

2015 Warrior Games Swimming Rules and Classifications

The Warrior Games are not qualifying events for the Paralympic Games or any other U.S. Paralympics or International Paralympic Committee sanctioned event.

1 GENERAL EVENT RULES

The Warrior Games swimming competition will be run using International Paralympic Committee (IPC) Rules. They can be downloaded at:

http://www.paralympic.org/sites/default/files/document/150303125645705_2015_02%2BIPC%2Bswimming%2BRules%2Band%2BRegulations_V2_0.pdf

1.1 Team allocation numbers per service

Every team will be allowed 4 competitors for each event from each classification group (see attachment 1). Ultimate Champion competitors will not count against the team allocation numbers.

2 SWIMMING EVENTS

A minimum of two athletes must be signed up for an event to be contested in a particular disability category. If categories are consolidated, athletes will be compared against the world record times for that category. See General Rules 8.0 for consolidation procedures.

Men

- 50m Freestyle
- 100m Freestyle
- 50m Backstroke
- 50m breaststroke

Women

- 50m Freestyle
- 100m Freestyle
- 50m Backstroke
- 50m Breaststroke

Combined (Final) 200m Freestyle Relay

There will be four (4) Relay events, two for men and two for women. The men's relays can be a combination of both men and women. No swimmer can swim in more than one relay.

- 200m Freestyle Relay A (22.5 points) will consist of four total athletes with a maximum of 22.5 points (e.g., two representatives from the 6.0 category, one from 5.5 category and one from 5.0 category).
- 200m Freestyle Relay B (18 points) will consist of four total athletes with a maximum of 18 points (e.g., one representative from the 6.0 category, one from 5.0 category, one from 4.0 category, and one from 3.0 category).

3 DAY OF RACE SCRATCH FROM EVENT

Day-of-race withdrawal from event is authorized due to injury only; withdrawal does not prevent athlete from competing in other events provided he/she is cleared by a medical professional to compete.

4 ATHLETE SWIM APPAREL COVERAGE/COLOSTOMY BAG

If necessary, athletes are allowed to compete with a colostomy bag. Rash guard or similar torso covering is authorized for medical reasons if it does not include any flotation or give the athlete any competitive advantage.

5 VISUALLY IMPAIRED

If Visually Impaired (VI) categories are combined in competition, the less impaired athletes will follow the rules (e.g. blackened goggles and tappers) commensurate with the athlete with the most impairment classification. See classification procedures for details.

2015 Warrior Games Swimming Classifications

6.0 Athletes

- PTSD/TBI with minimal or no physical impairments

5.5 Athletes (Ortho Lower)

- Combination of loss of strength and flexibility in hip, knee, or ankle joints as evidenced through a functional test. (Athletes who lose 7.5-14 Points)
 - Measurable loss of mobility in the hip, knee, or ankle joint evidenced by functionality test
 - Measurable loss of flexibility in the hip, knee, or ankle joint evidenced by functionality test

5.5 Athletes (Ortho Upper)

- Combination of loss of strength and flexibility in shoulder, elbow, or wrist joints as evidenced through a functional test. (Athletes who lose 7.5-14 points on the functional and strength test)
 - Measurable loss of strength in the shoulder, elbow, or wrist joint evidenced by
 - Measurable loss of flexibility in the shoulder, elbow, or wrist joint evidenced by functionality test

5.0 Athletes (S10)

- Loss of one hand
- Single below knee amputation
- Combination of loss of strength and flexibility in one hip joint as evidenced through a functional test. (Athletes who lose 15-34 points on the functional and strength test)
 - Measurable loss of strength in the hip joint evidenced by functionality test
 - Measurable loss of flexibility in the hip joint evidenced by functionality test

4.5 Athletes (S9)

- Single above knee amputation
- Double below knee amputations, stumps longer than 1/3
- Combination of severe loss of strength and flexibility in the hip, knee or ankle joint in one lower extremity as evidenced through a functional test. (Athletes who lose 35-59 points on the functional and strength test)
 - Measurable loss of mobility in the hip, knee or ankle joints evidenced by functionality test
 - Measurable loss of flexibility in the hip, knee or ankle joints evidenced by functionality test

4.0 Athletes (S8)

- Single above elbow amputation or comparable functionally complete Brachial Plexus lesion
- Loss of both hands
- Double below knee amputation, stumps shorter than 1/3
- Combination of severe loss of strength and flexibility in the hip, knee or ankle joint in both lower extremities as evidenced through a functional test. (Athletes who lose 60-84 points on the functional and strength test)

