



access to sport

**Cerebral Palsy  
International Sports and Recreation Association**

**CPISRA RACE RUNNER CLASSIFICATION RULES**

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**Contact Details**

E-Mail : [administrator@cpisra.org](mailto:administrator@cpisra.org)

Webpage : [www.cpisra.org](http://www.cpisra.org)

## Section A - CPISRA Race Runner Classification Rules

### 1. Purpose, Eligibility and Definitions

#### 1.1 Purpose

The CPISRA Race Runner classification system has been designed to minimise the impact of impairment on the outcome of Competition, so that Athletes who succeed in Competition do so on the basis of their sporting ability.

In order to achieve this purpose, Athletes are classified according to the extent of Activity Limitation resulting from their impairment.

The term "classification", as used in these Rules, refers to the process by which Athletes are assessed by reference to the impact of impairment on performance of CPISRA Race Runner. It is intended to provide a framework for fair Competition and to ensure that competitive success is determined by the strategies, skills and talent of Athletes.

These Classification Rules cover CPISRA Race Runner and need to be read in conjunction with the sport rules.

#### 1.2 Eligible Participants

CPISRA provides sports opportunities for individuals with neurological impairment with a motor control impairment of a cerebral nature causing a permanent and verifiable Activity Limitation. In order to compete in CPISRA Race Runner, an athlete must be affected by at least one of the following impairments;

Impairment type	Impairment description as per ICF and Sanger et al, 2003, 2006 & 2010
Hypertonia	High Muscle tone
<ul style="list-style-type: none"><li>• Spasticity</li></ul>	Spasticity is a velocity-dependent resistance of a muscle to stretch.
<ul style="list-style-type: none"><li>• Dystonia</li></ul>	Dystonia is an involuntary alteration in the pattern of muscle activation during voluntary movement or maintenance of posture Sustained or intermittent Muscle contractions.
<ul style="list-style-type: none"><li>• Rigidity</li></ul>	Rigidity is resistance to

	passive movement and is independent of posture and speed of movement. rigidity is not specific to particular tasks or postures.
Ataxia	Control of voluntary movement
Athetosis/Chorea	Involuntary contractions of muscles

These impairment types are associated with a range of conditions including, but not limited to, cerebral palsy, traumatic brain injury, stroke, Friedreich's Ataxia, Spino-cerebellar Ataxia, Hereditary Spastic Diplegia/Paraplegia, and Dystonia.

The level of neurological impairment associated with these conditions must disadvantage Athletes as far as competing in high performance/Elite able bodied sport is concerned.

### **1.3 Definitions**

A Glossary of Defined Terms (which generally appear in capital letters in these Rules) is included at Section 8 below, although certain terms are defined in the body of these Rules.

## **2. Athlete Evaluation**

### **2.1 Purpose of Classification**

The purpose of classification is to ensure that sporting success is a result of Athlete's training, skill level, talent and competitive experience rather than solely their degree of neurological function. Classification is undertaken to both ensure that a relevant level of neurological impairment is present in an Athlete, and that that impairment has a demonstrable impact upon sport performance.

### **2.2 Classification Personnel**

The following personnel have a key role in the process of Classification:

### **Classification Officer**

The Classification Officer (CO) is the person responsible for classification for CPISRA. The CO is responsible for the direction, administration, co-ordination and implementation of classification matters for CPISRA.

### **Head of Classification Race Runner**

The Head of Classification (HOC) is the person that is responsible for the direction, administration, coordination and implementation matters for Race Runner.

### **Chief Classifier**

The Chief Classifier will be a Classifier responsible for the direction, administration, co-ordination and implementation of classification matters for a specific CPISRA Race Runner Competition.

### **Classifier**

A Classifier is a person authorised as an official by CPISRA to evaluate Athletes for international competition, while serving as a member of a classification panel.

### **Classification Panel**

A Classification Panel is a group of Classifiers, appointed for a particular Competition, to determine Sport Class and Sport Class Status. The panel will generally consist of a physician, physiotherapist and a sports technical expert.

### **Classification Master List**

CPISRA maintains a Classification Master List of all Athletes, which details such matters as Athlete's name, Nationality, Sport Class and Sport Class Status.

## **2.3 National Classifications**

All Athletes eligible to participate in CPISRA governed sports should receive an initial classification from their own National Federation. Classification should be conducted in accordance with the guidelines set out in the CPISRA Race Runner Classification and Sport Profiles, and, in particular, National Classifiers should be trained according to CPISRA approved standards.

## **2.4 International Classification at Sanctioned Competitions**

- 2.4.1 "International Classification" refers to the process of classification that is undertaken at, or before, an international Competition. It is required before an Athlete may compete at such an event.
- 2.4.2 International Classifications must be carried out by a CPISRA accredited and appointed multidisciplinary panel comprised of a physician (ideally specialising in rehabilitation or orthopedic medicine or neurological physiatry), a physiotherapist and a sports technical expert.
- 2.4.3 Members of Classification Panels should have no significant relationship with an Athlete (or a member of Athlete Support Personnel) that might create any actual or perceived bias or Conflict of Interest, and have no involvement with any decision being appealed. Should conflict arise the parties concerned should raise these with the Chief Classifier. Members of a Classification Panel should not have any other official responsibilities within a Competition other than in connection with classification.
- 2.4.4 A major Competition should have two (2) Classification Panels and one Chief Classifier.
- 2.4.5 At the discretion of the Head of Classification for a particular Sport and in consultation with the Classification Officer, one Classification Panel may be deemed sufficient for smaller Competitions. If one Classification Panel only is present, no Protests will be dealt with and nations will be notified of this in initial entry information. Only new athletes will be classified.
- 2.4.6 At smaller Competitions, the Chief Classifier may also act as a Classifier.
- 2.4.7 Adequate time must be allocated at the beginning of a Competition for Athlete Evaluation. At major events, a minimum of two (2) full days is recommended, depending on the number of Athletes to be classified.

