nordic Director can help identify opportunities.
• Upcoming International events include:
  • 2013 IPC Nordic World Cup - December
  • 2014 IPC Nordic World Cup - January
  • 2014 Paralympic Winter Games - March
  • 2015 IPC Nordic World Championships

Links:

• Find a Club
• Selection procedures
• U.S. Paralympics camps & competitions
• Classification information
• IPC Licensing
Wheelchair Curling

Coaching Certification Resources

NGB/HPMO: USA Curling

Contact: Steve Brown: National Wheelchair Curling Coach, (888) 287-5377; (715) 344–1199; Steve.brown@usacurling.org; http://www.curlingrocks.net

Certification for adaptive curling available: No

Instructor training for adaptive curling: Encourage participation in USA Curling certifications as 90 percent of the sport is played and coached the same as it would be for able-bodied curling. Here are some curling clubs that have active wheelchair curling training opportunities:

- The Cape Cod Curling Club in Falmouth, MA www.capecodcurling.org;
- Milwaukee Curling Club in Cedarburg, WI www.milwaukeecurlingclub.com;
- Wausau Curling Club in Wausau, WI www.wausaucurlingclub.org;
- Madison Curling Club in Madison, WI www.madisoncurlingclub.com;
- Utica Curling Club in Whitesboro, NY www.uticacurlingclub.org

Paralympic Curling Fact Sheet

Number of players: Teams of five

Eligible disabilities: The sport is open to male and female athletes with a physical disability in the lower part of the body. This includes athletes with significant impairments in lower leg/gait who require a wheelchair for daily mobility.

Athlete classifications: Wheelchair users only

Divisions: N/A

Ice dimensions: Ice Sheet is 45.720m X 5m (150” X 16’5”)
**Equipment:**

- Stones
  - A curling stone is of circular shape, having a circumference no greater than 91.44 cm. (36 in.), a height no less than 11.43 cm. (4.5 in.), and a weight, including handle and bolt, no greater than 19.96 kg. (44 lbs.) and no less than 17.24 kg. (38 lbs.).
  - Each team uses a set of eight stones having the same handle color and individually identified by visible markings

**Basic Rules:** Paralympic Wheelchair Curling is played according to the rules of the World Curling Federation (WCF) with the following modifications:

- Each team must be comprised of male and female players.
- Stones are delivered from a stationary wheelchair.
- During delivery, the feet of the player delivering the stone must not touch the ice surface and the wheels of the chair must be in direct contact with the ice.
- The delivery of the stone is undertaken by the conventional arm/hand release or by the use of an approved delivery stick. Stones must be clearly released from the hand or stick before the stone reaches the hog line at the delivering end.
- A stone is in play when it reaches the hog line at the delivering end. A stone that has not reached the hog line at the delivering end may be returned to the player and redelivered.
- Sweeping is not permitted.
- All games will be scheduled for 8 ends.
Time limits:

- In competitions in which 8 ends are scheduled, a minimum of 6 ends must be completed.
- In wheelchair curling, each team shall receive 68 minutes.
- When extra ends are required, the game clocks are reset and each team receives 0 minutes of playing time for each extra end.

Scoring:

- The result of a game is decided by a majority of points at the completion of the scheduled ends of play, or when a team concedes victory to its opponent, or when one team is mathematically eliminated.
- If the score is tied at the completion of the scheduled ends, play continues with extra end(s) and the team that scores first wins the game.
- At the completion of an end (when all stones have been played), a team scores one point for each of its own stones located in or touching the house that are closer to the tee than any stone of the opposition.

How to become a Curling Paralympian

- Train a minimum of five days per week-This can be accomplished alone or in a group. Training can be conducted with able-bodied curlers as well. Your training must have a specific plan and purpose.
- Know the standards for international success- Attend Outreach clinics for proper instruction in delivery technique, equipment and strategy. Contact USA Curling for clinic schedules as well as scoring standards for skill shot assessment.
- Classification is necessary to compete in wheelchair curling. The sport is restricted to individuals with substantial demonstrable impairments in leg/gait function who use a wheelchair for daily mobility or who qualify within eligibility criteria. Examples include lower extremity loss of power, amputation, hypertonia, incoordination and restriction of movement. IPC International Classifications are performed at World Championships and select international competitions.
- Compete at the U.S. National Pre-Trial and Selection Event -The U.S. National Pre-Trial Event, which generally takes place in March, is required to attend for all athletes not nationally ranked in the top five. There, the top seven athletes are selected based on statistical analysis. These designated athletes are then invited to attend the U.S. National Selection Event which generally takes place in October. There, they will compete with the top five athletes from the previous season. Throughout the Trials, participants will be assessed by a panel of judges regarding their curling abilities via skill shot analysis and game play as well as other qualities including, but not limited to, on- and off-ice behavior, team dynamics, and practice regimen. The panel will select the top five athletes (maximum team size) at the end of the competition.
- Other key annual competitions include: Cape Cod International Bonspiel (Falmouth, MA), U.S. Open (Utica, NY)
Links:

- U.S. Curling Association
- Paralympic Sport Clubs
- World Curling Federation (WCF)
- WCF Classification
Coaching Certification Resources

**NGB/HPMO:** USA Hockey

**Contact:** Dan Brennan: Manager Ice & Inline Coaching Education Program W: (719) 538-1177, C: (719) 651-9090; danb@usahockey.org or (719) 576-8724; usah@usahockey.org; http://www.usahockey.com

**Certification for adaptive hockey available:** No

**USA Hockey on-line training integrated into general coach training:** Through USA Hockey, there is a general coaching certification program that all adaptive hockey coaches must go through. For more information, visit http://www.usahockey.com/coaches/rules_and_requirements.aspx

As part of the general coaching certification program, a new online module specific to disability will be offered. Coaches for adaptive hockey will be required to complete this module and it will be an option for others to take if they choose. Coaches must have a Minimum of Level 1 coaching certification to take this module.

Online Module:

**Part 1:** General terms, running drills, working with kids, how to adapt for someone with a disability.

**Part 2:** More Specific to disability - education on more specific disabilities including, Amputee, SCI, VI etc. Review of adaptive equipment that would work best with each individual based on disability/abilities (currently working on finalizing this part of the module).

Paralympic Sled Hockey Fact Sheet

**Number of players:** 6 vs. 6 (including goalie)

**Eligible disabilities:** Open to male and female athletes with physical disabilities such as amputation/limb loss, spinal cord injury/wheelchair-users and cerebral palsy/brain injury/stroke.

**Rink dimensions:** Rinks and goals are regulation Olympic-size.

- Sled accessible rinks allow players to remain in their sleds and skate off the ice into the bench area.
- This requires that the bench area be flush with the ice, and that there is clear plexiglass replacing the white boards.
- Additionally, the surface area inside the players’ benches and penalty benches are made of smooth plastic or ice, to avoid damage to the players’ sledges.
Equipment:

- Players sit in specially designed sleds that sit on top of two hockey skate blades.
- There are two; three-foot-long sticks for each player instead of one, and the sticks have metal picks on the butt end for players to propel themselves.
  - Metal picks cannot be overly pointy or protrude further than 1 cm beyond the stick to avoid damage to the ice/other players.
- Goalies wear basically the same equipment but make modifications to the glove. Metal picks are sewn into the backside to allow the goalie to maneuver.

Basic rules: Standard ice-hockey rules apply, with the following modification:

- No “t-boning”: a player is not allowed to drive the point of his sled into another player - no perpendicular hits in the sleds.

Time limits: 3, 15-minute stop-time periods

Scoring: Standard hockey scoring applies.

How to become a Sled Hockey Paralympian

- Personal Training-As with any high level athlete, training is a key part of becoming a Paralympian Sled Hockey Player. National Team members are on the ice 3-5 times a week for 1-2 hours each session. Skating, stick handling, shooting and passing are all skills that need to be honed and improved upon constantly. Additionally, off-ice training and strength training are key components in becoming a Paralympian Sled Hockey Player.

- USA Hockey Sled Select Camp-Players that are between the ages of 14-20 or those over the age of 20 that have had less than three years of experience should attend the USA Hockey Sled Select Camp. This week long camp, which requires a nomination from a certified USA Hockey Coach from their local program, is designed to help train and identify future Paralympians. Participants get on-ice, off-ice, and classroom instruction from high level coaches and current Paralympians. For many, this camp is the first step on the path to making the Paralympic team.

- U.S. National Development Team- Many players make the U.S. National Development Sled Hockey Team prior to being selected for the U.S. National Sled Hockey Team. The Development Team is selected from players that attend the Sled Select Camp and the National Team try-outs. The Development Team is structured similar to the National Team and the coaching staffs from both teams work closely together to
ensure systems and skills being taught are consistent ensuring a seamless transition between teams. Occasionally, due to injuries and other circumstances, Development Team players may be called upon to fill-in for competition and/or training with the National Team.

- **Eligibility / IPC Sledge Hockey Classification-** In order to compete in IPC competitions and the Paralympics, players must be classified. The Classification process is done during international competitions by an IPC approved Classifier.
- **Tryouts-** Every year USA Hockey conducts try-outs for the U.S. National Sled Hockey Team. These tryouts are held immediately following the USA Hockey Sled Select Camp. The coaching staff from both the National and Development Teams is on hand to discuss and select the players for both teams. Players selected for either team are notified within a week of the tryouts and begin training 1-2 months later.
- **Team Training / Competition-** Every 4-6 weeks from September to March, the National and/or Development Team(s) come together for either a training camp or competition. Training camps are normally 4 days long and competitions are 5-10 days depending on the event. The camps are high intensity with on-ice and off-ice training designed to prepare athletes for competition.

**Links:**

- [USA Hockey Website](#)
- [IPC Sledge Hockey Playing Rules](#)
- [IPC Sledge Hockey Classification Rules](#)
Coaching Certification Resources

NGB/HPMO: USOC/U.S. Paralympics

Contact: Jessica Smith, National Teams Manager, Alpine/Snowboard; (719-866-2082); jessica.smith@usoc.org

Certification for adaptive snowboarding available: no

USASA Training for competitive Snowboard coaching: Coaching Education is run through USASA. For more information, visit https://www.usasa.org/members/officials/coaches.html.

For Recreational Snowboard Instruction: PSIA- AASI – American Association of Snowboard Instructors:
Phone: (303) 987-9390
Email: mist@thesnowpros.org
Web: http://www.thesnowpros.org

Paralympic Snowboard Fact Sheet

Number of players: Individual

Link for information: http://www.paralympic.org/AlpineSkiing/About

Eligible disabilities: Open to male and female athletes with physical disabilities such as amputation and spinal cord injury.

Athlete classifications: Standing athletes with physical disabilities compete in snowboard cross (also known as “boardercross”). There are upper limb and lower limb categories, although only lower limb impairment is included in the Paralympic Winter Games.

Divisions: Snowboard cross

Court dimensions: N/A

Equipment: Paralympic Snowboard equipment rules are located at the following link: http://www.paralympic.org/AlpineSkiing/RulesandRegulations/Rules

Basic Rules: Paralympic snowboard cross rules are at the following link:
http://www.paralympic.org/AlpineSkiing/RulesandRegulations/Rules
Each athlete competes three runs down the course with their finish time of their best two runs determining the final order based on ascending time. There is only one rider on the course at a time. The event takes place on a man-made course constructed from a variety of terrain features like bank turns, various types of jumps and rollers etc.

**Time limits:** N/A

**Scoring:**

- Snowboard cross: Three timed runs. The fastest two times for an athlete are combined, and the lowest time wins.
- In all events, the penalty for a missed gate is disqualification.

### How to become a Snowboard Paralympian

- Find a Paralympic Sport Club or an Alpine Skiing Cub to find a coach and training group.
  http://findaclub.usparalympics.org
- Acquire some equipment (rent, borrow or buy) that is legal for I.P.C. competition
- Purchase a USSA alpine competitor license and an IPC alpine license which must be at least 1 month before you compete in an IPC Alpine competition. (www.usssa.org)
- Register for classification (usually takes place the first week of December)
- Start competing at the IPCAS or NorAm level events
  http://www.paralympic.org/AlpineSkiing/Calendar

### Links:

- International Paralympic Committee website for rules and rankings and calendars
  http://www.paralympic.org/alpineskiing
- US Paralympics Alpine Skiing information:
Archery

Coaching Certification Resources

**NGB/HPMO:** USA Archery

**Contact:** Randi Smith – National Paralympic Head Coach; (801) 259-9225; rsmith@usarchery.org

**Adaptive Archery Certification:** No

**USAA adapted training integrated into general coaching certification:** Contact Randi Smith for adaptive coaching clinic. 5 Level Certification (1-3: basic skills) [www.teamusa.org/usa-archery/certification](http://www.teamusa.org/usa-archery/certification) (view for coaching certification program information)

Starting in 2013 – people taking the Archery Coaching Certification Level 3-5 will receive information regarding adaptive archery, attend a training camp/clinic and shadowing opportunities.

USA Archery is also looking at adding a Concentration Area to the Coaching Certification Process.

Currently, if a group (such as a Paralympic Sport Club) wants instruction/education on adaptive archery, Randi and/or current Paralympic team members will travel and do a 1-day training, but it would not include a certification.

**Paralympic Archery Fact Sheet**

**Number of players:** Singles, doubles, and team

**Eligible disabilities:** Open to male and female athletes with physical disabilities such as amputation/limb loss, spinal cord injury/wheelchair-users and cerebral palsy/brain injury/stroke; visually impaired athletes are also eligible. Classification is based on the function of an athlete, not their medical diagnosis.
**Athlete classifications:** The archery competition for teams or individuals can be performed in a standing position or from a wheelchair.

- **ARST** – Archery Standing – standing archers have no disabilities in the arms while the legs show some degree of loss of muscle strength, coordination and/or joint mobility.
- **ARW1** – Archery Wheelchair 1 – archers compete from a wheelchair and have disabilities in their arms and legs. They have limitations in range of movement, strength, and control of arms and poor or non-existing control of the legs.
- **ARW2** – Archery Wheelchair 2 – archers are paralyzed in the lower part of the body and compete in a wheelchair.

**Divisions:**

- **Open Recurve:**
  - Individual: Women W1; Men W1; Women W2; Men W2; Women Standing; Men Standing
  - Team: Individual competition is required to shoot on any teams. Teams are – Open Men, Open Women and Mixed (one male, one female)
- **Compound:**
  - Individual: Women Open; Men Open; Women W1; Men W1
  - Team: Individual competition is required to shoot on any teams. Teams are currently Open Men, Open Women, and Mixed (one male, one female). If there are enough
competitors they may offer W1 teams; if not, they are combined (for teams) with the Open Compound shooters.

- Visually Impaired (VI): Women; Men. (changes pending for this Division)

**Range dimensions:**
Target: 122 cm (48 in), Distance to target: 70m (230 ft)
Compound: Target: 80 cm individual, Distance to target: 50 M

**Equipment:** Bow and arrows. Additional equipment recommended (for example, sights and stabilizers) for accuracy and comfort but varies depending on the bow and the style of shooting.

- Assistive devices are only allowed if they have been permitted by an international classifier and are included on the athlete’s classification card. Assistive devices include the following:
  - Wheelchair
  - Chair or stool
  - Block – athletes with legs of different lengths may use a raised platform of any substance under 1 foot – or as a part of the shoe – in order to be more stable when standing.
  - Permitted Body support (ex: strap)
  - Prosthesis
  - Release aid
  - Bow bandage – athletes with a bow arm disability may use the bow tied or bandaged to the hand.
  - Bow arm splint
  - String arm wrist splint
  - Assistant – W1 athletes unable to nock their arrows may have a person to load the arrows onto the bow. These persons may give the athletes any verbal or other assistance, especially regarding the spotting of arrows, and adjusting the bow sight. These persons must not disturb other athletes. The athlete and assistant must be recognizable as partners wearing the same uniform and, where athlete numbers are worn, they must wear the same number.

**Basic rules:** The competition format is identical to that of the Olympic Games. Archers shoot 72 arrows from a distance of 70 meters at a target of 122 cm for recurves. A perfect score is 720. Compound bows are not shot in the Olympic Games. The 50 meter round is used - 72 arrows from a distance of 50 meters at an individual 80 cm target. A perfect score is 720. After the 720 round (for both recurve and compound shooters) archers are bracketed for single elimination competition.

