



***WHEELWOD***  
**2024 RULEBOOK**

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## **WHEELWOD MISSION**

WheelWOD is a comprehensive educational platform focused on giving fitness coaches/athletes the tools and resources to create functional adaptive and competitive athletes. We are focused on giving Adaptive athletes a place to compete in a fair and exceptional competition.

## **ELIGIBILITY & CLASSIFICATION**

### **1.01 - ELIGIBILITY REQUIREMENTS FOR THE WheelWOD COMPETITIONS- OVERVIEW**

Each athlete will be assigned a classification, which is based on shared symptoms and presenting characteristics of their impairment. Athletes who already have a WheelWOD classification may register using their existing classification. For those who have not received a WheelWOD classification before, we recommend doing so, which starts by emailing [Competition@wheelwod.com](mailto:Competition@wheelwod.com).

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 competition classes (see section 4).

### **1.01a - ELIGIBILITY REQUIREMENTS FOR THE ADAPTIVE CROSSFIT GAMES BY WHEELWOD**

Any athlete that wants to partake in The Adaptive CrossFit Games by WheelWOD must adhere to outlined season requirements, classification eligibility requirements and procedures, and age requirements.

### **1.02 - 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, 2024. Any athlete younger than 18 years of age will be required to provide parental consent during the online registration process. For the 2024 competition year, there are no age groups for the WheelWOD Competitions.

### **1.03 - ELIGIBLE IMPAIRMENTS FOR COMPETITION**

For the purpose of competition, eligible impairments will 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. (see section 4)

Any impairment 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 2024. Changes to eligibility may occur as the field of participating adaptive athletes in competition grows.

### **1.04 - 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 competition classes.

Classification aims to minimize the impact of the athletes' impairment on their performance so that their fitness, not their degree of impairment, is ultimately tested. Ensuring that athletes are appropriately classified is crucial to safeguarding the integrity and credibility of the competition.

#### **1.04a - 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.

#### **1.04b - ATHLETE CLASSIFICATION RESPONSIBILITIES**

The roles and responsibilities of athletes include:

- Be knowledgeable of 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.

### **1.04c - 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.

### **1.05 - 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 the Neuromuscular, Short Stature or Lower without amputation division for the 2024 Season.

#### **1.05a - STAGE ONE:**

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 athlete's division after a full process review.

#### **1.05b - STAGE TWO - PART A:**

Athletes must complete a meeting with a member of the Classification Team via Google Meet. To schedule a meeting, follow this link:

<https://calendar.app.google/bymJWvoRpR4b7i1a6>

Classification meetings will include the following procedure:

1. Recorded with Permission

2. Introductions/Procedure explanation
3. Impairment Questions
  - a. Each division will require a series of questions based on specific symptoms present during fitness.
    - i. If affirmative responses are given to questions but have not been visually verified before or on video, a video will be requested.
      1. Videos can be anything that highlights their impairment during a workout
      2. Each athlete will begin with 5 points; affirmative answers will subtract points.
    - ii. *i.e.* If 3 points are scored on the questionnaire, their score is 2
4. Give athlete a tentative rating if on the edge of a category or if you want to discuss/get second opinion
5. All Affirmative answers will require video evidence or medical documentation.

### **1.05c - STAGE TWO - PART B**

If further consideration is needed, the WheelWOD Classification team can prescribe a workout to be videoed and submitted to glean further information about biomechanic movement and impairment presentation.

Complete the workout provided to you. The workout must be recorded in a single, uncut video. The recording guidelines will be outlined in your email.

### **1.05d - STAGE THREE**

The final Step once verified through the process, is to confirm the athlete's 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.

## **1.06 - COMPETITION CLASSES (See Section 4 for Specific Division Requirements)**

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

Competition classes may be used to make competitions a better and more appropriate fitness test by impairment (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).

### **1.06a - COMPETITION CLASS STATUS**

Athletes competing in online qualifiers or the Adaptive CrossFit Games by WheelWOD 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 but must be completed before the competition date.

Athletes proceeding onto an in-person sanctioned 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.

### **1.06b - CHANGING COMPETITION CLASSES**

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

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

After a 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 Fifteen (15) adaptive divisions for the 2024 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: Vision (3 subclasses)
10. Male and Female Adaptive: Short Stature (3 subclasses)
11. Male and Female Adaptive: Seated 1 Athletes (without hip function)
12. Male and Female Adaptive: Seated 2 Athletes (with hip function)
13. Male and Female Adaptive: Seated 3 Athletes (Quadriplegic and no hip Function)
14. Intellectual Division (2 subclasses)
15. Standing Diagnosed

## **1.07 - 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 the use of equipment, their competition class and division may be adjusted by WheelWOD in accordance with the WheelWOD Classification Process.

## **1.08 - 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.

### **1.08a - 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 the workout release via email to [competition@wheelwod.com](mailto:competition@wheelwod.com).

### **1.08b - 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

### **1.08c - HOW TO REQUEST A MODIFICATION TO MOVEMENT STANDARDS:**

To submit a request for modification, athletes must record a video containing the following within 24 hours of the release of a workout. A link to the video should be included in the Movement Standards Modification email request to [competition@wheelwod.com](mailto:competition@wheelwod.com).

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

First Name:

Last Name:

Competition Classification Division:

Email:

Phone Number:

Gender:

Competition/Event (i.e., The Adaptive CrossFit Open by WheelWOD - event 3)

Movement(s) Affected:

Reason for Modification:

Proposed Modification:

1. A clearly stated (verbally) and demonstrated (visually) the **reason for the modification**.
2. Clearly stated (verbally) and demonstrated (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.

