

27TH ANNUAL TRI-STATE REGIONAL SWIM MEET

Saturday, February 29, 2020

Sonny Werblin Recreation Center
Rutgers, The State University of New Jersey
656 Bartholomew Road
Piscataway, NJ 08854

SANCTIONED BY
Adaptive Sports USA

SPONSORED BY:
CHILDREN'S LIGHTNING WHEELS PSC
CHILDREN'S SPECIALIZED HOSPITAL
USA SWIMMING - NEW JERSEY
TRI-STATE WHEELCHAIR & AMBULATORY ASSOCIATION



ANNUAL TRI-STATE REGIONAL SWIM MEET

February 29, 2019

The 27th Annual Tri-State Swim Meet sponsored by Children's Lightning Wheels PSC is a sanctioned and qualifying event for Adaptive Sports USA Junior National Championships. The meet is being held at Rutgers, the State University of NJ, Sonny Werblin Recreation Center, 656 Bartholomew Rd, Piscataway, NJ. Directions to the Werblin Center are at the end of the packet.

If you are planning on competing at Junior Nationals, you will need to be a member of Adaptive Sports USA.

Membership for Adaptive Sports USA can be obtained online at the following website:

www.adaptivesportsusa.org

MEET DIRECTOR: Trisha Yurochko – Contact: 908-209-2285 /Email: tyurochko@childrens-specialized.org

FEES & REGISTRATION: The \$45.00 fee includes the registration and on-line registration service fee and results. Online registration must be completed by **Thursday, February 6, 2020 at 11:59 PM** to avoid a late fee. A late fee of \$60.00 (\$45.00 + \$15.00 late fee) will be assessed for each online registration received between February 7 & February 8, 2020.

The online registration form can be found at: <https://www.simplyregister.net/register/?e=118059>

As a reminder: Online registration will end on Saturday, February 8, 2020 at 11:59 PM

SCHEDULE:

Friday, February 28, 2020	Classification	by appointment only
Saturday, February 29, 2020	Classification	by appointment only
	Registration	12:00PM – 1:00PM
	Warm-Ups	12:30PM – 1:00PM
	Officials Report	12:30PM – 1:00PM
	Volunteers Report	12:30PM – 1:00PM
	Competition	1:15PM – 5:00PM
	Pick-up Results	5:00 PM

Please do not arrive at the facility before 12:00 PM. Thank you.

Registration will be at the top of the ramp – enter the facility through the door at side rear of the building just off the parking lot (up the ramp).

REGISTRATION FORM: A sample copy of the registration form and event grid is included in this packet. This is for your use only. **Paper registration forms will not be accepted.**

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RELAY FORMS: Relay forms are to be completed by coaches only and returned to the Meet Director by email or snail mail on or before February 21, 2020.

Email: tyurochko@childrens-specialized.org

Snail Mail – Tri-State Regional Swim Meet
Trisha Yurochko, Meet Director
Children's Specialized Hospital
150 New Providence Road
Mountainside, NJ 07092

Relay forms are included in this packet.

CLASSIFICATION INFORMATION:

The Tri-State Regional Swim Meet will have one National Swim Classification Panel. Classification is only for U.S. citizens. If you are a citizen of another country, you will be given a temporary classification for this meet only. Classification applies to those swimmers competing for the first time or a swimmer without a national classification who is planning on attending national competitions.

Classifications will be held on Friday, February 28th in the late afternoon through early evening and again on Saturday, February 29th from 7:30 – 11:30 AM prior to the meet. Classification, **by appointment only**, will be held at Rutgers University. You will be notified of your appointment time.

If you need classification, you will need to complete the Classification questions during the registration process on Simply Register. There are a limited number of slots, so register early especially if you need classification.