**Scoring:** Identical to able-bodied archery scoring procedures.
How to become an Archery Paralympian

- Train: a minimum of five days each week with a coach or training group. Train with a plan and a purpose – deliberate practice.
- Know what it takes to be good: Study the standards for your classification and event. Know what the high scores are and aim for them. In archery, the standards are scores, and they are different for different classifications. Standards are used for:
  1. Becoming a member of the USA Archery Para Archery Team (Para USAT)
  2. Qualifying for funding for some national and international events
  3. Qualifying for entry into some international competitions
- USA Archery designates specific competitions to be used for qualifying for Para USAT. However, any Star FITA can be used to shoot minimum qualifying scores for other events. A Star FITA is an event registered with USA Archery that meets minimum standards (timing, judges, number of competitors). You can find a list of the competitions on the USA Archery website.
- Selection procedures are published for international competitions. Read these documents so that you know the qualification criteria.
- Compete: as often as possible. Learn the formats for different events and become comfortable with them. Local tournaments can be as valuable as the national events.
- If your performances are close to standards... you will need to:
  1. Make sure you are in touch with the National Coach and sending in results.
  2. Get classified (does not need to be done to compete nationally, but it’s a good idea especially if you are not sure if you will qualify).
  3. Keep competing - more regional and national events. Remember, you can shoot in any Star FITA; it does not need to be a para only event.
  4. Try to attend National Team training camps. Most are by invitation only, so it is important that the Coach knows who you are.
- Classification: Classification for archery is based on function; not on the type of disability or the amount of disability. There are three classification categories: Wheelchair 1 (W1- upper and lower body disability; shoot from a wheelchair); Wheelchair 2 (W2 - lower body disability; shoot from a wheelchair); Standing (ST - upper body or lower body disability; shoot from a chair or standing)
- Compete at the events designated by USA Archery as USAT events and at championships and Trial events. Trials events are used to determine teams that will attend the World Championships and other major international events. Upcoming international events include:
  2015 Parapan American Games
  2015 World Archery Para Championships
  2016 Paralympic Games

Links:
- USA Archery
- USA Archery Calendar
- USA Archery Para Archery
- USA Archery selection procedures
- USA Archery Para USAT procedures
- World Archery
- IPC Archery page
**Boccia**

**Coaching Certification Resources**

**NGB/HPMO:** BlazeSports America

**Contact:** Jeff Jones; (404) 270-2000; jones@blazesports.org

**Certification for adaptive boccia available:** Yes

**Boccia Coaching Certification Program**

- Level I – Local coaches
- Level II – National Coaches
- Level III – International Coaches

**Paralympic Boccia Fact Sheet**

**Number of players:** One-on-One, pairs, or teams of three

**Eligible disabilities:** Persons described as quadriplegic with Cerebral Palsy, Traumatic Head Injury, Stroke Survivors OR persons who have conditions of a non-cerebral origin that effect all four limbs (ex: high spinal cord injury, muscular dystrophy, arthrogryposis, MS, or ALS)

**Athlete classifications:**

- **BC1 Player** – Players with Cerebral Palsy classed as CP1 thrower or CP2 foot player (field event class). BC1 Sports Assistants can look at the court
- **BC2 Player** – Players with Cerebral Palsy classed as CP2 (field event class)
- **BC3 Player** – Players who cannot pick up and throw a ball consistently pass the court v-line and therefore use a ramp to play the sport. These players may have CP or a condition of non-cerebral origin. A BC3 player playing with a Sport Assistant, the Sport Assistant may not look at the court during competition.
- **BC4 Player** – These players have conditions of a non-cerebral origin that affect all four limbs. They can throw a Boccia ball but are unable to throw a ball with the elbow above shoulder level.

**Divisions:**

- **Individual:** BC1, BC2, BC3, and BC4.
  - Competition with players from their own class.
- **Pairs:** BC3 and BC4
  - Two players on court at a time. One substitute allowed.
- **Team:** BC1 and BC2
  - Three players on court at a time, at least one BC1. Two substitutes allowed.
**Court dimensions:** 6 meters X 12.5 meters (19.6 ft X 41 ft) with playing boxes of 2.5m X 1m (8.2 ft X 3.2 ft) at one end; played on a gymnasium floor.

**Equipment:** Boccia Balls: 6 red, 6 blue, and 1 white (the Jack); measuring device; timing equipment; scoreboard; dead ball container; and a red/blue color indicator (similar to a table tennis paddle, so teams can see who is to play). The use of chutes, ramps, and assistive head, arm, or mouth aids is permitted.

**Basic rules:**

- A game will consist of 4 “ends” for individual play and 6 “ends” for team play.
- In individual play, each player will have 6 balls. In pairs, each will have 3 balls, and in teams each player will have 2 balls.
- The red team throws the Jack (white) Ball first, and then follows with the same player’s colored ball.
- The opponent throws next and continues to play until he or she puts a ball closer to the Jack.
- This continues until all balls are thrown.
- After all balls are thrown, the end is scored.
- The player must remain in his or her playing box for the duration of the game.
- If the player is playing with a Sport Assistant, the Sport Assistant may not look at the court.
- When a ball is released, the player must have at least one buttock in contact with the seat of the chair.
- If the Jack Ball is knocked out of the court, it is repositioned on the “Replaced Jack Cross”.

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**PARALYMPIC SPORT COACHES GUIDE**

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Time limits:

- BC1: 4 minutes / Player / end
- BC2, BC4: 4 minutes / Player / end
- BC3: 5 minutes / Player / end
- Pairs BC3: 7 minutes / Pair / end
- Pairs BC4: 5 minutes / Pair / end
- Team: 5 minutes / Team / end

Scoring:

- The referee will score the end after all balls have been thrown by both sides.
- The side with the ball closest to the Jack Ball will score one point for each ball closer to the Jack than the opponent’s closest ball.
- If two or more balls of different colors are equidistant from the Jack and no other balls are closer, each side will receive one point per ball.
- At the completion of the ends, the points scored in each are added together and the side with the higher total score is the winner.

How to become a Boccia Paralympian

- Train: Training for the sport of boccia will take more than just playing the game. To become an elite national player and maybe someday a Paralympian you must know the game, understand the strategies and know all the rules. Elite level players throw or roll hundreds of balls a week. Your training must be more than just tossing out ball after ball. You must develop a short game, a long game, be able to play both sides of the court and develop both an offensive and defensive strategy to the game. The BlazeSports’ website has several practice drills that will help sharpen your overall boccia skills. If you use a Sport Assistant, that person needs to practice with you on a regular basis and know the game as well as you.
- Equipment: Similar to many sports, having the right equipment is key to being competitive in the sport of boccia. There are three main manufactures of boccia balls, but only one, Handi Life Sport produces a Paralympic caliber boccia ball. If you are a BC3 player and use a ramp, there are a number of different designs to consider. Selecting the best ramp for your ability will take time and practice with several different types of ramps.
- Compete: There are a growing number of regional boccia competitions which will provide you with an entry level opportunity to compete in boccia. The next step is to compete at the annual National Boccia Championships. The National Boccia Team is selected from athletes who compete at nationals.
- Paralympic Selection is based on an international ranking system which ranks all the players in the world based on the place they finish in international competitions for each of three years prior to the Paralympic Games. For United States players these events include the 2013
Americas Cup, the 2014 World Championships, the 2015 World Cup and the 2015 Para Pan American Games. BlazeSports uses a similar ranking system to select the National Team.

Links:

- BlazeSports America’s Boccia web page
- BlazeSports America’s National Ranking Procedures
- Boccia International Sport Federation (BISFed)
- IPC Boccia website
- U.S. Paralympics Boccia page
Coaching Certification Resources

**NGB/HPMO:** USACK – United States Canoe & Kayak

**Contact:**
Joe Jacobi; (405) 552-4040 x 4504; joe@usack.org
Gerald Babao; (704) 348-4330; gerald@usack.org

**Certification for National Sprint Coaching Education & Certification Available:** Yes, through USA Canoe/Kayak
**Sport:** Sprint (Canoe/Kayak)
**Email:** info@usack.org
**Web:** [http://www.usack.org](http://www.usack.org)

USACK Coaching Education

**Specific Questions:**
**Contact:** Mac Hickox, National Development Director
**Email:** mac@usack.org

**Certification for Adaptive Paddling Available:** Yes, through American Canoe Association (ACA)
**Sport:** Paddling (Canoe/Kayak)
**Contact:** ACA – American Canoe Association
**Phone:** (540) 907-4460
**Email:** aca@americancanoe.org
**Web:** [http://www.americancanoe.org](http://www.americancanoe.org)

Adaptive Specific Questions:
**Contact:** Janet Zeller, National Accessibility Program Manager
**Email:** jzeller@fs.fed.us

Currently, there is adaptive paddling courses offered through the ACA for anyone interested in getting a certification in adaptive paddling.

There are 3 levels that one can pursue.

1. Adaptive Paddling Instructor (API)
2. Adaptive Paddling Equipment Instructor & Adaptive Paddling Workshop Instructor (APIT) – These 2 are combined
3. Adaptive Paddling Instructor Training Educator (APITE)
Paralympic Canoe/Kayak Fact Sheet

Canoe will be included in the Paralympic Games for the first time in Rio de Janeiro in 2016. The sport is exactly like canoeing for able-bodied athletes, allowing those with physical impairments at all levels to enjoy the sport.

The classification system is based on athletes’ functional ability when it comes to paddling and applying force to the foot board or seat to propel the boat.

Check out the following article in DSUSA’s Challenge Magazine for an introduction to Paracanoe

How to become a Canoe/Kayak Paralympian

- It sounds simple, but it is the hardest thing you will ever do. Below you will find some helpful information on Paracanoe, a new sport for Rio 2016. Paracanoe includes both solo kayak, propelled with a double bladed paddle, and solo va’a, a rudderless outrigger canoe propelled with a single bladed paddle.
- Train a minimum of five days per week, preferably with a coach or training group. You must have “focused” training—have a plan and a purpose for every workout.
- Know what it takes to be good. Know the race times for national and international athletes in your event and classification. Paracanoe does not require you to meet a time standard to race at regional, national, or team selection events. However, you must have enough skill to line up quickly and properly on the start line, and stay in your lane during the race.
- Know which events will compete in your classification. You may compete against athletes with less disability than you, but this may be at a great disadvantage in international competition. Know the selection criteria for international competitions. Note if there is a minimum time standard to make the team, even if you are the fastest competitor at the trials.
- Few opportunities exist to compete in USA Canoe/Kayak competitions. Plan to compete in one or more regional competitions, Trials for the International Canoe Federation Canoe Sprint World Championships (both for able bodied athletes and para athletes), and the USA C/K National Championships. Record your performance in each competition, including time and placing, and list the other competitors to track your personal progress. If you cannot go to competitions, do time trials against anybody who has similar speed, or is willing to push you to your best performance. Videotape the time trials, take 50 meter split times, and analyze your strengths and weaknesses to adjust your training plan.
- National Classification is available at some regional competitions, at the National Championships, and Trials events. National Classifiers can review your medical diagnosis ahead of time and can frequently tell you which classification you will likely compete in.
- Time standards (Military/Emerging, Developmental, National, Elite, and Podium Average) are established yearly, based upon times from the World Championships. Training camps and funding for competitions may be based upon these time standards. Wind, current, and water conditions can make a large difference in times.
Links:

- [IPC Paracanoe](#)
- [International Canoe Federation - Paracanoe](#)
- [USA Canoe/Kayak](#)
- [U.S. Paralympics Clubs](#)
- [Paracanoe Overview](#) (stroke technique, adaptive equipment, resources, competitions):
Coaching Certification Resources

NGB/HPMO: USOC/U.S. Paralympics

Contact: Ian Lawless, Director, High Performance Paralympic Cycling; (719) 866-2348; ian.lawless@usoc.org

Certification for Adaptive Cycling Available: No certification is available

USA Cycling Coaches Certification: Yes, http://www.usacycling.org/coaches
USA Cycling has three coaching levels:
- Level 3 (entry level)
- Level 2 (advanced level)
- Level 1 (expert level)

Paralympic Cycling (Bicycle) Fact Sheet

Number of players: N/A

Eligible disabilities: Open to male and female athletes with physical disabilities such as amputation/limb loss, spinal cord injury/wheelchair-users and cerebral palsy/brain injury/stroke.

Athlete classifications:

- **Cycling Class C1**
  - Neurological:
    - Hemiplegia, spasticity grade 3 in lower and upper limb
    - Diplegia, lower spasticity grade 2-3 in both legs
    - Athetosis or ataxia
    - Locomotor dysfunction, can be mixed pattern (athetosis, spasticity or ataxia
    - Poor functional strength in trunk, and / or in all extremities
  - Amputation:
    - Single amputation of leg, AK, and arm, AE or BE, on same side or diagonal, with or without the use of a prosthesis
    - Double TK amputation with the use of prostheses
    - Double amputation BE + Single amputation AK, no prosthesis.
  - Comparable incomplete spinal cord injury or comparable multiple impaired with a tested point score more than 210 points.
• Cycling Class C2
  o Neurological:
    ▪ Hemiplegic, spasticity grade 2, lower limb more involved
    ▪ Diplegic, lower spasticity grade 3 in both legs
    ▪ Moderate to severe athetosis or ataxia
  o Decrease in muscle strength:
    ▪ Between 160 and 209 Points (Polio, peripheral neurological lesions incomplete Spinal Cord Lesion, HMSN, MS)
  o Amputation:
    ▪ Single AE amputation with or without use of prosthesis + Single TK amputation with the use of prostheses
    ▪ Double amputation BE + Single amputation TK with the use of a lower prosthesis
    ▪ Double BK amputation with the use of prostheses + Single AE amputation without the use of upper limb prosthesis
    ▪ Single amputation AK, no prosthesis, may have a stump support
  o Comparable impairments:
    ▪ Multiple impairments (e.g. amputation with neurological impairments), but fluently movement and control of the bike.
    ▪ Limited ROM of the hip or knee or muscle weakness such that a functional full revolution of the crank is not possible. In this case, the radius of crank must be limited to 0 cm.

• Cycling Class C3
  o Neurological:
    ▪ Hemiplegic with spasticity grade 2, lower limb more involved
    ▪ Monoplegic, spasticity grade 2 in single lower limb
    ▪ Diplegic, lower spasticity grade 2 in both legs
    ▪ Moderate athetosis or ataxia
  o Limited ROM of the hip or knee such that a normal functional full revolution of the crank is not possible.
    ▪ In this case, it is the cyclist’s option to shorten the crank to the optimal size.
  o Amputation:
    ▪ Single AE amputation, no prosthesis + Single BK amputation with the use of a prosthesis
    ▪ Single TK amputation with the use of a prosthesis + Single BE amputation
    ▪ Single amputation TK, with the use of prosthesis
    ▪ Double amputation BK, with the use of prostheses
  o Comparable multiple impairments with a tested point score between 110 and 159 points.

• Cycling Class C4
  o Neurological:
    ▪ Hemiplegic with spasticity grade 1 to 2, lower limb more involved
- Diplegic, lower spasticity grade 1 to 2 in both legs
- Mild to moderate athetosis or ataxia.
  - Limited ROM of the hip or knee such that a normal functional full revolution of the crank is not possible.
    - In this case, it is the cyclist’s option to shorten the crank to the optimal size.
  - Amputation:
    - Single amputation BK with the use of prosthesis + Single BE amputation with or without the use of prosthesis
    - Single amputation BK, with the use of prosthesis
    - Double amputation BE with or without the use of a prosthesis that allows as much functional contact as possible to the handlebar.
  - Comparable multiple impairments with a tested point score between 60 and 109 points.
- **Cycling Class C5**
  - This is the class for athletes with minimum impairments.
  - Neurological:
    - Clear evidence of spasticity
    - Monoplegic spasticity grade 1 to 2 plus clear neurological sings to include
      - Positive uni or bilateral Babinski/Hoffman
      - Noticeably brisk reflexes or clear differences in reflexes left versus right or minimum athetosis or ataxia with clear signs of cerebellar dysfunction.
  - Amputation:
    - Single amputation AE, with or without prosthesis, no functional grip
    - Single amputation BE with the use of a prosthesis.
  - Minimal disability: Amputation of all fingers and thumb (through MCP) or amputation of more than half foot (forefoot).
  - In the case of a single AE-, BE- amputation or a single upper limb dysmelia, the minimal impairment is met if all fingers and the thumb of one hand is missing through the MCP joint or other impairments who are equivalents, without a functional grip. As a proof of the loss of functional grip, the affected athlete will not be able to operate handle-bar mounted gear and brake levers with the affected or impaired limb.
  - Comparable multiple impairments with a tested point score between 20 and 59 points.