- Measurable loss of mobility in the hip, knee or ankle in both lower extremities evidenced by functionality test

3.5 Athletes (S7)

- Athletes who lose 85-97 points on the functional and strength test
- Amputations in one upper extremity and amputation in the opposite lower extremity
- Bilateral above knee amputations
- Paralysis in one upper body extremity and one lower body extremity on the same side of the body
- No trunk impairments

3.0 Athletes (S6)

- Athletes who lose 98-109 points on the functional and strength test
- Paraplegia
- Bilateral leg impairments and lack of function due to paralysis
- Full use of both upper extremities
- Minimal to no trunk control issues evidenced by forward, sideways, and vertical plane testing
- Utilizes wheelchair for mobility

2.5 Athletes (S5)

- Athletes who lose 110-134 points on the functional and strength test
- Bilateral upper extremity amputations
- Moderate loss of use in one side of the body
- Ataxia- lack of voluntary muscle movement and coordination

2.0 Athletes (S4)

- Athletes who lose 135-159 points on the functional and strength test
- Hemiplegia
- Complete loss of one side of the body due to paralysis or amputations

1.5 Athletes (S3)

- Athletes who lose 160-184 points on the functional and strength test
- Amputations in four limbs

1.0 Athletes (S2)

- Athletes who lose more than 185 points on the functional and strength test
- Tetraplegia causing impairments in all four limbs.
- Severe to moderate loss in trunk control evidenced by lack of control in forward, sideways, and vertical planes evidenced by functional test.
 - Little to no controlled trunk movements in forward plane
 - No active trunk rotation
 - Balance in both forward and sideways direction is significantly impaired
 - Rely on arms to return to upright position
- Amputations in four limbs
- Utilizes wheelchair for mobility

Visually Impaired Athletes (BLIND and OPEN)

- From visual acuity above 20/200 evidenced through supporting medical documents provided to athlete (BLIND)
- Up to visual acuity of 20/70 evidenced through supporting medical documents provided to athlete (OPEN)
- Visual field cut of greater than 20 degrees in either eye evidenced through supporting medical documents provided to athlete (OPEN)
- Above is achieved with the best practical eye correction

For relay point total purposes only:

- VI open swimmers are equivalent to 5.5 classification athletes.
- VI athletes from visual acuity above 20/600 and up to visual acuity of 20/200 and/or a visual field of less than 20 degrees and more than 5 degrees in either eye are equivalent to 5.0 classification athletes.
- VI athletes from ability to recognize the shape of hand to a visual acuity of 20/600 and/or a visual field of less than 5 degrees in either eye are equivalent to 4.5 classification athletes.
- Blind athletes from no light perception in either eye to light perception, but inability to recognize the shape of a hand at any distance or in any direction are equivalent to 4.0 classification athletes.

OTHER:

4 x 200m Freestyle Relay (THREE RELAYS)

Men's relays can be a combination of men and women. No swimmer may participate in more than one relay.

- RELAY ONE: MEN'S 200M Freestyle. Each team can enter a MAX of 22.5 points. For example
 - Two athletes with the classification of 6.0
 - One athlete with the classification of 5.5
 - One athlete with the classification of 5.0
- RELAY TWO: MEN'S 200M Freestyle. Each team can enter a MAX of 18 points. For example
 - One athlete with the classification of 6.0
 - One athlete with the classification of 5.0
 - One athlete with the classification of 4.0
 - One athlete with the classification of 3.0
- RELAY THREE: WOMEN'S 200M Freestyle Each team can enter a MAX of 22.5 points For example
 - Two athletes with the classification of 6.0
 - One athlete with the classification of 5.5
 - One athlete with the classification of 5.0

ATTACHMENT 2

2015 WARRIOR GAMES SWIMMING CLASSIFICATION

NAME _____

TEAM _____

DATE _____

GENDER _____

CLASSIFIERS:

DESCRIPTION OF DISABILITY:

PARTICIPATION IN PRIOR WARRIOR GAMES?

YES/NO

If yes which years: _____

SWIMMING CLASSIFICATION

This classification needs to be done for ALL athletes who aren't in the 6.0 (Open) category, Spinal Cord Injuries, or Amputees (unless their amputation is accompanied by other injury that is of the ortho nature).