Important:

At the end of this packet are samples of the forms that need to be completed prior to obtaining an appointment for classification. **The National Medical Diagnostics Form can be downloaded from the TSWAA website: <http://www.tswaa.com> and can be completed by parent or athlete. Other forms included are: Athletes with Visual Impairments – to be completed by athlete's ophthalmologist and Intellectual Impairments – see included documents for eligibility criteria and other information. All completed forms must be returned to npcusaclassification@usopc.org no later than February 24, 2020.**

HOTEL INFORMATION: A block of rooms has been reserved at the following hotel:

The Radisson Hotel Piscataway/Somerset
21 Kingsbridge Road
Piscataway, NJ 08854
732-980-0400

Call the hotel directly and tell the front desk that you are looking to book a room under "TRI-STATE SWIM MEET". The room rate is \$115/night plus 14.625% tax (total \$131.82) which includes breakfast for two people. If you have any questions, you may contact Aleesha Mahajan, Sales Manager, at the hotel at 732-667-1001 or Trisha Yurochko, Meet Director at tyurochko@childrens-specialized.org or 908-209-2285.

Directions to the hotel are at the end of the packet.

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Athlete Name: _____

Street Address: _____ City _____

State: _____ Zip Code: _____ ASUSA # _____ D.O.B. _____

Cell Number: _____ Email: _____

Team Name: _____ Need Classification: Yes _____ No _____ Veteran: Yes _____ No _____

Gender: M _____ F _____ Age Group: U7 _____ U11 _____ U14 _____ U17 _____ U20 _____ U23 _____ (age as of 12/31/20)
 Open (19-39) _____ Master (40+) _____

Swim Class:

Free/Back/Fly = S

Breast = SB

SM Medley = SM

1	2	3	4	5	6	7	8	9	10	11	12	13	14

The meet will follow IPC swim rules. Check event you wish to enter below. Be sure you are eligible for the event.

There is no limit to the number of events you can enter, but due to pool time the meet cannot wait more than 5 minutes between events except the 500Y Free. At NJDC only 7 events plus 2 relays are allowed. Only unshaded events may be selected.

	U7-U11	U14	U17	U20/U23	Open/Master
25 Freestyle	S1-14	S1-14			
50 Freestyle	S1-14	S1-14	S1-14	S1-14	S1-14
100 Freestyle	S1-14	S1-14	S1-14	S1-14	S1-14
200 Freestyle	S5-14	S5-14	S1-14	S1-14	S1-14
500Y Freestyle	S6-14	S6-14	S6-14	S6-14	S6-14
25 Backstroke	S1-14	S1-14			
50 Backstroke	S1-14	S1-14	S1-14	S1-14	S1-14
100 Backstroke	S5-14	S5-14	S1-14	S1-14	S1-14
200 Backstroke					S6-14
25 Breaststroke	SB1-14	SB1-14			
50 Breaststroke	SB1-14	SB1-14	SB1-14	SB1-14	SB1-14
100 Breaststroke	SB6-14	SB6-14	SB3-14	SB3-14	SB1-14
200 Breaststroke					SB4-14
25 Butterfly	S1-14	S1-14	S1-5	S1-5	S1-5
50 Butterfly	S5-14	S1-14	S1-14	S1-14	S1-14
100 Butterfly	S6-14	S6-14	S5-14	S5-14	S5-14
200 Butterfly					S8-14
75 IM (3x25)	SM1-4	SM1-4			
100 IM (4x25)	SM4-14	SM4-14			
150 IM (3x50)		SM1-4	SM1-4	SM1-4	SM1-4
200 IM (4x50)	SM4-14	SM4-14	SM4-14	SM4-14	SM3-14
400 IM (4x100)				SM5-14	SM8-14

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ORDER OF EVENTS

2020 Tri-State Regional Swim Meet – sponsored by Children's Lightning Wheels

200 FREE
75 IM
100 IM
150 IM
200 IM
25 FREE
100 FREE
50 BACK
200 BACK
25 BREAST
100 BREAST
50 FLY
200 FLY
500 FREE
25 FLY
100 FLY
50 BREAST
200 BREAST
25 BACK
100 BACK
50 FREE
400 IM

ALL RELAYS

Notes:

There is no limit on the number of events a swimmer can swim, but due to pool time, the meet cannot wait more than 5 minutes between events, (after the last swimmer finishes), except after Event 14, the 500 Yard Freestyle.