## **2.5 Classification: Scheduling, Substitutions and Preparation**

- 2.5.1 The Head of Classification (HOC) Race Runner should appoint a Chief Classifier (CC) for the event, ideally at least three (3) months prior to a Competition. Classification Panels should be appointed two (2) months before the event.
- 2.5.2 The HOC may also act as the Chief Classifier at a Competition. The HOC for Race Runner and the Chief Classifier should work with the Local Organising Committee (LOC) for the Competition to prepare Athlete

lists. A minimum of four (4) weeks prior to the first day of the Competition must be allowed for Athletes names to be submitted to the HOC.

- 2.5.3 The Chief Classifier should provide the LOC and National Federation teams with a classification evaluation schedule on or before their arrival at the Competition. After that time, any substitutions must be approved by the Chief Classifier and Technical Delegate for the Sport.

## 2.6 Classification: Athlete Evaluation

“Athlete Evaluation” is the process by which an Athlete is assessed so as to determine both Sport Class, and Sport Class Status.

**It is the responsibility of the National Federation/Team Manager to ensure that the Athlete attends evaluation.** The Athlete must appear at Classification at the assigned time in the appropriate attire with a recognised form of identification, such as a passport or an ID Card.

The following matters should be noted in relation to Athlete Evaluation:

- All Athletes must sign an Informed Consent Form before they may be evaluated;
- The Athlete may be videotaped for classification and education purposes;
- If an Athlete does not appear in appropriate attire they will not be classified;
- If an Athlete has a health condition that causes pain that limits or prohibits full effort during evaluation they will not be evaluated at that time. The Chief Classifier may, time permitting, re-schedule the evaluation;
- The Athlete must provide information to the panel regarding impairment, medication and any surgery that affects sport performance. If an Athlete has an unusual or complicated impairment it is required that the Athlete brings information about the impairment written in English. Athletes must present a full list of medications to the Classification Panel;
- The Athlete must present with all necessary sports equipment that they use at Competition;
- Athletes may have one person (and, if required, an interpreter) accompany them at the evaluation. This person should have an understanding of the Athlete's impairment and sport performance. If needed, the person may be asked by the Classifiers to assist with communication;
- If an Athlete has a seizure disorder which is a secondary characteristic of cerebral palsy or traumatic brain injury, they will be permitted to compete provided that the condition is controlled.

## **2.7 Classification: Athlete Evaluation Process**

The Athlete Evaluation process shall encompass the following:

### **2.7.1 Physical Assessment**

The Classification Panel should conduct a physical assessment of the Athlete in accordance with methods of assessment stipulated in the Race Runner Classification Rules of CPISRA.

The physical assessment may include, but is not limited to the examination by the Classification Panel medical and physiotherapist Classifiers.

### **2.7.2 Technical Assessment**

The technical assessment may include, but is not limited to, evaluation in a non-competitive environment of the specific tasks and activities that are part of the sport in which the Athlete participates.

Classifiers may apply certain conditions to the Athlete in order to observe how the Athlete performs the activity under simulated sport conditions.

Classifiers must be confident that the Athlete has performed to the best of his/her capacity during the technical assessment.

### **2.7.3 Classification in Competition**

The Classification Panel will observe the Athlete performing the specific skills that are part of the sport during training practice or in an event.

Classification in Competition shall not be deemed to have been completed until the Athlete has been seen in competition.

### **2.7.4 Completion of Athlete Evaluation**

Athlete Evaluation will be deemed to have been completed once the matters referred to in 2.7.1, 2.7.2 and 2.7.3 above have been completed to the satisfaction of the Classification Panel.

If Athlete Evaluation is not deemed by the Classification Panel to have been completed, the Athlete will not be given a Sport Class, and will not be eligible to participate in any part of the relevant Competition.

Video footage and/or photography may be utilised by the Classification Panel for all classification purposes connected to the Competition.

## **2.8 Classification: Sport Class and Sport Class Status**

### **2.8.1 Sport Class**

A Sport Class is a category in which Athletes are categorized by reference to an Activity Limitation resulting from impairment, and the degree to which that impairment impacts upon sport performance. A range of function will exist within each Sport Class.

Not-Eligibility for Competition is considered a Sport Class. (NE)

Athletes will be allocated a Sport Class based on the individual Sport's Classification rules.

### **2.8.2 Sport Class Status**

Following Athlete Evaluation, Athletes will also be given a Sport Class Status. Sport Class Status indicates the extent to which an Athlete will be required to undertake further Evaluation, and whether (and by what party) the Athlete's Sport Class may be subject to Protest.

The following Sport Class Status designations shall be used to indicate Sport Class Status:

#### **Sport Class Status New (N)**

Sport Class Status New (**N**) is assigned to an Athlete who has not been previously evaluated by an International Classification Panel and has not had an entry Sport Class verified by an International Federation.

**N** Athletes include Athletes who have been allocated a Sport Class by their National Federation for entry purposes.

**N Athletes must complete Athlete Evaluation prior to competing at international CPISRA sanctioned Competitions.**

#### **Sport Class Status Review (R)**

Sport Class Status Review (**R**) is assigned to an Athlete who has been previously evaluated by an international Classification Panel but is still subject to further re-evaluation. The Athlete is subject to re-evaluation and the Sport Class may be changed before or during a Competition.