**Divisions:**

- **Road Cycling**
  - Men’s Individual Road Race
  - Men’s Individual Time Trial
  - Women’s Individual Road Race
  - Women’s Individual Time Trial
- **Track Cycling**
  - Men’s 1km Time Trial
  - Men’s Individual Pursuit
Event Distances:

- **Road Cycling**
  - Road race circuits for the Paralympic Games shall measure between 7 km and 15 km.
  - Time trial courses can use the same circuits as those used for road races in the same program.
  - The minimum and maximum distances road races shall be:
    - C 5 men: 70 km - 100 km
    - C 4 men: 60 km - 90 km
    - C 3 men: 50 km - 70 km
    - C 2 men: 40 km - 60 km
    - C 1 men: 40 km - 60 km
    - C 5 women: 50 km - 75 km
    - C 4 women: 45 km - 65 km
    - C 3 women: 40 km - 60 km
    - C 2 women: 30 km - 50 km
    - C 1 women: 30 km - 50 km
  - The minimum and maximum distances for time trials shall be:
    - C 5 men: 15 km - 30 km
    - C 4 men: 15 km - 30 km
    - C 3 men: 10 km - 25 km
    - C 2 men: 10 km - 25 km
    - C 1 men: 10 km - 25 km
    - C 5 women: 15 km - 25 km
    - C 4 women: 15 km - 25 km
    - C 3 women: 10 km - 20 km
    - C 2 women: 10 km - 20 km
    - C 1 women: 10 km - 20 km

- **Track Cycling**
  - Division Distance
    - Men – C5, C4, C3, C2, C1: 1000m
    - Women – C5, C4, C3, C2, C1: 500m
  - Individual Pursuit
    - Men – C5, C4: 4000m
    - Men – C3, C2, C1: 3000m
    - Women – C5, C4, C3, C2, C1: 3000m
Equipment: Bicycle

- All request for impairment adaptations to any cycle must be submitted in writing with proper explanation and pictures at least one month before any event that the athlete wants to participate in (date of the event must be provided) for UCI approval. In case the adaptation is approved a certificate will be sent to the athlete to present at any event.
- Artificial handgrips and prosthesis are allowed on upper disabled limbs, but not fixed to the cycle. For reasons of safety in the event of a fall, rigid prosthetic adaptations, mounted or fixed on parts of the cycle, are not allowed.
- An athlete with above knee amputation may use a support for the thigh only if, for safety reasons, there is no fixation of the thigh to the bicycle. This means, that the support may be a half tube attached to the cycle, with a closed base and maximum of 10 cm closed side at the base, but no thigh fixing devices are permitted.

Basic Rules: Paralympic Cycling (Bicycle) follows the standard Union Cycliste Internationale (UCI) rules and regulations.

Time limits: N/A

Scoring: Standard UCI scoring systems.
Paralympic Hand-Cycling Fact Sheet

Number of athletes: N/A

Eligible disabilities: Open to male and female athletes with physical disabilities such as amputation/limb loss, spinal cord injury/wheelchair-users and cerebral palsy/brain injury/stroke.

Athlete classifications:

- **Handbike Class H1**
  - H 1.1: Tetraplegia C6 or above and severe athetosis/ataxia
    - Tetraplegic with impairments corresponding to a complete cervical lesion at C6 or above
    - Complete loss of trunk and lower limb function
    - Limited extension of the elbow with a muscle score of 6 (total of both triceps)
    - Limited handgrip
    - Non-spinal cord injury, but functional ability profile equivalent to class H 1.1
    - Thermo-regulatory system limitations and impaired sympathetic nerve system
    - Severe athetosis/ataxia and elbow extension limitation.
    - Recumbent position in handbike mandatory (AP-bikes)
  - H 1.2: Tetraplegia C7/C8 and severe athetosis/ataxia
    - Tetraplegic with impairments corresponding to a complete cervical lesion at C7/C8 or above
    - Complete loss of trunk and lower limb function
    - Non-spinal cord injury, but functional ability profile equivalent to class H 1.2
    - Thermo-regulatory system limitations and impaired sympathetic nerve system
    - Severe athetosis/ataxia and no elbow extension limitation
    - Moderate asymmetric or symmetric quadriplegia grade 2 in dominant arm or severe spasticity grade 3-4.
    - Recumbent position in handbike mandatory (AP-bikes)

- **Handbike Class H2**
  - H 2.1
    - Paraplegic with impairments corresponding to a complete lesion from Th1 to Th3
    - Very limited trunk stability
    - Impaired sympathetic nerve system
    - Non-spinal cord injury, but functional ability profile equivalent to class H 2.1
    - Recumbent position in handbike mandatory (AP-bikes).
  - H 2.2
    - Paraplegic with impairments corresponding to a complete lesion from Th4 to Th9/Th10
    - Limited trunk stability
- Non-spinal cord injury, functional ability profile equivalent to class H 2.2
- Moderate quadriplegia with/without athetosis/ataxia.
- Severe hemiplegia (non-ambulant)
- Severe diplegia (non-ambulant) and athetosis/ataxia.
- Moderate upper limb involvement spasticity grade 2, severe lower limb involvement spasticity grade 3-4.
- Recumbent position in handbike mandatory (AP-bikes)

- **Handbike Class H3**
  - Paraplegic with impairments corresponding to a complete lesion from Th11 or below
  - No lower limb function or limited function
  - Normal or almost normal trunk stability
  - Non-spinal cord injury, functional ability profile equivalent to class H 3
  - Incomplete loss of lower limb function, functional ability profile equivalent to class H3 or H4, with other disabilities, which prevent the safe use of a conventional bicycle, tricycle or the Kneeling position in a handbike
  - Diplegia and athetosis/ataxia/dystonia (almost normal UE) Hemiplegic with spasticity grade 2-3, lower limb more involved.
  - Recumbent position in handbike (AP or ATP-bike)

- **Handbike Class H4**
  - An athlete who can use the kneeling position must use it and therefore will be classified accordingly.
  - Paraplegic with impairments corresponding to a complete lesion from Th11 or below
  - Double below or Double through knee amputee
  - Single leg amputation (AK), minimal disability below knee amputation (BK)
  - Incomplete loss of lower limb function, with other disabilities, which prevent the save use of a conventional bicycle or tricycle
  - Hemiplegic with spasticity grade 2, lower limb more involved
  - Diplegic, lower spasticity grade 2 in both legs
  - Mild to moderate athetosis or ataxia.
  - Kneeling Position (HK-bike), in case of mobility reduction if prevents kneeling, the athlete can use a recumbent bike in H3

**Divisions:**

- **Road cycling**
  - Men’s Individual Road Race
    - HC 2.1
    - HC 2.2
    - HC 3
    - HC 4
  - Men’s Individual Time Trial
    - HC 1.1
    - HC 1.2
- HC 2.1
- HC 2.2
- HC 3
- HC 4
- Women’s Individual Road Race
  - HC 1.1
  - HC 1.2
  - HC 2.1
  - HC 2.2
  - HC 3
  - HC 4
- Women’s Individual Time Trial
  - HC 1.1
  - HC 1.2
  - HC 2.1
  - HC 2.2

- Track cycling
  - Hand cycling does not offer races in track cycling

Event Distances:

- Road race circuits for the Paralympic Games shall measure between 7 km and 15 km.
- Time trial courses can use the same circuits as those used for road races in the same program.
- The minimum and maximum distances for road races shall be:
  - H 4 men: 50 km - 80 km
  - H 3 men: 40 km - 70 km
  - H 2 men: 40 km - 70 km
  - H 1 men: 25 km - 40 km
  - H 4 women: 40 km - 70 km
  - H 3 women: 30 km - 55 km
  - H 2 women: 30 km - 55 km
  - H 1 women: 25 km - 40 km
- The minimum and maximum distances for time trials shall be:
  - H 4 men: 15 km - 30 km
  - H 3 men: 10 km - 25 km
  - H 2 men: 10 km - 25 km
  - H 1 men: 5 km - 15 km
  - H 4 women: 15 km - 25 km
  - H 3 women: 10 km - 20 km
  - H 2 women: 10 km - 20 km
  - H 1 women: 5 km - 15 km
Equipment: Handcycle

- Either an arm powered (AP), arm-trunk powered (ATP) or kneeling position (HK) three wheeled vehicle with an open frame of tubular construction
- The single wheel may be of a different diameter to the double wheels.
- The front wheel, or wheels, shall be steerable; the single wheel, either front or rear, shall be driven through a system comprising handgrips and a chain.
- The handcycle shall be propelled solely through a chainset and conventional cycle drive train, of crank arms, chainwheels, chain and gears, with handgrips replacing foot pedals.
- It shall be propelled from the hands, arms and upper body mainly.
- In the kneeling position, the athlete’s legs and feet must be supported and protected from the ground surface.
- Disk wheels are accepted for handcycle in the mass start competitions.
- A handcycle shall not measure more than 250 cm in length. Its maximum width shall be 70 cm overall.

Basic rules: Paralympic Hand-Cycling follows the standard Union Cycliste Internationale (UCI) rules and regulations.

Time limits: N/A

Scoring: Standard UCI scoring systems.

Paralympic Tandem Cycling Fact Sheet

Number of athletes: N/A

Eligible disabilities: Open to male and female athletes with blindness or visual impairment.

Athlete classifications:

- **Tandem Class B**
  - Blind or Visual Impaired (VI)
  - From no light perception in either eye up to visual acuity of 6/60 and/or visual field of less than 20 degrees.
  - Classification assessed in the best eye with the best correction (i.e. all athletes who use contact or corrective lenses must wear them for classification, whether they intend to wear them in competition or not).

Divisions:

- **Road cycling**
  - Men's individual road race
  - Men's individual time trial
Event Distances:

- **Road cycling**
  - Road race circuits for the Paralympic Games shall measure between 7 km and 15 km.
  - Time trial courses can use the same circuits as those used for road races in the same program.
  - The minimum and maximum distances for road races shall be:
    - Men: 90 km - 120 km
    - Women: 70 km - 100 km
  - The minimum and maximum distances for time trials shall be:
    - Men: 20 km - 35 km
    - Women: 15 km - 30 km

- **Track cycling**
  - Division distance
    - Men; Women – 1000m
  - Individual pursuit
    - Men – 4000m
    - Women – 3000m

**Equipment:** Tandem bicycle

- The tandem is a vehicle for two cyclists, with two wheels of equal diameter.
- The front wheel shall be steerable by the front rider, known as the ‘pilot’.
- Both riders shall face forward in the traditional cycling position and the rear wheel shall be driven by both cyclists through a system comprising pedals and chains.

**Basic Rules:** Paralympic Tandem Cycling follows the standard Union Cycliste Internationale (UCI) rules and regulations.

**Time limits:** N/A

**Scoring:** Standard UCI scoring systems.
Paralympic Tricycle Cycling Fact Sheet

Number of athletes: N/A

Eligible disabilities: Open to male and female athletes with physical disabilities such as amputation/limb loss, spinal cord injury/wheelchair-users and cerebral palsy/brain injury/stroke.

Athlete classifications:

- **Tricycle class T1**
  - Neurological:
    - Hemiplegia/double hemiplegic, spasticity grade 4 in lower and upper limb
    - Triplegic lower spasticity grade 4 in both legs
    - Severe athetosis or ataxia
    - Severe locomotor dysfunction, can be mixed pattern (athetosis, spasticity or ataxia)
    - Polio, peripheral neurological lesions incomplete Spinal Cord Lesion, no amputees, not able to ride a bicycle
    - Balance for cycling is very poor to poor, a tricycle is required
  - Comparable disabilities:
    - Multiple impairments (e.g. amputation with neurological impairment).

- **Tricycle class T2**
  - Neurological:
    - Hemiplegic, spasticity grade 3, lower limb more involved
    - Double hemiplegic spasticity grade 3
    - Diplegic, lower spasticity grade 3 in both legs
    - Moderate to severe athetosis or ataxia
  - Decrease in muscle strength:
    - Between 160 and 209 Points (Polio, peripheral neurological lesions incomplete Spinal Cord Lesion, no amputees, not able to ride a bicycle)
  - Comparable disabilities:
    - Multiple impaired (e.g. amputation with neurological impairment), but fluently movement and control of the bike.

Divisions:

- **Road cycling**
  - Men’s Road Race
  - Men’s Time Trial
  - Women’s Road Race
  - Women’s Time Trial
- **Track cycling** – Tricycle cycling does not offer races in track cycling
Event Distances:

- **Road cycling**
  - Road race circuits for the Paralympic Games shall measure between 7 km and 15 km.
  - Time trial courses can use the same circuits as those used for road races in the same program.
  - The minimum and maximum distances for road races shall be:
    - T 2 men: 25 km - 40 km
    - T 1 men: 15 km - 30 km
    - T 2 women: 15 km - 30 km
    - T 1 women: 15 km - 30 km
  - The minimum and maximum distances for time trials shall be:
    - T 2 men: 10 km - 20 km
    - T 1 men: 5 km - 15 km

**Equipment:** Tricycle

- The tricycle is a vehicle with three wheels of equal diameter. The front wheel, or wheels, shall be steerable; the rear wheel, or wheels, shall be driven through a system comprising pedals and a chain.
- Recumbent pedal tricycles are not permitted in UCI para-cycling competitions.
- Wheels of the tricycle may vary in diameter between 70 cm maximum and 55 cm minimum, including the tire, using conventional cycle components.
- The width of tricycle double wheels may vary between 85 cm maximum and 60 cm minimum, measured at the center of each tire where the tires touch the ground.
- A tricycle shall not measure more than 200 cm in length and 95 cm in width overall.

**Basic Rules:** Paralympic Tricycle Cycling follows the standard Union Cycliste Internationale (UCI) rules and regulations.

**Time limits:** N/A

**Scoring:** Standard UCI scoring systems.

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**How to become a Cycling Paralympian**

- Learn to Ride: connect with local riding opportunities such as; Paralympic Sport Clubs, rehab hospitals, local cycling clubs, DSUSA Chapters, municipal/county parks and recreation
- Ride for Recreation: to improve health, fitness, self-esteem OR
- Ride for Sport: fun & fitness, organized tours/races, local citizen races
- Learn to Race: ride with other Para-cyclists, local/regional time trials, Learn to Race Camps, Development USHCS Races
• Race in the US: ride with other Para-cyclists, local/regional time trials, state time trial championships, compete in Level B or Development USHCS Races, meet Talent Pool or Military Standards, Land on U.S. Paralympic Coaches radar
• Attend Talent ID Camps: meet USP Coaches, complete Performance Testing, improve skills, hire a personal coach
• Domestic Racer: hone racing skills at U.S. Races, race at USA Cycling Nationals, compete in Level A or B USHCS Races, compete in North American UCI P1 Races
• National B/Development Team Member: hone racing skills at U.S. Races, meet National Time Trial Standard or podium in road races at USAC Nationals, meet standard and/or podium at P1 Events
• International Competitor: race at P1 & WC races abroad, podium at International events and/or maintain National Standard
• Ranked Athlete: reboot training plan for next season, continue improving, make the team for the Games or World Championships
• National A Team Member: finish high at the World Championships or Paralympic Games
• Medalist: podium at the Paralympic Games or World Championships (automatically named to the National A Team)
Coaching Certification Resources

NGB/HPMO: USEF - US Equestrian Federation

Contact: Laureen Johnson, Para Equestrian Director; (908) 326-1153; (859) 258-2472;
lkjohnson@usef.org ; http://www.usef.org

USEF Certification for Para-equestrian (competitive):
No

PATH Certification for therapeutic riding (recreational): Yes
Program: PATH International Therapeutic Horsemanship Certification
Contact:
Amanda Walters: Member Service Manager
Phone: (800) 369-7433 x 126 or (303) 452-1212
Web: http://www.pathintl.org

Through PATH International, there is a Registered Instructor Certification offered. For more information
on this certification, please click on the link/s below, or use the contact information listed above.

Registered Instructor Certification (Therapeutic Riding):
Download the current Certification Process: Registered Instructor Level
http://www.pathintl.org/resources-education/certifications

PDF: Explanation of Certification Program, Registered Instructor

Paralympic Equestrian Fact Sheet

Number of players: Individual or team

Eligible disabilities: Open to male and female athletes with permanent, measurable physical disabilities
such as amputation/limb loss, blindness/visual impairment, spinal cord injury/wheelchair-users and
cerebral palsy/brain injury/stroke/neuromuscular disorders

Athlete classifications:

- **Grade I** – Mainly wheelchair users, impairment of all 4 limbs, or good upper limb function with
  very poor trunk control, may be able to walk with an unsteady gait, however trunk and balance
  are severely impaired.
  - **Grade 1a** – At this level the rider will ride a walk-only test. (Introductory Test)
o **Grade 1b** – At this level the rider will ride walk with some trot work excluding medium trot. (Training Level Test)

- **Grade II** – Mainly wheelchair users or those with severe locomotor impairment involving the trunk and with good to mild upper limb function, those with severe arm impairment and slight leg impairment, or those with severe unilateral impairment.
  - At this level the rider will ride walk and trot, excluding canter. (First Level Test)

- **Grade III** – Usually able to walk without support. Moderate unilateral impairment or moderate impairment in 4 limbs, reduced stature, or severe arm impairment. May need a wheelchair for longer distances due to stamina. Total loss of sight in both eyes. Intellectual impairment.
  - At this level the rider will ride walk, trot, canter and some lateral work. (Second Level Test)

- **Grade IV** – For riders with some visual impairment or impaired function in one or two limbs.
  - At this level the rider will ride approximately equivalent to a Third Level Test. (Third Level Test)

**Divisions:** Events are mixed (men and women compete together).

- Mixed individual championship
  - Grade 1a
  - Grade 1b
  - Grade II
  - Grade III
  - Grade IV

- Mixed individual freestyle
  - Grade 1a
  - Grade 1b
  - Grade II
  - Grade III
  - Grade IV

- Mixed team

**Ring dimensions:** Riders in Grades 1a, 1b, II, and III compete in a 20×40 meter arena. Grade IV riders perform in the standard 20×60 meter dressage arena.