For planning purposes:

1. At Junior Nationals each athlete is limited to a total of 7 events plus 2 relays over the 2 day format.
2. The order of events will be followed whenever possible – if there is an event with one swimmer it may be moved to another event of the same length or to an event with the same stroke of a different length.
Examples: 25 fly with 25 back; or 50 back with 200 back. Staging personnel will check the heat sheets to be sure the swimmer is not swimming both events.

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RELAY TEAM APPLICATION

TEAM NAME: _____

COACH: _____

Athlete Name	Class	Sex (Circle)	Points
		F – M	
		F – M	
		F – M	
		F – M	
Total Points			

EVENT:* Male () Female () Mixed ()

4 x 25 Points 10 () 20 () 30 ()
 Freestyle Relay

4 x 25 Points 15 () 25 () 35 ()
 Medley Relay

4 x 50 Points 30 () 40 ()
 Freestyle Relay

4 x 50 Points 30 () 40 ()
 Medley Relay

**Separate Forms must be completed and filed for each event.*

JUNIOR RELAYS

There will be three types of relay teams: all male, all female or mixed. Points will be assigned to each team member in accordance with the following table:

Age Class	S1 – 4	S5 – 6	S7 – 8	S9 – 14
U11	1	2	3	4
U14	2	3	4	5
U17	3	4	6	8
U20/23	4	6	8	10

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Rutgers University, Sonny Werblin Recreation Center

656 Bartholomew Rd, Piscataway, NJ 08854

Directions:

Route #287 North or South

Follow Route 287 to Exit 9. The sign says Highland Park & Bound Brook. Take River Road for 2.5 miles. At the 3rd light, make a left on to Hoes Lane. Stay on Hoes Lane, bearing to your right onto Frelinghuysen Road. Follow Frelinghuysen Road to the circle and take the third exit out of the circle, which is Bartholomew Road. Take Bartholomew Road to the first intersection and make a left onto Brett Road. Follow Brett Road as far as it will go. This will turn into Lots #60 and #64.

Route #18

Take Route 18 North over the Lynch Bridge and take the second exit (Campus Road, Busch Campus) after the bridge. Follow Campus Road to the circle. Make a right into the circle and take the first exit out of the circle, which is Bartholomew Road. Take Bartholomew Road to the first intersection and make a left onto Brett Road. Follow Brett Road as far as it will go. This will turn into Lots #60 and #64.

Route #1 North or South

Follow Route #1 toward New Brunswick. Exit onto Route #18 North. Follow Route #18 directions.

N.J. Turnpike North or South

Follow the Turnpike to Exit #9. After the toll take Route #18 North. Follow #18 North directions.

Garden State Parkway

Follow the Parkway to Route #287 or Route #1. Follow the respective directions for those roads.

The best door to enter is at the back and side of the building – up the walk-way right off the parking lot. The registration table will be set up here. By entering through this door you will not have to come up the ramp on the inside of the building to register and then go back down the ramp to access the locker rooms and the pool deck.

PLEASE do not enter the building until 12 noon. Registration does not open until 12:15 PM.
Thank you.

VERY IMPORTANT!!!!!! Parking will be available in Lot #64 and spill over into Lot #65D and Lot #67. Any cars that are not parked within these lots will be considered illegally parked and subject to towing and fines. At this time I do not have the link to register your vehicle. I will send it out when it has been confirmed and it will be on the TSWAA.com website.

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Directions to the Radisson Hotel

21 Kingsbridge Road, Piscataway, N.J. 08854

Traveling on Route 287 – Northbound:

Take Route 287 North to Exit 9 (River Road). At the traffic light at the end of the ramp, turn left onto River Road. Go through one more light. Stay in the right lane just before the next light make a jughandle onto Centennial Avenue. Go through the first traffic light and make the first left onto Kingsbridge Road. The hotel is on the left side, one block down.

Traveling on Route 287 – Southbound:

Take Route 287 South to Exit 9 (River Road). At the traffic light at the end of the ramp, bear right onto River Road. Stay in the right lane just before the next light make a jughandle onto Centennial Avenue. Go through the first traffic light and make the first left onto Kingsbridge Road. The hotel is on the left side, one block down.

From Central and Southern New Jersey:
New Jersey Turnpike

Take the New Jersey Turnpike to Exit 10. Take 287 North. Follow the 287 Northbound directions above.