UPPER EXTREMITIES	CONTRACTURE RANGE of MOTION			
	MUSCLE TEST		RIGHT	LEFT
SHOULDER	RIGHT	LEFT	RIGHT	LEFT
Flexion				
Extension				
Abduction				
Adduction				
External Rotation				
Internal Rotation				
TOTALS				

ELBOW	RIGHT	LEFT	RIGHT	LEFT
Flexion				
Extension				
Pronation				
TOTALS				

WRIST	RIGHT	LEFT	RIGHT	LEFT
Flexion				
Extension				
TOTALS				

FINGER	RIGHT	LEFT	RIGHT	LEFT
Flexion				
Extension				
Adduction				
TOTALS				

Scoring System for Coordination Muscle Test:

- | | |
|---------------------------|---------------|
| 0= Zero (no activity) (O) | 3= Fair (F) |
| 1= Trace Activity (T) | 4= Good (G) |
| 2= Poor (P) | 5= Normal (N) |

TRUNK	MUSCLE TEST		CONTRACTURE RANGE OF MOTION	
	RIGHT	LEFT	RIGHT	LEFT
Flexion Upper				
Flexion Lower				
Extension Upper				
Extension Lower				
Rotation				
TOTALS				

LOWER EXTREMITIES	MUSCLE TEST		RANGE of MOTION	
	RIGHT	LEFT	RIGHT	LEFT
HIP				
Flexion				
Extension				
Abduction				
Adduction				
External Rotation				
Internal Rotation				
TOTALS				

KNEE	RIGHT	LEFT	RIGHT	LEFT
	Flexion			
Extension				
TOTALS				

ANKLE	RIGHT	LEFT	RIGHT	LEFT
	Dorsiflexion			
Plantarflexion				
Pronation				
Supination				
TOTALS				

Scoring System for Contracture Range of Motion:

- | | |
|------------------------|--|
| 0- No joint mobility | 3- 50% of normal range |
| 1- Slight mobility | 4- 75% of normal range |
| 2- 25% of normal range | 5- Functional Range of Movement for Swimming |

INFORMATION REGARDING THE TESTS FOR THE CLASSIFIER/PHYSICAL THERAPIST

The physical assessment tests are conducted in order to provide a measurement of impairment against a nominal athlete who does not have any relevant impairment (a relevant impairment being one that would fall within the classification categories.)

The physical assessment test is used in athlete evaluation designed to produce a point score for the athlete. The tests are designed to assess:

- The extent of impairment and activity limitation; and
- The extent to which activity limitation has an effect upon sporting performance
- The point score is a cumulative total of the individual point scores and that score will determine the athlete's sports class.

PHYSICAL ASSESSMENT TESTS:

- Muscle Test
- Joint Mobility/Range of Motion Assessment

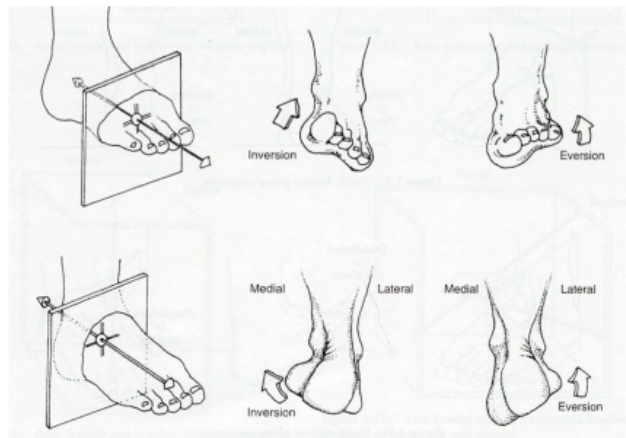
MUSCLE TEST

- The muscle test should be conducted on the thirty-two (32) muscle groups listed in the table above.
- Muscle function points score comprises a six grade assessment (0-5). Descriptions are as follows:
 - Normal (N) = 5
 - Good (G) = 4
 - Fair (F) = 3
 - Poor (P) = 2
 - Trace Activity (T) = 1
 - Zero (no activity) (O) = 0
- Grade 4- able to complete full Range of Motion (ROM) against gravity and can tolerate strong resistance without breaking the test position. But, gives or yields to some extent at the end of it's range with maximal resistance. Maximal resistance clearly results in a break. Active movement against gravity and resistance.
- Grade 3- can complete full ROM against only the resistance of gravity. Any additional resistance causes the motion to break. Active movement against gravity.
- Grade 2- can complete full ROM in a position that minimizes the force of gravity (horizontal plane of motion.) Active movement with gravity eliminated.
- Grade 1- can detect visually or via palpation some contractile activity. No movement is apparent. Flicker or trace of contraction.
- Grade 0- no movement and no contraction.

