

**USA WHEELCHAIR  
FOOTBALL LEAGUE**

# **USAWFL Player Classification Manual**





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## **PART 1**

### **WHAT IS CLASSIFICATION AND WHO SHOULD PARTAKE**

Classification is a process for grouping players into sport classes to ensure that ability versus disability determines which player and team succeeds on the field.

All athletes who wish to compete under a class 1.0-4.0 in the USA Wheelchair Football League (USAWFL) should go through the classification process. (See Appendix A: Player Evaluation Flow Chart).

As of 2020, Move United serves as the leader for the sport of wheelchair football in the United States and only classifications authorized through Move United will be considered eligible classifications for the USAWFL. Classification must follow the procedures outlined in this document.

## PART 2

# ROLES AND RESPONSIBILITIES

It is the responsibility of players, coaches, team support personnel and classification personnel to read through and understand the requirements of the classification rules laid out within this document prior to attending a Move United sanctioned event.

### **PLAYER RESPONSIBILITIES:**

#### **Players must:**

- Do their best to understand and comply with all applicable policies, rules and procedures outlined
- Participate in player evaluation in good faith
- Provide Move United with complete and up-to-date information related to current health conditions and eligible impairments when requested

#### **Team Support Personnel must:**

- Do their best to understand and comply with all applicable policies, rules and procedures as outlined
- Work with team members to foster a positive and collaborative environment with classifiers and classification procedures
- Cooperate with investigations concerning any violations of classification policies

#### **Classification Personnel must:**

- Have a complete working knowledge of all applicable policies, rules and procedures outlined
- Work with athletes and team support personnel to foster a positive and collaborative environment
- Provide feedback to Move United to assist in the continued development, management and implementation of classification systems
- Cooperate with investigations concerning any violations of classification rules

## **PART 3**

# **CLASSIFICATION PERSONNEL, TRAINING REQUIREMENTS AND ROLES**

There are two different classification roles: team reviewer and USAWFL-approved technical or medical classifier.

### **TEAM REVIEWER**

Each team is required to have at least one team reviewer but could have more than one if additional personnel is available. The team reviewer can be a coach, player or team representative and does not need to have a medical background or be a USAWFL-Approved Technical or Medical Classifier. The minimum requirements for the team reviewer(s) are:

- Team Reviewer Online Class Completion
- SafeSport Certification

The team reviewer shall be responsible for:

- Knowing the different classifications and how they relate to playing wheelchair football;
- Assessing each player on their assigned team who does not have a verified classification and assign a Team Proposed classification;
- Evaluating and signing off on opposing team rosters; and
- Staying up to date on any changes within the system by completing the Team Reviewer online class every two years.



## **USAWFL-APPROVED TECHNICAL OR MEDICAL CLASSIFIER**

Move United will develop, maintain, and manage a roster of USAWFL-Approved Medical and Technical classifiers. Teams are not required to have a league classifier on staff but they may if they choose. The minimum requirements to be a USAWFL-Approved Classifiers are:

- Medical Classifiers: certified health professional in a field relevant to the eligible impairment categories, such as a medical doctor or physical therapist, who has knowledge and experience in dealing with people with physical impairments
- Technical Classifiers: extensive coaching background, be former athletes and/or have a degree in physical education, biomechanics or kinesiology with a suitable level of knowledge of the impairments and activity limitations associated with wheelchair football
- USAWFL-Approved Medical Classifier Online Class Completion
- SafeSport Certification

The USAWFL-Approved Technical or Medical Classifier shall be responsible for

- Knowing the different classifications and how they relate to playing wheelchair football;
- Being a member of a classification panel and completing all responsibilities as a classification panel member (see Part 5: PLAYER EVALUATION & THE CLASSIFICATION PANEL); and
- Staying up to date on any changes within the system by completing the USAWFL-Approved Medical Classifier online class every two years.

## PART 4 PLAYER EVALUATION

Player evaluation encompasses three primary steps which are outlined in the section below.

**1. An assessment of whether or not a player meets the Essential Eligibility Criteria and Minimum Disability Criteria for participation and classification in the USAWFL.**

All athletes in the USAWFL must meet the following Essential Eligibility Criteria. Essential Eligibility Criteria are the minimum requirements an athlete must be able to complete in order to safely participate in the sport of wheelchair football.

- a. Essential eligibility criteria to participate as an athlete are:
  - i. Athlete must be able to breathe without mechanical assistance
  - ii. Athlete must not require head, neck or back bracing
  - iii. Athlete must be able to independently manage their own personal care
  - iv. Athlete must be able to wear a standard football helmet
  - v. Athlete must be able to follow instructions from officials and effectively communicate independently or with the help of a coach or companion
  - vi. Athlete must be able to stay alert and engaged for the length of a play on the field
- b. Minimum requirements to be classified include a disability that meets at least one of the following criteria
  1. impaired muscle power
  2. impaired passive range of motion
  3. limb deficiency
  4. limb length difference
  5. hypertonia
  6. ataxia and/or
  7. athetosis
  8. any other disability that affects the extent to which they can execute the core functions of wheelchair football: passing, receiving, blocking, tackling and agility





**2. Assessment of an athlete’s functional abilities to provide insight into which class best fits their current ability levels**

**3. Assignment of a Sport Class.**

The player’s classification will be finalized by the classification panel. The team reviewer will provide a “Team Proposed” classification after viewing the player during practices. Players will then be assessed by a classification panel at a USAWFL tournament and be assigned a “Sport Class Status” (see Part 6 for Sport Class Status). An athlete’s sports class will be reviewed by a panel every three years unless the athlete has a newly acquired neuromuscular diagnosis, the medical diagnosis changes, or the classification system changes.

A player who wishes to compete in the USAWFL may do so regardless of whether they meet a minimum disability requirement for classification, as long as they meet the Essential Eligibility Criteria outlined for safety. Athletes that do not meet the minimum disability qualification will automatically be placed into class 5 and not continue with the remainder of steps 2 & 3 in the evaluation process.

All players are required to meet with their primary medical care provider to determine appropriateness for the sport and get clearance from their medical provider prior to participation in the sport or the classification process.

**DETERMINING MINIMUM DISABILITY REQUIREMENTS FOR CLASSES 1-4**

In order to determine if a player meets the minimum disability requirements for classes 1-4 in the USAWFL, Move United may request a player demonstrate that they have an underlying health condition.

To qualify for classes 1-4 in the USAWFL, an athlete must have an impairment that affects the extent to which they can execute tasks and activities fundamental to the sport of wheelchair football, and the impairment meets at least one of the following criteria: Impaired Muscle Power, Impaired Passive Range of Motion, Limb Deficiency, Limb Length Difference, Hypertonia, Ataxia, and/or Athetosis. Further description of these impairments and minimum requirements for qualification can be found in Appendix B.

## **DIAGNOSTIC INFORMATION AND MEDICAL BACKGROUND MATERIALS**

A player must submit an online Classification Screening Form to Move United upon completing registration for classification to support their claim that they meet the minimum disability requirements for classes 1-4. These forms can be found online at [www.moveunitedsport.org/usa-wheelchair-football-league/classification](http://www.moveunitedsport.org/usa-wheelchair-football-league/classification)

Move United and the classification team may determine that a player's impairment is sufficiently obvious and therefore does not require additional evidence that demonstrates they meet the minimum requirements. If additional evidence is requested, the player will be provided as much time as possible to collect evidence from their personal medical team.

Move United may require a player to re-submit the Classification Screening Form if it is considered to be incomplete or inconsistent with what the panel sees during classification testing.

## **SPORT CLASS**

A sport class is a category defined in these rules, in which players are grouped by reference to the impact of impairment on their ability to execute the specific tasks and activities fundamental to the sport of wheelchair football.

A player who wishes to compete in the USAWFL may do so regardless of whether they meet a minimum disability requirement for classification, as long as they meet the Essential Eligibility to Participate Criteria outlined for safety. Athletes that do not meet the minimum disability qualification for classification will automatically be placed into class 5.

A player who meets the minimum disability requirement for classification will be allocated into sport class 1-4 based on the evaluation by the classification panel to determine the extent to which the player's impairment affects their ability to complete the fundamental tasks of wheelchair football.

The methodology for determining classes 1-4 are outlined in Appendix C.

## **CLASSIFICATION NOT COMPLETE (CNC)**

If, for any reason, a player is not able to comply with the classification procedures or the panel is unable to allocate a sport class to a player, that player will be automatically placed into a class 5 category and will be marked in Move United's records as CNC (Classification Not Complete).

CNC players are not subject to the provisions concerning Protests.

## PART 5

# PLAYER EVALUATION AND THE CLASSIFICATION PANEL

### CLASSIFICATION PANEL

A classification panel should be made up of a minimum of 2 USAWFL - Approved Technical or Medical Classifiers with at least one classifier holding a valid medical classification.

A trainee classifier may be included as part of the panel in addition to the required number of certified classifiers. The trainee may participate in player evaluation as part of their training process.

### PANEL'S RESPONSIBILITIES

**A classification panel is responsible for conducting a full evaluation session, which includes:**

1. Assessing whether a player meets the minimum disability requirements to be categorized in sport classes 1-4
2. Assessing the extent to which a player is able to execute the specific tasks and activities fundamental to the sport
3. Conducting observation during a practice or competition; and
4. Allocating a sport class or designating the athlete as a Classification Not Completed (CNC)

All parts of the evaluation session (with the exception of number 3) must take place in a controlled, non-competitive environment that allows for repeated observation of key tasks and activities.

Factors such as low fitness level, poor technical proficiency and aging may also affect the fundamental tasks and activities of the sport, but the allocation of a sport class should not be affected by these factors.

### EVALUATION SESSIONS

#### Player Responsibilities:

1. Players should complete the online intake form at [www.moveunitedsport.org/usa-wheelchair-football-league/classification](http://www.moveunitedsport.org/usa-wheelchair-football-league/classification) and come prepared with any additionally requested medical information and a government-issued ID
2. Players should attend the evaluation session wearing sports attire and with equipment relevant to their participation in the sport

3. Player should disclose the use of any medication and/or medical device(s) to the panel
4. Player should comply with all reasonable instructions given by the panel
  - a. Should an athlete need instructions provided in a language other than spoken English, they may provide a translator in the evaluation session to assist with communication.

Players have the right to be accompanied by a member of their team staff. This person should be familiar with the player's impairment and sport history.

**Classification Panel Responsibilities:**

1. Classification panel should request that a player provide medical documentation relevant to the player's impairment only if it believes it will be necessary to allocate a sport class.
2. Classification panel will ensure they are providing instructions to the athlete in a clear and respectful manner.
3. Classification panel will ensure they follow Move United's code of conduct and Sport Protection Policies to ensure the safety of athletes and themselves at all times during the evaluation.
4. Classification panel may make or create video footage and/or other records to assist with future training only at the approval of the athlete. These videos are used for training purposes only and will not be used to change or determine an athlete's classification.

**OBSERVATION DURING COMPETITION**

In addition to the evaluation session, the classification panel may decide that a player must be observed during competition before it allocates the final sport class designation.

If the classification panel needs to observe a player during competition to finalize classification, the player will continue to play with the Team Proposed sport class allocated prior to the panel session.

The classification panel will allocate a sport class upon completion of the observation during competition. If changes to a player's class are made between the earlier evaluation sessions and the observation during competition, they will be made for the next game or competition event.

The impact of any change in sport class after observation during competition has no effect on records or results of previous games for the team.

## PART 6 SPORT CLASS STATUS

If a classification panel allocates a sport class to a player, the class will also be assigned a status. Sport class status indicates whether or not players will be required to undertake evaluation in the future and if the sport class is subject to protest.

### **Sport class statuses are as follows:**

- Team Proposed (TP)
- Confirmed (C)
- Review (R)
- Fixed Review Date (FRD)

### **SPORT CLASS TEAM PROPOSED**

A player is assigned as TEAM PROPOSED after a team reviewer proposes a classification prior to attending their first USAWFL classification panel evaluation session. The team reviewer will send their rosters plus 1-2 minutes of video per player to Move United for submission to a second team reviewer from an opposing team. Rosters and videos must be submitted no less than 6 weeks prior to the first competition. The opposing team reviewer will review the proposed classes and sign off on the proposed classes or propose a new class for a player if they disagree with the initial proposal. Should two team reviewers disagree, the player will play at the higher proposed class until they can be seen by a USAWFL-Approved panel.

A player with a sport class status as TEAM PROPOSED can compete as the proposed classification but must make every effort to attend a USAWFL classification panel evaluation session at their earliest opportunity.

### **SPORT CLASS CONFIRMED**

A player will be assigned to the CONFIRMED sport class if they have completed all parts of the classification panel evaluation process and the panel is satisfied that the player's impairment and ability to execute the tasks and activities fundamental to wheelchair football will remain stable.

A player with a CONFIRMED sport class status may follow the provisions for protest as written in these guidelines.

## **SPORT CLASS STATUS REVIEW**

A player will be assigned to the REVIEW sport class status if the panel believes that further evaluation sessions are required.

This belief could be based on a number of factors, including but not limited to situations where the player has only recently begun competition and/or has a fluctuating or progressive impairment(s) that is/are permanent but not stable.

Move United and the classification panel will work with players with REVIEW status to decide when the player should undergo further evaluation.

## **SPORT CLASS FIXED REVIEW DATE**

A player will be assigned to the FIXED REVIEW sport class status if the panel believes that further evaluation sessions are required but will not be necessary before a set date (e.g. player has a progressive neuromuscular impairment).

Players with a Fixed Review Date should attend an evaluation session at the first opportunity after that date prior to participating in sanctioned competition.

Players with a Fixed Review Date may not attend an evaluation session prior to that date except as outlined in the Medical Review Request and/or Protest section of this document.

## **CHANGES TO SPORT CLASS**

Should Move United, in its sole discretion, make adjustments to the sport class criteria and/or assessment methods and criteria, then Move United may re-assign any player to a Review status and require that athlete attend evaluation sessions at the earliest available opportunity.

## PART 7

# NOTIFICATION OF SPORT CLASS AND SPORT CLASS STATUS

A player's sport class and sport class status should be provided to the player and/or their team representative as soon as practically possible after completion of the entire player evaluation process.

Move United will hold the Classification Master List and it shall be made publicly available online at [www.moveunitedsport.org/usa-wheelchair-football-league/classification](http://www.moveunitedsport.org/usa-wheelchair-football-league/classification) as well as be available at tournaments for team representatives to review.

## **PART 8 PROTESTS**

Should a player or team representative believe that the classification panel has allocated a player into an incorrect sport class, a protest may be made in accordance to the rules outlined below. A protest may only be made in respect to a player's sport class, not the sport class status.

### **PARTIES PERMITTED TO FILE PROTESTS**

A protest may only be made by an official team representative. Individual players are not allowed to file a protest on their behalf.

### **TEAM PROTEST & PROCEDURE**

An official team representative may file a protest for a player under their jurisdiction.

To submit a protest, the team representative must submit a completed protest form at [www.moveunitedsport.org/usa-wheelchair-football-league/classification](http://www.moveunitedsport.org/usa-wheelchair-football-league/classification) and supporting evidence to Move United. The form will be provided by Move United to the team representative and include the following information:

- Name of the Player whose class is under protest
- Details of the evaluation decision
- Explanation as to why the protest has been made and the basis on which the team believes the decision is flawed
- Protest fee

All documents must be submitted to Move United, who will provide them to the head classifier at the next available opportunity. Upon receipt of the protest documents, the head classifier will conduct a review of the protest.

If, in the sole discretion of the classifier, it does not include all of the necessary information outlined in the protest requirements, the protest may be dismissed.

If the protest is accepted, the player's sport class status will immediately be changed to Review (R) and follow the procedures outlined in the Protest Panel section of this document.



## **MOVE UNITED PROTESTS & PROCEDURE**

Move United may, in its discretion, initiate a protest at any time in respect to a player participating in competition if: a) Move United considers a player was allocated into an incorrect sport class; or b) a team makes a documented request to Move United about a player not under their jurisdiction. The assessment of the validity of the request is at the sole discretion of Move United.

Should a team representative make a document request to Move United, Move United and the classification panel will make every effort to ensure that the source of the request for protest is kept confidential.

If Move United decides to make a protest, Move United or the head classifier must advise a team representative at the earliest possible opportunity and a written explanation as to why the protest has been made and a basis on which it is considered justified must be provided.

If Move United makes a protest, the player's sport class will remain unchanged pending outcome of the protest, and the sport class status will immediately be changed to Review (R). The player will then follow the procedures outlined in the Protest Panel section of this document.

## **PROTEST PANEL & PROCEDURES**

For players undergoing a protested classification, a protest panel must be appointed in a manner consistent with the provisions for appointing a classification panel in these classification rules.

It is best practice that the protest panel not include any members of the panel that conducted the player's evaluation under protest.

Move United or a member of its classification team will notify all relevant parties of the time and date for the evaluation session that must be conducted by the protest panel. The panel will conduct the new evaluation session in accordance with the classification rules and may refer to protest documents when conducting the new session.

The protest panel must allocate a sport class and designate a sport class status once they completed reviewing the protest and evaluating the athlete based on the protest. All relevant parties will be notified of these decisions in a timely manner consistent with provision for notification in the classification rules.

The decision of a protest panel convened either by a Team Protest or Move United Protest is final. Neither the team, nor Move United may make another protest on the same issue for three years.

## **PART 9**

### **MISCONDUCT DURING EVALUATION SESSIONS**

The player, team representatives and classification panel are all responsible for providing a safe and professional evaluation session. Misconduct will be taken seriously by Move United and misconduct that falls under Move United's Sport Protection Policy will be evaluated as outlined in those policies and procedures.

If an evaluation session is terminated, the classification panel may designate the player as Classification Not Completed and assign the player a 5.0 sport class as outlined in Part 4 of this document.

#### **FAILURE TO ATTEND EVALUATION SESSION**

It is the player's personal responsibility for attending an evaluation session. Teams should take reasonable steps to ensure that the player attends their assigned evaluation sessions.

If a player fails to attend two sessions and is unable to provide a reasonable explanation for non-attendance, the player will not be assigned a sport class and will be designated as a Class 5 athlete.

#### **SUSPENSION OF EVALUATION SESSION**

A classification panel, in consultation with Move United, may suspend an evaluation session if it cannot allocate a sport class to a player. This may result because of, but not limited to, the following circumstances:

- Failure of the player to comply with classification rules
- Failure of the player to provide medical information that is reasonably required by the panel
- Belief that the use (or non-use) of medication and/or medical procedures/devices/implant disclosed by the player will affect the ability to conduct its determination in a fair manner
- Belief that the player has a health condition that may limit or prohibit complying with the panel's requests during an evaluation session, which will affect its ability to conduct the session in a fair manner
- Failure of the player to comply with reasonable instructions given by classification personnel so that the session cannot be conducted in a fair manner
- Failure of the player to present their abilities in a manner consistent with information available to the panel to an extent that the session cannot be conducted in a fair manner

If an evaluation session is suspended, an explanation of the suspension and details for remedial action will be provided to the player and relevant team representatives. If remedial action is taken to the satisfaction of the panel and Move United, the evaluation session will be resumed. If remedial action is not taken, or not taken within the timeframe specified, the session will be terminated.

If an evaluation session is terminated, the classification panel may designate the player as Classification Not Completed and assign the player a 5.0 sport class as outlined in Part 4 of this document.

## **INTENTIONAL MISREPRESENTATION**

Any player who is believed to intentionally misrepresents their skills and/or abilities and/or the degree or nature of an impairment during evaluation or at any other point during or after the allocation of a sport class is considered in violation of the rules of classification and Move United will take disciplinary action.

Additionally, any team support personnel who assists a player in intentionally misrepresenting their skills or abilities as outlined above will also be subject to disciplinary action.

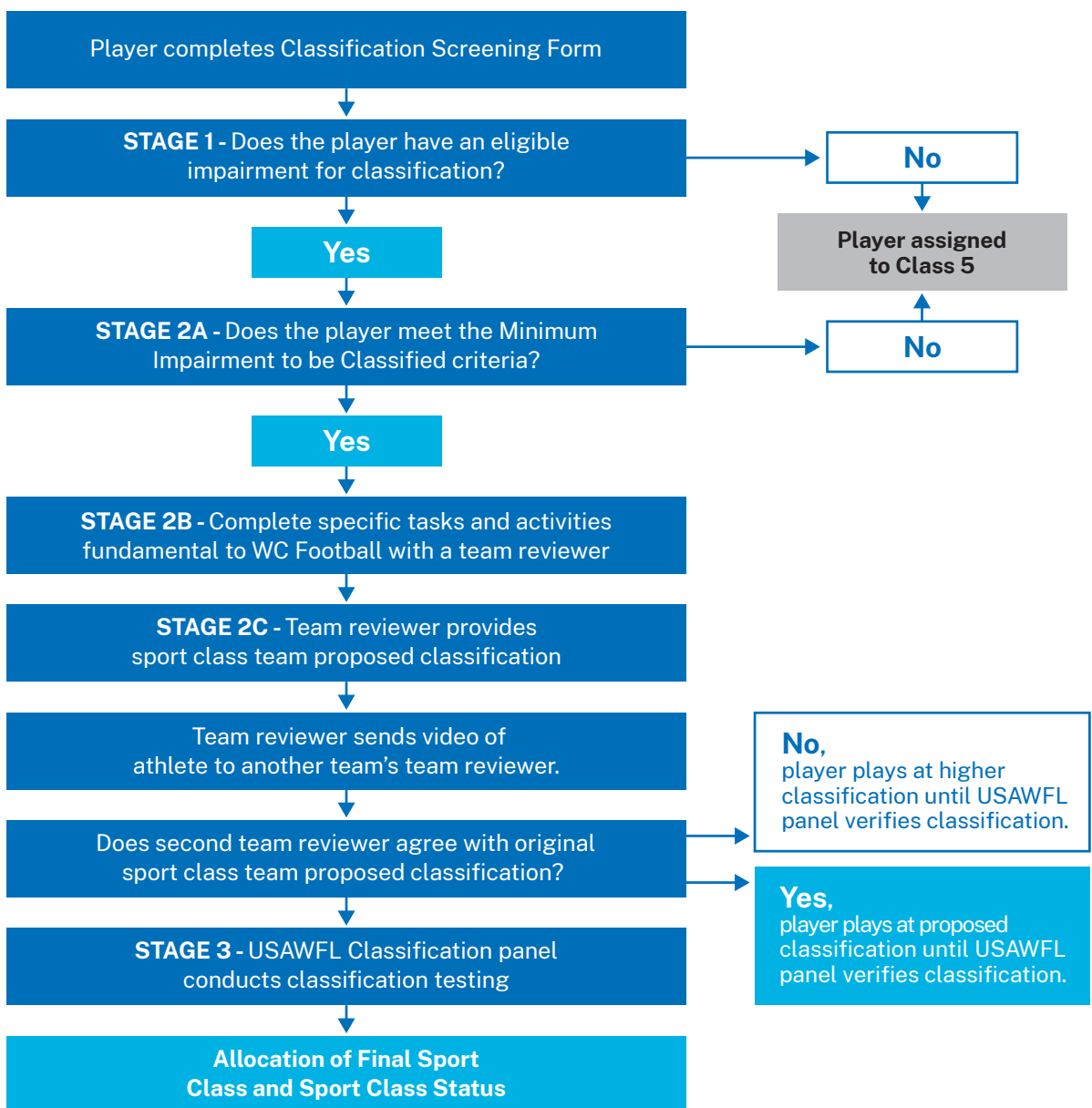
Should an allegation relating to Intentional Misrepresentation be made in writing to Move United, Move United has in its sole discretion, the authority to convene a panel to determine whether the player or team support personnel has committed intentional misrepresentation.