Garden State Parkway:

Take Garden State Parkway to exit 127 (Northbound) or 129 (Southbound). Take 287 North. Follow the 287 Northbound Directions above.

From Manhattan:

Take the Lincoln Tunnel or the George Washington Bridge to the New Jersey Turnpike South. Take the Turnpike to exit 10. Take 287 North. Follow the 287 Northbound directions above.

From Staten Island:

Take Route 440 South to Route 287 North. Follow the 287 Northbound directions above.

From Pennsylvania:

Take either Route 78 East or Route 22 East to Route to Route 287 South. Follow the 287 Southbound directions above.

From Northern New Jersey & New York:

Take Route 80 to Route 287 South. Follow the 287 Southbound directions above.



National Classification Process for Physical Impairments

Specific to U.S. Paralympics Cycling, Swimming and Track & Field

What is Classification?

Classification provides a structure for Paralympic competition. Classification:

1. Defines who is eligible to compete in Para sport, and
2. Groups eligible athletes into sport classes according to their activity limitation

Classification systems are defined and implemented by the respective International Federation for each sport. Sport-specific sport class profiles and classification information can be found in the classification rules and regulations, which can be found on the IF's website.

Steps to get Classified

1. Compete and submit the national medical diagnostics form

Completed forms should be submitted to USOPC classification manager. The form should clearly define which of the eligible impairment(s) the athlete has and supporting documentation should be provided that verifies the underlying health condition or origin of the impairment(s). The national medical diagnosis form must be submitted prior to attending a classification evaluation.

- [National Medical Diagnosis Form](#) - Submit to USOPC Classification Manager at NPCUSAcclassification@usopc.org

2. Register for an event that has a national classification opportunity.

A list of all events with a national classification opportunity can be found on the respective sport's classification landing page. Website URLs are listed at the bottom of this document.

3. Attend Classification Evaluation

Classification generally takes place one to two days prior to the competition and participation in the competition is required to complete classification. The evaluation process consists of:

- a. Physical Assessment - a series of functional ability tests performed by a Medical Classifier
- b. Technical Assessment - a series of practical ability tests observed by a Technical Classifier
- c. Provisional Sport Class Allocated - Based on the results of both of the above tests, athletes are allocated a provisional sport class
- d. Observation in Competition - This will confirm or alter the provisional sport class allocation

National Classification Database

The national classification database includes all athletes in the respective sport whose classification information is on file with either the respective sport IF and/or U.S. Paralympics. Events and competitions use the national classification database to verify an athlete's sport class and sport class status. The classification database for each individual sport can be found at:

- **Cycling:** www.teamusa.org/US-Paralympics/Sports/Cycling/Classification
- **Swimming:** www.teamusa.org/US-Paralympics/Sports/Swimming/Athletes/Classification
- **Track & Field:** www.teamusa.org/US-Paralympics/Sports/Track-and-Field/Classification



National Medical Diagnostics Form

Dear Athlete:

This form is a guide to collect information needed for national classification evaluation. In order to be eligible to be scheduled for a national classification appointment the athlete **MUST** have an eligible impairment as per the International Standard for Eligible Impairments. For additional information and to view the full IS for Eligible Impairments visit the [IPC Website](#). For a list of eligible impairments by sport please visit the [U.S. Paralympics website](#).

There are ten eligible impairments for Para Sport:

1. Impaired muscle power
2. Impaired passive range of movement
3. Limb deficiency
4. Leg length difference
5. Short stature
6. Hypertonia
7. Ataxia
8. Athetosis
9. Vision impairment
10. Intellectual impairment

Classification evaluation is usually done in conjunction with a competition and is conducted by a panel of medical and/or technical classifiers [panels are defined by each sport within their respective classification rules].

Classification evaluation will usually include a physical assessment (may be called a "bench test") and a technical assessment using competition equipment on the field of play. Evaluation may also include observation in competition depending upon the sport and relevant sport rules.

If you are an athlete with a visual or intellectual impairment, you do not need to complete this form. Athletes with a vision impairment, must submit the [visual medical diagnostics](#) form to the USOPC at NPCUSAcclassification@usopc.org. Forms must be submitted at least 2 weeks in advance of any Para sport competition where you expect to participate. Athletes with an intellectual impairment should complete the application at [Athletes Without Limits](#) to obtain a national classification.