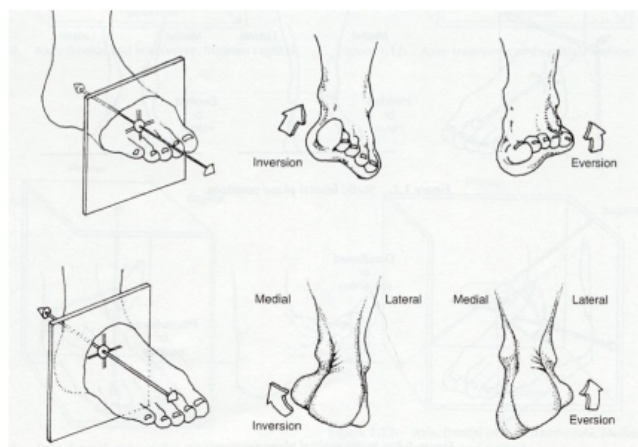
RANGE OF MOVEMENT/JOINT MOBILITY TESTING

- Joint mobility testing uses a series of measurement designed to assess the extent of movement possible in a number of joints. A goniometer should be used for all measurements. The degree of movement possible to each joint receives a point score. This degree of movement measurement is called the Functional Range of Movement for Swimming. (FROMS)

- The FROMS measurement assessment should take into consideration the following:
 - Measurement should be active range of movement in the joint
 - Passive range of movement is not measured or considered
 - When measuring the knee joint the hip should be in a position of flexion
- ANKLE/FOOT FROMS Measurement:
 - SUPINATION- foot should be placed on a flat surface in neutral position with the knee bent (90 degrees)
 - Athlete should supinate the foot while keeping the heel on the flat surface
 - The hip and knee should be stabilized
 - The goniometer should be lined up with the 5th metatarsal (i.e. lateral border of the foot)
 - The movement arm of the goniometer should be read through the 1st metatarsal (i.e. big toe of the foot)



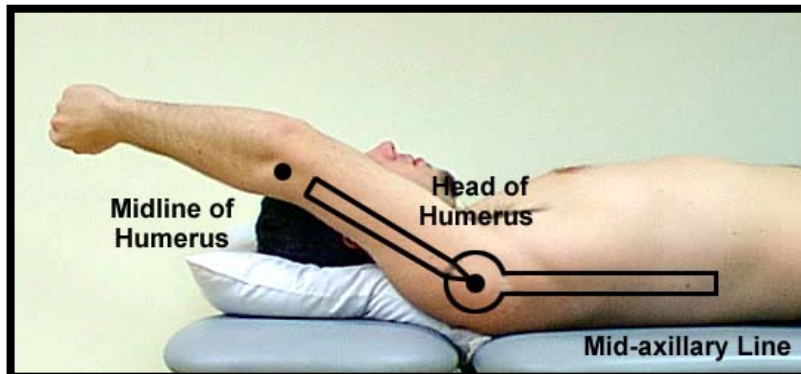
- PRONATION- foot should be placed on a flat surface in neutral position with the knee bent (90 degrees)
 - Athlete should pronate the foot while keeping the heel on the flat surface
 - The hip and knee should be stabilized
 - The goniometer should be lined up with the 1st metatarsal (i.e. big toe of the foot)
 - The movement arm of the goniometer should be read through the 5th metatarsal (i.e. lateral border of the foot)