**Equipment:** Competitors must wear the appropriate equipment as stipulated in the FEI Dressage Rules and are only permitted the use of special equipment when this has been formally documented and approved by FEI/International Classifiers. Riders with a visual impairment may use audible signals around the arena perimeters. (Riders who can see the letters would not qualify with a visual impairment.)

**Basic rules:** Paralympic dressage follows the standard [Fédération Equestre Internationale](https://www.fei.org) (FEI) rules with the following modifications:
• Individuals within a grade compete against each other.
• All riders within a grade will ride the same test.
• Para-Dressage riders perform two tests for individual competition:
  o Championship Test with set movements determined by the FEI
  o Freestyle test which is set to music and must include several set movements (also defined by the FEI).
• The Paralympic equestrian competition also includes a team test.
  o Teams consist of 3-4 riders from the same country, with at least one rider who is a Grade I or II.
  o The team’s final score is a combination of the best three performances in the Team Test and the individual Championship Test.
  o If a team consists of four riders, the least successful total score is excluded from the final score.
• Tests range from walk only, to walk, trot, canter, and lateral work.

Time limits: N/A

Scoring:

• A panel of five judges assesses the figures, awarding each a mark from 0 to 10.
• Once totaled, these scores produce a percentage and the rider or team with the highest total score is declared the winner.
• The scoring is based on the obedience and accuracy of the horse's performance as an indication of the rider’s skill.

How to become an Equestrian Paralympian

• First, a national or international Classification must be performed by an FEI approved Classifier in order to participate in Para-Equestrian events. Classification is an attempt to ensure fair equestrian competition. All riders with a permanent, measurable disability who intend to enter national or international competitions must produce a certificate that states their full medical diagnosis to the classifier(s). Impairment is assessed and the resulting Grade and functional profile is combined with other profiles that should have similar ability when mounted. There are Five Grades of competition. Grade Ia and Ib is for the riders with a severe impairment, Grade IV is for the riders with least impairment. The competition within each Grade can then be judged on the functional skill of the rider regardless of impairment. "Impairments are problems in body function or structure such as a significant deviation or loss." Impairments may be broadly classified as physical (including locomotor), intellectual, and sensory. For more information regarding classification, see links to the FEI below.

Application procedure to obtain a Para-Equestrian Identity Card (PE ID card)
Application procedure to use Compensatory aids in FEI Dressage Competitions (CDIs)
Compensation aids document updated 12.04.2011
• **How do I get classified for my sport?** If you are interested in being classified, please contact USEF Director of Para-Equestrian Programs, Laureen Johnson, lkjohnson@usef.org, or (908) 326-1155 and Ms. Johnson will coordinate an approved Classifier from your area.

• **Paralympic training:** Both the United States Para-Equestrian Association (USPEA) [www.uspea.org](http://www.uspea.org) and the United States Equestrian Federation (USEF) [www.usef.org](http://www.usef.org) hold developing and high performance training clinics throughout the year. Please visit the websites of each organization to find information on upcoming clinics.

• **Where can I go to compete in this sport?** At this time, most Para-Equestrian competitions are held abroad. On average, the U.S. holds at least two international level competitions (CPEDI3*) annually. The USEF website, [www.usef.org](http://www.usef.org) allows an individual to search competitions by discipline. In addition, you may visit the FEI website, [www.horsesport.org](http://www.horsesport.org) to obtain information on international competitions. Please note that able-bodied Dressage shows may, upon request, offer Para-Equestrian classes as well.

• **How do I qualify for the National/Elite Team?** As the criteria may change annually, please visit the USEF website at [www.usef.org](http://www.usef.org), breeds/disciplines, disciplines, Para-Equestrian, High Performance to locate the most recent selection criteria. The Para-Equestrian Ranking List will be posted along with Selection Procedures for the upcoming National Championship.

• **How do I qualify for the Paralympic Team?** Please visit the USEF website at [www.usef.org](http://www.usef.org), breeds/disciplines, disciplines, Para Equestrian, High Performance to find the most recent World Equestrian Games/Paralympic Selection Procedures.

• **Who can I contact in my area to help me get started?** USEF Director of Para-Equestrian Activities, Laureen Johnson, lkjohnson@usef.org, or (908) 326-1155.

**Links:**

- USEF Website
- USPEA website
- International FEI website
- United States Dressage Federation
Coaching Certification Resources

NGB/HPMO: USABA – United States Association of Blind Athletes

Contact: Mark Lucas: Executive Director for USABA; 719-866-3224; m lucas@usaba.org

John Potts: Sports Director (High Performance) for Goalball; 719-534-3805; JPotts@usaba.org

Adaptive certification for goalball available: Currently, there is no certification/training available for the sport of goalball. However, if you’d like to learn more about the sport, please use the contact information provided above.

Paralympic Goalball Fact Sheet

Number of players: 3 vs. 3

Eligible disabilities: Visually impaired athletes

Athlete classifications: All players wear eye masks to block out light and thus equalize visual impairment between the athletes.

Court dimensions: 18m long by 9m wide (59 ft X 29.5 ft), played on a gymnasium floor or similar smooth surface. The court is divided every 3m (9.8 ft) along its length to make six areas. All lines will be marked with tape, and the tape will have string underneath to assist with player orientation. The goals will extend across each end of the court, 9m (29.5 ft) across and 1.3m (4.2 ft) high.
Equipment: 1 Goalball (24-25cm (9.4in) in diameter, 75.5cm (29.7in) in circumference, 1.250kg (2.75lbs) in weight, 8 sound holes, 2pcs bells inside); eyeshades which completely block all vision; elbow pads; knee pads

Basic rules:

- The purpose of the game is for each team to roll the ball across the opponent’s goal line while the other team attempts to prevent this from happening.
- The Goalball makes noise when it is in motion so that the players can locate it audibly. For this reason, silence at events is vital.
- Players take turns throwing the ball, end to end, at each other’s goal.
- Any time a ball is thrown out over the side line, the referee will call “out”. A referee or goal judge will drop the ball back into play.
- When a thrown ball comes to rest in the team area of the defending team, without a defending player touching it, this will be a dead ball. The referee will blow the whistle and call “dead ball.” A “dead ball” will also be called if the thrown ball hits the goal post/crossbar without touching a defending player and comes to rest in the team area, landing area, or first half of the neutral zone. The whistle will not be blown until the ball has completely stopped its motion.
- Each team will be allowed 4 time outs of 45 seconds during the game. Once one team has called a time out both teams may use the time out.
- Each team will be allowed 4 substitutions during regulation time.
- The same player may be substituted more than once.
- A team must throw the ball across the center line of the court within 10 seconds of the team’s first defensive contact with the ball.
- Any excessive noise made by any member of the throwing team while another player is throwing or after the ball has been released which prevents the defending team from tracking the ball, will be penalized.

Time limit: Two, 12-minute halves with a 3 minute intermission between halves. Teams will change sides of the court at halftime.

Scoring:

- Any time the ball is in play and completely crosses a goal line, a goal is scored.
- A goal cannot be scored by an official passing the ball in to play.
- The team with the most goals at the end of time will be the winner.
- If at any time during the game one team leads the other team by 10 goals, the game is finished.
How to become a Goalball Paralympian

Becoming a Goalball Paralympian is a distinction very few athletes can claim. Becoming a Paralympian in any sport requires commitment and perseverance, the ultimate reward is certainly worth the effort involved.

- **Learn about goalball and what it takes to be good.** If goalball is new to you, reviewing this outline is the first step to learning about the sport. There is a great deal of information highlighted in the links listed below that will provide you valuable information regarding the origins of goalball, sport rules, standards and classification guidelines. Study the standards and selection standards established for each major international competition so you know the qualification criteria. Additionally, the internet contains video footage of actual goalball games that will help you better understand the sport and experience the excitement of the Paralympic Games.

- **Train for success.** Like anything worth undertaking, you’ll get out your training effort what you put into it. You should train for a minimum of five days per week under the supervision of a coach. There are three types of training you need to undertake to succeed:
  1. General training that will help increase your overall strength and endurance
  2. Sport-specific individual training like throwing form and accuracy, and defensive form that is focused on refining your individual goalball skills
  3. Team training that will help integrate your individual skills as part of a goalball team.

- **Find and join a team in your area.** There are teams located across the United States for all ages and abilities and new teams are starting all the time. If you need help finding a team, the United States Association of Blind Athletes: [www.usaba.org](http://www.usaba.org) can help you find a team. To confirm you meet the vision requirements to play goalball at a national or international level you will want to become nationally classified. Vision requirements and application procedures can be found here: [http://www.teamusa.org/US-Paralympics/Sports/Goalball/Classification.aspx](http://www.teamusa.org/US-Paralympics/Sports/Goalball/Classification.aspx)

- **Compete** as often as you’re able. USABA hosts several major tournaments a season and there are also a number of smaller tournaments held across the United States throughout the year. Our coaches routinely attend these tournaments to observe athlete performance and to provide feedback to athletes regarding their performances. Submit a proof of performance form for each competition.

- **Excel.** The more you train and compete, the better your chances are to excel as a goalball athlete. Athletes who routinely train, compete and lead their teams to success are often invited to attend national team training and trials camps. At these camps, you will be asked to submit regular training and competition reports to the coaching staff. Athletes from this select pool may also be selected to
compete in international competitions. An athlete at this level will also want to strive to compete as a member of Team USA for Paralympic qualification events such as:

- IBSA World Goalball Championships
- Parapan American Games
- IBSA Paralympic Goalball Qualification Tournament

Eligibility will be outlined in the Selection Procedures for each qualification event. Top athletes who participate in these events are prime candidates for Paralympic goalball teams.

Links:

- IPC Goalball
- International Blind Sports Federation (IBSA) Goalball
- United States Association of Blind Athletes (USABA)
- USABA event calendar
- Find a Paralympic Sport Club
- IBSA Athlete Classification
Coaching Certification Resources

NGB/HPMO: USA Judo

Contact: Eddie Liddie; (719) 866-3683; eddie.liddie@usajudo.us, Marc Vink: Team Leader for Paralympics – Developed & Instructs the current adaptive Judo course (Blind & Visual Impairment) (609) 605-3495; marc.vink@willis.com

Certification for adaptive judo available: There is an adaptive Judo component integrated within the general coaching certification through USA Judo.


Paralympic Judo Fact Sheet

Number of players: 1 vs. 1

Eligible disabilities: Blind/visually impaired athletes, both male and female.

Athlete classifications: B1, B2 or B3 based on visual impairment.

Mat dimensions: 8m (26ft) square mat.
Equipment: Standard judo mat.

Basic Rules: Paralympic judo follows all standard judo rules and regulations with the following modifications:

- Judges will shout out when contestants get too near the edge of the mat
- At the beginning of the match, both competitors start with a loose grip on each other’s Judo suits (as opposed to able-bodied judo in which the competitors are not touching at the start of the match)

Time limits:

- Junior division (under 17 years): One round of 3 minutes
- Senior division (17+ years): One round of 5 minutes
- Masters division (30+ years): One round of 3 minutes

Scoring: Standard judo scoring procedures.

How to become a Judo Paralympian

- Train a minimum of 3 days per week at a club with a certified judo coach. It’s helpful if the coach is familiar with International Blind Sports Federation (IBSA) judo rules. You must have a measureable and “focused” training plan including a purpose.
- Compete in a minimum of 8 competitions per year including both able-bodied and visually impaired events. Events include but not limited to: local competitions, state games and championships, regional and national events.
- Compete in the USA Judo National Championships for the Blind and Visually Impaired to earn national roster points for considered funding to international events. You will have to compete, and win matches, in at least one or more IBSA qualifying competitions to secure a slot to the 2016 Paralympic Games. The 3 qualifying competitions include:
  2013 A World Judo Championships for the Blind and Visually Impaired
  2014 IBSA World Championships and Games
  2015 IPC Parapan American Games
- Once your performances are getting close to standards for international competition, assemble a team to assist in fundraising. There are several fundraising opportunities through state blind organizations, Lions Clubs, and judo scholarships.

Links:

- USA judo information and calendar of events
- General information and calendar of events
- General information about international judo
- USA Judo, High Performance Director: eddie.liddie@usajudo.us
- USA Judo, High Performance Coordinator: denise.thomas@usajudo.us
Coaching Certification Resources

**NGB/HPMO:** University of Central Oklahoma UCO Powerlifting site; [www.ucotrainingsite.com](http://www.ucotrainingsite.com)

**Contact:** Kim Stuck, Program Specialist; kstuck1@uco.edu; find additional information at [www.disabledpowerlifting.com](http://www.disabledpowerlifting.com)

**Certification for powerlifting available:** Yes;

1. See information on the UCO website regarding what the steps are to become a powerlifting Coach: Knowledge of the body and how it work mechanically from an anatomical and physiological perspective.
2. Knowledge of the various disability categories that are eligible to compete in Powerlifting. Les Autres/CP/ amputee/dwarfism
3. Knowledge of the bench press and the IPC RULES
4. Five years’ experience at a National level coaching athlete/athletes with disabilities
5. Preferred Personal Trainer certification
6. Completion of the Coach Education program at UCO along with a passing grade on final exam of at least 90% on the final test of IPC rules, anatomical/physiological workings of the body and coaching content.

**Paralympic Powerlifting Fact Sheet**

**Number of players:** N/A

**Eligible disabilities:** Amputee classes A1 to A4; Les Autres classes with minimum disability; Cerebral Palsy classes; Spinal Cord Injury classes.

**Athlete classifications:**

- **Bodyweight categories - WOMEN:**
  - 41.00 kg
  - 45.00 kg
  - 50.00 kg
  - 55.00 kg
  - 61.00 kg
  - 67.00 kg
  - 73.00 kg
  - 79.00 kg
  - 86.00 kg
  - + 86.00 kg

- **Bodyweight categories - MEN:**
• Additions to the bodyweight will be made for **amputees** as follows:
  - For each through ankle amputation: \( \frac{1}{2} \text{ kg up to } -67.50 \text{ kg} \) \( \frac{1}{2} \text{ kg from } +67.5 \text{ kg up to } +100 \text{ kg} \)
  - For each below knee amputation: 1 kg up to –67.50 kg \( 1 \frac{1}{2} \text{ kg from } +67.5 \text{ kg up to } +100 \text{ kg} \)
  - For each above knee amputation: 1 \( \frac{1}{2} \text{ kg up to } -67.50 \text{ kg} \) 2 kg from +67.5 kg up to +100 kg
  - For each hip disarticulation: 2 \( \frac{1}{2} \text{ kg up to } -67.50 \text{ kg} \) 3 kg from +67.5 kg up to +100 kg

**Court dimensions:** N/A

**Equipment:**
- Platform, Bar, Discs, Collars, Bench, Wedge (for CP lifters), Lights

**Basic rules:**
- **Powerlifting is the Bench Press.**
- Athletes draw lots to determine order of weigh-in and lifts.
- After the athletes are categorized within the 10 different weight classes (male and female), they each lift three times (competing in their respective weight class).
- Athletes must be able to grip the bar with thumb and fingers and be able to extend both their arms at the same time.
- Competitors must lower the bar to the chest, hold it motionless on the chest and then press it upwards to arm’s length with locked elbows.
- Any lifter is allowed to be strapped to the bench with the official strapping belt or with his personal strapping belt.

**Time limits:**
- From calling the name, country and weight until the start signal, the competitor has two (2) minutes. A second call and signal marks the last minute.
- If a lifter is following himself (e.g. fourth record attempt), he shall receive three (3) minutes instead of two (2) minutes to make his next attempt.

**Scoring:**

- The heaviest "good lift" (within the weight class) is the lift used for final placing in the competition.
- Causes for disqualification:
  - Failure to observe the referee’s signals at the commencement or completion of the lift.
  - Any change in the elected lifting position during the lift proper (e.g. shoulders, buttocks or feet) from their original points of contact with the bench, or lateral movement of the hands on the bar.
  - Heaving, bouncing or sinking the bar after it has been motionless on the chest.
  - Any uneven extension of the arms during the lift.
    - The lifter’s arms must extend at the same rate/speed and the elbows lock out together, however, the bar need not be complete horizontal.
  - Any downward movement of the bar in the course of being pressed out.
  - Failure to press the bar to full extension of the arms at the completion of the lift.
  - Contact with the bar by spotter/loaders between the Chief Referee’s signals.
  - Deliberate contact between the bar and the bar rest supports during the lift in order to make the press easier.
  - Passed time.

**How to become a Powerlifting Paralympian**

- **Train:**
  - Start lifting weights and make sure to lift with your legs up
  - Get familiar with the IPC Rules and Regulations
  - Attend a local, regional or national meet
  - Attend a training camp at UCO- the training camp will give you the building blocks and foundation of what you will need in your Paralympic career.

- **Be IPC Ready:**
  - Get your IPC Classification
  - Get your IPC License
  - Obtain an IPC Passport (You must have your IPC passport with you at all IPC sanctioned competitions or pay 100 euro to compete. The athlete will be responsible to pay this fee if you don't have your IPC passport)
  - Enroll in the USADA Program

- **Compete:**
  - Compete at an IPC Sanctioned Powerlifting Meet (you must compete at least once a year)
  - Lift the IPC Minimum standards
  - Compete at the 2014 World Championships
o Compete at the 2015 Para Pan American Games
o Compete at the 2016 Paralympic Games

Links:

- General Powerlifting Information
- IPC Rules and Regulations
- Classification, IPC License and Passport:
- www.ucotrainingsite.com
- www.disabledpowerlifting.com
Coaching Certification Resources

NGB/HPMO: US Rowing

Contact: Willie Black: US Rowing Coaching Education Program ; (317)450-3229; willieb@usrowing.org
Tom Darling: Director, Para-Rowing; tdarling@usrowing.org

Certification for Para-Rowing available: No, currently being developed.

Para-Rowing review integrated into general coach certification: Yes. Currently, there are 3 levels of certification within the general rowing coaching certification process. In level III (intermediate level), Para-Rowing is reviewed slightly.

http://www.usrowing.org/DomesticRowing/Coaches/CoachingEducation.aspx

Paralympic Rowing Fact Sheet

Number of players: 1, 2, or 4 rowers

 Eligible disabilities: Open to male and female athletes with a variety of physical disabilities.

Athlete classifications:

- LTA – PD, VI, [Leg, Trunk, and Arm – Physical Disability, Visual Impairment (B1 or B2)]
  - Rowers who have functional use of their legs, trunk, and arms for rowing, and who can utilize the sliding seat to propel the boat.
- TA – Trunk and Arms
  - Rowers who have functional use of the trunk and who are not able to use the sliding seat to propel the boat because of significantly weakened function or mobility of the lower limbs.
- AS – Arms and Shoulders
  - Rowers who have minimal or no trunk function (i.e. shoulder function only); able to apply force predominantly using the arms and/or shoulders. These athletes will likely also have poor sitting balance.

Divisions:

- LTA Mixed Coxed Four (LTA Mix4+)
- TA Mixed Double Sculls (TA Mix2x)
- AS Men’s Single Sculls (AS M1x)
- AS Women’s Single Sculls (AS W1x)
- In Mixed adaptive events half of the rowers in a crew shall be men and half shall be women.
- In the 4+, the coxswain may be of either sex.
- An LTAMix4+ crew may include a maximum of two rowers whose disability is visual impairment, only one of whom may have a sport class of LTA-B3.

**Course dimensions:** For adaptive events the length of the standard course shall be 1,000 meters straight.

**Equipment:** The hull of the Para-Rowing boat is identical to able-bodied boats. The adaptive TA2x and ASIx are built to FISA specifications and are equipped with fixed seats, which vary according to the disability of the rower. To date, there are no other specifications on the seat apart from the following:

- The LTA4+ has a sliding seat; the other two boat classes have fixed seats.
  - The TA 2x has a seat which offers ‘complimentary support’.
  - The AW1x and AM1x are equipped with a seat which offers ‘postural support’ to those individuals with compromised sitting balance (i.e. Spinal cord injury, Cerebral Palsy). This ensures that the upper body is supported and kept in a fixed position.

**Basic rules:** Para-Rowing follows all rules applying to World Rowing Championships and international regattas with the following modifications:

- For adaptive events there is no restriction on coxswains in respect of adaptive eligibility, sex or age. The minimum weights of coxswains shall apply to adaptive events.
- Rowers classified as visually impaired must wear FISA or IBSA approved eyewear at all times when on the water during training, warm up, cool down, and competition from the opening day of the course until completion of the final race of their competition. Such eyewear shall completely block all light.
Time limits: N/A

Scoring: Standard FISA (International Rowing Federation) scoring applies.

How to become a Rowing Paralympian

- Para-Rowing is rowing or sculling open to both male and female rowers with a disability who meet the criteria set out in the Para-Rowing Classification Regulations and Bye-Laws. The sport is practiced by athletes in at least 27 countries from 5 regions and continues to grow. It was introduced into the Paralympic program in 2005 and held its first Paralympic events in Beijing in 2008. At the second appearance of rowing at the 2012 London Paralympic Games, 23 countries competed for 12 medals in four events with a total of 48 boats and 96 rowers. The medals were spread among nine countries. Para-Rowing is currently divided into five boat classes: LTAMix4+, LTAMix2X, TAMix2x, ASW1x, and ASM1x. The LTA and TA are mixed gender boats. Races are held over 1000 meters for all five events.

- Learn to Row! There are hundreds of rowing clubs in the US along with fitness centers that use C2 rowing ergometers. Interested athletes can find a location near them using USRowing.com to locate the closest resource. You may also contact members@usrowing.org to inquire about the nearest location.

- Once you get the hang of it, you can measure your scores from the C2 against the standards used for National Team Identification. These scores can be found at USRowing.com under the National team tag and then click on National Team testing.

- Once an athlete becomes proficient they may be invited to a development or selection camp, or they may participate in an open trials for a team spot. Trials information is located under the National team tag – Para Rowing – Selection procedures each year.

Links:

- World Rowing
- USRowing
Coaching Certification Resources

NGB/HPMO: US Sailing

Contact: Betsy Alison: Paralympic Coach: (401) 848-5146; BetsyAlison@ussailing.org; www.ussailing.org

Certifications for adaptive sailing available: There is an Adaptive Sailing Resource Manual that you can request online at http://adaptive.ussailing.org/ResourceManual.htm. As referenced, the Manual is the National Standard for quality sailing instruction in cooperation with the International Association for Disabled Sailing.

Paralympic Sailing Fact Sheet

Number of players: 1, 2, or 3 sailors – varies depending on boat class

Eligible disabilities: Open to male and female athletes with physical disabilities such as amputation/limb loss, blindness/visual impairment, spinal cord injury/wheelchair-users and cerebral palsy/brain injury/stroke.

Player classification: For detailed individual classification requirements, see:

Boat classes:
- 2.4mR (single-person keelboat)
- SKUD-18 (two-person keelboat)
- Sonar (three-person keelboat)

Equipment: 2.4mR, SKUD-18, or Sonar boat.
**Basic rules:** Paralympic sailing follows the standard Racing Rules of Sailing (RRS) with the following modifications:

- **Adaptations:**
  - Shall comply with existing class rules
  - Shall not raise the sailor more than 200 mm above the existing seat level (except SKUD18')
  - Shall not improve the sailor’s performance beyond that of an able-bodied person
  - Shall not materially change the sailing characteristics of the boat

- **In the three-person keelboat event:**
  - The combined points for the three-person boat discipline shall not exceed fourteen.
  - At least one crew member shall remain entirely in the cockpit, and shall not be permitted to sit or lie on the side deck and shall not hike out.
  - Members of the crew shall not go forward of the shrouds or onto the cabin top except temporarily to clear a line or in case of an emergency.
  - In events where the Sonar is the designated equipment, the legs, buttocks and torso of one crew member shall remain aft of the traveler at all times.

- **In the Paralympic two-person keelboat event where the SKUD18 is the designated equipment:**
  - At least one crewmember shall be female, and at least one crew member shall meet the classification criteria for TPA. These two requirements may be met by the same person.
  - One crew member shall be designated the ‘Trimmer’, and may adjust sheets, halyards and other sail control lines. The Trimmer shall not steer the boat while racing.
o One crew member, classified as TPA, shall be designated the ‘Helmsperson’, and shall steer the boat all times while racing. Only one sail control line, which shall not include sheets, the spinnaker halyard or the spinnaker retrieval line, may be led to the Helmsperson’s position.

o Where centerline seating is specified, in accordance with SKUD Class Rules, the Helmsperson shall occupy the aft seat and the steering mechanism shall be accessible and operable only from that position.

**Time limits:** Course length shall be calculated so as to have a race whose target time is between 50 and 75 minutes for the first boat to finish.

- Total time on the water shall not exceed 6 hours except with the consent of the Technical Delegate if one has been appointed.

**Scoring:** Standard RRS scoring applies.

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**How to become a Sailing Paralympian**

- Get involved - Sailing in a local community sailing program is the best way to start! Many local programs have great instructional courses in basic, intermediate and advanced sailing. If you are competitive and interested in racing, seek out a coach from the sailing center or local club. You don’t need to start racing on a Paralympic boat, just get on a race boat to gain experience in competition.


- Know what it takes to be world-class
  1. Go through sailing classification and maintain a high level of fitness
  2. Begin to compete in a specific Paralympic sailing class as an individual or part of a team: 2.4mR (one person); SKUD-18 (two person); or Sonar (three person). Each class has its own eligibility criteria: IFDS Race Management Rules Part 1, Section 5 [http://www.sailing.org/sailors/disabled/competition.php](http://www.sailing.org/sailors/disabled/competition.php)
  3. Compete regularly in local, regional and international events such as the U.S. Disabled Championships [http://championships.ussailing.org/Adult/USDisabledChampionship.htm](http://championships.ussailing.org/Adult/USDisabledChampionship.htm)
  4. Work with a national team coach to set a training plan both short- and long-term
  5. Study the paths of the current national team members [http://sailingteams.ussailing.org/Teams/USSTSTS13.htm](http://sailingteams.ussailing.org/Teams/USSTSTS13.htm)
• Work hard to make the US Sailing Team - Each year, a national team is selected from eligible athletes/teams competing in specified U.S. selection events: http://sailingteams.ussailing.org/Selection/GPara.htm.

• Compete and train regularly - The best sailors train and compete relentlessly. Recognizing and applying tactical and strategic knowledge is critical to the sport of sailing. The best sailors live and breathe the sport. They study the game.

• Win the U.S. Paralympic Sailing Trials – Podium at the Paralympic Games: Criteria for Paralympic Trials are posted well in advance of the event(s). Selection standards are clearly defined so that the winner of each of the disciplines at the U.S. Trials goes on to compete in the Paralympic Games. http://sailingteams.ussailing.org/Selection/Paralympic_Games.htm

• Annual events include:
  o ISAF Sailing World Cup Miami – January
  o Robie Pierce One-Design Regatta – May
  o C. Thomas Clagett Jr. Memorial Regatta – June
  o North American Challenge Cup – July
  o America’s Disabled Open Regatta – December
Coaching Certification Resources

NGB/HPMO: USAS – USA Shooting

Contact: Bob Foth: National Paralympic Coach; (719) 866-4881; bob.foth@usashooting.org (email preferred)

(USAS) Certification for adaptive shooting available: No, contact USA Shooting above.

(NRA) Adaptive certification integrated into general coaching certification: Yes
http://www.nrahq.org/education/training/coaching/levels.asp

Paralympic Shooting Fact Sheet

Number of players: Individual

Eligible disabilities: Open to male and female athletes with physical disabilities such as amputation/limb loss, spinal cord injury/wheelchair-users and cerebral palsy/brain injury/stroke.

Athlete classifications: In Paralympic competition, shooting classification is divided into two classes:
- **SH1**: Pistol and Rifle competitors that do not require a shooting spring stand.
- **SH2**: Rifle competitors who have no ability to support the weight of the rifle with their arms and therefore require a shooting spring stand.

Divisions:
- **Rifle events:**
  - Air Rifle, 10m Range
    - Men’s 10m Standing – R1
    - Women’s 10m Standing – R2
    - Mixed 10m Prone- R3, R5
    - Mixed 10m Standing – R4
  - .22 Rifle, 50m Range
    - Mixed 50m Prone (.22 Free Rifle) – R6
    - Women’s 50m 3x20 (.22 Sport Rifle) – R8
      - 20 shots each of Kneeling, Prone, and Standing
    - Men’s 50m 3x40 (.22 Free Rifle) – R7
      - 40 shots each of Kneeling, Prone and Standing
Notes:

- Kneeling: seated with single elbow support
- Prone: seated with both elbows supported on a shooting table (or on the ground for R6 50m Prone Mixed)
- Standing: standing or seated with no elbow support

- **Pistol Events**
  - Air Pistol
    - Men’s 10m – P1
    - Women’s 10m – P2
  - .22 Pistol
    - 25m Mixed (sport pistol) – P3
    - 50m Mixed (free pistol) – P4

**Range dimensions:** Distances of 10, 25, and 50m.

**Equipment:** Air Rifle, .22 Rifle, Air Pistol, .22 Sport Pistol, .22 Free Pistol; 4.5mm (.177 cal) diameter pellets (for 10m events with Air Rifle or Air Pistol); 5.6mm bullets (.22 cal for 25m Pistol, 50m Pistol and Rifle events); Target (type of target depends on type of gun used)

**Basic rules:** Paralympic Shooting follows the International Shooting Sport Federation (ISSF) rules.

**Time limits:** See IPC rulebook section 8 as times vary by event and if paper or electronic targets are used.

**Scoring:**

- The goal of Shooting is to place a series of shots in the center of the bull's-eye.
• The target is comprised of 10 concentric scoring rings with a score grade of 1 to 10, the central ring giving 10 points.

• In the final, the rings are subdivided into 10 more score zones with 10.9 being the highest possible score.

• Each competition consists of a qualification and a final round (for the top 8)

• The winner is the competitor who qualifies for the top 8, then shoots the highest final score.

### How to become a Shooting Paralympian

Two things—train and compete!

It sounds simple, but it is the hardest thing that you will ever do. Below you will find some helpful information.

**Classification:**  [http://www.paralympic.org/Shooting/RulesandRegulations/Classification](http://www.paralympic.org/Shooting/RulesandRegulations/Classification)

**Rules:**  Know the rules for IPC Shooting  [http://www.paralympic.org/Shooting/Rules](http://www.paralympic.org/Shooting/Rules)

**Train:**  a minimum of five days per week with a coach or training group. You must have “focused” training—train with a plan and purpose.

**Know what it takes to be good:**  Study the standards for your classification and event(s). Standards are the minimum requirements of an event and scores. There are different standards established for:

1. Entering Trials/National Championships
2. Qualifying for entry into international competitions (i.e., Para-Pan American Games, World Championships, Paralympic Games, etc.)
   - U.S. Paralympics accepts results from official competitions (i.e., IPC Shooting Approved events, USAS competitions, local, state regional and national competitions approved by USAS)
   - Selection Procedures are published for each international competition. Read these documents so that you know the qualification criteria.

**Compete:**  in a minimum of eight competitions per year. Submit a proof of performance form for each competition.

**If your performances are getting close to standards; you need to:**

1. Compete in USAS/IPC approved events.
2. Register for an IPC International Classification.

**Compete in USAS events:**  such as Winter Air Gun Championships, military para shooting events (if military), Endeavor or Thunder-in-the-Valley Games, monthly CMP matches, all USAS trials in events you are eligible.

Qualify for the “Development Team”
Qualify for the “National Team”
Links:
- IPC Shooting Approved events
- USAS calendar of events
- Find a Paralympic Sport Club
- USAS Paralympics
- IPC Shooting - World Rankings
- IPC Shooting Classification:

Contacts

Bob Foth, USAS National Paralympic Shooting Coach/Manager; bob.foth@usashooting.org; 719-866-4881

Thomas Monto - Assistant National Paralympic Coach t8monto@aol.com
Sitting Volleyball

Coaching Certification Resources

NGB/HPMO: USA Volleyball

Contact: Elliot Blake; 405-974-3153; elliot.blake@usav.org

Certification for adaptive volleyball (sitting) available: No

Adapted training/emphasis area is integrated into general coaching education: Yes


Paralympic Sitting Volleyball Fact Sheet

Number of players: 6 vs. 6

Eligible disabilities: Open to male and female athletes with physical disabilities such as amputation/limb loss, spinal cord injury/wheelchair-users and cerebral palsy/brain injury/stroke.

Court dimensions: Played in a gymnasium on a 6m X 10m (19’8.25” X 33’9.75”) court with a men’s net of 1.15m (45.25in) or a women’s net of 1m (41.25). Attack lines are drawn parallel to the centerline and 2m (6.5 ft) from the middle of the center line.
**Equipment:** Standard volleyball

**Basic rules:** Sitting volleyball follows standard standing volleyball rules and regulations with the following modifications:

- The position of each player is determined and controlled by the position of their bottoms. This means that the hand(s) and/or leg(s) may lie in the attack or free zone outside the court.
- “Bottom” is defined as the upper part of the body, from shoulder to one’s buttocks.
- A player’s legs may penetrate the center, service, and attack lines provided they do not interfere with an opposing player.
- The player is not allowed to lift his/her bottom from the court when executing any type of attack-hit.
- The player must have contact with the court with some part of the upper part of the body at all times when playing the ball.
- Blocking the serve is legal.

**Time limits:** Sitting volleyball is a score-based game and therefore has no time limits.

**Scoring:**

- The match is won by the team that wins three sets.
- A set is won by the team which first scores 25 points with a minimum lead of two points.
- In the case of a 2-2 set tie, the deciding (5th) set is played to 15 points.

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**How to become a Sitting Volleyball Paralympian**

- The U.S. Men’s and Women’s Sitting Volleyball Teams are based at the University of Central Oklahoma (UCO), in Edmond, Oklahoma (just north of Oklahoma City). Several of the national team members have relocated to train daily as part of a resident athlete program at UCO. Those who do not live near campus travel to the training site once every 4-6 weeks for national team training camps. These camps run over a three day weekend, and are very intense team-oriented training sessions.
- The teams are always looking to identify new potential team members to join the program. The coaches and/or staff of the Sitting Volleyball program look to identify athletes who have...
significant athletic potential. This may include identifying several abilities of an athlete to
include speed, power, flexibility, eye-hand coordination, tracking, anticipation, and coach-
ability. Possessing actual volleyball experience or knowledge is not a necessity, however it is
helpful.

- For an athlete to be identified, an evaluation of their physical abilities and volleyball skills must
take place. Ways to be evaluated include an athlete requesting an opportunity to visit and take
part in a one-on-one tryout at the national team training site located at UCO. Another method
would be taking part in a sitting volleyball clinic that is put on in your community and led by a
U.S. Sitting Volleyball staff member. If either of these methods is not easily attainable, then
special arrangements could be made to schedule a training session with a local volleyball coach
and submitting video footage from the session.

- If you are identified as a potential athlete, you will first be invited to join our A2 team to learn
and develop your individual volleyball skills, while also learning team strategies. However,
because the A2 team only comes together for training once every 8-10 weeks, it is strongly
encouraged that new athletes consider moving to the national team training site for daily
training. From past experience, we know that a new athlete who only attends the training
camps may not be ready to compete for the national team until after 4-5 years of training. Yet
an athlete who takes part in the resident program can be ready to join the national team within
1-2 years.

- Being invited to join Team USA is an honor and a privilege. It is a commitment that you will have
to make for yourself and to the team. Yet the opportunities to travel and compete
internationally will become memories that last your lifetime. For more information, contact us
by email at sitting.volleyball@usav.org or by phone at 405-974-3153.
**Paralympic Soccer Fact Sheet**

**Number of Players:** 7 vs. 7

**Eligible disabilities:** Open to male athletes with cerebral palsy, brain injury, or stroke.

**Athlete classifications:** Players competing in Football 7-a-side are given a sport class based on their level of disability. Eligible classes are:

- **C5:** Athlete with diplegia. Both legs affected (spasticity or atrophy)
- **C6:** Athletes with control and coordination problems, primarily of their upper limbs, especially when running.

**Contact:** Dana Schoenwetter; Dana.Schoenwetter@usoc.org

**Coaching certification/licenses completed through U.S. Soccer**
• **C7**: Athletes with hemiplegia.

• **C8**: Minimally disabled athletes; they must meet eligibility criteria and have an obvious impairment that has impact on the sport of football.

• Teams must field at least one class C5 or C6 player at all times.

• No more than one player of class C8 is permitted to play at the same time.

**Field dimensions:** Played on a 75m x 55m (246 ft X 180 ft) field with a 5m x 2m (16.4 ft X 6.5 ft) goal.

**Equipment:** Standard soccer ball

**Basic rules:** Paralympic soccer follows the standard FIFA rules for seven-a-side soccer with the following modifications:

• There is no off-side rule

• An under-arm throw-in is permitted if a player is physically unable to execute a throw-in according to FIFA rules

• Opposing players are required to be seven meters from the ball on restarts

**Time limits:** 2, 30-minute halves

**Scoring:** Standard FIFA scoring rules apply.
How to become a Soccer Paralympian

Play soccer

Train and play as much soccer as possible. Currently there aren’t any Paralympic Soccer leagues in the US, so find an able bodied team to both train and play within their league.

Focus on all aspects of the game:

- Technical - Passing, receiving, dribbling, shooting, etc. Try to work with the ball daily. If you are a goalkeeper, focus on ball-handling, distribution, shot stopping and handling crosses. The keeper also needs to possess the technical skills of the field players.
- Tactical - Train and play in all positions. Paralympic Soccer is played in a 7-a-side format. The demands of the game require players to be able to change positions constantly throughout the game. As a goalkeeper, work on your positioning and decision making.
- Physical - Work on aerobic and anaerobic fitness as it applies to the game. Strength training should focus on both the affected and non-affected sides of your body.
- Psychological - Put yourself in situations that will challenge you. Find ways to compete and expand your mental toughness.
Swimming

NGB/HPMO: USOC/U.S. Paralympics

Contact: Jamie Martin, Associate Director, Swimming National Team Programs; (719) 866-2024; jamie.martin@usoc.org

(ASCA) Disability certification related to coaching para-swimmers at competitive level available: Yes; ASCA – American Swim Coach Association; Kimberly Witherington: Certification Coordinator
http://www.swimmingcoach.org

For specific criteria: http://ascaswim.com/store/index.php?main_page=index&cPath=11

USA Swimming resources; (719) 866-4578;

USA Swimming
Finding a USA Swim Club
USA Swimming Coaching Page
U.S. Paralympics Swimming

Paralympic Swimming Fact Sheet

Number of players: N/A

Eligible disabilities: Open to male and female athletes with physical disabilities such as dwarfism, amputation/limb loss, blindness/visual impairment, spinal cord injury/wheelchair-users, cerebral palsy/brain injury/stroke and Les Autres. Also open to male and female athletes with cognitive impairments.

Athlete classifications:

- Classes 1-10 – allocated to swimmers with a physical disability
- Classes 11-13 – allocated to swimmers with a visual disability
- Class 14 – allocated to swimmers with an intellectual impairment
- Prefix S = Freestyle, Backstroke and Butterfly; Prefix SB = Breaststroke; Prefix SM = Individual Medley.
- S1 SB1 SM1 – Swimmers with very severe coordination problems in four limbs or have no use of their legs, trunk, hands and minimal use of their shoulders only. Usually only swim on their back.
- S2 SB1 SM2 – Swimmers able to use their arms with no use of their hands, legs or trunk or have severe co-ordination problems in 4 limbs.
• **S3 SB2 SM3** – Swimmers with reasonable arm strokes but no use of their legs or trunk; swimmers with severe coordination problems in all limbs and swimmers with severe limb loss to four limbs.

• **S4 SB3 SM4** – Swimmers who use their arms and have minimal weakness in their hands but have no use of their trunk or legs; swimmers with coordination problems affecting all limbs but predominantly in the legs; swimmers with limb loss to 3 limbs.

• **S5 SB4 SM5** – Swimmers with full use of their arms and hands but no trunk or leg muscles; swimmers with coordination problems.

• **S6 SB5 SM6** – Swimmers with full use of their arms and hands with some trunk control but no useful leg muscles; swimmers with coordination problems (usually these athletes walk); swimmers with major limb loss of 2 limbs; Little People (< 130cm for women and 137cm for men)

• **S7 SB6 SM7** – Swimmers with full use of their arms and trunk with some leg function; coordination or weakness problems on the same side of the body; major limb loss of 2 limbs.

• **S8 SB7 SM8** – Swimmers with full use of their arms and trunk with some leg function; limb loss of 2 limbs; swimmers with the use of one arm only

• **S9 SB8 SM9** – Swimmers with severe weakness in one leg only; swimmers with very slight coordination problems; swimmers with one limb loss

• **S10 SB9 SM10** – Swimmers with very minimal weakness affecting the legs; swimmers with restriction of hip joint movement; swimmers with both feet deformed; swimmers with minor limb loss of part of a limb.

• **S11 SB11 SM11** – Swimmers are unable to see at all and are considered totally blind. Must wear blackened goggles; also require someone to tap them when they are approaching a wall.

• **S12 SB12 SM12** – Swimmers can recognize the shape of a hand and have some ability to see. (There is a large range of vision ability within this class.)

• **S13 SB13 SM13** – Swimmers who are the most sighted but are legally considered to be blind.

• **S14 SB14 SM14** -- Swimmers with intellectual impairment who also meet the sport-specific criteria compete in sport class 14.

**Pool dimensions:** See IPC Swimming Rules and Regulations

**Equipment:** N/A

**Basic rules:** Paralympic Swimming follows IPC Swimming Rules and Regulations

**Time limits:** N/A

**Scoring:** N/A
How to become a Swimming Paralympian

- Train with a coach and structured program. You need “time in the water” with appropriate instruction and planning by a qualified coach. Most Paralympians train from 2 to 5 hours a day, five to six days a week.

- Know what it takes to be good. Study the standards for your classification and event(s). Standards are the minimum requirements of time for a specific race. There are different standards established for:
  1. Entering CanAms—there are two each year, one in Canada, one in the United States
  2. Entering Trials/National Championships
  3. Becoming a member of the U.S. Paralympics Swimming National A, B and Emerging Team
  4. Qualifying for entry into international competitions (i.e., Parapan American Games, World Championships, Paralympic Games, etc.)

- For meets with qualifying times, U.S. Paralympics accepts results from official competitions (i.e., NCAA events, High School Swim Competitions, U.S. Masters Swimming, USA Swimming, and YMCA. Times can be for short course yards, short course meters and long course meters.

- Selection Procedures are published for each international competition. Read these documents so that you know the qualification criteria. They can be found at [http://www.teamusa.org/US-Paralympics/Sports/Swimming/Selection-Procedures.aspx](http://www.teamusa.org/US-Paralympics/Sports/Swimming/Selection-Procedures.aspx)

- Compete in your local competitions with your club including USA Swimming, Masters Swimming, High School Swimming, Summer League Meets, etc.
  1. Request classification and compete in U.S. Paralympics domestic regional level meets and camps where National Classification is offered

- If your performances are getting close to standards; you need to:
  1. Obtain an IPC (International Paralympic Committee) License—required for National Team status, classification and for results to count from IPC Approved events
  2. Request International Classification at an IPC approved event where it is being offered
  3. Compete in IPC approved events—required for results to count for:
     - the IPC Swimming World Ranking List(s)
     - IPC World and Regional record applications
     - U.S. Paralympics Swimming National A, B and Emerging Team status
     - IPC international competitions (i.e., World Championships, Paralympic Games, Parapan American Games, etc.)

- Compete at the U.S. Paralympics Swimming Nationals/CanAm or Trials
  The U.S. Paralympics Swimming Nationals/CanAm are held two times a year. These events have International Classification. Usually, the CanAm and/or the Trials are events that select teams for international competitions. International competitions in the next four years are:

  2014  PanPacific Para Swimming Championships (USA)
  2015  IPC Swimming World Championships (TBD)
  2016  Parapan American Games (Canada)
  2016  Paralympic Games (Brazil)
Links:

- [IPC Swimming](#)
- [USA Swimming-Find a Club](#)
- [U.S. Paralympics Swimming calendar of events](#)
- [Find a Paralympic Sport Club](#)
- [IPC Licensing](#)
- [IPC Swimming World Rankings](#)
Table Tennis

Coaching Certification Resources

NGB/HPMO: USA Table Tennis

Contact: Mike Cavanaugh: CEO; (719) 866-4583 x 3; ceo@usatt.org

Certification for Adaptive Table Tennis Available: No

Adaptive training is integrated into general coaching certification: Yes. Contact Richard McAfee: USATT National Coaching Advisory Committee; Email: rmcafee@comcast.net

Currently, there is an adaptive training (Para Training) integrated into Level 1 of the general coaching certification program. For additional information regarding this training, please see information below or use contact information provided below.

Contact: USATT, ITTF, & PTT

ITTF – International Table Tennis Federation; http://www.ittf.com
PTT – Para Table Tennis;
Richard McAfee: USATT National Coaching Advisory Committee; rmcafee@comcast.net

Paralympic Table Tennis Fact Sheet

Number of players: Singles or Doubles

Eligible disabilities: Open to male and female athletes with physical disabilities such as amputation/limb loss, spinal cord injury/wheelchair-users and cerebral palsy/brain injury/stroke.

Athlete classifications:

- Classes 1-5 = wheelchair players
- Classes 6-10 = standing players
- Class 1 – No sitting balance with severe reduction of function in the playing arm
- Class 2 – No sitting balance with reduction of function in the playing arm
- Class 3 – No sitting balance, although the upper part of the trunk may show activity. Normal arms, although some slight motor losses can be found in the playing hand without significant effect on table tennis skills
- Class 4 – Existing sitting balance although not optimal because of non-existing anchorage (stabilization) of the pelvis.
- Class 5 – Normal function of trunk muscles. Sufficient activity of the pelvic-leg muscles giving pelvic anchorage and a bigger surface of the sitting support.
- Class 6 – Severe impairments of legs and arms
• **Class 7**
  o Very severe impairments of legs (poor static and dynamic balance)
  o Severe to moderate impairments of playing arm
  o Combination of arms and legs impairments less severe than in class 6

• **Class 8**
  o Moderate impairments of the legs
  o Moderate impairments of playing
  o Moderate CP hemiplegia or diplegia with playing arm almost normal with moderate problems of leg(s) movements

• **Class 9:**
  o Mild impairments of the leg(s)
  o Mild impairments of playing arm
  o Severe impairments of non-playing arm
  o Mild CP with hemiparesis or monoplegia; almost normal playing arm with minimal problems of the legs

• **Class 10 (minimal disabilities standing classes)**
  o Very mild impairments in legs
  o Very mild impairment of playing arm
  o Severe to moderate impairment of non-playing arm
  o Moderate impairment of the trunk

• Athletes with Nanism start in class 10 but as a result of other impairments, they may be considered for a lower class.
  o Body Length: male: 140cm and less; female: 137cm and less
**Equipment:** Standard table tennis equipment, with the following modifications for wheelchairs:

- Tables shall allow access to wheelchairs without obstructing the player's legs and shall allow access to two wheelchairs for doubles.
- Table legs shall be at least 40 cm from the end line of the table for wheelchair players.
- For wheelchair play, the playing space may be reduced, but shall not be less than 8m long and 6m wide.

**Basic rules:** Paralympic Table Tennis shall be played according to the Laws and Regulations of the International Table Tennis Federation (ITTF), except for the following modifications:

- The serve must cross the back of the table before it crosses the sides of the table.
- Wheelchair Singles Play
  - The umpire may relax the requirements for a good service if he or she is satisfied that compliance is prevented by a physical disability. This will always be done for Class 1 and Class 2 players.
- Wheelchair Doubles Play
  - In doubles, the server shall first make a good service with the above mentioned exceptions, and the receiver shall make a good return, and thereafter either player of a pair may make good returns.
- During play, no part of a player’s wheelchair shall protrude beyond an imaginary extension of the center line of the table. If it does, the umpire shall award the point to the opposing pair.
- There are no exceptions to the Laws of Table Tennis for standing players with a disability.

**Time limits:** All matches are played best-of-five games to 11 points.

**Scoring:** Paralympic table tennis follows standard ITTF scoring rules, with the following amendments:

- A player may touch the table with the racket hand to restore his or her balance only after a shot has been played, and if the table does not move.
- A player shall score a point if:
  - his or her opponent touches the playing surface with his or her free hand
  - his or her opponent does not maintain a minimum contact (with back of the thigh) with the cushion(s) when the ball is in play.
  - the footrest or foot of his or her opponent touches the floor during play.
How to become a Table Tennis Paralympian

- Train: a minimum of five days per week with a coach or training group. Training requires planning.
- Know what it takes to be good: Learn all rules and standards. Standards include minimum requirements of tournament participation, ITTF tournament factor points, ITTF IPC rating and result. There are different standards established for:
  1. Becoming a member of the U.S. Para Table Tennis National Team
  2. Becoming a member of the U.S. Paralympics Table Tennis National Team
  3. Qualifying for entry into international competitions (i.e., Para-Pan American Games, World Championships, Paralympic Games, etc.)
- Selection Procedures are published each year for the Para National Team and tournaments if selection procedures are required. Official table tennis Para tournaments are sanctioned by ITTF or USATT.

In order to register for the Para event in one of USATT tournaments (US Open, US Nationals,..), new Para athlete must be USATT member and classified by Para National classifier. Usually, classifier will be present at the US Open and US Nationals where athlete could get classified prior to competition. International classification is done in ITTF IPC factor 20 events. In December 2013, athletes will be able to get internationally classified at the Mike Dempsey Memorial in San Diego since tournament is sanctioned by ITTF IPC. Athletes are allowed to participate in any non-Para sanctioned USATT tournaments. Those tournaments are as scrimmages for Para players since they don’t count for World Para ratings.

Para table tennis has classes 1-11 (classes 1-5 wheelchair athletes, classes 6-10 standing athletes, class 11 athletes with intellectual disability).

Compete: in as many as possible ITTF IPC approved events-required for results to count for the ITTF IPC World Ranking List and compete in USATT tournaments for training purposes. Call USATT Para Program Manager to help you with entering into Para tournaments.

- Upcoming Major International events include:
  - 2014 Para World Championships – Beijing, China
  - Para Pan American Games – Toronto, Canada
  - Paralympic Games – Rio de Janeiro, Brazil

Links:

- USATT membership info
- Classification contact
- USATT Para Program Manager
- USA Table Tennis Para website
- ITTF IPC Tournament Calendar
- U.S. Table Tennis Clubs
- ITTF IPC Table Tennis World Rankings
- ITTF IPC
- List of US Coaches
- USATT Sanctioned tournaments (non-Para in which Para athletes are allowed to participate)
Paralympic Athletics (Track and Field) Fact Sheet

Number of athletes: N/A

Eligible disabilities: Open to male and female athletes with a physical disability such as dwarfism, amputation/limb loss, blindness/visual impairment, spinal cord injury/wheelchair-users and cerebral palsy/brain injury/stroke. [http://www.paralympic.org/Athletics/RulesandRegulations/Classification](http://www.paralympic.org/Athletics/RulesandRegulations/Classification)

Athlete classifications:

- Ambulatory Athletes: Amputees and Dwarf
  - **F40 & F41**: Dwarf athletes: Male height is 145cm and female height is 140cm.
  - **T/F42**: One leg amputated above the knee or other impairment equivalent to an amputation above the knee.
  - **T/F43**: Both legs amputated below the knee or other impairment equivalent to a double below the knee amputation.
- **T/F44**: One leg amputated below the knee or other impairment equivalent to a single below the knee amputation.
- **T/F45**: Double-arm amputee, either above or below the elbow joint or other impairments equivalent to a double arm amputation.
- **T/F46**: Single-arm amputee above the elbow joint or other impairments equivalent to a single arm amputation.
- **T/F47**: Single-arm amputee below the elbow joint or other impairments equivalent to a single arm amputation.

- **Cerebral Palsy / Traumatic Brain Injury: Wheelchair Athletes**
  - **T/F31**: Quadriplegic (Tetraplegic)- Severe involvement. Unable to functionally propel a wheelchair. Lower extremities considered non-functional in relation to any sport due to limitation in range of movement strength and/or control. Trunk control very poor to non-existent. Very poor hand function in handling club, shot or discus, in conjunction with throwing motion.
  - **T/F32**: Quadriplegic (Tetraplegic) - Sever to moderate involvement. Lower Extremities have a degree of function in one or both lower limbs allowing propulsion of the wheelchair. Static trunk control is fair. Hands are severe to moderately involved. Will exhibit poor grasp and release.
  - **T/F33**: Quadriplegic (Tetraplegic, Triplegic, severe hemiplegic) - wheelchair with almost full functional strength in dominant upper extremity. Can propel a wheelchair independently, can walk with assistance but only for short distances. Athlete demonstrates a very poor ability to use rapid trunk movements in the pushing motion, or significant asymmetry in the arm action or grasp and release which impedes the forward momentum. Dominant hand may demonstrate cylindrical and spherical grasp, with poor finger dexterity demonstrable in release of shot and discus
  - **T/F34**: Diplegic- Moderate to Severe involvement. Wheelchair-user with good functional strength. Trunk can make a complicated, forceful and rapid movement. Able to perform long and forceful strokes, with rapid grasp and release, although fine movements in hands may be affected. Moderate to severe involvement in both legs.
    When standing, poor balance even when using assistive device.
• Cerebral Palsy/Traumatic Brain Injury: Ambulatory Athletes
  o **T/F35**: Diplegic/ Triplegic- Individual may require the use of assistive devices in walking, but not necessarily when standing or throwing. Difficulty with dynamic balance. Involvement with one or both legs, normal functioning with dominant hand. Has sufficient balance to run on track. Has normal static balance, but exhibits problems in dynamic balance.
  o **T/F36**: Athlete walks without assistive devices. All four limbs usually show functional involvement in sports movements, better functional control on dominant side, but the athlete is unsteady (writhing) and is not able to remain still (Athetosis). May have good dynamic balance, compared with static balance. Explosive movements are difficult.
  o **T/F37**: Hemiplegic- Able to walk without assistive devices, but may limp, good functional ability in dominant side of body. Athlete has difficulty walking on heels and hopping on the impaired leg. Good arm and hand control on dominant side. Demonstrates hip flexion on the affected side instead of hyperextension. Loss of fluency in trunk rotation. Weakness in knee pick up in sprinting.
  o **T/F38**: Minimally affected, must have diagnosis of CP or other non-progressive brain damage with locomotor dysfunction. Must demonstrate a limitation in function based on spasticity, ataxic, athetoid or dystonic movements while performing on the field of play.

• Visually Impaired
  o **T/F11**: No light perception in either eye, inability to recognize the shape of a hand at any distance or in any direction.
  o **T/F12**: From the ability to recognize the shape of a hand up the visual acuity of 2/60 in the best eye with best correction and/or visual field of less than 5 degrees
  o **T/F13**: From visual acuity above 2/60 up to visual acuity of 6/60 in the best eye with best correction and/or visual field of more than 5 degrees and less than 20 degrees.

• Track Events: Athletes in Wheelchairs
  o **T51**: Spinal cord injury or other condition affecting all four limbs
  o **T52**: Spinal cord injury or other condition affecting the trunk and lower extremities; no sitting balance.
  o **T53**: Spinal cord injury or other condition affecting the abdomen and lower extremities; normal upper limb function with no abdominal or lower spinal function.
  o **T54**: Spinal cord injury or other condition affecting the lower extremities; normal upper limb with partial to normal trunk function.

• Field Events: Athletes in Wheelchairs
  o **F51**: Spinal cord injury or other condition affecting all four limbs
  o **F52**: Spinal cord injury or other condition affecting the trunk and lower extremities
  o **F53**: Spinal cord injury or other condition affecting the abdomen and lower extremities
o **F54**: Spinal cord injury or other condition affecting the lower extremities; normal upper limb function with no abdominal or lower spinal function.

o **F55**: Spinal cord injury or other condition affecting the lower extremities; bilateral hip disarticulation; normal upper limb function; They may have partial or completely normal trunk function

o **F56**: Spinal cord injury or other condition affecting one lower extremity or slight involvement of both lower extremities, double above-the-knee amputation with a femoral length that is less than half the distance measured between the point of the elbow and the tip of the middle finger; normal upper limb and trunk function; will have hip flexion and functional adduction, knee extension and poor to normal knee flexion.

o **F57**: Spinal cord injury or other condition affecting one lower extremity or slight involvement of both lower extremities, one leg amputated above the knee or a double below the knee amputation; good functional strength with hip flexor and functional adduction, abduction, knee flexion and extension, ankle dorsi-flexion and plantar flexors)

**Divisions:**

- **Track events:**
  - Sprint (100m, 200m, 400m)
  - Middle Distance (800m, 1500m)
  - Long Distance (5,000m, 10,000m)
  - Relay races (4x100m, 4x400m)

- **Road event:**
  - Marathon

- **Jumping events:**
  - High Jump
  - Long Jump
  - Triple Jump

- **Throwing events:**
  - Discus
  - Shot
  - Javelin

**Court dimensions:** N/A

**Equipment:** Many events require specific sports equipment: javelin, shot, discus, racing wheelchair, prostheses, etc.

**Basic rules:** Paralympic Athletics (Track and Field) follows the standard rules and regulations of the International Paralympic Committee (IPC)

[http://www.paralympic.org/Athletics/Rulesandregulations/Rules](http://www.paralympic.org/Athletics/Rulesandregulations/Rules) including the following key rules:
• **Track events**
  - In wheelchair races of 800m or longer the starter has the authority to stop a race if a collision involving athletes in the race occurs in the first 50m.
  - In track events athletes in sports classes T42-44 must use leg prostheses. Hopping is not allowed in track events.
  - Athletes in Sport Classes T/F11 must wear approved opaque glasses or an appropriate substitute in all track and/or field events.
  - The wearing of helmets is compulsory in all wheelchair track and road races.
  - The method of guidance for athletes in sports classes T11-12 is the choice of the athlete. The athlete may choose to use an elbow lead, a tether or to run free. In addition, the athlete may receive verbal instruction from the Guide-runner. The Guide-runner is not allowed to use a bicycle or other mechanical means of transport.
  - For races of 800m or longer athletes in sports classes T11-12 are allowed to use two (2) guide-runners. However, only one (1) interchange of guide-runners is permitted for each athlete per race. The interchange must take place without any hindrance to other athletes, and must take place only on the straight.
  - For athletes with both a visual and a hearing impairment, an official may touch an athlete to signal the start.
  - Athletes in sport class 11 compete accompanied by a guide-runner for all track events. In the 100m, 200m, 400m events each athlete and Guide-runner shall be allocated two lanes. The start lines in a staggered start will be lanes 1, 3, 5, 7 or 9. This rule also applies to 800m events started in lanes.
  - In races for athletes in sports class 11 or 12 competing with a Guide-runner, the athlete must cross the finish line in front of the Guide-runner or the athlete will be disqualified.
  - In wheelchair races the time shall be taken to the moment at which the front axle of the leading wheel of the athlete’s chair reaches the vertical plane of the nearer edge of the finish line.
  - **Baton Exchange for T11-13 Relays (no baton used for any other relay events)**
    - Either the athlete or the Guide-runner can carry the baton.
    - The baton exchange may take place between either guide-runners or athletes without restriction.
    - The Guide-runner must be behind the athlete at the moment of entering the exchange zone.
  - If an athlete has a hearing impairment, the starter or their assistant may use a flag or other visual devise as well as a pistol to signal the start.

• **Field events**
  - Wearing of prostheses is optional for athletes in sport classes F42-44 for the field events.
  - Horizontal jumps
    - If the prosthesis is lost during the run-up then the athlete can try to adjust it and continue within the allowed time or continue without the prosthesis.
- If in the process of jumping an athlete loses their prosthesis and the mark where the prosthesis lands is the closest mark to the take-off board in the landing area, then that is the mark that the trial will be measured from.
- If the prosthesis lands behind the closest mark in the landing area, but outside the landing area, it shall be counted as a foul and recorded as such. For athletes in sports class F11 acoustic signals are permitted during long jump, triple jump and high jump.

- **Road races**
  - Ambulant athletes from a range of sports classes can start together, but the finishing order will be determined for each Sport Class.
  - Wheelchair athletes from a range of sports classes will start according to the decision of the Technical Delegate for the event, but the finishing order will be determined for each Sport Class.
  - Drafting behind an athlete from another sports class or gender is prohibited.
  - During road races athletes in sports classes T11-12 are allowed to use a maximum of four (4) guide-runners. Any interchanges must take place without any hindrance to other athletes, and must take place at the 10km, 20km, or 30km marks.

**Time limits:** N/A

**Scoring:** Standard IAAF scoring.

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**How to become a Track & Field Paralympian**

- Train a minimum of five days per week with a coach or training group. You must have “focused” training—train with a plan and purpose.
- Know what it takes to be good. Study the standards for your classification and event(s). Standards are the minimum requirements of a time, distance or height. There are different standards established for:
  1. Entering Trials/National Championships
  2. Becoming a member of the U.S. Paralympics Track and Field National Team
  3. Qualifying for entry into international competitions (i.e., Para-Pan American Games, World Championships, Paralympic Games, etc.)
- U.S. Paralympics accepts results from official competitions (i.e., IPC Athletics Approved events, USATF or IAAF events, NCAA/NAIA or NJCAA events, WASUSA Level 3 events, State High School Championships, etc.). To be accepted the event must have automatic/electronic timing, wind gauge readings for 100m, 200m, Long Jump and Triple Jump and use IPC or USATF certified officials to conduct the competition.
- Selection Procedures are published for each international competition. Read these documents so that you know the qualification criteria.
- Compete in a minimum of eight competitions per season (about March – August). Submit a proof of performance form for each competition.
- If your performances are getting close to standards; you need to:
  1. Obtain an IPC License-required for National Team status, classification and for results to count from IPC Approved events.
2. Compete in IPC approved events—required for results to count for the IPC Athletics World Ranking List(s), IPC World and Regional record applications, U.S. Paralympics Track and Field National Team status and IPC international competitions (i.e., World Championships, Paralympic Games, Parapan Am Games, etc.).

3. Register for an IPC International Classification.
   - Compete at the U.S. Paralympics Track and Field National Championships or Trials
   - The “selection meet” is an eligibility requirement as outlined in the Selection Procedures for each international competition. Upcoming international events include:
     ✓ 2015 IPC Athletics World Championships
     ✓ 2015 Parapan American Games
     ✓ 2016 Paralympic Games

Links:

- [IPC Athletics Approved events](#)
- [USA Track and Field calendar of events](#)
- [U.S. Paralympics clubs](#)
- [IPC Licensing](#)
- [IPC Athletics World Rankings](#)
- [IPC Athletics Classification](#)
- [Selection Procedures and Proof of Performance form](#)
Coaching Certification Resources

NGB/HPMO: USA Triathlon

Contact: Amanda Duke: Paratriathlon Program Manager; (719) 597-9090; Amanda.duke@usatriathlon.org

Certification for paratriathlon available: Ellis Schieman: Coaching Specialty Coordinator; (719) 955-6019; ellis.schieman@usatriathlon.org

USA Triathlon is currently updating their classifications. Updated sport fact sheet and “How to become a Paralympic Triathlete” will be provided as new classifications are finalized.
Wheelchair Basketball

Coaching Certification Resources

NGB/HPMO: NWBA – National Wheelchair Basketball Association

Contact: Randy Schubert - Executive Director; (719) 266-4082 x 101; randyschubert@nwba.org

Adaptive basketball (wheelchair) certification available: Coming in 2014

Paralympic Wheelchair Basketball Fact Sheet

Number of players: 5 vs. 5

Eligible disabilities: Open to male and female athletes with physical disabilities such as amputation/limb loss, spinal cord injury/wheelchair-users, cerebral palsy/brain injury/stroke and other orthopedic and locomotor disabilities.

Athlete classifications:

- In order to play in a Main Official Competition of IWBF each player must be in possession of an Official Player Classification ID card issued by the Player Classification Commission of IWBF.
- The valid player classifications in the IWBF are 1.0, 1.5, 2.0, 2.5, 3.0, 3.5, 4.0 and 4.5.
- At no time in a game shall a team have players participating whose total point value exceeds the 14-point limit.
- If, at any time during a game, a team exceeds the 14-point limit, a technical foul will be charged to the coach with a correction in the line-up to be made at the same time.
**Court dimensions:** Standard basketball court dimensions and hoop height (28m X 15m; 10 ft. ho

**Equipment:** Standard, regulation basketball

**Basic rules:** Paralympic wheelchair basketball follows the standard basketball rules with the following modifications:

- The wheelchair is considered part of the player's body in relation to establishing responsibility for contact on court in the case of charging, blocking, going out of bounds, and other violations.
- A player can push their wheelchair and bounce the ball simultaneously; however, if the ball is picked up and/or placed on the players lap, the player is only allowed to push twice before they are must shoot, pass, or dribble the ball again.
- “Travelling” in wheelchair basketball occurs when the athlete touches his wheels more than twice after receiving or dribbling the ball. The player must pass, bounce, or shoot the ball before touching the wheels again.
- There is no “double dribble” rule in wheelchair basketball.
- To deliberately push the ball with the wheelchair, kick or block it with any part of the leg or strike it with the fist is a violation.
- A dribble consists of the player using his or her hands to push the wheel of his or her wheelchair two times, along with one dribble of the ball. As long as two pushes are combined with one dribble, the player is considered to be dribbling legally.
- It is a violation if a player, in order to retrieve, shoot or maintain the ball, leans forward or to the side so that any part of the wheelchair’s footrest or the player's feet touch the floor.
- The distance a player coats between pushes in not restricted.
**Time limits:** 4 periods of 10 minutes.

**Scoring:** Standard basketball scoring; Front wheels of the basketball chair may be in front of the free throw line. Only rear wheels must be behind the free throw line.

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**How to become a Wheelchair Basketball Paralympian**

**Training Programs**

Athletes who want to compete in Wheelchair Basketball at the highest levels should train a minimum of five days a week. Training should include chair skills, a weightlifting program, conditioning and spot shooting. Athletes can work with their local coaches to develop a focused training program based on their classification and goals.

**Team Trials**

All athletes are given an opportunity to apply for consideration to try out for the Paralympic Team. Athletes are eligible to submit videos of their performance and recommendation letters from coaches and their programs. 20-30 athletes are selected to participate in a 3-4 day team trials throughout the quadrennial. Teams will select 12-18 players that will make up the pool of elite athletes in wheelchair basketball. From the 12-18 the final list of 12 will be selected for all major competitions. During the trials athletes will be tested on their strength, chair speed with and without a basketball, shooting from various spots, free throws, dominant and non-dominant hand (shooting, passing, ball handling), chair skills, on court knowledge and ability to adapt to various coaching systems.

**Classification**

Athletes are selected to the Paralympic team based off of their skill levels, ability to fit within a specific system and classification. The International Wheelchair Basketball Federation (IWBF) follows an 8 point classification system in which athletes are classified from 1.0-4.5 in .5 increments. To receive an unofficial classification, athletes must be seen by 3 certified NWBA classifiers in a competition format. It is not required, but recommended, that you have an unofficial classification or be aware of your classification prior to becoming a Paralympian.

**Key Competitions**
Paralympians play within the NWBA or on other International teams. There is no game requirement per season to become a Paralympian. Players have a better chance of being seen during NWBA National Championships in which Paralympic coaches are in attendance. Players are highly encouraged to increase visibility to participate in the NWBA on a competitive Championship Division level team.

**Links:**

- General Information: [www.nwba.org](http://www.nwba.org)
- Classification: [www.iwbf.org](http://www.iwbf.org)
Wheelchair Rugby

Coaching Certification Resources

NGB/HPMO: Lakeshore Foundation

Contact: James Gumbert: Men’s Team USA Quad Rugby Coach & USQRA Commissioner; coachgumbie@sbcglobal.net; (512) 791-2644; www.quadrugby.com

Wheelchair rugby certification available: Currently there is a quad rugby coaching certification offered through the USQRA (U.S. Quad Rugby Association). There is an introductory and international certification (2 levels) offered. Updated website with certification information is coming soon. You can also check out, http://www.lakeshore.org/athletics/usa-wheelchair-rugby/

Paralympic Wheelchair Rugby Fact Sheet

Number of players: 4 vs. 4

Eligible disabilities: Open to male and female athletes with physical disabilities. Athletes must display limitations in all four limbs to include paralysis, amputation/limb loss, orthopedic fusion, and or limitations occurring from birth with disability.

Athlete classifications:

- Classification is based on function, not athletic ability.
- There are seven player classifications ranging from 0.5 (the lowest class who have limited function of arms and hands) to 3.5 (the highest class who have much greater function) – and all those in between: 0.5, 1.0, 1.5, 2.0, 2.5, 3.0, 3.5
- The total classification points of all players on the court cannot exceed 8 points.
- The maximum point value allowed on the court per team is 8.0. (Example: 3.0 + 2.0 + 2.0 + 1.0 = 8.0. Less than 8.0 is allowed.)
- All female athletes are reduced an additional 0.5. So a woman classed as a 2.0 would play as a 1.5, for example. Maximum points allowed is still 8.0.
- A player/players over 45 will be allowed to play on an 8.5 maximum line-up. If a +45 player is not actually playing, the points allowed revert to 8.0.
Court dimensions: Wheelchair Rugby is played on a regulation hardwood basketball court measuring 28m by 15m (91 ft X 49 ft). The court is marked with boundary lines, a center line, a center circle, and two key areas.

- The centre line divides the court into a front court and back court area. A team’s back court includes their goal line and key; teams score in their front court, which includes the opponent’s goal line and key area. The centre line is considered to be part of the back court.
- The key areas are located on the two end lines. They are 8m wide and 1.75 metres deep. The part of the end line that is in the key area is called the goal line. The ends of the goal line are marked by two cones.

Equipment: Standard volleyball; manual wheelchair

Basic rules:

- One point is scored when the goal line is crossed with any two wheels of the ball-carrier’s wheelchair with possession of the ball.
- There are 4 timeouts for each team, plus 1 extra for each overtime played.
- 10 Seconds: Players must dribble or pass or it’s a turnover.
- 15 Seconds: Ball must be advanced over half court or it’s a turnover.
- 10 Seconds: Ball must be inbounded or it’s a turnover.
- 40 Seconds: Teams must score after the ball is inbounded or it’s a turnover.
- 10 Seconds: Offensive player cannot be in the key longer or it’s a turnover.
- Only three defenders are allowed in the key at one time or it’s a penalty.
- Hitting an opposing player’s chair behind the axles (a spin) is a turnover or a penalty.
- Quad rugby is a full contact sport, but no personal contact is allowed: Slapping, hitting, punching, gouging out eyes, biting off ears, etc. is not allowed and penalties are enforced, usually requiring time in the penalty box.


**Time limits:** 4, 8-minute stop time quarters.

**Scoring:** A goal (1 point) is scored by crossing the goal line with possession of the ball. The team with the most points when time runs out wins.

## How to become a Wheelchair Rugby Paralympian

- What does it take? Hard work, dedication, education, development and competition.
- Find a team – the United States Quad Rugby Association has 46 teams throughout the USA. Find one join and get involved
- Train – Elite athletes are constantly training and improving. Many are on the court, weight rooms, and in their competition chairs 5 days out of the week.
- Competition – There are competitions weekly from September through April. If your club team does not travel, reach out to other athletes and attend tournaments. Elite athletes are competing at least once a month, usually twice.
- Clinics – Clinics are held yearly throughout the country. Attend them and learn from the best in the world.
- Development – USA Wheelchair Rugby has a development team, The Force. This team is a pipeline to Team USA and is taught with the same instruction and leadership as Team USA. If you want to get involved and make a big hit, the Force is for you.
- Get a classification – For you to understand who and what you’re competing against you have to first understand where you fit. Classification happens at tournaments and will get you on the road to seeing what you qualify as.
- How do I know if I’m ready? What are standards and key areas to aim for?
  - Competitions – You are consistently selected to all tournament teams
  - National Championships – The team that you are playing on is consistently competing in post season play.
✓ Standards – Meeting standards (averages set in passing, pushing and endurance) for your individual class (information available upon request).
✓ Invitations – When you start getting invites to tryouts, you know you are on your way. Even if you are early on in your journey – GO. It might not happen the first time you attend but it sure won’t happen if you don’t go.

• Do I qualify? I’m not in a wheelchair, am I still eligible to play? You might be surprised! Just because you are able to stand and or walk doesn’t mean you are precluded from playing. Amputations, acquired disabilities through illness and disabilities from birth meet some of the characteristics that qualify you to play the fastest growing wheelchair sport in the world. For detailed information see http://iwrf.com/?page=classification

Links:
• www.usawheelchairrugby.com
• www.quadrugby.com
• www.iwrf.com
• www.teamusa.org/US-Paralympics.aspx
• www.lakeshore.org
Coaching Certification Resources

NGB/HPMO: USA Fencing

Contact: Les Stawick – Head Coach US Wheelchair Fencing; (502) 550-7091
Mario Rodriguez – Chair, Development of Wheelchair Fencing; (805) 477-8728

Certification for wheelchair fencing available: No

Adaptive clinic integrated into general coach certification: Yes - United States Fencing Coaches Association: [http://www.usfca.org/Certification/About.aspx](http://www.usfca.org/Certification/About.aspx). Within the general coaching certification there is a 1-time basic review of wheelchair fencing. To help promote awareness & review of wheelchair fencing basics, clinics are held for the coaches to attend.

Paralympic Fencing Fact Sheet

Number of players: 1 vs. 1; Athletes compete in single and/or team formats.

Eligible disabilities: Open to male and female athletes with physical disabilities such as amputation/limb loss, spinal cord injury/wheelchair-users and cerebral palsy/brain injury/stroke.

Athlete classifications:
- Class A – Fencers with the greatest mobility, including (usually) full control of their abdominal muscles and good upper body strength.
- Class B – Mostly paraplegics with little to no abdominal control and good upper body, arm, and hand strength.
- Class C – Fencers with the least mobility, generally no control of abdominal muscles, and often loss of grip of hand strength in one or both hands.

Divisions:
- Foil (men and women)
- Epée (men and women)
- Sabre (men only)

Court dimensions: N/A

Equipment: Wheelchair fixed to metal frame in the performing area to maintain stability; foil, épée, or sabre
Basic rules: The main object of Paralympic fencing is the same as able-bodied competition, with the following modifications:

- Athletes compete in wheelchairs that are fixed to the floor.
- The chair must be fixed at a 110 degree angle to the central bar.
- Feet must remain on the footrest and the fencer must remain seated (no daylight between the fencer’s buttocks and the seat of the chair).
- The length of the playing area is decided by the fencer with the shortest arms. This person decides if the distance will be at his distance or that of his opponent.
- One arm/hand holds the fencing weapon. The other arm is used to hold onto the chair when lunging and recovering.
- The rules for wheelchair fencing include the fixed distance between fencers.
- The target for foil and sabre competitions is exactly the same as able-bodied competition.
- In épée competition, the target is everything above the waist, with an apron worn below the waist to aid in cancellation of these touches.

Time limits: Three, 3-minute periods (direct elimination)

Scoring:

- The first fencer to score 15 points (direct elimination) or 5 points (preliminary pool play) against the opponent wins.
- A point is awarded each time a fencer touches the opponent in the target area.

How to become a Wheelchair Fencing Paralympian

- Train: for at least three fencing sessions per week for a total of six hours with a coach or training group. You must have “focused” training – train with a plan and purpose. In addition to fencing training, Paralympic athletes also have strength and conditioning and cardio regimens to improve their game. While the wheelchairs are fixed to the ground in the sport, athletes need both strength and explosive speed to reach the highest levels.
- **Compete:** in a minimum of five competitions (domestic and international combined) per season. In fencing, the season is year-round and begins in January and concludes in December. As the population of wheelchair fencers in the United States is small, competition opportunities in your area may be limited. Wheelchair fencers who may be new to the sport are encouraged to participate in USA Fencing North American Cups. USA Fencings holds two NACs and National Championships for wheelchair fencers.
- **Know your classification:** While athletes in domestic fencing tournaments compete in a combined classification category, international fencing is broken into A, B, and C categories based on your disability. Athletes are classified at World Cup tournaments, but you can review the classification criteria at [www.iwasf.com](http://www.iwasf.com) for more information on how the classification system works and what category you could be in.
- **Compete at IWAS international events:** Paralympic is based off your international results during the year leading up to the Games. While the 2016 Paralympic selection criteria has not been announced yet, it is expected that it will be based off athletes’ world rankings and finishes at the 2015 Pan American Zonal Championships. World rankings are kept year-round based on World Cup and World Championship results. There is not usually a limit on how many athletes can fence at a World Cup and so, if an athlete has had success at the domestic level and his or her coach feels the athlete is appropriately prepared, athletes are encouraged to compete on the World Cup circuit.
- **Upcoming international events include:**
  - 2015 Pan American Zonal Championships
  - 2016 Paralympic Games

**Links**

- [USA Wheelchair Fencing Information](http://www.usawheelchairfencing.org)
- [USA Wheelchair Fencing calendar of events](http://www.usawheelchairfencing.org/calendar)
- [U.S. Paralympics clubs](http://www.paralympics.org)
- [IWAS Wheelchair Fencing Information](http://www.iwasf.com) – rules, classification, rankings, calendar of events (international)
- [IWAS Wheelchair Fencing World Rankings](http://www.iwasf.com)
- [USA Fencing Selection Criteria](http://www.usafencing.org)
Wheelchair Tennis

Coaching Certification Resources

NGB/HPMO: USTA – US Tennis Association

Contact: Dan James: National Manager – Current U.S. Paralympic Coach; (914) 696-7000; james@usta.com

(USTA) Certification for adaptive tennis available: No; but there are two organizations that offer wheelchair tennis specific certifications/trainings. Please see information provided below for details that each program provides.

Organization: USPTA – U.S. Professional Tennis Association (Recreational)
Contact: Vicki Tristan: Director of Education & Training
Email: vicky.tristan@uspta.org
Phone: (713) 978-7782

Contact: Fred B. Viancos: Director of Professional Development
Phone: (713) 978-7782 ext. 128
Email: fred.viancos@uspta.org
Web: http://www.uspta.com
General Email: uspta@uspta.org

Specialist Degree Program (Wheelchair Tennis):
http://uspta.com/default.aspx/Menu/MenuID/1638/MenuGroup/New-USPTA-Education.htm

Wheelchair Certified Professional (specific membership through USPTA):
- Select Wheelchair Professional Certification on Application

- Will receive information to review, and a location for a 4 hour hands-on wheelchair instruction training/test (run by wheelchair tennis athletes)

- Pass/Fail: Must demonstrate ability/skills at the hands-on training

Organization: PTR – Professional Tennis Registry (Recreational)
Contact: Julie Jilly: Adaptive Wheelchair Tennis
Phone: (800) 421-6289 or (843) 785-7244
Email: Julie@ptrtennis.org
Web: http://www.ptrtennis.org

Contact: Steve Keller: Certification/Education
Phone: (800) 421-6289
Email: ptr@ptrtennis.org
Emphasis Area/Development Workshop for Wheelchair Tennis ($75):

- Must be a PTR member to get certification

# Paralympic Wheelchair Tennis Fact Sheet

**Number of players:** Singles or doubles

**Eligible disabilities:** Open to male and female athletes with physical disabilities such as amputation/limb loss and spinal cord injury/wheelchair-users.

- A player must have a medically diagnosed permanent mobility related physical disability resulting in a substantial loss of function in one or both lower extremities. A quad player must meet the criteria for permanent physical disability as defined above. In addition, the player must have a permanent physical disability that results in a substantial loss of function in one or both upper extremities. A player can only be qualified for the Quad division through a classification process.

**Divisions:** Men’s, women’s or quads

- Quads - is the category for those with upper and lower extremity permanent disabbling conditions and is sometimes called mixed, especially at Paralympic Games. Quads players can hold rackets taped to the hand and use electric-powered wheelchairs.

**Court dimensions:** Standard, regulation tennis court and net.
**Equipment:** Standard tennis rackets and balls.

**Basic Rules:** Paralympic wheelchair tennis follows standard tennis rules and regulations with the following modifications:

- A player is allowed to let the ball bounce twice, but is not required to, before hitting a return shot. The second bounce can either be in or out of the court boundaries.
- The athlete’s wheelchair is considered to be part of the body, so rules applying to the player’s body apply to the chair as well.
- Serving:
  - Immediately before commencing the serve, the server shall be in a stationary position. The server shall then be allowed one push before striking the ball.
  - The server shall throughout the delivery of the service not touch with any wheel, any area other than that behind the baseline within the imaginary extension of the centre mark and sideline.
  - If conventional methods for the service are physically impossible for a quadriplegic player, then the player or an individual may drop the ball for such a player. However, the same method of serving must be used each time.
- No part of the player's foot may be in contact with the ground during the forward motion of the swing, including when the racket strikes the ball or from the initiation of the service motion until the racket strikes the ball.
- Where a wheelchair tennis player is playing with or against an able-bodied person in singles and doubles, the Rules of Wheelchair Tennis shall apply for the wheelchair player while the Rules of Tennis for able-bodied tennis shall apply for the able-bodied player. In this instance, the wheelchair player is allowed two bounces while the able-bodied player is allowed only one bounce.

**Time limits:** Wheelchair tennis is score-based game and therefore has no time limits.

**Scoring:** Wheelchair tennis follows standard tennis scoring rules, with the following amendments:

- A player loses a point if:
  - He fails to return the ball before it has touched the ground three times.
  - He uses any part of his feet or lower extremities as brakes or as stabilizers while delivering service, stroking a ball, turning or stopping against the ground or against any wheel while the ball is in play.
  - He fails to keep one buttock in contact with his wheelchair seat when contacting the ball.
How to become a Wheelchair Tennis Paralympian

Beginning wheelchair tennis
- Work with a qualified tennis coach who has a history of developing elite tennis players one time/week.
- Gather information on the basic wheelchair tennis mobility patterns; train them three times/week until you can execute the patterns and proper turns without thinking.
- Train with other wheelchair tennis players in a local program two times/week to begin live ball skills.
- Stay in your local program with your local coach until you are able to play and complete practice matches.

Intermediate wheelchair tennis
- Train with qualified coach two times/week polishing stroke production and mobility.
- Begin competitive match play locally (both singles and doubles). Combining peer training and match play is essential at this point.
- Start by entering 4-6 USTA (United States Tennis Association) letter division tournaments/year. Begin in the C Division. As confidence and success grows move up to the B followed by the A Division. By the time a player reaches the A Division it is recommended to play as many as 8 tournaments/year.
- Rushing through the letter divisions without success can stunt development. Learning to win in each division is just as important as moving up.

Elite wheelchair tennis
- Train five times a week. Training includes on court, sprint work, weight lifting, and mental training developing a style that fits a personality to deal with adversity in competition.
- Enter 10-12 ITF (International Tennis Federation) tournaments/year. Begin by entering ITF Futures and ITF III sanctioned events and work your way up to ITF I, Super Series, and Grand Slams.
- Selection to the Paralympics is based on ITF Ranking. A man must achieve a top 46 in the world ranking. A woman must achieve a top 22 in the world ranking. A quad must achieve a top 12 in the world ranking.

Links:
- [www.usta.com/wheelchairtennis](http://www.usta.com/wheelchairtennis)
- [www.itftennis.com/wheelchair](http://www.itftennis.com/wheelchair)