National classification appointments are reserved for U.S. citizens only. If you are a citizen of another country and you have never undergone classification evaluation you must first obtain proof of citizenship in the U.S. before you will be scheduled for classification evaluation by a U.S. national classification panel. If you have undergone classification evaluation in another country nationally or internationally [when international data is NOT included on the respective IF Masterlist] you must provide proof of sport class(es) and sport class status before the competition in the United States where you intend to compete.

Please send all completed forms to the USOPC at NPCUSAcclassification@usopc.org or by fax at 719-866-2029 at least 2 weeks prior to competition.

Athlete Name:**Gender:****Email Address: Athlete or Parent/Guardian****Date of Birth mm/dd/yy****List the Para sport(s) the athlete competes in:****Is the athlete a U.S. Citizen?****What is your current Classification Status**

- ☐ Never been Classified
- ☐ NR
- ☐ NN with fixed review date
- ☐ NP

There are 10 eligible impairments that the IPC recognizes for eligibility to compete in Paralympic Sport. The International Standard for Eligible Impairments provides examples of what disability may fit into each impairment type. If you do not know which impairment type you are in please review the standard for eligible impairments on the [IPC Website](#).

Type of Impairment (select all that apply)

- | | |
|--|---|
| <input type="checkbox"/> Impaired Muscle Power | <input type="checkbox"/> Impaired Passive Range of Movement |
| <input type="checkbox"/> Limb Deficiency | <input type="checkbox"/> Leg Length Difference |
| <input type="checkbox"/> Hypertonia | <input type="checkbox"/> Ataxia |
| <input type="checkbox"/> Athetosis | <input type="checkbox"/> Vision Impairment |
| <input type="checkbox"/> Short Stature | <input type="checkbox"/> Intellectual Impairment |

What is the Athlete's Medical Diagnosis (Underlying Health Condition or Origin) causing the selected Impairment(s)?

Brief description of Athlete's Impairment including body parts affected areas and**limitations.** Examples of information to include:

- Athletes with a spinal cord injury or spina bifida, please include at what level and if the SCI is complete or incomplete. (i.e. SCI complete L7 or spina bifida L3-L4)
- Athletes with Cerebral Palsy, please include what type (i.e. Ataxia, Athetosis, Hypertonia).
- Short stature please include your height.
- Athletes with surgeries specifically related to your impairment (i.e. tendon transfers, rods inserted/removed, etc.) please list each surgery type including the date it was performed

Please answer the following questions:

Is your impairment congenital or acquired?

☐ Congenital ☐ Acquired

If acquired, please include the date:

Is your Impairment:

☐ Stable ☐ Progressive ☐ Fluctuating

Do you have a latex allergy?

☐ Yes

☐ No

Do You have a shunt?

☐ Yes

☐ No

Please attach relevant supporting medical documentation that confirms the athlete's medical diagnosis or details the degree of impairment

Please return completed forms to the USOPC at NPCUSAcclassification@usopc.org If you have any questions about this form please contact us via email or at 719-866-4240.



U.S. PARALYMPICS
CONSENT FORM FOR VISUAL IMPAIRMENT CLASSIFICATION

Explanation:

For an athlete to be eligible to compete in U.S. Paralympics competitions the athlete must be classified by classifiers appointed by the NPC (National Paralympic Committee) or the IPC (International Paralympic Committee) / Sport IF (International Federation).

Failure to cooperate with the classifiers or failure to complete a classification may lead to ineligibility to compete in U.S. Paralympics or IPC/IF approved/sanctioned competition.

The following is an agreement by the athlete to undergo the testing procedure.

I _____ (printed name of the athlete) wish to be classified on national level for U.S. Paralympics competition.

I understand that the classification process involves the necessary eye tests. I understand that to be classified I must be willing to take part in all portions of the testing procedure and cooperate fully with the classifiers / optometrist / ophthalmologist.

Signature of Athlete: _____

Witness Signature: _____
Must be parent/guardian if athlete is under age 18

Date and Location: _____

Medical Diagnostics Form for athletes with visual impairment

The form is to be completed in English and by a registered ophthalmologist.

All medical documentation required on pages 2-3 needs to be attached.

The form and the attached medical documentation may not be older than 12 months at the time of the Athlete Evaluation.

Athlete Information

Last name: _____

First name:

Gender: Female ☐ Male ☐ Date of Birth: _____

Sport: IF registration ID:

NPC/NF: USA (if applicable):

Medical Information

Diagnosis:

--

Medical history:

Age of onset:

Anticipated future

procedure(s):

Athlete wears ☐ yes ☐ no Correction: Right:

glasses: ☐ Left: ☐

Athlete wears ☐ yes ☐ no Correction: Right: _____

contact lenses: _____ Left: _____

Athlete wears eye ☐ right ☐ left

prosthesis:

Medication:

Eye medications used by the athlete:	
Ocular drug allergies:	

Send completed form to Bryce Boarman at Bryce.Boarman@usoc.org or by fax at 719-866-2029.

Athlete: _____

Assessment of visual acuity and visual field

Visual Acuity

	Right eye	Left eye
With correction		
Without Correction		

Type of correction: _____

Measurement Method: _____

Visual Field:

In degrees (radius)	Right eye	Left eye

Attachments to the Medical Diagnostic Form

1. Visual field test

For all athletes with a restricted visual field a visual field test must be attached to this form.

The athlete's visual field must be tested by full-field test (120 degrees) and a 30 degrees, 24 degrees or 10 degrees central field test, depending on the pathology.

One of the following perimeters should be used for the assessment: Goldmann Perimetry (Intensity III/4), Humphrey Field Analyzer or Octopus (Interzeag).

2. Additional medical documentation

Please specify which eye condition the athlete is affected by.

Eye condition	Additional medical documentation required (see below)
<input type="checkbox"/> Anterior disease	none
<input type="checkbox"/> Macular disease	<ul style="list-style-type: none">▪ Macular OCT▪ Multifocal and/or pattern ERG*▪ VEP*▪ Pattern appearance VEP*
<input type="checkbox"/> Peripheral retina disease	<ul style="list-style-type: none">▪ Full field ERG*▪ Pattern ERG*
<input type="checkbox"/> Optic Nerve disease	<ul style="list-style-type: none">▪ OCT▪ Pattern ERG*▪ Pattern VEP*▪ Pattern appearance VEP*
<input type="checkbox"/> Cortical / Neurological disease	<ul style="list-style-type: none">▪ Pattern VEP*▪ Pattern ERG*▪ Pattern appearance VEP*

Athlete: _____

The ocular signs must correspond to the diagnosis and degree of vision loss. If eye condition is obvious and visible and explains the loss of vision, no additional medical documentation is required. Otherwise the additional medical documentation indicated in the above table must be attached to this form. If the medical documentation is incomplete, the classifiers will not be able to allocate a sport class.

***Notes on electrophysiological assessments (VEPs and ERGs):**

Where there is discrepancy or a possible discrepancy between the degree of visual loss, and the visible evidence of ocular disease the use of visual electrophysiology is often helpful in demonstrating the degree of impairment.

Submitted data should include the report from the laboratory performing the tests, copies of the original data, the normative data range for that laboratory, and a statement specifying of the equipment used, and its calibration status. The tests should be performed as a minimum to the standards laid down by the International Society for Electrophysiology of Vision (ISCEV) (<http://www.iscev.org/standards/>).

A Full Field Electroretinogram (ERG) tests the function of the whole retina in response to brief flashes of light, and can separate function from either the rod or cone mediated systems. It does not however give any indication of macular function.

- A Pattern ERG tests the central retinal function, driven by the macular cones but largely originating in the retinal ganglion cells.
- A Multifocal ERG tests the central area (approx. 50 degrees diameter) and produces a topographical representation of central retinal activity.

A Visual evoked cortical potential (VEP) records the signal from produced in the primary visual cortex, (V1), in response to either a pattern stimulus or pulse of light. An absent or abnormal VEP is not in itself evidence of specific optic nerve or visual cortex problems unless normal central retinal function has been demonstrated.