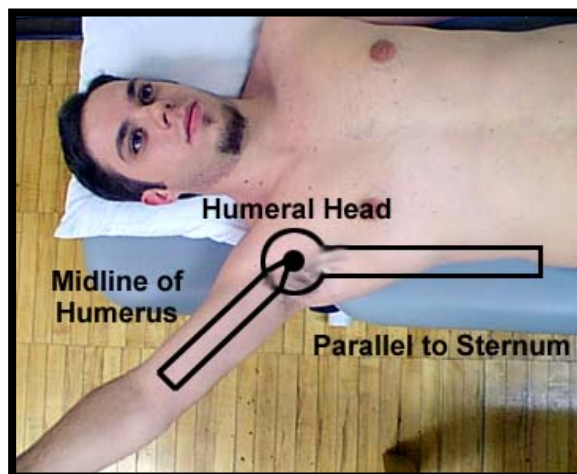
- DORSIFLEXION/PLANTARFLEXION- athlete should sit with foot relaxed (neutral position) with the knee bent (90 degrees)
 - Line up the goniometer axis below the lateral malleolus and align the movement arm with the 5th metatarsal (i.e. lateral border of the foot)
 - Begin the measurement (when range is available) at 0 degrees
 - Athlete should dorisflex- measure degrees to the end of the active range
 - Athlete should plantarflex- measure degrees to the end of the active range



- SHOULDER FLEXION:



- SHOULDER ABDUCTION:



○ SHOULDER EXTERNAL ROTATION:



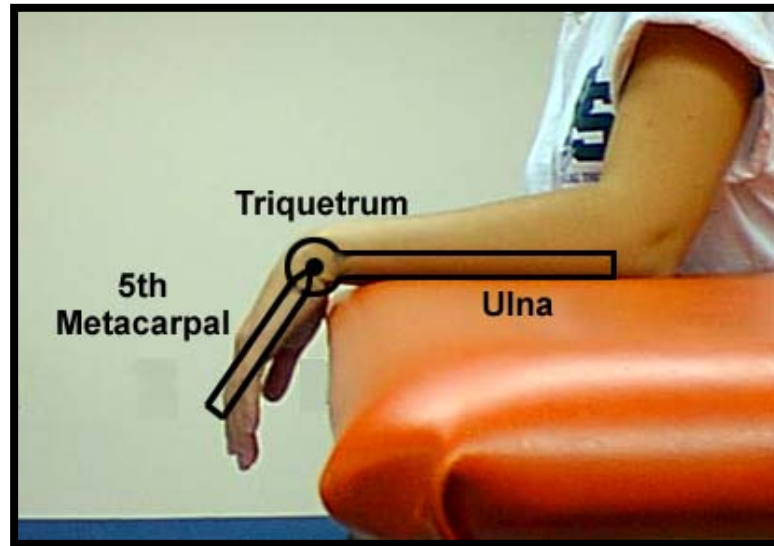
○ SHOULDER INTERNAL ROTATION:



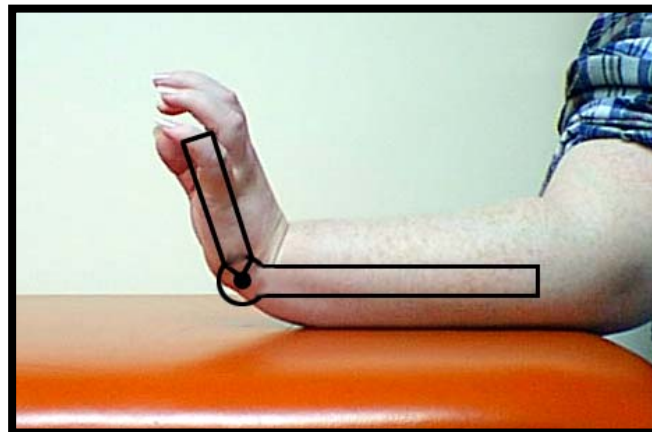
○ ELBOW EXTENSION AND FLEXION:



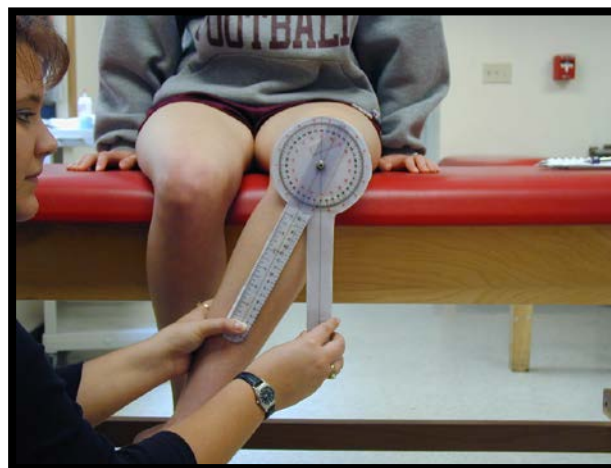
○ WRIST FLEXION:



○ WRIST EXTENSION:



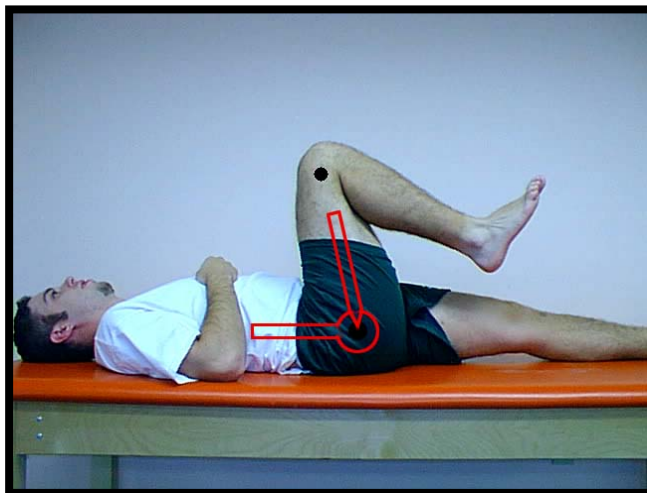
○ HIP EXTERNAL ROTATION:



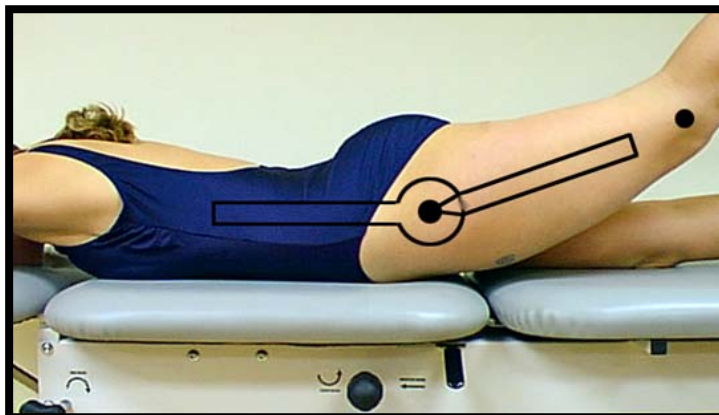
○ HIP INTERNAL ROTATION:



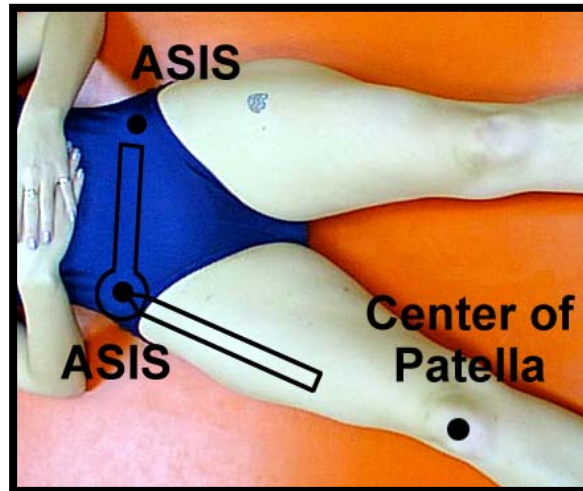
○ HIP FLEXION:



○ HIP EXTENSION:



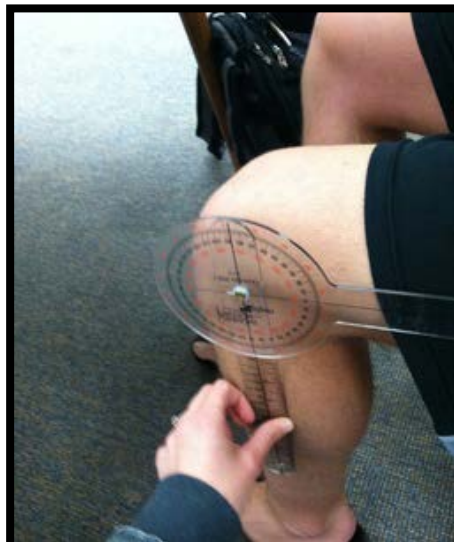
○ HIP ABDUCTION:



○ HIP ADDUCTION:



○ KNEE FLEXION:



○ KNEE EXTENSION:



○ FINGER FLEXION, EXTENSION, ADDUCTION:

