

# WheelWOD Competition

## Classifications

- The majority of this document is Adopted from the 1st edition of the CrossFit Adaptive athlete policy which the majority of the wheelwod staff were involved in the creation of (crossfitgames.com). We have made some changes and additions to the total number of classifications to fit the WheelWOD additions and policy.
- There are new divisions added in Short Stature, Neuromuscular & Lower for 2023.
- Note: The classification process is different from CrossFit's and some divisions (Upper, Lower & Neuromuscular, with subclasses in the seated division) but the majority of the language is identical to help build common language and rules of adaptive competition. The CrossFit Adaptive athlete policy can be found here: [CrossFitgames.com](https://www.crossfitgames.com)

### ELIGIBILITY REQUIREMENTS FOR THE WheelWOD COMPETITIONS

For the purposes of competition classification in WheelWOD Competitions, an athlete must adhere to the following:

1. Prove the presence of a diagnosed and documented permanent impairment (e.g. health condition or diagnosis) from the list of 10 eligible impairments; and

2. Have significant functional limitation(s) that prevent them from inclusion in fair competition against athletes in the non-adaptive divisions;  
And
3. Meet the minimum impairment criteria listed in the description of each specific division's sport classes.

## **AGE REQUIREMENTS**

Athletes must be at least 13 years old at the time they create an account on the CrossFit Games website and must have a competition age of 14 years old as of July 14, 2021. Any athlete younger than 18 years of age will be required to provide parental consent during the online registration process. For the 2023 competition year, there are no age groups for the WheelWOD Competitions.

## **ELIGIBLE IMPAIRMENTS FOR COMPETITION INCLUDE THE FOLLOWING: Ataxia**

**Athetosis**

**Hypertonia**

**Impaired Passive Range of Movement**

**Impaired Muscle Power**

**Limb Deficiency**

**Leg Length Difference**

**Vision Impairment**

**Short Stature**

**Intellectual Disability**

**Deaf**

Each adaptive classification allows for certain eligible impairments to qualify for eligibility, but not all eligible impairments are permitted. Please reference the eligibility for each adaptive division in **IMPAIRMENTS NOT LISTED AS ELIGIBLE IMPAIRMENTS**. Any impairment that is not listed as an Eligible Impairment is referred to as a **Non-Eligible Impairment**.

It is important to note that the requirement to possess an eligible permanent impairment is a prerequisite to participate in WheelWOD competitions, but not the sole criterion. Conversely, the presence of a significant and permanent impairment not listed as one of the eligible impairments for competition events for the year 2023. Changes to eligibility may occur as the field of participating adaptive athletes in competition grows.

## **CLASSIFICATION FOR WheelWOD COMPETITIONS**

The term “classification” refers to the structure of rules, the process of evaluating eligibility for competition, and the placement of the athletes into sport classes.

Classification aims to minimize the impact of the athletes’ impairment on their performance so that the athletes’ fitness is ultimately tested, not their degree of

impairment. Ensuring that athletes are appropriately classified is crucial to safeguarding the integrity and credibility of the competition.

## **CLASSIFICATION ROLES AND RESPONSIBILITIES**

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

## **ATHLETE CLASSIFICATION RESPONSIBILITIES**

The roles and responsibilities of athletes include:

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

### **WheelWOD CLASSIFICATION RESPONSIBILITIES**

The roles and responsibilities of WheelWOD include:

- REVIEW AND VERIFY ALL ATHLETES COMPETING IN WheelWOD COMPETITIONS
- Provide Online and in person individual classification sessions for athletes to be classified properly by WheelWOD Staff.
- After Verifying Final classification, supply the athlete with an official Classification Card to be used in all future WheelWOD Competitions.

- Research and develop competition rules and procedures to ensure that all adaptive athletes have equal access and opportunity to participate in WheelWOD events in a manner that is fair to all competitors while preserving the integrity of the sport; and
- Provide risk mitigation procedures to allow for safe competition; and
- Provide clear information for classification; and
- Provide timely and clear communication to the WheelWOD community and individuals on the development of future WheelWOD competitions.

## **CLASSIFICATION PROCESS**

**NOTE:** Athletes that have already been classified and competed in a WheelWOD Sanctioned event will not have to complete the process unless you are in Neuromuscular, Short Stature and Lower without amputation.

### **STAGE ONE:**

The classification process begins during registration.

**Athletes will fill out the classification form found [HERE](#):**

**ENGLISH VERSION:** <https://form.jotform.com/210964874572062>

**SPANISH VERSION:** <https://form.jotform.com/210973648972166>

or in the specific **WHEELWOD SANCTIONED** competition registration.