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

**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.

### **1.08d - 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 [Competition@wheelwod.com](mailto:Competition@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, Google Meet, or Zoom conference.
- All calls to be recorded if necessary.

## **THE OPEN AND SEMIFINALS**

### **2.01 - THE OPEN AND SEMIFINALS**

The Open is the first stage of the CrossFit Games season. It includes a series of workouts, with one or more workouts released each week over three consecutive weeks. The Open workouts are released on the official CrossFit Games website, and adaptive versions will be released at [WheelWODGames.com](http://WheelWODGames.com) 2 hours after the official CrossFit Open workout release. Athlete performances in each workout are judged, validated, and ranked on the WheelWOD leaderboard. The top qualifying athletes from each recognized Division will qualify to compete at the next stage of competition, which is our Virtual Semifinals. The Open begins February 29, 2024, at 2pm PST. The Semifinals will begin on May 8, 2024.

### **2.02 - ATHLETES**

WheelWOD reserves the exclusive right to allow or deny the participation of any athlete. WheelWOD also reserves the exclusive right to validate or invalidate any athlete's scores submitted for the purpose of qualifying for the Adaptive CrossFit Games by WheelWOD. WheelWOD will make such participation and scoring decisions to preserve the integrity of the competition.

WheelWOD reserves the exclusive right to invite past winners, guest athletes, or others to participate in any stage of the competition. This decision may be made to preserve the tradition and spirit of the Adaptive CrossFit Games by WheelWOD or for any other reason at the sole discretion of WheelWOD.

### **2.03 - COMPETITION REGISTRATION**

Every athlete must register online through links emailed or given at [www.wheelwod.com](http://www.wheelwod.com). For step-by-step instructions on registering for our competition platform located at the FAQ page at [www.competitioncorner.net](http://www.competitioncorner.net) and click on the "REGISTRATION" tab.

### **2.04 - COMPETITION REGISTRATION - COMPETITION CORNER ACCOUNT:**

Each athlete must have a Competition Corner account in order to compete in the WheelWOD Online events. Creating an account only needs to be done once. Athletes will use the same Competition Corner account each year. Athletes will use their account for registering, submitting scores, tracking workout submission and validation deadlines, and reviewing their score submission history. It is the athlete's sole responsibility to provide current, valid, and truthful information in creating their account, including their date of birth and email address. Any athlete with questions or concerns about creating an account should contact [Competition@WheelWOD.com](mailto:Competition@WheelWOD.com). Athletes are not to create duplicate accounts.

Athletes must have a CrossFit ID in order to participate. If they do not have a CrossFit ID, they must create one at [CrossFit.com](http://CrossFit.com), [games.crossfit.com](http://games.crossfit.com), or on the CrossFit app. Age

Requirements - Athletes must be at least 13 years old at the time they create an account on the CrossFit Games website. No athlete under the age of 13 may register to compete and continue to the Games. However, all athletes may compete in a majority of events with parental consent under 18.

## **2.05 - COMPETITION REGISTRATION - TERMS and WAIVERS**

As part of the registration process, and for all stages of WheelWOD EVENTS, athletes must agree, without limitation, to comply with the rules and guidelines stipulated in the WheelWOD Rule Book, the Assumption of Risk Waiver, Publicity Release Waiver. The athlete's agreement to abide by the rules remains in force until event ends or the athlete completes a new registration for the next WheelWOD event, whichever occurs first, which are final and binding in all respects.

## **2.06 - REGISTRATION - FEES**

To successfully complete the WheelWOD registration process, athletes must submit the registration form. Each event or competition is priced in USD for individual competitions. The Adaptive CrossFit Open by WheelWOD will cost \$20 to register. The Adaptive CrossFit Semifinals by WheelWOD will cost \$50 to register.

## **2.07 - COMPETITION WORKOUTS - FORMAT**

For all WheelWOD workouts, the workout format will be released by WheelWOD on the WheelWOD Games website as well as on the Competition Corner competition site and communicated uniformly to all athletes online. The workout format will include the following:

- Required movements.
- Start and end ranges of the movement.
- Prohibited technique, accessories and/or equipment, if any.
- Adjustments or scaling by division, if any.
- Required number of repetitions and/or repetition scheme.
- Required equipment.
- Required amount of weight (NOTE: All weights will be released in pounds. It is the athlete's responsibility to use the correct poundage. If kilogram plates are used, the athlete will need to use appropriate combinations of plates to achieve the correct poundage. Collars or clips are not to be counted in the total weight. For the purpose of competitions, 15-kg barbells will be considered to weigh 35 lb., and 20-kg barbells will be considered to weigh 45 lb.
- Time domain or time limit.
- Scoring details - The 2024 Adaptive CrossFit Open will use a rank-scoring system where points are awarded based on the placement in the workout. First place will receive 1 point, 2 place will receive 2 points, etc. The 2024 Adaptive CrossFit Semifinals will use a point table that will be released before the start of the Semifinals.
- Filming and submission guidelines, if any.

## 2.08 WEIGHT CONVERSIONS:

The following weight conversions will be used for all online competitions. This is not an exhaustive list of all weights that may be used in a competition. If there is a weight used that is not listed below, it will be referred to in the movement standards and scorecard description documents.

<b>Barbells:</b>	
LBS	KGS
35	15
45	20

<b>Medicine Balls</b>	
LBS	KGS
8	3
10	4
14	6
20	9

<b>Dumbbells:</b>	
LBS	KGS
10	5
20	10
35	15
50	22.5
70	32.5

<b>Kettlebells:</b>	
LBS	KGS
26	12
35	16
53	24
32	70

<b>Common Barbell Loads</b>	
LBS	KGS
55	25
65	29
75	34
85	38
95	43
100	45
105	47
115	52
125	56
135	61
145	66
155	70
165	75
175	79
185	83
195	88
205	93
215	98
225	102
275	125
315	143

In all stages of competition, including the Open, it is the athlete's responsibility to adhere to the workout format. This includes performing all required movements to the described standard, counting and completing all required repetitions, using the required equipment and loads, meeting the required time, and meeting all submission standards. Modifying the workout format in any way is prohibited and will void an athlete's score. Only [wheelWOD.com](http://wheelWOD.com) may provide official scaled versions of workouts for athletes to perform.

## **2.09 - COMPETITION WORKOUTS - UNCOMMON MOVEMENT CLAUSE/RANGE OF MOTION EXCEPTIONS**

Any violation of the prescribed workout format, including the movement standards or range of motion, will result in the repetition(s) being disallowed. Therefore, athletes and judges should be familiar with the Uncommon Movement Clause:

*“Any movement deemed uncommon, out of the ordinary or used to amend, shorten or change the accepted movement standard or range of motion including line of action of any event movement can and will be disallowed. It is the responsibility of the athlete to notify WheelWOD.com of any questionable movement before the workout.”*

In addition, athletes should be aware that certain athletes with physical limitations in a specific range of motion may be granted an exception, in WheelWOD's sole discretion, from performing the prescribed range of motion for the workout. This limitation in the range of motion must be due to prior physical limitations or injuries that are obvious and clearly definable by demonstration. **Any limitation must be brought to the attention of WheelWOD PRIOR to the beginning of the competition.** Such instances are extremely rare and will be handled on a case-by-case basis.

## **2.10 - COMPETITION WORKOUTS - SCORE SUBMISSION**

Scores must be submitted by Monday at 5 p.m. PT each week. Any score submission received after the 5-p.m. PT deadline will not be accepted for any reason.

Athletes must have their scores confirmed by uploading a video of their workout to the Adaptive CrossFit Open by WheelWOD Competition Corner website.

It is the sole responsibility of the athlete to ensure the timely and successful submission of workout scores or videos each week. Submissions that are incomplete (missing information such as the complete score, the affiliate name, or the judge's name; or containing video links that do not work, etc.) will not be accepted. Each week, scores must be submitted by Monday at 5 p.m. PT.

**Note:** WheelWOD reserves the right to extend the score submission deadline due to unforeseen circumstances. If the deadline is extended, athletes are permitted to complete or redo the lifts or workouts within the new time frame provided. Video submissions will be reviewed by the WheelWOD internal review team.

## **2.11 - COMPETITION WORKOUTS - VALIDATING VIDEO SUBMISSIONS**

Score validation for any online video submission is the sole right of WheelWOD.com. The video will be reviewed and scored by WheelWOD Appointed judges. As part of this video review process, the athlete's posted score may be accepted, modified, or invalidated.

Reasons for modification or invalidation of a score include but are not limited to:

- Failure to follow the video submission guidelines exactly.

- Violation of the workout format, especially movement standards.
- Workout attire which prevents the judge from determining if the athlete is meeting the movement standards.
- Miscalculation of repetitions.

Video submissions may be invalidated or adjusted without warning and after the close of a workout. Athletes submitting videos should have someone monitor their movement during the workout to ensure each repetition meets the required standards. Prior to submitting a video, athletes should review the video to ensure their reps meet the required standards, the camera angle permits the judge to determine if the movement standards are being met and there are no technical problems with the video itself.

## 2.12 - COMPETITION WORKOUTS - VIDEO SUBMISSIONS - SCORING PROTOCOL

There are four possible outcomes in the judging and scoring of online video submissions:

- **Good Video:** The athlete meets the required movement standards on all repetitions in the workout, and the score they posted is correct. Their score will be accepted.
- **Valid with Minor Penalty:** Over the course of the video, the athlete demonstrates a few “no-reps,” which may be removed from the athlete’s final score as required. This penalty is used for video submissions where the score needs to be adjusted by fewer than 15% of reps. If the score is posted in the form of a time, the total time to complete the workout will be adjusted by subtracting at least 2 seconds per no rep. If the workout is not completed, but the score is time, at least 2 seconds per no rep will be added to the time cap for the final score.
- **Valid with Major Penalty:** Over the course of the video, the athlete demonstrates 15%-49% of the workout is “no-reps.” In this case, the score may be modified by subtracting the amount of “no reps” plus (+) 15 percent from the total rep count. If the score is posted in the form of a time, the total time to complete the workout will be adjusted by adding at least 2 seconds per no rep plus (+) 15 second additional penalty. If workout is not completed but score is time, at least 2 seconds per no rep plus (+) 15 additional seconds will be added to the time cap for final score.
- **Invalid/Rejection:** Over the course of the video, the athlete fails to complete the workout as required, 50% or more of reps performed are “no-reps” or the video does not contain the criteria listed in the video submission standards. The athlete’s score will be rejected and the video will be removed from the Competition Corner website. The athlete will have to submit a new video within a 48 hour window or prior to the score submission deadline to receive a score for this workout.

## 2.13 - COMPETITION WORKOUTS - VIDEO SUBMISSION APPEALS PROCESS

An athlete submitting a video for review will receive an email message from WheelWOD if the score posted with the video is modified. The message will give a brief description



explaining the reason for this change in score. If the athlete disagrees with this score modification, they must contact [Competition@wheelwod.com](mailto:Competition@wheelwod.com) upon receiving notification that their score has been modified. In this email, the athlete will list the workout in question, their original score, the modified score and the reason given for the score modification. The athlete will also provide a brief explanation for why they are appealing the decision. WheelWOD will review the athlete's appeal and the video in question in order to render a final scoring decision. This decision will be communicated to the athlete by email.

## **2.14 - WheelWOD LEADERBOARDS**

The WheelWOD website will host the only official Leaderboard for the Open and the Online Semifinals. During the Open, athletes are ranked on the leaderboard based on their total placement in all workouts.

For example, an athlete with 2nd-place, 3rd-place and 5th-place finishes will have 10 total points ( $2+3+5=10$ ) and be ranked ahead of an athlete with 1st-place, 2nd-place and 10th-place finishes, who would have 13 points ( $1+2+10=13$ ).

During the Semifinals Points will be assigned based on an athlete's relative ranks (*i.e.*, their rank when compared to the performance of other athletes and teams). These points will be used to rank the athletes on the Online Semifinal leaderboard.

Ties on the overall Leaderboard will be broken by awarding the best position to the athlete or team who has the highest result in any single workout. If athletes remain tied after this first tie-breaker, the process continues to their next highest single result, and so forth. Ties will not be broken for single event results. More than one athlete can share an event result and all will earn the original point value. The athlete with the best performance across multiple workouts in a competition wins that competition.

## **2.15 - WheelWOD LEADERBOARD - INDIVIDUAL ATHLETES**

If an athlete performs a workout and submits a video submission for score validation, the entered score will appear on the Leaderboard, with the video linked to the score, once the video is submitted. Scores posted by video submission may be validated, invalidated, or modified through the assessment of a minor or major penalty.

Furthermore, scores may be removed at any time at the discretion of WheelWOD.com. Common reasons for adjustment and/ or removal of scores include unacceptable movement standards, improper rep counts or poor quality of video submission.

## **2.16 - WheelWOD VIDEO REVIEW**

Top 25-30 Athletes from each division in the Open and top 15-20 Athletes from each division in Semifinals must submit a video for every workout during the Open at the time of score submission.

## **2.17 - WheelWOD INVITATIONS**

WheelWOD holds the rights to offer any athlete a “wildcard” spot or invitation if they deem worthy of The Adaptive CrossFit Games by WheelWOD or injured during or before the qualifying process.

## **2.18 - WheelWOD LEADERBOARD FINALIZATION**

The Official Adaptive CrossFit Open Leaderboard will be finalized April 15th, 2024. Top 20 Athletes in each division from the Open will be invited to compete in Semifinals.

The Official Adaptive CrossFit Semifinals Leaderboard will be finalized June 3rd, 2024. Top 10 Athletes from each division will be invited to compete at the 2024 Adaptive CrossFit Games by WheelWOD.

Any invitations for the Adaptive CrossFit Semifinals not accepted by April 22nd, 2024 will forfeit their spot and WheelWOD will backfill that spot by inviting the next highest ranking athlete. This will continue until all 20 spots for each division for Semifinals are filled.

Any invitations for the Adaptive CrossFit Games not accepted by July 1, 2024 will forfeit their spot and WheelWOD will backfill that spot by inviting the next highest ranking athlete. This will continue until all 10 spots for each division are filled.

## **IN-PERSON COMPETITION**

### **3.01 - WHEELWOD IN-PERSON COMPETITION**

For any in-person competition that WheelWOD is directing or in contract to assist with, Adaptive athletes are expected to adhere to WheelWOD rules and regulations.

#### **EVENT REGISTRATION PROCESS:**

Athletes will register for every stage of the competition through [competitioncorner.net](https://www.competitioncorner.net). Any invitations not accepted by athletes will be back filled by the next highest placed individual.

### **3.02 - EVENT DETAILS AND ON-SITE BRIEFING**

Workouts may be released to the public at WheelWOD's discretion. All participating athletes will be required to attend onsite briefings during the competition to include topics such as:

- Competition rules and expectations.
- Venue orientation and introduction to key event staff.
- Specific movement standards and required range of motion.

If there are any questions regarding event details, athletes should contact WheelWOD directly. Specific contacts for each competition will be emailed to athletes upon acceptance of their invites.

Athletes will be briefed on tests through scheduled test briefings. It is the responsibility of each competing athlete to attend all test briefings and all events on the competition schedule.

Athlete attendance is mandatory for the daily individual athlete briefings. Videoing or recording these briefings without preapproval from WheelWOD Directors is prohibited. The time and location of the briefings will be communicated to all athletes. Athletes who are late to or absent from a briefing may lose one of their 2 appeals during the competition and also may be disqualified from further competition at the Head Judge's discretion..

Demonstration of a test's movement standards, including the acceptable ranges of motion, or demonstration of unacceptable movements or ranges of motion, is not required.

Such demonstration methods will be used at the discretion of the Head Judge or onsite director.

Judges will attend athlete briefings as well as their own briefings to prepare for each test.

Handlers, coaches, and translators brought by athletes are allowed at athlete briefings.

### **3.03 - LEADERBOARD RANKINGS**

Individual athlete performances will be ranked in each test. Points will be assigned based on an athlete's relative ranks (i.e., their rank when compared to the performance of other athletes). These points will be used to rank the athletes and teams on each leaderboard.

Ties on each overall leaderboard will be broken by awarding the best position to the athlete who has the highest result in any single test. If athletes remain tied after this first tiebreaker, the process continues to their next highest single result, and so forth. Ties will not be broken for single test results. More than one athlete can share a test rank, and each will earn the original point value. The athlete with the top performance across multiple tests in a competition wins that competition.

### **3.04 - SCORING**

Specific scoring formats will be provided when the test formats are announced and during onsite briefings.

Tests may have time penalties. Failure to complete a test in the designated time may result in a specified penalty for any portion of the test not completed, or may result in the athlete not advancing to the next test, regardless of overall rank.

Tests may have a minimum work requirement in terms of the amount of time, repetitions, weight, or rounds to be completed in order to advance. Failure to complete the minimum work requirement may cause the athlete not to advance in the competition, regardless of overall rank.

If there is no minimum work requirement for a test, athletes are expected to continue attempting to complete each test for the duration of their heat. This means they are actively attempting to complete the specific movements of the test as it is written until the time cap expires. Athletes who are unwilling or unable due to injury to continue attempting to complete each test within the time cap may be removed from competition. This does not apply to athletes who have reached failure and are taking extended recovery time in an attempt to finish.

During competition, if an athlete does not advance to the next test for any reason (DNF, injury, etc.), the athlete will be withdrawn from competition. The athlete will retain the points they have earned in competition to the point of withdrawal and will be ranked accordingly.

### **3.05 - APPEALS**

Athletes should file onsite appeals, test protests, or scoring questions with the Head Judge or Athlete Control lead immediately following the event or at the earliest possible opportunity. Coaches are welcome to be involved with the appeals process but only after the completion of the event and in conjunction with the athlete.

Athletes are welcome to bring all concerns to the Appeals Manager, who will help them determine if a situation is up for appeal. It is likely that judgment calls made during an event are final and not negotiable or subject to change, modification, or appeal. In addition, athletes may not protest discrepancies related to the judging, scoring, or performance of another athlete.

An athlete CANNOT appeal live judgment calls and no reps by the judge.

#### **Common examples include, but are not limited to:**

- Most range of motion faults (end ranges of rep) such as:
- Depth of a squat
- Extension of hips, knees, or arms
- Stabilization of a lift or equipment overhead

#### **Examples of events or actions an athlete or team CAN appeal include:**

- Scorecard or leaderboard data inconsistencies or errors
- Counting inconsistencies or errors (i.e., the total number of repetitions completed was incorrect)
- Loading inconsistencies or errors
- Course markings or directional inconsistencies or errors
- Equipment or monitor failure that was not the responsibility of athlete
- Miscommunication by a judge regarding movement standards, or event order or direction.
- Action of another athlete or person that impeded the athlete's progress

#### **Two appeal rule:**

- Athletes/teams will start the competition with two appeals.

- Following each test, athletes have the option to appeal (see eligible list above).
- If after investigation the appeal is granted, the athlete will retain their appeal count.
- If after investigation the appeal is denied, the athlete will lose one appeal from their appeal count.
- If an athlete exhausts their appeal count, they will not be allowed to make any other appeals over the remainder of the competition.
- Missing mandatory competition responsibilities such as athlete registration or workout briefings may result in a loss of an appeal at the Head Judge's discretion.

Nothing in these procedures concerning event appeals, scoring discrepancies, event movement standards, or range-of-motion requirements should be read as a limitation on WheelWOD's right to run or operate any WheelWOD-supported or sponsored event as it sees fit in its sole and absolute discretion. The Head Judge and WheelWOD's decisions are final. This includes the right to remove or disqualify any team or athlete at WheelWOD's sole and absolute discretion.

### **3.06 - Appeals Process**

For all on-site appeals, event protests, or scoring questions, the following process will be used:

- The competing athlete will state the case and request an Appeals Form from the Appeals Manager.
- If the issue is eligible for appeal (see section 3.04), the athlete will fill out the Appeals Form.
- As soon as possible and prior to the end of the competition day, the athlete will return the Appeals Form to the Appeals Manager.
- The Head Judge, the involved judge(s), and/or the on-site competition director will review the submitted Appeals Form and complete the fact-finding process for the issue in question.
- When a decision has been reached, the athlete will be contacted with the results of the appeal.

Appeals should be considered pending until the athlete has been contacted with a resolution.

Video, photos, cell-phone media, or any other media will not constitute grounds for changing or modifying a decision, score, or entry made by an event judge.

**No media of any kind is permitted during the appeals process. Social media posts defaming, harassing, or concerning an open appeal will be grounds for automatic loss of that appeal and may be grounds for removal or disqualification of appealing athlete.**

Nothing in these procedures concerning event appeals, scoring discrepancies, event movement standards, or range-of-motion requirements should be read as a limitation on WheelWOD's right to run or operate any event as it sees fit in its sole and absolute discretion. The Head Judge and WheelWOD's decisions are final. This includes the right to remove or disqualify any athlete at WheelWOD's sole and absolute discretion.

### **3.07 - INJURY POLICY**

Any athlete who is unable to finish a test due to injury, or who requires medical attention following the completion of a test, must receive clearance from the medical staff and Head Judge or onsite director before returning to competition. The Head Judge or onsite director will have the authority to remove the athlete from the competition based on the severity of the injury, the athlete's inability to complete a test, likelihood of further injury, and other factors.

Individual athletes who miss their heat due to injury or while undergoing medical treatment or assessment will be disqualified from the competition. The athlete will retain the points they have earned in competition.

Any missed event due to schedule change that conflicts with medical treatment outside of the control of the athlete may be grounds to make up an event at the sole discretion of WheelWOD and will be taken on a case by case basis.

### **3.08 - MODIFICATION REQUESTS**

Athletes may request modification requests to [Competition@wheelwod.com](mailto:Competition@wheelwod.com) or Head Judge after Athlete Briefing. Modifications concerning range of motion, assistive devices or safety concerns may or may not be granted based on, workout stimulus, and integrity of the competition. Modifications to movements, weights, or general standards will not be granted. Any modifications made without the approval of WheelWOD will result in a scaled score and will rank lower than anyone completing the workout as RX.

### **3.09 - HANDLER REGISTRATION**

Athletes in the Seated, Vision, or Neuro Major Divisions will be allowed a "Handler" to assist on the field of play during the event concerning specific actions. All Handlers are required to adhere to all WheelWOD rules and regulations. Regulations specific to handlers include but are not limited to:

- Handlers may assist in maintaining the safety of the athlete competing. For some divisions, this includes the management of equipment, straps, stabilization of chairs, etc.
- All assistance must be cleared by Head Judge prior to the event start.
- Handlers may not assist in workout movements or by gaining advantage for athletes.

Athletes must provide and register their own Handler upon registration of the event. Failure to do so will forfeit the athletes ability to have assistance on the field of play. Handlers must wear required clothes/credentials on the field of play to identify them as each Athlete's handler.

## DIVISION ELIGIBILITY STANDARDS

### 4.01 ELIGIBLE DIVISIONS AND ELIGIBILITY REQUIREMENTS BY DIVISION

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: Vision (3 sub classes)
10. Male and Female Adaptive: Short Stature (3 sub classes)
11. Male and Female Adaptive: Seated 1 Athletes (without hip function)
12. Male and Female Adaptive: Seated 2 Athletes (with hip function)
13. Male and Female Adaptive: Seated 3 Athletes (Quadriplegic and no hip Function)
14. Intellectual Division (2 sub classes)
15. Standing Diagnosed

### 4.02 - 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.

### 4.02a - ELIGIBLE/NOT 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

**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.

**4.02b - UPPER EXTREMITY DIVISION COMPETITION CLASSES****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. Lacking at least 30% of normal range of motion. (Shoulder: 50 degrees; Elbow: 45 degrees; Wrist: 45 degrees Flex/Ext)

#### **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. Or athletes with neutral fused wrist. Athletes with single joint with ROM limitation will be considered on a case by case basis.

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

### **4.03 - 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

#### **4.03a - ELIGIBLE/NOT 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 competition 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.

## 4.03b - 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 (Lacking at least 30% of normal 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 (lacking at least 30% of normal 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.

## **4.04 - 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 competition classes for the Neuromuscular Division.

## **4.04a - ELIGIBLE/NOT 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 or 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 competition 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.

## **4.04b - NEURO DIVISION COMPETITION CLASSES**

### **(MAJOR/MODERATE/MINOR)**

There are three Neuromuscular competition 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 competition 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.

## **4.05 - ELIGIBILITY FOR VISION DIVISION**

To be eligible to compete in the Vision 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.

## **4.05a - ELIGIBLE/ NOT ELIGIBLE FOR THE VISION DIVISION**

Eligible impairments:

- Vision Impairment

Impairments not eligible:

- Ataxia
- Athetosis
- Hypertonia
- Impaired Passive Range of Movement
- Impaired Muscle Power
- Limb Deficiency
- Leg Length Difference
- Short Stature
- Intellectual Disability
- Deaf

## **4.05b - 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.

## **4.06 - ELIGIBILITY FOR THE SHORT STATURE DIVISION**

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

## **4.06a - ELIGIBLE/ NOT ELIGIBLE 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

### **4.06b - SHORT STATURE COMPETITION CLASSES**

#### **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, male 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 ≤ 54 in (137 cm); and
- Arm length ≤ 25 in (63 cm); and
- Sum of standing height plus arm length ≤ 71 in (180 cm).

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

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

### **SHORT STATURE COMPETITION CLASSES**

There is only one competition 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.

### **4.07 - 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.

### **4.07a - ELIGIBLE/ NOT 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.

**4.07b - 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 competition 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  $\frac{2}{3}$  femur length.

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

### **4.08 - 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.

#### **4.08a - ELIGIBLE/ NOT 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.

**4.08b - SEATED 2 WITH HIP FUNCTION COMPETITION CLASSES  
COMPETITION**

Classes in the Seated 2 Division include S6 and S7. All competition 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.

**4.09 - Eligibility for Seated 3 Quadriplegic**

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

- 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
- 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 Seated 3 DIVISION - Without Hip Function & More than 2 limbs impaired Division.

## **4.09a ELIGIBLE IMPAIRMENTS FOR THE SEATED 3 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 3 - Without Hip Function Division is that athletes in the Without Hip Function Quad Division will not be able to move, or reposition, their legs without manual assistance; except for sport Competition S5 with special considerations AS WELL Have more than 2 lower limbs impaired and will have grip and upper body muscle impairments.

### **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.

## **4.09b SEATED 3 - WITHOUT HIP FUNCTION QUAD COMPETITION CLASSES**

Competition classes in the Seated 1 Division include S1 . All competition classes with the exception of a special exclusion in S5, do not have functional control of the hip or legs BUT MUST HAVE THE SPECIFICATIONS OF GRIP OR MUSCLE IMPAIRMENT IN THE UPPER BODY.

### **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.

## **4.10 - ELIGIBILITY FOR INTELLECTUAL DIVISION (ID)**

To be eligible to compete in the Intellectual Division, athletes who meet the age requirements must also meet the following criteria:

- The athlete must have a diagnosed intellectual disability that has been identified by a qualified professional as determined through a comprehensive evaluation process in their respective regions.
- The individual must present a cognitive delay as defined by standardized measures, such as intelligence quotient (or “IQ” testing), or other valid and reliable assessments that are accepted within the psychological and medical community.
- Athletes should provide documentation from a qualified professional (e.g., medical doctor, psychologist, or specialist in intellectual disabilities) confirming their intellectual disability. The documentation should include a clear description of the intellectual disability and its impact on daily functioning. Proof of cognitive assessments and diagnostic scores obtained within the past three years may be required for validation.

### **4.10a - ELIGIBLE/NOT ELIGIBLE IMPAIRMENTS FOR THE INTELLECTUAL DIVISION**

Eligible impairments:

- Intellectual Disability

Impairments not eligible:

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

### **4.10b INTELLECTUAL DIVISION COMPETITION CLASSES**

Competition classes in the Intellectual Division include both ID and IDCC. Several factors should be considered when evaluating class eligibility, based on an individual’s medical and developmental history.

#### **ID (Intellectual Disability)**

ID (in the absence of a chromosomal condition) refers to athletes who have a diagnosed, permanent condition which causes limitations in intellectual functioning or adaptive behavior.

For example, athletes who have an Autism diagnosis in conjunction with an intellectual disability would qualify to compete in this subcategory. In addition, athletes with Traumatic Brain Injury (TBI), Fetal Alcohol Spectrum Disorders (FASD), Metabolic Disorders (PKU) and other conditions in conjunction with an intellectual disability would also qualify to compete in this competition class.

Athletes in the ID subcategory will also need to obtain clearance from a healthcare professional stating any necessary modifications or restrictions.

### **IDCC (Intellectual Disability with Chromosomal Condition)**

IDCC refers to athletes who have a diagnosed, permanent condition which causes limitations in intellectual functioning caused by a chromosomal condition. It is noted that this particular class of athletes possesses different physiological characteristics based on the varied manifestations of their chromosomal conditions. These differences generally include hypotonia, which impacts posture, coordination, and overall muscle control, as regulated by the nervous system. Muscle strength and development delays associated with IDCC can also have a negative impact on power output.

To account for specific physiological differences between the ID and IDCC subcategories, athletes can expect appropriately-leveled weights to ensure fairness in competition.

Athletes with Down syndrome (Trisomy 21), Williams Syndrome, Rett syndrome, Angelman syndrome, PWS, or Fragile X syndrome would qualify to compete in this subcategory.

In addition, athletes in the IDCC subcategory will also need to obtain clearance from a healthcare professional stating any necessary modifications or restrictions (i.e., due to atlantoaxial instability).

Athletes with ID in each subcategory will be allowed to have a handler who can provide guidance and support during the competition, both in virtual and in-person competition settings. Roles of the handler will be clearly defined to maintain fairness. The handler may use visual aids, prompts, and demonstrations to enhance understanding, but may not perform movements for the athlete. Judges should be properly trained to assess performance and provide appropriate support.

## **4.11 - ELIGIBILITY FOR STANDING DIAGNOSED DIVISION**

To be eligible to compete in the Standing Diagnosed Division, athletes who meet the age requirements must also meet the following criteria:

1. The athlete must have been diagnosed with a medical condition that has the potential to directly affect work power output. This diagnosis must be documented and signed by a medical professional as determined through evaluation in their respective specialties.

2. Athlete must also present with secondary and/or tertiary symptoms that may not be currently measurable when pertaining to work/power output (i.e. Hearing Loss\*, Chronic fatigue, heat sensitivity, chronic pain, etc.)

\*See WheelWOD Quick Terms of Reference - 5.05 Standing Diagnosed.

#### **4.11a - ELIGIBLE/NOT ELIGIBLE IMPAIRMENTS FOR THE STANDING DIAGNOSED DIVISION**

Eligible impairments:

- Deaf

Impairments not eligible:

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

### **WHEELWOD QUICK TERMS OF REFERENCE**

#### **5.01 - Upper & Short Stature Impairment**

- **2 points Upper:** 2 points of contact on a barbell or equipment
- **1 point Upper:** 1 point of contact on the bar (no strap replacing limb). Commonly an above elbow amputee or brachial plexus impairment.
- **Short Stature:** 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.

#### **5.02 - Lower Impairment**

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



### 5.03 - Neurological Impairment

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

### 5.04 - Vision

#### Visual Impaired Athletes

These athletes will follow the standards for Standing Upper 2 points unless otherwise written in the description of the event. For the WheelWOD OPEN this classification will have its own division in 2024

#### WheelWOD 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.

### 5.05 - Standing Diagnosed

#### Including 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.

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.

### 5.06 - Seated Variations:

#### 5.06a - 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.

### **5.06b - 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.

## APPENDICES

### APPENDIX A: SPORTSMANSHIP

All athletes agree to compete in a sportsmanlike manner. Unsportsmanlike behavior, such as arguing with an official or representative of WheelWOD, taunting, heckling, fighting or any conduct that would bring disrepute upon WheelWOD, the competition, other competitors, or spectators or event sponsors, as determined by WheelWOD, in the eyes of the viewing public or the WheelWOD community, may be grounds for penalty, suspension, disqualification, removal from the event, disqualification from future events or legal action. Athletes exhibiting any unsportsmanlike conduct as defined above may receive written warning. If Athlete fails to adhere to the sportsmanship code of conduct after a written warning, they will receive a 2 year suspension at the discretion of WheelWOD.

All athletes agree to put forth suitable effort in every workout or event. Deliberately doing less work, or performing at a level less than one is capable of (referred to as “sandbagging”) in order to gain advantage in another workout or over another athlete or team is prohibited. Any athlete deemed by WheelWOD to be “sandbagging” may be penalized or disqualified from competition, as WheelWOD sees fit in its sole discretion.

Any action that prevents another athlete from having a fair opportunity to compete (e.g., abuse or alteration of equipment, refusal to follow instruction) or that interferes with athlete and judge communication (e.g. external noise devices, bull horns, air horns, etc.), or is generally disruptive to the event, is not allowed.

Athletes will be held accountable for the behavior of their coaches, handlers, team managers, supporters and guests. If the conduct of any member of such group or groups is deemed by WheelWOD to be unsportsmanlike or disruptive to the competition, then the coach, teammate, supporter, guest, and/or athlete is subject to the same disciplinary actions. This is not an exhaustive list and is meant as a guide for the athlete, coaches and other attendees. This is not intended as a limitation on WheelWOD rights to operate the WheelWOD Games in any manner it sees fit. WheelWOD reserves the right to terminate any athlete, coach, staff, volunteer, judge, visitor, guest, supporter, teammate and/or spectator participating in, attending or viewing any sponsored, sanctioned or supported WheelWOD Event at any time, with no further obligation or duty to such individual.

All information provided, either in registration submissions, video submissions, scores, times, reps or rounds completed, must be the complete truth. A lack of integrity, or any actions that evince an intent to cheat or circumvent the rules or intent of the rules of the WheelWOD OPEN, including lying (as one example), will result in disqualification.

WheelWOD has and may delegate to an on-site director the absolute authority on any final ruling including, without limitation, disqualification of an athlete, removal of spectator(s) or dismissal of any attendee. This includes, but is not limited to, the removal of any athlete who has withdrawn from competition or has received written warning of sportsmanship violation.

## **APPENDIX B: ALLEGATIONS OF MISCONDUCT**

An athlete may contact [competition@wheelwod.com](mailto:competition@wheelwod.com) to file an investigation into unfair practices or Rulebook violations by athletes or judges. This includes but is not limited to the harassment of an athlete (i.e. videoing without consent, bullying, defamation of character, etc.) concerning classification or impairment. WheelWOD will provide the complainant with detailed instructions to initiate the investigation. Any athlete or judge found after the investigation to be in violation of the rules and regulations of WheelWOD may receive written warning, sanction, or suspension. If an individual receives written warning and behavior continues, the individual will be suspended for 2 years.

## **APPENDIX C: CONFLICT OF INTEREST**

Any WheelWOD personnel, staff, or employee who owns a CrossFit Affiliate will be required to sign a Non Disclosure Agreement (NDA) prohibiting the communication of WheelWOD events, programming, company data, or any restricted information to an athlete or member of their gym. This NDA will also include guidelines of when during the season said personnel, staff or employee of WheelWOD is allowed to coach and or be present at the gym when the competing Athlete is in attendance. Relationships between WheelWOD personnel, staff, or employees and Athletes competing must remain professional during the competition or event. WheelWOD personnel, staff, or employees are prohibited from programming for the affiliate or coaching, or advising in fitness related matters for individual athletes who are competing at a WheelWOD event if they know the event details, workouts, equipment, etc. When event details are disseminated to WheelWOD personnel, staff, or employee for a given WheelWOD event, WheelWOD personnel, staff, or employee must send notice of cessation concerning programming and related matters for their gym to WheelWOD and athletes.

## **APPENDIX D: ADAPTIVE CROSSFIT GAMES PRIZE MONEY**

Cash prizes will be awarded to the top performers at the Adaptive CrossFit Games. All cash prizes will be paid in U.S. dollars.

Event winners and other compensated athletes may be required to present valid identification to claim prizes. All prizes, regardless of whether such a prize is cash, are subject to applicable taxes and withholding and the prize winner's compliance with and agreement to CrossFit's prize affidavit. In order for prize money to be collected, the athlete affidavit, tax forms, and payment form must be completed and returned to CrossFit by the date set forth by CrossFit in the prize affidavit. If these forms are not received by this date, prize money will be forfeited.

Additional prizes may be presented by partners, sponsors, or select vendors, and all such prizes are also subject to applicable taxes, withholding, compliance with, and agreement to CrossFit's prize affidavit. It is the athlete's sole responsibility to comply with paying any and all applicable taxes in connection with any prizes, regardless of whether such a prize is cash. Prize money will be released only once drug test results have been confirmed. Athletes can expect the drug testing process to take between six and eight weeks at a minimum, depending on results.