- A Pattern appearance VEP is specialised version of the VEP used to establish visual threshold which can be used to objectively demonstrate visual ability to the level of the primary visual cortex.

<input type="checkbox"/>	I confirm that the above information is accurate.	
<input type="checkbox"/>	I certify that there is no contra-indication for this athlete to compete at competitive level in sport, with the exception of _____.	
Name: _____		
Medical Specialty: _____		
Registration Number: _____		
Address: _____		
City: _____		Country: _____
Phone: _____		E-mail: _____
Date: _____		Signature: _____



Sports Eligibility for U.S. Athletes with Intellectual & Developmental Disability

SPORT CLASS	ELIGIBILITY CRITERIA	EVIDENCE REQUIRED	PARALYMPIC SPORTS	INAS /AWL SPORTS
Inas II-1: Intellectual Disability Paralympic Classes: Athletics T20 Swimming S14 Table Tennis 11 World Taekwondo: Para Class P20	Athletes with Intellectual and Developmental Disabilities who have: <ol style="list-style-type: none"> 1. Full Scale IQ score of 75 or lower; 2. Significant limitations in adaptive behaviour; 3. and onset before age 18. <p><i>Note: This class includes athletes diagnosed with Autism who have co-occurring intellectual disability.</i></p>	EVIDENCE REQUIRED: <ol style="list-style-type: none"> 1. Weschler WAIS/WISC or Stanford Binet IQ Assessment, Report and Summary of Scores within last 5 years 2. Vineland, ABAS, or AAMR Adaptive Behavior Assessment, Report and Summary of Scores within last 5 years. 3. IQ or other relevant scores or diagnosis from before age 18 referenced in a report. 	<ol style="list-style-type: none"> 1. Athletics (T20) 400m, 1500m Long Jump, Shotput 2. Swimming (S14) 100mFree, 200mFree, 100mBack, 100mBreast, 100mFly, 200mIM, 4x100mFree Relay 3. Table Tennis (11) Singles 	<ol style="list-style-type: none"> 1. Athletics (All Events) 2. Basketball 3. Cycling 4. Equestrian 5. Rowing 6. Skiing Nordic/Alpine 7. Swimming (All Events) 8. Table Tennis (All Events) 9. Taekwondo (Includes Para World Taekwondo P20 Class) 10. Tennis
Inas II-2: Down Syndrome	Athletes with Down Syndrome who have: <ol style="list-style-type: none"> 1. A formal diagnosis of Down Syndrome including type (Trisomy21, Mosaic, etc), 2. For safety athletes must not have symptomatic Atlantoaxial Instability (AAI) 3. Athletes with Mosaic Down Syndrome must provide evidence they also meet the criteria for II-1 Intellectual Disability. 	EVIDENCE REQUIRED: <ol style="list-style-type: none"> 1. Copy of genetic testing showing a formal diagnosis and type of Down Syndrome (Tris21 or Mosaic) or statement from Physician. 2. AAI status signed by Physician (See Athlete Application Page 3) and copy of AAI exam results if available. 3. Mosaic must also provide evidence described for II-1 Intellectual Disability above. 	<p>There is not a separate class for Down Syndrome in Paralympic sport.</p> <p><i>Athletes with Down Syndrome who also meet the criteria for II-1 Intellectual Disability may be classified in that class to be eligible for Paralympic events.</i></p>	<ol style="list-style-type: none"> 1. Athletics/Track & Field 2. Cycling (AWL Only) 3. Equestrian (AWL Only)* 4. Rowing (AWL / National)* 5. Skiing Nordic/Alpine 6. Swimming 7. Table Tennis 8. Taekwondo (AWL Only)* 9. Tennis (AWL Only)*
Inas II-3: High Functioning Autism	Athletes with (High Functioning) Autism who have: <ol style="list-style-type: none"> 1. A Full Scale score IQ of above 75, OR no diagnosis of intellectual disability, and; 2. A formal diagnosis of Autism, ASD or Aspergers Syndrome <p><i>Note: Athletes with Autism who meet the criteria for II-1 Intellectual Disability will be classified in that class</i></p>	EVIDENCE REQUIRED: <ol style="list-style-type: none"> 1. A formal diagnosis (or confirmation of previous diagnosis) of Autism, ASD or Asperger's syndrome, carried out by a licensed psychologist, using accepted diagnostic techniques such as ADOS, ASRS, ICD-10 Criteria for Autism, and background history, etc given within the last 5 years. 2. Athletes should include IQ and Adaptive Behavior assessments to determine if they meet criteria for Intellectual Disability. 	<p>There is not a class for High Functioning Autism in Paralympic Sport.</p> <p><i>Athletes with Autism who also meet the criteria for II-1 Intellectual Disability will be classified in that class and are eligible for Paralympics</i></p>	<ol style="list-style-type: none"> 1. Athletics/Track & Field 2. Cycling (AWL Only) 3. Equestrian (AWL Only)* 4. Rowing (AWL / National)* 5. Skiing Nordic/Alpine 6. Swimming 7. Table Tennis 8. Taekwondo (AWL Only)* 9. Tennis (AWL Only)*
Mainstream Sport	Athletes Without Limits works with athletes with intellectual and developmental disability to integrate into their age group in mainstream Triathlon and Ironman events. We ask interested triathletes to complete an eligibility application so that we know if they can potentially compete in individual Inas or Paralympic swimming, cycling or athletic events as well.			<ol style="list-style-type: none"> 1. Triathlon