If found guilty, the player or team support personnel will be subject to one or more of the following:

- Disqualification from all Move United sanctioned wheelchair football competitions for a specified period of time ranging from 1 to 5 years
- Allocation of a sport class as Not Eligible (NE) and a Fixed Review Date (FRD) for a specified period of time ranging from 1 to 5 years
- Publication of their names and suspension period.

Any additional consequences to a team that included a player who was found guilty of intentional misrepresentation will be at the sole discretion of Move United.

## APPENDIX A PLAYER EVALUATION FLOW CHART FOR PLAYERS



## APPENDIX B

### DEFINITIONS OF ELIGIBLE IMPAIRMENTS FOR SPORT CLASSES 1-4

#### Impaired Muscle Power

Players with Impaired Muscle Power have a Health Condition that either reduces or eliminates their ability to voluntarily contract their muscles in order to move or to generate force.

Examples of an Underlying Health Condition that may lead to Impaired Muscle Power include spinal cord injury (complete or incomplete, tetra- or paraplegia or paraparesis), muscular dystrophy, post-polio syndrome and spina bifida.

#### Impaired Passive Range of Movement

Players with Impaired Passive Range of Movement have a restriction or a lack of passive movement in one or more joints.

Examples of an Underlying Health Condition that may lead to Impaired Passive Range of Movement include arthrogryposis and contracture resulting from chronic joint immobilization or trauma affecting a joint.

#### Limb Deficiency

Players with Limb Deficiency have total or partial absence of bones or joints as a consequence of trauma (for example traumatic amputation), illness (for example amputation due to bone cancer) or congenital limb deficiency (for example dysmelia).

#### Leg Length Difference

Players with Leg Length Difference have a difference in the length of their legs as a result of a disturbance of limb growth, or as a result of trauma.

#### Hypertonia

Players with hypertonia have an increase in muscle tension and a reduced ability of a muscle to stretch caused by damage to the central nervous system.

Examples of an Underlying Health Condition that may lead to Hypertonia include cerebral palsy, traumatic brain injury and stroke.

#### Ataxia

Players with Ataxia have uncoordinated movements caused by damage to the central nervous system.

Examples of an Underlying Health Condition that may lead to Ataxia include: cerebral palsy, traumatic brain injury, stroke and multiple sclerosis.

#### Athetosis

Players with Athetosis have continual slow involuntary movements.

Examples of an Underlying Health Condition that may lead to Athetosis include cerebral palsy, traumatic brain injury and stroke.

## APPENDIX C

### ASSESSMENT PROCESSES FOR SPORT CLASS CATEGORIZATION

#### MUSCLE POWER

Impaired muscle power is to be assessed using the manual muscle testing protocols described by Clarkson (2021). Annual grading of muscle strength is based on three factors:

1. Evidence of contraction:
  - Grade 0: No palpable or observable muscle contraction
  - Grade 1: A palpable or observable muscle contraction and no joint motion
2. Gravity as a resistance, ability to move the part through the full available range of motion:
  - Grade 2: Gravity eliminated
  - Grade 3: Against gravity
3. Amount of manual resistance – ability to move the part through the full available range of motion against gravity and against:
  - Grade 4: Moderate manual resistance
  - Grade 5: Maximal manual resistance

A player qualifies for sport classes 1.0-4.0 if they comply with one of the following criteria:

1. A maximum of Grade 2 in at least one of the following muscle groups in either leg:
  - Hip flexors
  - Hip extensors
  - Hip abductors
  - Hip adductors
  - Knee flexors
  - Knee extensors
  - Ankle plantarflexors
  - Ankle dorsiflexors
2. A maximum of Grade 3 in at least two of the following muscle groups in a single leg:
  - Hip flexors
  - Hip extensors
  - Knee flexors
  - Knee extensors
  - Ankle plantarflexors
3. A maximum of Grade 3 in at least two of the following muscle groups across right and left legs (i.e. one in each leg):
  - Hip flexors
  - Hip extensors
  - Knee flexors
  - Knee extensors
  - Ankle plantarflexors

## PRIMARY CRITERIA

Grade 2 muscle power in one of the following groups



### Hip Flexors

The figure shows the assessment of hip flexors against gravity.

To meet this criterion, the Player must not be able to actively flex the hip against gravity.

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## Hip Extensors

The figures below show the assessments of hip extensors against gravity. To meet this criterion, the Player must not be able to actively extend the hip against gravity.

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### Hip Extensors Assessment 1



Initial Position



End Position

### Hip Extensors Assessment 2



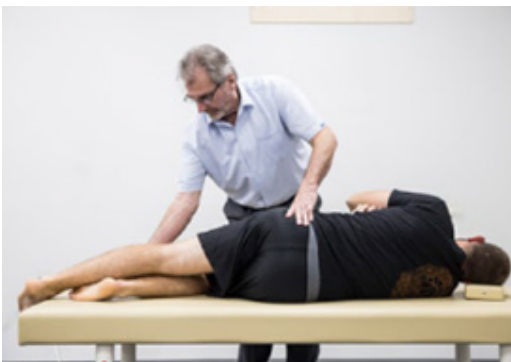
Initial Position



End Position

### Hip Abductors

The figures below show the assessment of hip abductors against gravity. To meet this criterion, the Player must not be able to actively abduct the hip against gravity.



Initial Position



End Position



## Hip Abductors

The figures below show the assessment of hip abductors against gravity. To meet this criterion the Player must not be able to actively adduct the hip against gravity.



Initial Position



End Position

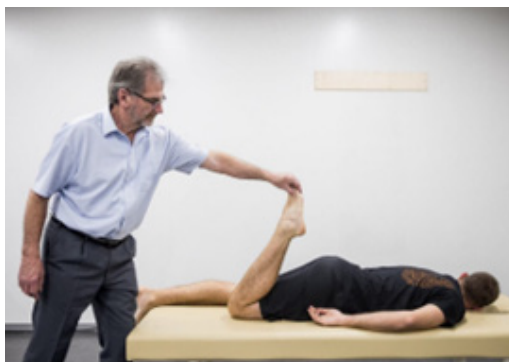
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## Knee Flexors

The figures below show the assessment of knee flexors against gravity. To meet this criterion, the Player must not be able to actively flex the knee against gravity.



Initial Position



End Position

### **Knee Extensors**

The figures below show the assessment of knee extensors against gravity. To meet this criterion, the Player must not be able to actively extend the knee against gravity.



Initial Position



End Position

---

### **Ankle Plantarflexors**

The figures below show the assessment of ankle plantarflexors against gravity. To meet this criterion, the Player must not be able to actively extend the knee against gravity.



Initial Position



End Position

### Ankle Dorsiflexors

The figures below show the assessment of hip adductors against gravity. To meet this criterion the Player must not be able to actively adduct the hip against gravity.



Initial Position



End Position

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### Ankle Invertors

The figures below show the assessment of knee flexors against gravity. To meet this criterion, the Player must not be able to actively flex the knee against gravity.



Initial Position



End Position

### Ankle Evertors

The figures below show the assessment of knee extensors against gravity. To meet this criterion, the Player must not be able to actively extend the knee against gravity.



Initial Position



End Position

## SECONDARY CRITERIA

Grade 3 in at least two of the following muscle groups in one or both legs.



### Hip Flexors

The figure shows the assessment of hip flexors.

To meet this criterion, the Player must not be able to actively flex the hip against gravity with some resistance applied.

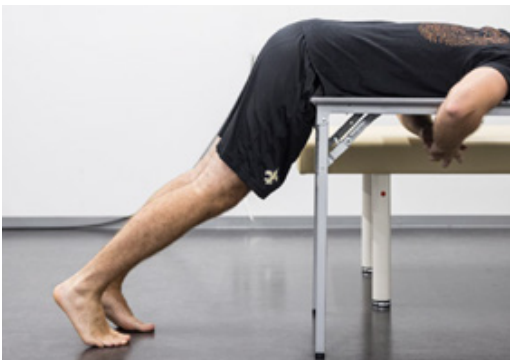
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### Hip Extensors

The figures below show the assessments of hip extensors against gravity. To meet this criterion, the Player must not be able to actively extend the hip against gravity with some resistance applied.

---

#### Hip Extensors Assessment 1



Initial Position



End Position

## Hip Extensors Assessment 2



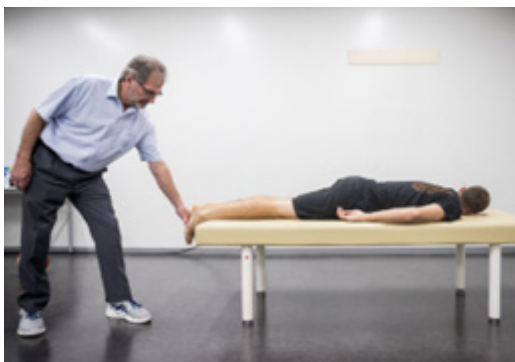
Initial Position



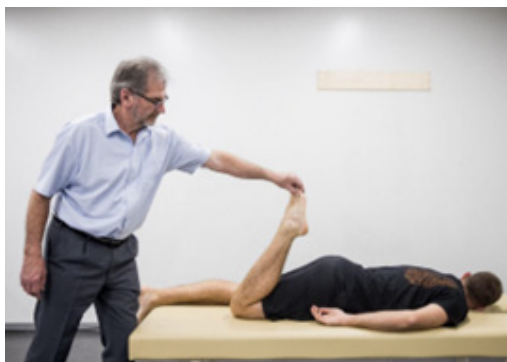
End Position

## Knee Flexors

The figures below show the assessment of knee flexors against gravity. To meet this criterion, the Player must not be able to actively flex the knee against gravity with some resistance applied.



Initial Position



End Position

## Knee Extensors

The figure shows the assessment of knee extensors against gravity. To meet this criterion, the Player must not be able to actively extend the knee against gravity with some resistance applied.



Initial Position



End Position

## Ankle Plantarflexors

The figures below show the assessment of ankle plantarflexors against gravity. Grade 3–5 plantarflexion is measured in standing using the following definitions.

- Grade 3: Maintaining the heel off the floor through one to two repetitions only with subsequent attempts resulting in decreased range.
- Grade 4: Maintaining the heel fully off the floor through three to five repetitions with subsequent attempts resulting in decreased range.
- Grade 5: Maintaining the heel fully off the floor through more than six repetitions.

To meet this criterion the Player must meet a maximum of grade 3.



Initial Position



End Position

## IMPAIRED PASSIVE RANGE OF MOTION

Impaired range of motion is to be assessed using Clarkson 2021.

**Maximum passive range of motion less than the Secondary criteria in two or more joint movements:**

- Hip flexion:  $> 75^{\circ}$  and  $\leq 85^{\circ}$
- Hip extension:  $< -15^{\circ}$  and  $\geq -5^{\circ}$  (hip remains in no less than  $5^{\circ}$  flexion)
- Hip abduction:  $> 20^{\circ}$  and  $\leq 30^{\circ}$
- Hip adduction:  $< -10^{\circ}$  and  $\geq 0^{\circ}$  (hip cannot achieve adduction)
- Hip internal rotation:  $> 5^{\circ}$  and  $\leq 15^{\circ}$
- Hip external rotation:  $> 0^{\circ}$  and  $\leq 10^{\circ}$
- Knee flexion:  $> 65^{\circ}$  and  $\leq 75^{\circ}$
- Knee extension:  $< -25^{\circ}$  and  $\geq -15^{\circ}$  (knee remains in no less than  $15^{\circ}$  flexion)
- Ankle plantarflexion:  $> 10^{\circ}$  and  $\leq 20^{\circ}$
- Ankle dorsiflexion:  $> 15^{\circ}$  and  $\leq 25^{\circ}$

Unless otherwise indicated, PROM should be assessed using the protocols described by Clarkson (2021). In brief, measurement of PROM requires the Player to relax completely while the classifier moves the joint of interest through the available range of motion. The Player should be relaxed and not attempting voluntary movement during these tests.

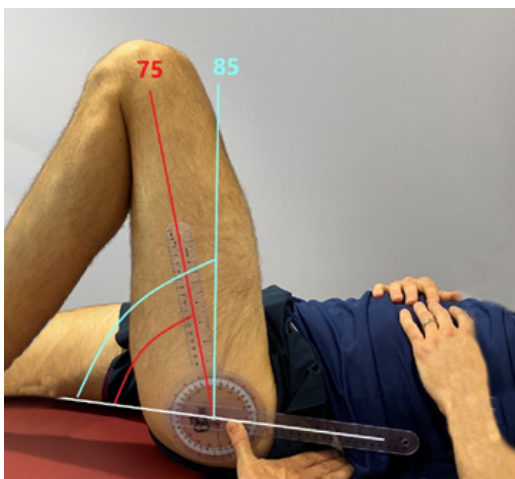


## PRIMARY CRITERIA FOR IMPAIRED PROM - LOWER LIMB

Players are eligible if they meet one of the following criteria:

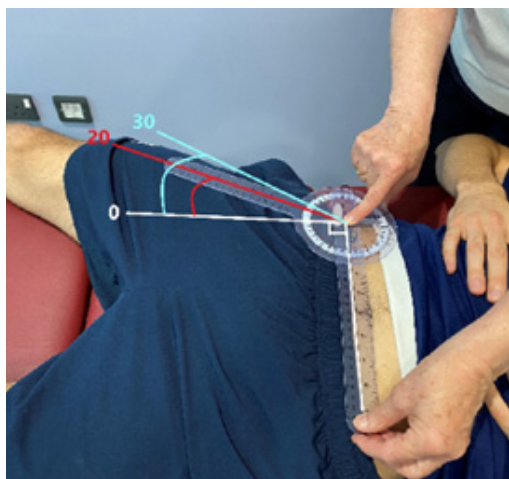
### Primary Criteria #1

Hip flexion:  $\leq 75^\circ$ . As shown by the red line in the figure.



### Primary Criteria #3

Hip abduction:  $\leq 20^\circ$ . As shown by the red line in the figure.



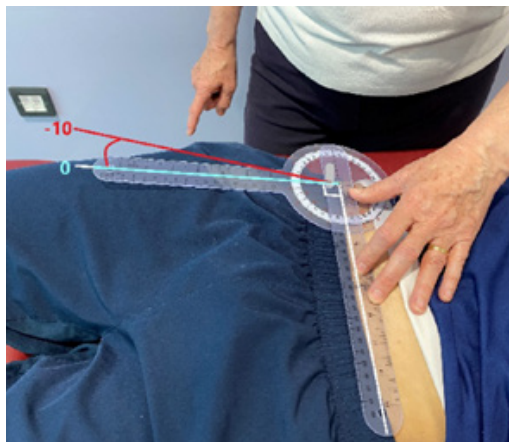
### Primary Criteria #2

Hip extension:  $\geq -15^\circ$  (hip remains in no less than  $15^\circ$  flexion). As shown by the red line in the figure.



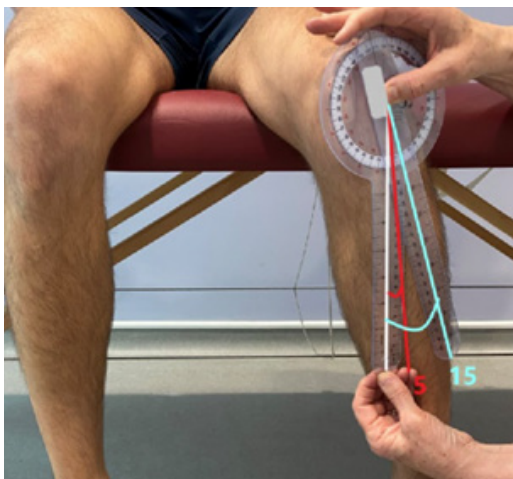
### Primary Criteria #4

Hip adduction:  $\geq -10^\circ$  (hip remains in no less than  $10^\circ$  abduction). As shown by the red line in the figure.



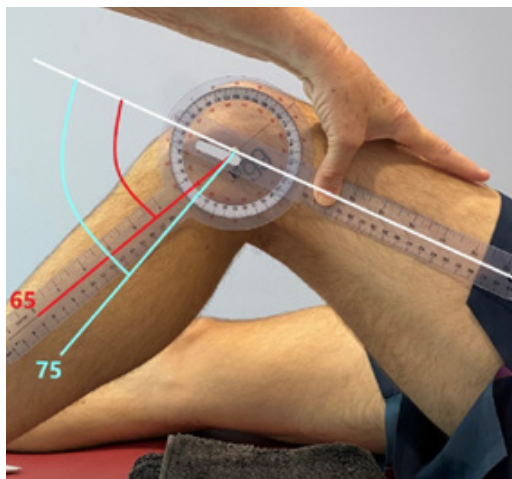
**Primary Criteria #5**

Hip internal rotation:  $\leq 5^\circ$ . As shown by the red line in the figure.



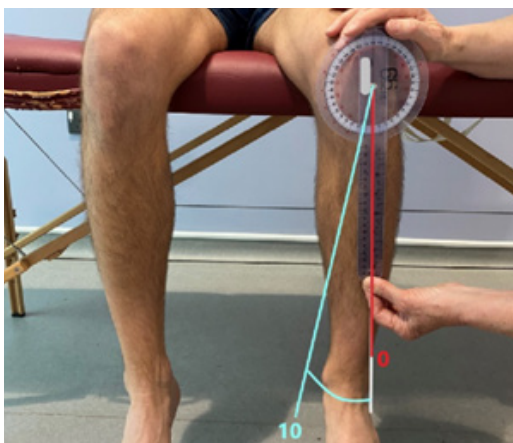
**Primary Criteria #7**

Knee flexion:  $\leq 65^\circ$ . As shown by the red line in the figure.



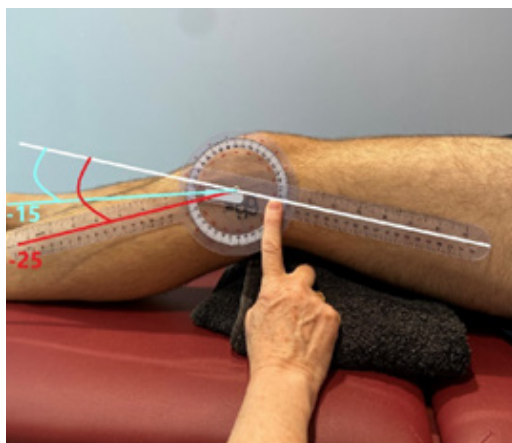
**Primary Criteria #6**

Hip external rotation:  $\leq 0^\circ$ . As shown by the red line in the figure.



**Primary Criteria #8**

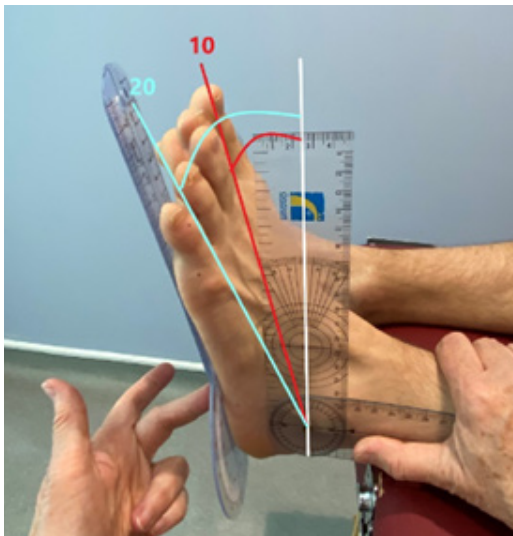
Knee extension:  $\geq -25^\circ$  (knee remains in no less than  $25^\circ$  flexion). As shown by the red line in the figure.



### Primary Criteria #9

Ankle plantarflexion:  $\leq 10^\circ$ .

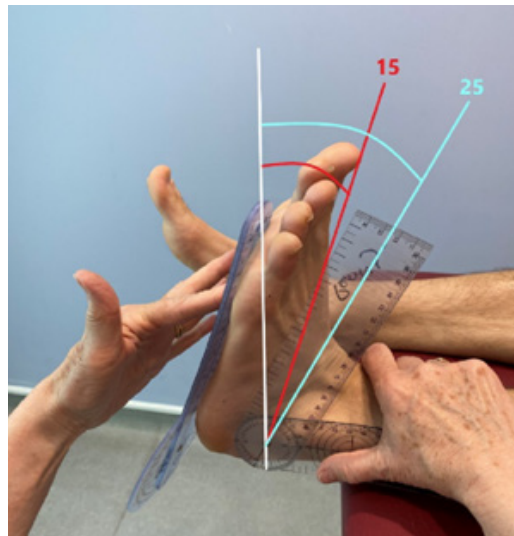
As shown by the red line in the figure.  
There is a small towel under the knee to keep the knee in slight flexion (20-30°).



### Primary Criteria #10

Ankle dorsiflexion:  $\leq 15^\circ$ .

As shown by the red line in the figure.

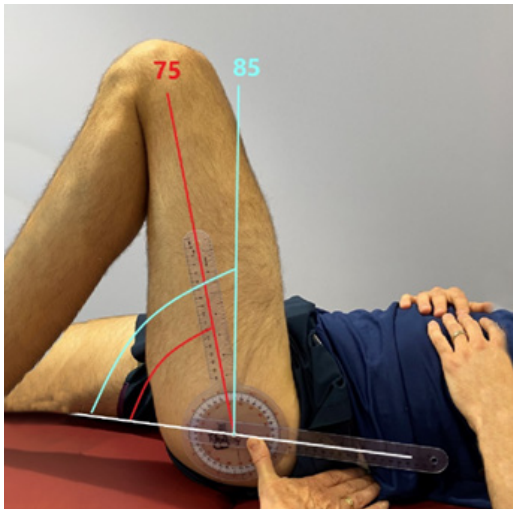


## SECONDARY CRITERIA FOR PROM - LOWER LIMB

Players are eligible if they meet two or more of the following secondary criteria in a single leg detailed below.

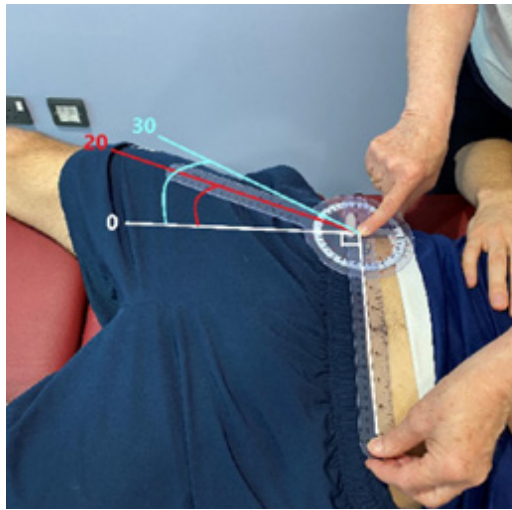
### Primary Criteria #1

Hip flexion:  $> 75^\circ$  and  $\leq 85^\circ$ .



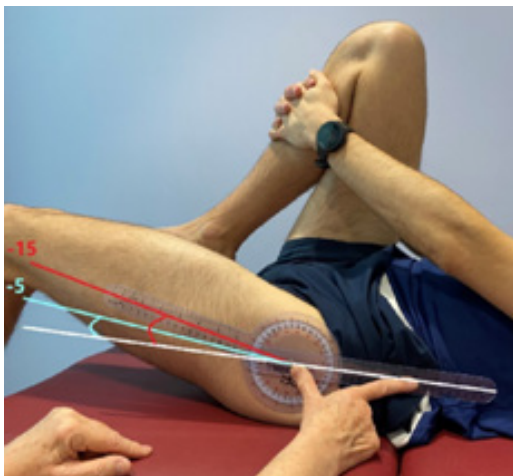
### Primary Criteria #3

Hip abduction:  $> 20^\circ$  and  $\leq 30^\circ$ .



### Primary Criteria #2

Hip extension:  $< -15^\circ$  and  $\geq -5^\circ$  (hip remains in no less than  $5^\circ$  flexion).



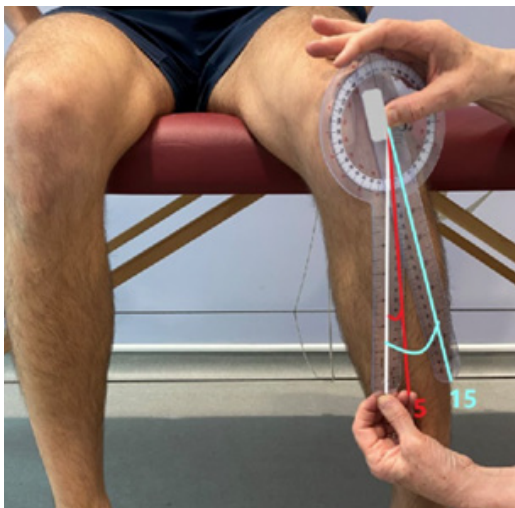
### Primary Criteria #4

Hip adduction:  $< -10^\circ$  and  $\geq 0^\circ$  (hip cannot achieve active adduction).



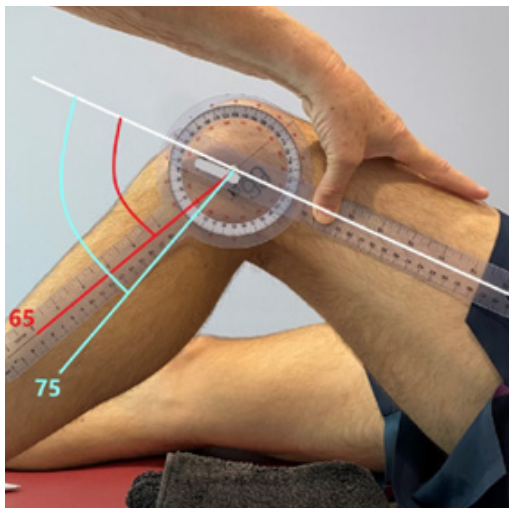
### Primary Criteria #5

Hip internal rotation:  $> 5^\circ$  and  $\leq 15^\circ$ .



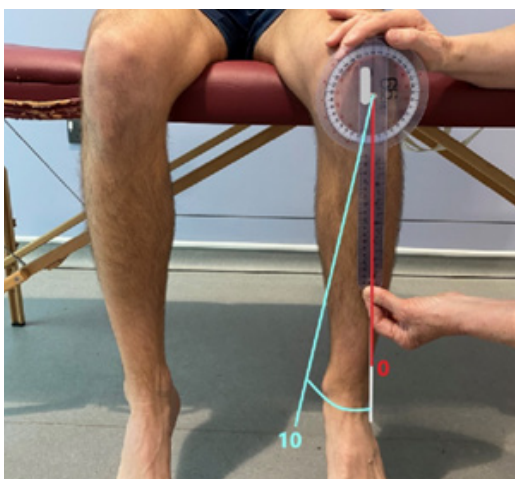
### Primary Criteria #7

Knee flexion:  $> 65^\circ$  and  $\leq 75^\circ$ .



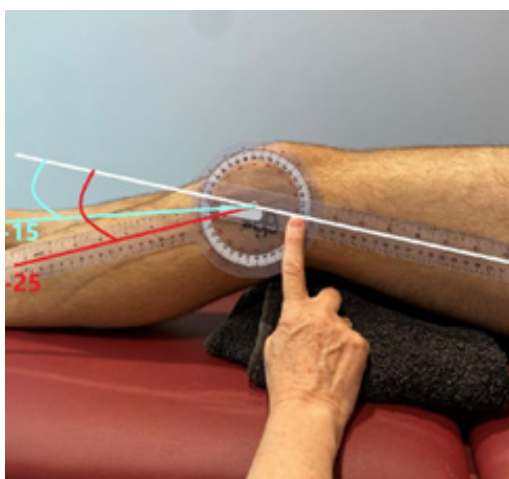
### Primary Criteria #6

Hip external rotation:  $> 0^\circ$  and  $\leq 10^\circ$ .



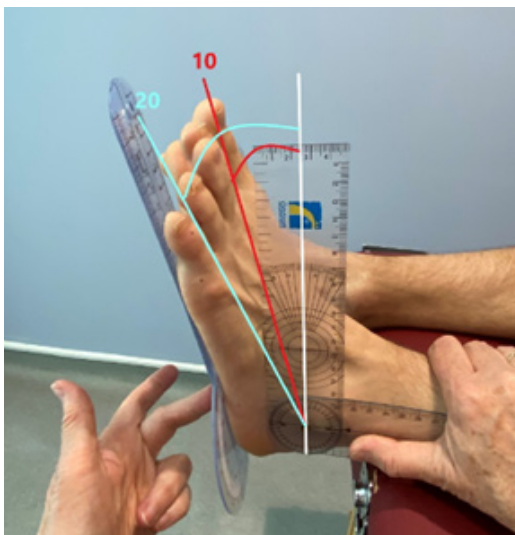
### Primary Criteria #8

Knee extension:  $< -25^\circ$  and  $\geq -15^\circ$  (knee remains in no less than  $15^\circ$  flexion).



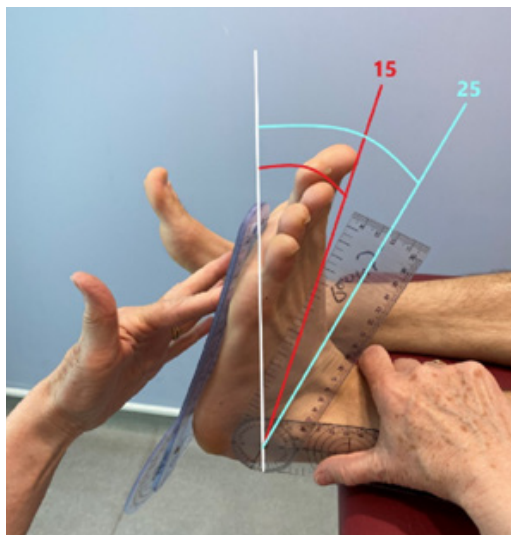
**Primary Criteria #9**

Ankle plantarflexion:  $> 10^\circ$  and  $\leq 20^\circ$ .



**Primary Criteria #10**

Ankle dorsiflexion:  $> 15^\circ$  and  $\leq 25^\circ$ . As shown by the blue line in the figure.



## LIMB DEFICIENCY

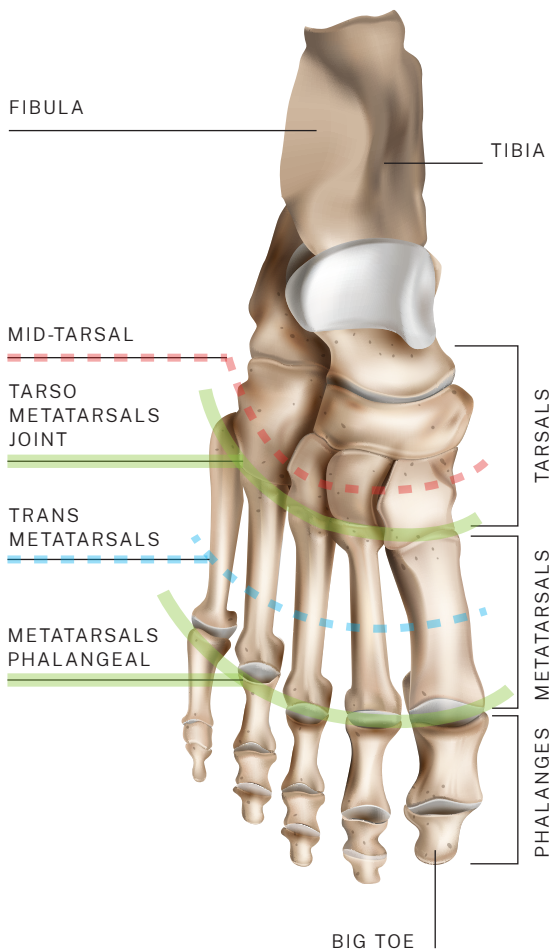
**A player meets eligibility under the category of limb deficiency if they meet one of the following criteria:**

- Complete unilateral amputation of the first metatarsal and phalanx
- Complete bilateral amputation of either:
  - Both first phalanges
  - First phalanx on one foot and three phalanges (from phalanx 2-5) on the other foot
  - Three phalanges (from phalanx 2-5) on both feet
  - Equivalent congenital limb deficiency or dysmelia

**A player meets MIC if they comply with one of the following in one leg:**

**Maximum passive range of motion less than the Primary criteria in one or more joint movements:**

- Hip flexion:  $\leq 75^\circ$
- Hip extension:  $\geq -15^\circ$  (hip remains in no less than  $15^\circ$  flexion)
- Hip abduction:  $\leq 20^\circ$
- Hip adduction:  $\geq -10^\circ$  (hip remains in no less than  $10^\circ$  abduction)
- Hip internal rotation:  $\leq 5^\circ$
- Hip external rotation:  $\leq 0^\circ$
- Knee flexion:  $\leq 65^\circ$
- Knee extension:  $\geq -25^\circ$  (knee remains in no less than  $25^\circ$  flexion)
- Ankle plantarflexion:  $\leq 10^\circ$
- Ankle dorsiflexion:  $\leq 15^\circ$



## LEG LENGTH DIFFERENCE

**A Player meets MIC if they comply with the following criteria:**

- Difference in length between right and left legs of 6 cm or greater, as measured from the anterior superior iliac spine to the medial malleolus, with the athlete lying supine.

To measure leg length difference the athlete must lay supine with legs relaxed and fully extended, as illustrated in the photo below.

Measure from the inferior aspect of the anterior superior iliac spine to the inferior aspect of the tip of the medial malleolus on each leg and then compare

If the difference in length between right and left legs of 6 cm or greater the Player meets the MIC requirements.





## HYPERTONIA

Hypertonia is defined as increased muscle tone, which is caused by central nervous system impairment. It results in increased resistance to passive lengthening of the muscle. To be eligible, an athlete must have spastic or rigid hypertonia, or dystonia.

Hypertonia is assessed using the Ashworth Scale. [Ashworth B. (1964), Practitioner, 192: 540-542].

The Ashworth scale uses a Grading system:

- Grade 0: No increase in tone
- Grade 1: Slight increase in tone giving a "catch" when the limb is flexed or extended.
- Grade 2: More marked increase in tone but limb can still be easily flexed or extended.
- Grade 3: Considerable increase in tone with passive movement difficult.
- Grade 4: Limb rigid in flexion or extension.

**An athlete meets MIC if they comply with the following criteria:**

Minimum Grade 1 on the Ashworth Scale in one of the following:

- Hip adductors
- Hip extensors
- Hip flexors
- Knee flexors
- Knee extensors
- Ankle plantarflexors
- Ankle dorsiflexors

Testing for hypertonia should be done in the horizontal plane – supine or prone. The unaffected or less affected limb should be tested first. Each muscle group should be moved slowly first without overstretching, through full passive range available and then repeated at increased speeds.

Spasticity is velocity dependent, and the speed of the movement must be sufficient to elicit the stretch reflex. Should the catch not be elicited, the movement may need to be repeated at an increased speed.

Each muscle group should be tested a maximum of five times through the full range of movement available.

## ATAXIA

Ataxia is an unsteadiness, incoordination or clumsiness of volitional movement, resulting from motor or sensory nervous system dysfunction.

Ataxia is to be assessed using the Scale for the Assessment and Rating of Ataxia (SARA) (Schmitz-Hübsch et al, 2006).

### **An athlete meets MIC if they comply with the following criteria:**

- A minimum score of 2 on the SARA in each of i) Gait, ii) Stance and iii) Heel-shin slide.

The SARA is a tool for assessing ataxia. It has eight categories, of which three apply to wheelchair football. When completing the outcome measure each category is assessed and scored accordingly. Scores for the three items range as follows:

- Gait (0-8 points)
- Stance (0-6 points)

Heel-shin slide (0-4 points) - assessments are performed bilaterally, and the mean values are used to obtain the total score.

### **Gait assessment**

Player is asked firstly to walk at a safe distance parallel to a wall including a half-turn (turn around to face the opposite direction of gait) and secondly, to walk in tandem (heels to toes) without support.

- 0 = Normal, no difficulties in walking, turning and walking tandem (up to one misstep allowed)
- 1 = Slight difficulties, only visible when walking 10 consecutive steps in tandem
- 2 = Clearly abnormal, tandem walking >10 steps not possible
- 3 = Considerable staggering, difficulties in half-turn, but without support
- 4 = Marked staggering, intermittent support of the wall required
- 5 = Severe staggering, permanent support of one stick or light support by one arm required
- 6 = Walking > 10 m only with strong support (two special sticks or stroller or accompanying person)
- 7 = Walking < 10 m only with strong support (two special sticks or stroller or accompanying person)
- 8 = Unable to walk, even supported

### Stance assessment

Player is asked to first stand in a natural position, secondly with feet together in parallel (big toes touching each other) and thirdly in tandem (both feet on one line, no space between heel and toe). The Player does not wear shoes, eyes are open. For each condition, three trials are allowed.

Best trial is rated.

- 0 = Normal, able to stand in tandem for > 10 s
- 1 = Able to stand with feet together without sway, but not in tandem for > 10 s
- 2 = Able to stand with feet together for > 10 s, but only with sway
- 3 = Able to stand for > 10 s without support in natural position, but not with feet together
- 4 = Able to stand for >10 s in natural position only with intermittent support
- 5 = Able to stand >10 s in natural position only with constant support of one arm
- 6 = Unable to stand for >10 s even with constant support of one arm

### Heel and shin assessment

Rated separately for each side. Player lies on the examination bed, without sight of their legs, is asked to lift one leg, point with the heel to the opposite knee, slide down along the shin to the ankle, and lay the leg back on the examination bed.

The task is performed 3 times. Slide-down movements should be performed within 1s. If Player slides down without contact to shin in all three trials, rate 4.

- 0 = Normal
- 1 = Slightly abnormal, contact to shin maintained
- 2 = Clearly abnormal, goes off shin up to 3 times during 3 cycles
- 3 = Severely abnormal, goes off shin 4 or more times during 3 cycles
- 4 = Unable to perform the task

The assessment should be conducted on both sides of the body with the scored for left and right added together and divided by 2. The mean score will be used for the assessment outcome. More detail will be provided in Classifier training.

## ATHETOSIS

Athetosis is unwanted movement and posturing resulting from damage to the motor control centers of the brain. Athetoid movements may include the following:

1. Involuntary movement of the fingers or upper extremities despite the person trying to remain still.
2. Involuntary movement of the toes of lower extremities despite the person trying to remain still.
3. Inability to hold the body still—swaying of the body. Swaying should not be due to other neurological deficits and should not be made worse by closing of the eyes.

Athetosis is to be assessed using the Dyskinesia Impairment Scale (Monbaliu E. et al., 2012), Development Medicine and Child Neurology, 54: 278-283).

### A Player meets MIC if they comply with the following criteria:

- A minimum Grade 1 Duration and Amplitude on the DIS for both i) Standing and ii) Heel-toe raising.

GRADE	DURATION factor	AMPLITUDE factor
0	Athetosis is absent	Athetosis is absent
1	Athetosis is occasionally present (<10%)	Athetosis present in small range of motion (<10%)
2	Athetosis is frequently present (10-49%)	Athetosis present in moderate range of motion (10-49%)
3	Athetosis is mostly present (50-89%)	Athetosis present in submaximal range of motion (50-89%)
4	Athetosis is always present (≥90%)	Athetosis present in maximal range of motion (≥90%)





**MOVE  
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FOOTBALL LEAGUE**

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