After filling out the classification documents for competition, select a division during registration that best represents their ability level. This will be confirmed before athletic competitions begin and WheelWOD may change the athletes division after full process review.

## **STAGE TWO**

**Complete the workout provided to you from WheelWOD after receipt and review of your classification form. The workout must be recorded on a single video with no cut or alterations to the video. The recording guidelines will be outlined in your email.**

## **STAGE THREE**

**The final Step once verified through the process IS TO CONFIRM THE ATHLETES STATUS through in person competition. Once verified the Athlete will receive a digital competition classification card that will be needed for all future WheelWOD Competitions.**

## **COMPETITION CLASSES**

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

**Competition classes may be used to make competitions a better and more appropriate fitness test by impariment(fair) by altering programming for specific classes, and to**

regroup athletes with similar abilities into divisions (e.g.: all above-the-elbow impaired athletes in the 1 point of contact Upper-Extremity division).

## **COMPETITION CLASS STATUS**

Athletes competing in online qualifiers or the WheelWOD Games will have their Competition class evaluated. WheelWOD will designate a Competition class status to indicate whether or not an athlete is accurate, or in some cases, needs more evaluation in the future.

Competition Class Statuses include the following:

- **New (N):** This status is given to all athletes participating in their first WheelWOD competition. This competition class is not considered to be correct or incorrect, but rather further evaluation is required to confirm the ruling. Further evaluation and observations will be conducted.
- **Final (F):** This status indicates that WheelWOD is satisfied that both the athlete's eligibility and Competition class designation will remain stable for approximately five (5) years.
- **Conditional (C):** This status indicates that WheelWOD believes further evaluations will be required. Athletes may continue to participate in events but may be required to undergo examinations and observations.

- **Not Eligible (NE):** This status indicates that the athlete does not have an eligible impairment or does not comply with the minimum impairment criteria.
- **Classification Not Completed (CNC):** This status indicates that WheelWOD has yet to allocate a competition class status to the athlete. Athletes with a CNC status are not eligible to compete in WheelWOD events. The CNC status may be used as a placeholder while WheelWOD evaluates the classification for athletes.

Athletes proceeding onto an in person sanction WheelWOD event, online qualifier and/or Games competition will have their status confirmed by WheelWOD prior to those events. An email notification will be provided by WheelWOD accompanying a Classification Card.

## **CHANGING COMPETITION CLASSES**

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

A request to change a preferred sport class must be made to WheelWOD via email to [Info@wheelwod.com](mailto:Info@wheelwod.com). Such requests must include documentation to validate the change.

After review of documentation and other evidence, WheelWOD will allocate a competition class status and notify the athlete of their decision via the email provided in the request.





# **ADAPTIVE DIVISIONS**

**There are Twenty-Two (22) adaptive divisions for the 2021 competition year:**

- 1. Male and Female Adaptive: Upper Extremity 1 Point of Contact**
- 2. Male and Female Adaptive: Upper Extremity 2 Points of Contact**
- 3. Male and Female Adaptive: Lower Extremity Above knee Amputation**
- 4. Male and Female Adaptive: Lower Extremity Below Knee Amputation**
- 5. Male and Female Adaptive: Lower Extremity Minor**
- 6. Male and Female Adaptive: Neuromuscular Minor**
- 7. Male and Female Adaptive: Neuromuscular Moderate**
- 8. Male and Female Adaptive: Neuromuscular Major**
- 9. Male and Female Adaptive: Sensory Vision & Hearing**
- 10. Male and Female Adaptive: Short Stature (3 sub classes)**
- 11. Male and Female Adaptive: Seated 2 Athletes (with hip function)**
- 12. Male and Female Adaptive: Seated 1 Athletes (without hip function)**
- 13. Male and Female Adaptive: Seated 3 Athletes (Quadrapalegic and no hip Function)**

## **USE OF ADAPTIVE EQUIPMENT IN CLASSIFICATION**

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

**If an athlete assesses themselves without the use of equipment but then shows more functionality through use of equipment, their competition class and division may be adjusted by WheelWOD in accordance with the WheelWOD Classification Process.**

## **MODIFICATIONS TO MOVEMENT STANDARDS**

**In specific instances, athletes may require a waiver to modify the standards set forth in the movement standards. These modifications are only permitted in cases in which the athlete's impairment affects their ability to perform the movements safely.**

### **ACCEPTED MODIFICATION TO MOVEMENT STANDARDS**

**Acceptable modifications include the following:**

- 1. Setup and finish positions due to range-of-motion limitations; or**
- 2. Assistance with positioning or "spotting" of the athlete for risk mitigation.**

**Accepted modifications listed above still require the submission of a modification request and approval from WheelWOD to be permitted in competition, unless otherwise permitted on workout/event scorecards or workout/event briefings. Other modifications may be granted on a case-by-case basis. Do not assume your modification will be permitted. A request to validate a modification should be made to WheelWOD as early as possible or identified in workout release via email to [Info@wheelwod.com](mailto:Info@wheelwod.com)**

## **MODIFICATIONS TO MOVEMENT STANDARDS NOT PERMITTED**

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

## **HOW TO REQUEST A MODIFICATION TO MOVEMENT STANDARDS:**

### **WheelWOD Competitions**

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

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

## **EMAIL MODIFICATION REQUEST MUST INCLUDE:**

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

**First Name:**

**Last Name:**

**WheelWOD CLASSIFICATION ID Number:**

**Competition Classification Division:**

**Email:**

**Phone Number:**

**Gender:**

**Competition/Event (i.e., WheelWOD Stage 1 - event 3)**

**Movement(s) Affected:**

**Reason for Modification:**

**Proposed Modification:**

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

**Additional Comments:**

## **APPEAL BY AN ATHLETE FOR SCORES, CLASSIFICATION OR MODIFICATIONS**

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

- **Athletes shall have 5 business days following receipt of the decision rejecting their competition class, score result designation to submit their written petition of appeal explaining why that decision should be overturned. Appeals should be sent to [info@wheelwod.com](mailto:info@wheelwod.com).**
- **Following a review of the athlete's petition of appeal, WheelWOD will, in a timely manner, provide its written decision, including supporting reasons, either denying or granting the appeal.**
- **The athlete may request a personal hearing by telephone. The athlete may have an advocate or other representative present, if the athlete so desires, at any such hearing.**

**In the event that there is a personal hearing:**

- **At least three representatives from WheelWOD will hear appeals.**

- Appeal hearings are conducted by telephone or Zoom conference. **All calls to be recorded if necessary.**

# **SPECIFIC CLASSIFICATION FOR COMPETITION**

## **ELIGIBILITY FOR THE UPPER EXTREMITY DIVISION**

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

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

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

## **ELIGIBLE IMPAIRMENTS FOR THE UPPER EXTREMITY DIVISION**

### **Eligible impairments:**

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

### **Impairments not eligible:**

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

### **ADDITIONAL UPPER EXTREMITY DIVISION CLASSIFICATION GUIDANCE**

#### **Inclusions:**

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

#### **Exclusions:**

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

#### **Additional Requirements:**

**Athletes in this division must be capable of competing in a standing form for most**



events. Standing also requires the ability to ambulate, and in some events, perform tasks from multiple archetypes forms such as lying and hanging.

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

### **1 Point of Contact ( Above Elbow/ AE)**

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

#### **UE1**

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

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

#### **UE2**

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

## **2 Points of Contact**

**Definition: Athlete uses 2 Arms (full or partial arms) Athlete uses 2 points of contact in any lifting, pulling or hanging, the athlete uses an additional point of contact (ie a strap or band) to perform exercises and have 2 points of contact on the object (ie Barbell). The only point of contact that will be allowed will be for overhead movements or carries. In this case the athlete will have 2 points to get to the shoulder and then 1 point of contact shoulder to overhead, in this case a 15% load decrease will be given to the exercise outlined in the specific workout document.**

### **UE3**

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

**Athlete Examples: Athletes with an amputation below the elbow.**

#### **UE4**

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

#### **UE4 Exclusions:**

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

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

#### **UE5**

**Athletes will have diagnosed, permanent impairment with significant functional limitations that include range of motion and/or motor function which may affect the shoulder, elbow, and/or wrist joints.**

#### **UE5 Exclusions:**

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

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

## **LOWER EXTREMITY DIVISION COMPETITION ELIGIBILITY**

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

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

## **ELIGIBLE IMPAIRMENTS FOR THE LOWER EXTREMITY DIVISION**

**Eligible impairments:**

- Ataxia**

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

**Impairments not eligible:**

- **Vision Impairment**
- **Short Stature**
- **Intellectual Disability**

## **ADDITIONAL LOWER EXTREMITY DIVISION CLASSIFICATION GUIDANCE**

**Inclusions:**

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

**Exclusions:**

**Athletes with neuromuscular impairments which primarily present or cause limitations to multiple limbs and/or the trunk should not classify in this division, and should**

classify in the Neuromuscular Division, contingent upon meeting the requirements of that division.

#### **Additional Requirements:**

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

## **LOWER EXTREMITY DIVISION COMPETITION CLASSES**

### **Above Knee, Below Knee & Minor**

#### **Above Knee**

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

#### **LE1**

Athletes will have no function of one or more legs to include the lack of function of the hip joint. Athletes may have some motor function and range of motion of the core

**musculature and posterior chain but must have a complete lack of function of the hip, leg, knee, ankle, and toes**

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

## **LE2**

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

### **LE2 Inclusions:**

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

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

## **Below Knee**

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

### **LE3**

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

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

## **Lower Minor**

### **LE4**

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



**the hip, knee, and ankle, but must have a significant lack of function of the ankle and foot to include toes.**

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

#### **LE5**

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

#### **LE5 Exclusions:**

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

# **ELIGIBILITY FOR NEUROMUSCULAR DIVISION**

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

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

## **ELIGIBLE IMPAIRMENTS FOR THE NEUROMUSCULAR DIVISION**

**Eligible impairments:**

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

**Impairments not eligible:**

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

## **ADDITIONAL NEUROMUSCULAR DIVISION CLASSIFICATION GUIDANCE**

The neuromuscular impairment may present in a variety of means and degrees of limitation for athletes, but for classification in this division, the limitations must be significant to a degree that warrants competition among other similarly able athletes with neuromuscular impairments. To classify in this division, athletes shall not have the ability to compete fairly against athletes without a significant neuromuscular impairment. Be aware that the impairment, and subsequent limitations, may be stable or progressive in nature, and may present in various degrees at different times throughout competition.

Examples of specific athlete conditions which qualify for this division are Cerebral Palsy, Muscular Dystrophy, and congenital, Multiple Sclerosis and acquired brain injuries.

**Additional Requirements:**

**Athletes in this division must be capable of competing in a standing form for all**

events. Standing also requires the ability to ambulate, and in some events, perform tasks from multiple archetypes forms such as lying and hanging.

**Exclusions:**

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

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

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

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

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

### **NM1 (also known as “MAJOR”)**

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

## **NM2 (also known as "MODERATE")**

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

## **NM3 (also known as "MINOR")**

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

symptoms as described above; centralized to one limb or measurably impacting one limb more than others

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

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

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

### **VISION DIVISION COMPETITION CLASSES**

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

V1

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

## **V2**

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

## **V3**

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

## **DEAF ELIGIBILITY**

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

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

**Why does WheelWOD include deaf athletes in the division?**

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



# **ELIGIBILITY FOR THE SHORT STATURE DIVISION**

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

## **ELIGIBLE IMPAIRMENTS FOR THE SHORT STATURE DIVISION**

**Eligible impairments:**

- **Short Stature**

**Impairments not eligible:**

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

**Subclasses for Short Stature**

**Short Stature**

**Short Stature Low**

# Short Stature High

## ELIGIBILITY FOR MALES IN THE SHORT STATURE DIVISION

To be eligible in Short Stature subclass, male athletes must meet all of the following criteria:

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

To be eligible in Short Stature High subclass, male athletes must meet all of the following criteria:

- Standing height  $\leq$  62 in (158 cm); and
- Arm length  $\leq$  29 in (74 cm); and
- Sum of standing height plus arm length  $\leq$  87 in (221 cm).

To be eligible Short Stature Low subclass, female athletes must meet all of the following criteria:

- Standing height  $\leq$  50 in (127 cm); and
- Arm length  $\leq$  22 in (56 cm); and
- Sum of standing height plus arm length  $\leq$  75 in (190 cm).

## **ELIGIBILITY FOR FEMALES IN THE SHORT STATURE DIVISION**

To be eligible in Short Stature Subclass, female athletes must meet all of the following criteria:

- Standing height  $\leq$  59 in ( 150cm); and
- Arm length  $\leq$  28 in (71 cm); and
- Sum of standing height plus arm length  $\leq$  75 in (190 cm).

To be eligible in Short Stature Subclass Low, female athletes must meet all of the following criteria:

- Standing height  $\leq$  54 in (137 cm); and
- Arm length  $\leq$  25 in (63 cm); and
- Sum of standing height plus arm length  $\leq$  71 in (180 cm).

To be eligible Short Stature High Subclass, female athletes must meet all of the following criteria:

- Standing height  $\leq$  63 in (160 cm); and
- Arm length  $\leq$  31 in (79 cm); and
- Sum of standing height plus arm length  $\leq$  84 in (213 cm).

### **SHORT STATURE COMPETITION CLASSES**

There is only one sport class (SS) for the Short Stature Division but it is currently divided into 3 subclasses and the requirements are the same as outlined in the eligibility for competition in the division.

# **ELIGIBILITY FOR THE SEATED 1 - WITHOUT HIP FUNCTION DIVISION**

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

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

# **ELIGIBLE IMPAIRMENTS FOR THE SEATED 1 DIVISION**

Eligible impairments:

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

**Impairments not eligible:**

- **Vision Impairment**
- **Short Stature**
- **Intellectual Disability**

**Inclusions:**

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

**Exclusions:**

**Athletes who are able to move, or reposition, their legs without manual assistance are more likely classified in the Seated With Hip Function Division. Athletes who do not require the use of a wheelchair to complete ADLs, but prefer to compete in a**

wheelchair are not eligible for this division. Athletes must have an eligible impairment, which requires the use of a wheelchair for ADLs.

## **SEATED 1 - WITHOUT HIP FUNCTION COMPETITION CLASSES**

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

### **S1 (Multi Limb)**

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

### **S2 (Seated High)**

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

### **S3 (Seated High)**

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

### **S4 (SEATED LOW)**

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

### **S5 (SEATED LOW)**

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

**S5 Inclusions:**

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

**S5 class may include athletes with one bilateral impairment that includes:**

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

**The S5 class may also include athletes with a double hip disarticulation amputation.**



# **ELIGIBILITY FOR THE SEATED 2 - WITH HIP FUNCTION DIVISION**

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

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

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

**Eligible impairments:**

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

**Impairments not eligible:**

- **Vision Impairment**
- **Short Stature**
- **Intellectual Disability**

**Inclusions:**

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

**Exclusions:**

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

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

## **SEATED 2 WITH HIP FUNCTION COMPETITION CLASSES**

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

## **S5**

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

## **S6**

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

### **S6 Inclusions:**

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

### **S6 Exclusions:**

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

# **WHEELWOD QUICK TERMS OF REFERENCE**

## **Upper & Short Stature Impairment**

**2 points Upper is 2 points of contact on a barbell or equipment**

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

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

## **Lower Impairment**

**Below Knee Lower is 2 points of contact on the floor ( commonly below knee amputee or hip, knee or foot amputation impairment)**

**Above Knee Lower is 1 point of contact with floor (Above Knee prosthetic or no prosthetic) (double leg amputees will be classified in this category) Above Knee may**

use a box during squatting and hinging movements for safety. Commonly above knee amputee or fused knee not allowing for any flexion of the impaired leg.

## **Neurological Impairment**

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

**Moderate Neuro** is Neurological conditions where at least 2 limbs are affected by balance, flexibility and/or coordination. These athletes will struggle with spacity when fatigued and may have one upper limb grip affected.

**Minor Neuro** is a neurological condition that will affect 1 limb or trigger spasms/ balance issues and/or cause a position that the athlete may only be affected with 1 side of the body with lack of power or balance. It may also show as a drop foot or loss of balance. Common impairments are very mild CP, Brain Injury, Bell's Palsy or MS.

## **Sensory**

### **Visual Impaired & Deaf Athletes**

These athletes will follow the standards for Standing Upper 2pts unless otherwise written in the description of the event. For the WheelWOD OPEN this classification will have its own division in 2020

## **WheelWOD OPEN classification for Visual impaired**

The criteria for this year will be that every athlete who want to take part in this division must provide proof of the following:

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

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

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

**Why deaf athletes in the division?**

At times, with hearing impairment comes impaired balance, which would clearly have an affect on their performance. We will therefore include all deaf athletes (At the level of 55 db) for the impairment they have when learning this sport.

## **Seated Variations**

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

**Seated Low: Athletes with only two lower limbs affected by a spinal injury, The athlete will have no Hip flexor engagement and will not be able to walk to stand without**

**extreme assistance. This impairment Generally affects the athlete from the thoracic seventh vertebrae (T-7) to the (T-12).**

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

**Multi Limb: Athletes are Seated athletes with two lower limbs and at least one upper limb impaired that affects grip as well the athlete has no hip function. Must also have core and hip flexors affected to be in this category. These weights will differ from low & high in the olympic lifts.**

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

**Leg amputees, lumbar level injured athletes or athletes with a neurological impairment that prohibits them from competing from a standing position, will compete in this division. These athletes will have access to hip flexors and ability to stand with assistance or independently with crutches. These athletes will have hip function.**