*INAS recently began piloting two additional eligibility groups II2 & II3 to be recognized at INAS & AWL events. The criteria for these groups and sports offered will be revised/expanded as the project progresses and research data becomes available.

Visit www.athleteswithoutlimits.org/eligibility for more information and to apply.

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Sports Eligibility for U.S. Athletes with Intellectual & Developmental Disability

Who's Who in Inas & Paralympic Sport?



INAS is the International Federation for Athletes with Intellectual Impairments and is responsible for managing and overseeing the eligibility process for athletes wishing to compete within INAS and Paralympic competition. INAS is a founding member of the International Paralympic Committee (IPC) and hosts World & Regional Championships, Global Games and other International events open to athletes with intellectual impairment in 10 sports from 3 Eligibility Groups: Intellectual Disability, Down Syndrome, and High Functioning Autism.



Athletes Without Limits (AWL) is the sole US Member of INAS and oversees US athletes' applications for Inas & Paralympic sports eligibility for intellectual and developmental disability sports classes. After an athlete's eligibility application is complete and endorsed by our US Eligibility Psychologist, we submit it to the INAS Eligibility Committee for International confirmation. Athletes Without Limits selects and organizes US Teams participating at Inas World & Regional Championships & Global Games and hosts National and INAL International Championships in the U.S.



International
Paralympic
Committee



U.S. PARALYMPICS



USA
TABLE TENNIS



WORLD
TAEKWONDO



The International Paralympic Committee (IPC) is responsible for overseeing the Paralympic Games, World Championships and Sports Specific Classification. In 2010 the IPC recognized a class for athletes with Intellectual Disability in select events in three sports: Swimming, Track & Field and Table Tennis.

U.S. Paralympics oversees **US Paralympic Swimming & US Paralympic Track & Field** sports-specific classification, team selection and US held competitions. The first step toward U.S. Paralympic eligibility for athletes with Intellectual Disability is to apply to Athletes Without Limits. After athletes receive eligibility confirmation, Athletes Without Limits will assist those interested in obtaining an IPC License from U.S. Paralympics.

USA Table Tennis (USATT) oversees US Paralympic Table Tennis sports classification, team selection and competitions. The first step toward Paralympic eligibility is to apply for eligibility with Athletes Without Limits.

World Taekwondo has partnered with INAS to manage eligibility for P20 class athletes with intellectual impairment competing in Para World Taekwondo events. Athletes must be confirmed eligible by Athletes Without Limits (and Inas) prior to entering competition. Most events require *Provisional International or National Level* as the class develops.)

USA Taekwondo (USAT), the US member of World Taekwondo, is recognized by the The United States Olympic Committee as the National Governing Body (NGB) for the sport of Taekwondo in the United States. The first step toward eligibility for Para Taekwondo Class P20 (Intellectual Impairment) is to apply for eligibility with Athletes Without Limits.