**R** Athletes include, but are not limited, to Athletes who have fluctuating, progressive impairments.

**R Athletes must complete Athlete Evaluation prior to competing at international CPISRA sanctioned Competitions.**



### **Sport Class Status Confirmed (C)**

Sport Class Status Confirmed (**C**) is assigned to an Athlete who has been evaluated by an International Classification Panel and the Classification Panel has determined that the Athlete's Sport Class **will not change**.

An Athlete with a Confirmed Sport Class will not have that Sport Class altered before or during Competition, and will not be required to complete evaluation prior to competing at International Competitions, except in the case of a Protest lodged under Exceptional Circumstances. An Athlete will not be allocated a Confirmed **C** Sports Class Status until other competitors/nations have had an opportunity to observe the Athlete in Competition.

**C** will be assigned if the Athlete has the same Sport Class at a minimum of two (2) and a maximum of three (3) consecutive CPISRA sanctioned Competitions over a period of at least two (2) years.

Exceptions;

An Athlete with an acquired Brain Injury will not be given Confirmed status till at least six years post injury.

Due to the variable nature of recovery after Acquired Brain Injury the athlete with an Acquired Brain Injury will not be given Confirmed Status (**C**) till at least 6 years post injury. The athlete will remain Review Status (**R**) until at least six (6) years post injury and has been classified a minimum of two (2) consecutive CPISRA sanctioned Competitions in the same Sports Class over a period of at least two (2) years.

An athlete aged under 18 years of age will remain Review Status (RS) till the age of 18 years has been reached and has been classified a minimum of two (2) consecutive CPISRA sanctioned Competitions in the same Sports Class over a period of at least two (2) years.

### **Sport Class Status Not Eligible (NE)**

Sport Class Status Not Eligible (NE) will be assigned to an Athlete if that Athlete does not have a relevant impairment, or has an Activity Limitation resulting from a relevant impairment that is not permanent and/or does not limit the Athlete's ability to compete equitably in elite sport with Athletes without impairment.

## **2.9 Classification: Sport Class NE**

2.9.1 If an Athlete does not have a relevant impairment the Athlete will be considered ineligible to compete.

- 2.9.2 If an Athlete has an Activity Limitation resulting from an impairment that is not permanent and/or does not limit the Athlete's ability to compete equitably in elite sport with Athletes without impairment, the Athlete will be considered ineligible to compete.
- 2.9.3 In circumstances where the determination of eligibility involves evaluation by a Classification Panel at a Competition, and a Sport Class Status of "Not Eligible to Compete" (NE) is allocated, the Athlete will be examined by a second Classification Panel. If the second Classification Panel confirms that the Athlete's Sport Class is NE the Athlete will not be permitted to compete, and will have no further right to Protest.
- 2.9.4 Article 2.9.3 shall not apply to an evaluation conducted following a Protest made under Exceptional Circumstances.

## 2.10 Classification: Notification of Sport Class and Sport Class Status

### 2.10.1 Sport Class Status New Athletes

Athletes with Sport Class Status **N** will receive Sport Class Status "Competition New Status" (**CNS**) or Not Eligible (**NE**) following completion of Physical Assessment (2.7.1 above) and Technical Assessment (2.7.2 above).

Following Classification in Competition (2.7.3 above) and Completion of Athlete Evaluation (2.7.4 above), Athletes with Sport Class Status **CNS** will receive a Sport Class and Sport Class Status **R**.

### 2.10.2 Sport Class Status Review Athletes

Athletes with Sport Class Status **R** will receive Sport Class Status "Competition Review Status" (**CRS**) or Not Eligible (**NE**) following completion of Physical Assessment (2.7.1 above) and Technical Assessment (2.7.2 above).

Following Classification in Competition (2.7.3 above) and Completion of Athlete Evaluation (2.7.4 above), Athletes with Sport Class Status **CRS** will receive a Sport Class and Sport Class Status **C or R**.

### 2.10.3 Notification to Athlete

Following Completion of Athlete Evaluation (2.7.4 above), the Athlete shall be informed of the Classification Panel's decision regarding Sport Class and Sport Class Status. This will occur as soon as possible after the decision has been made.

### Athlete Evaluation Pathway

Pre-Competition		Post-Evaluation Period		Post-First Appearance
<b>N</b>	→	<b>CNS</b> or <b>NE</b> → (2nd evaluation) <b>NE</b> or → <b>CNS</b>	→	<b>R</b>  <b>R</b>
<b>R</b>	→	<b>CRS</b> or <b>NE</b> → (2nd evaluation) <b>NE</b> or → <b>CRS</b>	→	<b>C or R</b>  <b>R</b>

Written notification will be provided to the Athlete and given to the Athlete's National Federation representative and will include:

- the Athlete's assigned Sport Class
- the Athlete's updated Sport Class Status
- details of associated Protest procedures

#### **2.10.4 Notification to Third Parties**

The LOC shall provide all relevant information that teams may require for viewing Classification in Competition of any Athletes who enter a Competition with an **N** or **R** Sport Class Status.

At the end of each session during the Athlete Evaluation period, the Chief Classifier must provide details of assigned Sports Classes and updated Sports Class Statuses to the LOC and the Technical Delegate for the relevant Sport.

#### **2.10.5 Changes in Sport Class after Observation**

If any changes to an Athlete's Sports Class are determined by the Classification Panel as a result of Classification in Competition:

- A member of the Classification Panel shall inform the national team representative and the LOC of the Classification Panel's decision as soon as is logistically possible;
- The change of Sport Class is effective immediately;
- The Chief Classifier will inform the Technical Delegate and the LOC;
- Results may need to be adjusted by the LOC in accordance with the sports and/or Classification Rules of CPISRA;
- The LOC may make adjustments to start lists and schedule in accordance with the sports and/or Classification Rules of CPISRA; and
- The LOC must advise other teams/nations and any other relevant parties of any associated changes as soon as logistically possible.

Written notification of any changes resulting from Classification in Competition period must be provided to the Athlete. This will include:

- The Athlete's assigned Sport Class;
- The Athlete's updated Sport Class Status; and
- Confirmation of any associated Protest procedures

The LOC has the responsibility to inform all relevant parties of the outcomes of the Athletes evaluation after being so advised by the Chief Classifier.

### **2.10.6 Final Confirmation at the end of the Competition**

The Chief Classifier for the Competition must confirm each Sport Class and Sport Class Status assigned by the Classification Panels before the end of each Competition.

### **2.10.7 Post-Competition Notification**

The results from Classification at each Competition will be posted for all countries on the CPISRA website, normally within four (4) weeks of the end of the event.

## **2.11 Classification: Athlete Failure to attend Evaluation**

If an Athlete fails to attend evaluation, the Athlete will not be allocated a Sport Class or Sport Class Status, and will not be permitted to compete at that Competition.

Should the Chief Classifier be satisfied that a reasonable explanation exists for the failure to attend evaluation; an Athlete may be given a second and final chance to attend evaluation.

Failure to attend evaluation includes:

- Not attending the evaluation at the specified time or place; or
- Not attending the evaluation with the appropriate equipment/clothing and/or documentation; or
- Not attending evaluation accompanied by the required Athlete Support Personnel.

## **2.12 Classification: Non-Cooperation during Evaluation**

**An Athlete who, in the opinion of the Classification Panel, is unable or unwilling to participate in an Athlete Evaluation shall be considered non co-operative during evaluation.**

If the Athlete fails to co-operate during Athlete Evaluation, the Athlete will not be allocated a Sport Class or Sport Class Status, and will not be permitted to compete at the respective Competition in the respective sport.

Should the Chief Classifier be satisfied that a reasonable explanation exists for the failure to co-operate during the evaluation then the Athlete may be given a second and final opportunity to attend and co-operate.

Any Athlete found to have been non co-operative during an evaluation will not be permitted to undergo any further evaluation for that sport for a minimum of

twelve (12) months starting from the date upon which the Athlete failed to cooperate.

## **2.13 Classification: Intentional Misrepresentation**

**An Athlete, who, in the opinion of the Classification Panel, is intentionally misrepresenting skill and/or abilities will not be allocated a Sport Class or Sport Class Status, and will not be permitted to compete at that Competition..**

In addition:

The Athlete will not be allowed to undergo any further evaluation for Race Runner for a minimum of two (2) years from the date upon which the Athlete intentionally misrepresented skills and/or abilities;

The Chief Classifier will remove the Sport Class and Sport Class Status allocated to the Athlete from the CPISRA Race Runner classification master list;

The Athlete will be designated as IM (intentional misrepresentation) in the CPISRA Race Runner classification master list and on the CPISRA Race Runner classification web list;

The National Federation will be informed of the decision.

An Athlete who, on a second and separate occasion, intentionally misrepresents skills and/or abilities will receive a lifetime ban from CPISRA events and will be subject to other sanctions deemed appropriate to CPISRA.

## **2.14 Classification: Failure to Attend/Misrepresentation and Consequences for Athlete Support Personnel**

CPISRA shall enforce sanctions on Athlete Support Personnel who assist or encourage an Athlete to fail to attend Athlete evaluation; to fail to cooperate; intentionally misrepresent skills and/or abilities or disrupt the evaluation process in any other way.

Those who are involved in advising Athletes to intentionally misrepresent skills and/or abilities will be subject to sanctions, which are at least as severe as the sanctions given to the Athlete.

In this circumstance, reporting the Athlete Support Personnel to the appropriate parties is an important step in deterring intentional misrepresentation by the Athlete.

## **2.15 Publication of Penalties**

CPISRA will disclose details of penalties imposed upon Athletes and Athlete Support Personnel.

## **3. Protests and Appeals**

### **3.1 Protests**

- 3.1.1 The term "Protest" is used in these Rules as it is in the IPC Classification Code International Standard for Protests and Appeals. It refers to the procedure by which a formal objection to an Athlete's Sport Class is made and subsequently resolved.
- 3.1.2 A successful Protest will result in Athlete Evaluation being conducted by a Classification Panel, which will be referred to as a "Protest Panel".
- 3.1.3 An Athlete's Sport Class may only be protested once. This restriction does not apply to Protests submitted in Exceptional Circumstances.
- 3.1.4 A Protest in respect of a Sport Class allocated by CPISRA Race Runner may only be resolved by CPISRA.
- 3.1.5 Protests should be resolved in a manner that minimizes the impact on Competition participation, and Competition schedules and results.
- 3.1.6 Protests may be submitted during Competition, or after the Competition has ended.

### **3.2 When Protests May Take Place**

- 3.2.1 Athletes with Sport Class New Status (**N**) may be protested by any National Federation, or the Chief Classifier following completion of Athlete Evaluation and allocation of Sport Class Status R. Following the resolution of the Protest, the Athlete shall be designated:
- Review Status (**R**); or
  - Confirmed Status (**C**); or
  - Not Eligible to Compete (**NE**)
- 3.2.2 Athletes with Sport Class Status Review (**R**) may be protested by any National Federation or the Chief Classifier following completion of Athlete Evaluation and allocation of Sport Class. Following the resolution of the Protest, the Athlete shall retain **R** or be designated:
- Confirmed (**C**) Status; or
  - Not Eligible to Compete (**NE**)
- 3.2.3 Athletes with Sport Class Confirmed Status (**C**) may be protested only in Exceptional Circumstances.



### **3.3 Protest Procedures during Competitions**

- 3.3.1 Protests may be submitted by a National Federation representative authorised to submit Protests (for example, the Chef de Mission or Team Manager) and/or the Chief Classifier.
- 3.3.2 The Chief Classifier for the event, or a person designated for that event, shall be the person authorised to receive Protests on behalf of CPISRA at an event.
- 3.3.3 An Athlete's Sport Class may be protested within one (1) hour (sixty (60) minutes) of the Athlete being advised as to the Classification Panel's decision regarding Sport Class.
- 3.3.4 A National Federation representative may Protest the Sport Class of an Athlete of a different National Federation within one (1) hour (sixty (60) minutes) of the Athlete's first appearance in Competition or within one (1) hour (sixty (60) minutes) of the Athlete being assigned the Sport Class, whichever is the later.
- 3.3.5 Protests must be submitted in English on a designated Protest form that should be made available by the Chief Classifier at a Competition. The information and documentation to be submitted with the Protest form must include the following:
- The name and nation of the Athlete whose Sport Class is being protested;
  - Details of the decision being protested;
  - The reason for the Protest;
  - Any documents and other evidence to be offered in support of the Protest;
  - The signature of the National Federation representative or the Chief Classifier, where applicable; and
  - A fee of one hundred (100) Euros (unless there is a different amount specified for that Competition).
- 3.3.6 Regardless of the outcome of a Protest, CPISRA will retain the Protest fee.
- 3.3.7 Upon receipt of the Protest form, the Chief Classifier shall conduct a review to determine if there are grounds for a Protest and if all the necessary information is included.
- 3.3.8 If it appears to the Chief Classifier that the Protest form has been submitted without all necessary information, the Chief Classifier shall dismiss the protest and notify all relevant parties.
- 3.3.9 If the Protest is declined the Chief Classifier shall state why the Protest is not accepted.
- 3.3.10 If the Protest is accepted, the Chief Classifier shall appoint a Protest Panel to conduct Athlete Evaluation. The Protest Panel shall consist of a

minimum of three (3) Classifiers, of equal or greater level of certification as those involved in the most recent allocation of the Athlete's Sport Class.

3.3.11 The Members of the Protest Panel should have had no direct involvement in the evaluation which led to the most recent allocation of the Athlete's Sport Class, unless the most recent evaluation took place more than eighteen (18) months prior to the Protest being submitted.

3.3.12 The Chief Classifier will notify all relevant parties of the time and date for the Athlete Evaluation that will be conducted by the Protest Panel.

3.3.13 All documentation submitted with the Protest form shall be provided to the Protest Panel. Protest Panels should conduct the initial evaluation without reference to the Classification Panel which allocated the Athlete's most recent Sport Class.

3.3.14 The Protest Panel may seek medical, sport or scientific expertise in reviewing an Athlete's Sport Class including the initial panel if necessary.

3.3.15 Athlete Evaluation following a Protest shall follow the same process as described in Article 2.7. All relevant parties shall be notified of the Protest decision as quickly as possible following Athlete Evaluation.

3.3.16 **The decision of the Protest Panel is final and is not subject to any further Protest or appeal (subject to Article 3.6).**

### **3.4 Protests in Exceptional Circumstances**

Exceptional Circumstances arise when an Athlete with a **C** Sport Class demonstrates significantly less or greater ability prior to or during Competition, which does not reflect the Athlete's current Sport Class.

3.4.1 Exceptional circumstances may result from:

- A change in the degree of impairment of an Athlete;
- An Athlete demonstrating significantly less or greater ability prior to or during Competition which does not reflect the Athlete's current Sport Class;
- An error made by a Classification Panel which has led to the Athlete being allocated a Sport Class which is not in keeping with the Athlete's ability; or
- Sport Class allocation criteria having changed since the Athlete's most recent evaluation.

3.4.2 The procedure for the making of a Protest in Exceptional Circumstances shall be as follows:

- The Chief Classifier shall advise the Athlete and relevant National Federation and/or National Paralympic Committee that a Protest is being made in Exceptional Circumstances;
- The processes and procedures referred to in Articles 3.3.10, 3.3.11, 3.3.12, 3.3.14 and 3.3.15 will apply to Protests made in Exceptional Circumstances.

3.4.3 Athlete Evaluation following a Protest shall follow the same process as described in Article 2.7. All relevant parties shall be notified of the Protest decision as quickly as possible following Athlete Evaluation.

3.4.4 **The decision of the Protest Panel is final and is not subject to any further Protest or appeal (subject to Article 3.6).**

### **3.5 Procedures for Protests submitted out of Competition**

3.5.1 Protests made out of Competition may be submitted by a National Federation representative authorised to submit Protests (for example, the Chef de Mission or Team Manager); and/or the Chief Classifier.

3.5.2 Protests made out of Competition may be made within thirty (30) days of the last day of a Competition in which the Athlete has competed or sixty (60) days prior to a Competition when the Athlete will compete.

3.5.3 Protests must be submitted on the CPISRA official Protest form to the Head of Classification Race Runner with a copy to the CPISRA Classification Officer. A fee of three hundred (300) Euros must be paid.

3.5.4 Regardless of the outcome of a Protest, CPISRA will retain the Protest fee.

3.5.5 Upon receipt of the official Protest form and the Protest fee the Head of Classification Race Runner and the Classification Officer shall conduct a review to determine whether all relevant rules concerning the submission of a Protest have been complied with and accept or reject the Protest.

3.5.6 If the relevant rules have not been complied with or there are no substantial grounds for a Protest the Protest shall be dismissed and the Protest form returned.

3.5.7 The Head of Classification Race Runner and/or the Classification Officer shall notify all parties within twenty-eight (28) calendar days of the time and date for the protest evaluation, which, following consultation with all relevant parties, may take place at an agreed event. If the protest is rejected, the reasons why the protest was rejected will be given.

3.5.8 Protests submitted out of Competition will not be considered at a Paralympic Games unless they are part of the process of classification evaluation held during the Paralympic Games.

3.5.9 Athlete Evaluation following a Protest made out of Competition shall follow the same process as described in Article 2.7. All relevant parties shall be notified of the Protest decision as quickly as possible following Athlete Evaluation.

**3.5.10 The decision of the Protest Panel made following an out of Competition Protest is final and is not subject to any further Protest or appeal (subject to Article 3.6).**

## **3.6 Appeals**

The term "appeal" refers to a procedure by which a formal objection to the manner in which classification procedures have been conducted is submitted and subsequently resolved.

CPISRA has designated the International Paralympic Committee Board of Appeal on Classification (BAC) to act as the appeal body for CPISRA. The detailed rules of procedure in respect of Appeals to the BAC are provided by the IPC. The IPC will be responsible for establishing the BAC in accordance with the IPC BAC Bylaws.

The BAC shall have jurisdiction to review classification decisions in order to:

Ensure that all appropriate Sport Class allocation procedures have been followed; and/or  
Ensure that all appropriate Protest procedures have been followed.

## **4. Classification Personnel**

### **4.1 CPISRA International Classification Personnel**

The IPC Classification Code and CPISRA recognise Classifiers as games officials.

#### **There are three types of CPISRA Classifiers:**

##### **Medical**

A doctor who has experience in dealing with people with cerebral palsy, traumatic brain injury, stroke or physical impairments as defined in the Athlete profiles.

##### **Physiotherapist**

Physiotherapists or related disciplines trained to work with individuals with the clinical manifestations of cerebral palsy, traumatic brain injury and stroke and other physical impairments.

##### **Sports Technical Expert**

Individuals with extensive coaching background in the sport they will be classifying (Race Runner) or those with degrees in physical education, biomechanics or kinesiology with a working knowledge of the sport(s) and individuals with physical impairments.

#### **There are five levels of Classifiers in CPISRA (See section 6.1)**

**Trainee** - An individual who is in the process of formal training by CPISRA but who is not yet certified as an International Classifier. This individual cannot allocate an international Sport Class.

**Level 1 - International Classifier** – An individual, who has finished the training program, has been recognised as an accredited international classifier and can classify as a member of an International classification panel.

**Level 2 – Senior Classifier** – An International Classifier who has at least 3 years' experience, has demonstrated consistent skills, is able to teach trainee classifiers and is able to easily interpret the CPISRA rules.

**Level 3 - Chief Classifier** - A Senior Classifier who has attended training for Chief Classifiers and is appointed by the Head of Classification Race Runner Classification for a specific Competition.

##### **Level 4 – Head of Classification Race Runner –**

The person that is responsible for the direction, administration and implementation of classification for Race Runner.

**Level 5 – Classification Officer** – The Classification Officer is the person that is responsible for Classification for CPISRA.

## 5. Classification and Sport Profiles

In order to compete in CPISRA Race Runner, an athlete must demonstrate activity limitations as a result of at least one of the following impairments;

Impairment type	Impairment description as per ICF and Sanger et al, 2003, 2006 & 2010
Hypertonia	High Muscle tone
<ul style="list-style-type: none"> <li>• Spasticity</li> </ul>	Spasticity is a velocity-dependent resistance of a muscle to stretch.
<ul style="list-style-type: none"> <li>• Dystonia</li> </ul>	Dystonia is an involuntary alteration in the pattern of muscle activation during voluntary movement or maintenance of posture Sustained or intermittent Muscle contractions.
<ul style="list-style-type: none"> <li>• Rigidity</li> </ul>	Rigidity is resistance to passive movement and is independent of posture and speed of movement. rigidity is not specific to particular tasks or postures.
Ataxia	Control of voluntary movement
Athetosis/Chorea	Involuntary contractions of muscles

Spasticity is measured using the Australian Spasticity Assessment Scale (See Section 12 Appendix).

**Note** that Low tone or hypotonia on its own without any other neurological or motor signs do not factor in CPISRA classification. Also note that orthopaedic issues such as brachial plexus and congenital / traumatic orthopaedic issues do not factor in CPISRA classification. Pain and any limitations caused by pain are not part of the CPISRA classification system.

The following are profiles of Athletes who are eligible to participate in Race Runner.

Athletes eligible are those athletes who meet the CPISRA criteria and who after assessment cannot functionally run. The dictionary definition of running means that both feet are off the ground at the same time e.g one has ‚flight‘.

Racerunner since its inception has used the CPISRA / IPC athletics classification system. Initially those athletes within classes T31 to T33 could compete in racerunner although in the last 5 years this was widened to include T34 athletes. The athletes within these traditional classes were predominately wheelchair users and little or no credence was given to the leg function of the athletes. As the racerunner allowed these athletes to use their legs functionally, those involved in the sport felt that a functional classification system needed to be developed that would take account of leg function and how in general the athlete controlled the racerunner. 4 years ago CPISRA agreed to develop such a system. The following profiles have been developed and fine-tuned in the last 4 years (2009- 2012).

A description of the general CPISRA sport classes one (1) to four (4) , or the wheelchair classes, can be found in Section 6 for informative purposes only.

Athletes are first assessed for meeting the CPISRA criteria and then assessed for functional skills in relation to the use of the Race runner.

### **Test Carried out while on Racerunner**

The athlete should be observed during various functional activities relating to the sport.

### **Slow Pace**

The classifier should consider the lower extremity movement pattern.

When doing so the classifier should look at.

- Whether the athlete is asymmetrical or symmetrical
- The stride length of the athlete and how smooth or otherwise the stride is.
- Whether there are any signs of foot drag and whether this is limited to one or both feet.
- Stride pattern- whether they are using alternate feet, one foot only or both feet together.
- Foot contact- whether the athlete has full foot contact, only makes contact with their toes and how much push off they are achieving
- Hip extension

### **Fast Pace**

The athlete should also be observed at fast pace and the same observations should be carried-out and assessed.

### **Change of Pace**

The athlete should be observed while changing paces. Consideration should be given to the following.

- Whether the movement pattern changes as the athlete's paces change.
- Whether gait becomes more or less asymmetrical as the pace changes
- Does the stride pattern change as the pace changes e.g. do they go from an alternative pattern to 1 leg push or do they start pushing with both feet together.

- Does the athlete have the ability to change pushing styles with difficulty or can this be achieved with ease or is this outside the athletes functional capabilities?

### **Close Control of Racerunner**

The athlete should be observed manoeuvring the racerunner. When making this observation, consideration should be given to the following.

- Can the athlete position themselves on the start line without assistance.
- Can the athlete walk backwards in the racerunner. If they can what is there co-ordination like when they do so.
- If they can walk backwards do they extend their hip when doing so and if so by how much.

### **Starting**

The start of the race should be simulated. The specific aspects that should be considered during this exercise are:

- Does the athlete demonstrate any signs of a startle reflex during the start?
- Is the athlete slow to react to the starting sound?
- How quickly does athlete assume running stride after start?
- Does the athlete get a good push away from start line?
- How effective is the athletes at steering the racerunner effectively? Is the athlete able to control the direction of the racerunner?

### **Stopping**

Athletes should be observed stopping the bike. During this test particular attention should be given to the following.

- Does the athlete use breaks, their feet or a combination of both to stop the racerunner?
- If the athlete uses breaks, do they use left break, right break or both to stop the racerunner?
- If the athlete uses a combination of breaks and feet, what is the dominant factor?



## **Athlete Profiles Race Runner**

### **5.1 RR1-Race Runner 1**

In this class only gross patterns of movement, flexion and extension, with ineffective leg propulsion are observed. Grade 3 and /or 4 spasticity on the ASAS in the lower extremities , grade 3 in the upper extremities on the ASAS. This class of athletes with have severe athetosis, spasticity, ataxia, dystonia, hypotonia or those with mixed neurological involvement.

The RR1 athlete will have

- Severe involvement in the lower extremities and trunk and moderate to severe involvement in the upper extremities.
- Severe difficulty in isolating individual joint movement in the lower extremities.
- Poor control of the stride.
- Foot drag, Severe Asymmetry, or no alternating leg movements may be seen.
- May have limited hand and arm function- unilateral or bilateral
- May have limited trunk function

SEVERE DIFFICULTIES IN CO-ORDINATION OF FUNCTIONAL RACERUNNING MOVEMENT AND BODY CONTROL CHARACTERISE THIS CLASS.

### **5.2 RR2-Race Runner 2**

Athletes in this class have spasticity, athetosis, ataxia dystonia or weakness which limits the effective pushing movements of the lower extremities.

Will have:

- Moderate involvement in the upper extremities and trunk
- Moderate to severe involvement in the lower extremities.
- The stride pattern may be short , assymetrical , or unilateral but more effective than RR1.
- Athletes with spasticity would have Grade 2 or 3 on the ASAS in the lower extremities, or Grade 3 in at least 1 lower extremities.
- Athletes in this class will have:
- minimum or no foot drag.
- Bilateral , alternating , unilateral, and simultaneous leg push will be effective but limited by weakness, range of motion , spasticity or athetosis.

ASYMETRY, OR LIMITED RANGE OF MOTION, POOR COORDINATION IN THE LOWER EXTREMITIES, FAIR TRUNK AND UPPER EXTREMITY CONTROL, ALONG WITH LIMITED STRIDE EFFECTIVENESS CHARACTERIZE THIS CLASS.

## 5.3 RR3-Race Runner 3

Athletes in this class will have mild to moderate involvement in one or both upper extremities, fair to good trunk control, and moderate involvement in the lower extremities, with the ability to isolate lower extremity movements. The athletes will have

- Symmetrical or slight asymmetrical or leg movements with good push off.
- Effective start with good acceleration
- No Startle reflex
- Athletes with spasticity would have grade 1 or 2 on ASAS.
- Adequate steering and braking with the upper extremities and usually without strapping.
- Hip and stride contractures may limit stride length.
- Athletes with Athetosis may show a smoother movement pattern as their speed increases.

ASYMETRICAL OR MODERATE COORDINATION DIFFICULTIES IN THE LOWER EXTREMITIES, MODERATE TO GOOD STEERING AND TRUNK FUNCTION IN THE RACERUNNER, AND EFFECTIVE START WITH GOOD ACCELERATION CHARACTERIZE THIS CLASS.

## 6. Athlete Profiles General CPISRA Wheelchair classes

### 6.1 CP Class 1

#### **Spastic Quadriplegic (Tetraplegic)/ Athetoid / Mixed picture/Ataxic**

Severe impairment in all four limbs  
Spasticity Grade 3-4 , with or without athetosis  
Poor functional range of movement and/or poor functional strength in all extremities and trunk  
OR the severe athetoid with poor functional strength and control  
OR Severe ataxia  
Dependent on a power wheelchair or assistance for mobility. Unable to functionally propel a wheelchair.

**Trunk Control:** Static and dynamic trunk control is very poor or non-existent. Severe difficulty adjusting back to mid-line or upright position when performing sports movements.

**Upper Extremities:** Severe limitation in functional range of movement or severe athetosis. For example, reduced throwing motion with poor follow through is evident. Opposition of thumb and one finger may be possible allowing Athlete to grip. A number of different unrefined grasp and releases may be observed within this group. If there is no sustained grasp and/or

functional release, the Athlete will be classified as BC3 (Athlete who uses an assistive device to propel the ball).

**Lower Extremities:** Non-functional due severe spasticity, limited range of motion and control. Minimal or involuntary movement would not change this person's class. Does not functionally walk nor is able to functionally kick the ball past the V line.

## 6.2 CP Class 2

### **Spastic Quadriplegic (Tetraplegic) / Athetoid**

Severe to moderate impairment of function  
Spasticity Grade 3 with or without athetosis  
Severe athetosis  
Tetraplegia  
Poor functional strength in all extremities and trunk but able to propel a wheelchair

**Upper Extremities:** Can exhibit sufficient dexterity to manipulate and throw the ball. Often has the ability to throw both overhand and underhand. In Athletes with spasticity or mixed picture active range of motion does not allow full shoulder flexion or elevation when throwing.

Hand: Severe to moderate involvement  
Athletes with spastic quadriplegia - spasticity Grade 3.  
Athletes with athetosis often have a cylindrical or spherical grasp but have difficulty controlling the ball on release

### **Lower Extremities:**

Class 2 L: Sufficient function in one or both lower limbs to propel a wheelchair.

Class 2: Class 2 Athletes (upper or lower) can sometimes ambulate but never run functionally.

**Trunk Control:** Static control is fair. Dynamic trunk control is poor as demonstrated by the obligatory use of upper extremities and/or head to assist in returning to the mid-line (upright position). If the Athlete is able to demonstrate trunk rotation during throwing (combined with ROM as above) they are class 3.

## 6.3 CP Class 3

### **Quadriplegic (Tetraplegic), Triplegic Severe Hemiplegic**

Moderate (asymmetric or symmetric) quadriplegic or severe hemiplegic in a wheelchair with almost full functional strength in unimpaired upper extremity. Athletes with severe hemiplegic can propel a wheelchair independently.

**Lower Extremities:** Spasticity Grade 3 to 4. Some demonstrable function can be observed during transfer. They may be able to ambulate with assistance or assistive devices but only for short distances.

**Trunk Control:** Fair trunk control is shown when pushing chair, but forward trunk movement is often limited by extensor tone during forceful pushing. Some trunk movement can be noted also in throwing for postural correction but throwing motions are mostly from the arm. This is a major factor in non-ambulatory capability. Rotation is limited. Spasticity Grade 2.

**Upper Extremities:** Moderate limitation Spasticity Grade 2 in dominant arm shown as limitation in extension and follow through.

**Hand Function:** Dominant hand may demonstrate cylindrical and spherical grasp, with poor finger dexterity demonstrable in release of shot and discus.

### **Motor / Mobility Skills**

In order to differentiate between Class 3 and 4, trunk mobility in propulsion of the chair and hand function are important. If an Athlete demonstrates a very poor ability to use rapid trunk movements in the pushing motion, or significant asymmetry in the arm action or grasp and release which impedes the development of forward momentum, he/she is a class 3. An Athlete using only one arm for wheelchair propulsion may have long strokes and rapid grasp and release in the dominant arm and still be Class 3.

Sometimes a hemiplegic Athlete with Spasticity Grade 3 - 4 in non-dominant arm and near normal function in the dominant arm or a Class 3 asymmetric diplegic Athlete is more appropriate in Class 4. However, a close look should be given to the trunk movement, as it is often the determining factor.

## 6.4 CP Class 4

### **Diplegic**

Moderate to severe involvement

Good functional strength with minimal limitation or control problems noted in upper limbs and trunk

**Lower Extremities:** Moderate to severe involvement in both legs, Spasticity Grade 3 - 4 usually rendering them non-functional for ambulation over long distances without the use of assistive devices. A wheelchair is usually the choice for sport.

**Trunk:** Spasticity Grade 1 - 2. Minimal limitation of trunk movements when wheeling and throwing. In some Athletes, fatigue can increase spasticity which can be overcome with proper positioning. When standing, poor balance is obvious even using assistive devices.

**Upper Extremities:** The upper limbs often show normal functional strength.

Minimal limitation of range of movement may be present but a close to normal follow through and propulsion is observed when throwing or wheeling.

**Hand Function:** Normal cylindrical/spherical opposition and prehensile grasp is seen in all sports. Limitation, if any, is usually apparent only during rapid fine motor tasks. It should be remembered that diplegia implies that there is more spasticity in the lower than the upper extremities. Some involvement, Spasticity Grade 1 - 2, can be seen particularly in functional movements of the hands, arms and trunk.

### **Motor / Mobility Skills**

The Athlete is able to perform long and forceful strokes, with rapid grasp and release, although fine movements of the hands may be affected. During propulsion, these fine movements are not essential. The arm strokes are supported by strong trunk movements in forward and backward direction. If these movements do not occur, the trunk is well balanced and forms a stable base for the arm movements. When the wheelchair makes a curve, the trunk follows the wheelchair without disturbance of balance.

In throwing events the trunk has to make a complicated, forceful and rapid movement. This movement is complicated because it requires co-ordination of rotation, forward and sideways bending (more complicated than required for propulsion). Because of the slight spasticity in trunk muscles and the negative influence of the spastic legs, some disturbances may be seen when force and speed are required..

## **7. Classifier Training and Accreditation**

### **7.1 CPISRA International Classification personnel**

Section 3 of the IPC Classification Code outlines the definitions for classification personnel. The Classification Code and CPISRA recognise classifiers as Games Officials

A Classifier is a person authorised as an official by an IF to evaluate athletes, while serving as a member of a Classification Panel. The duties and responsibilities of a Classifier are detailed in the International Standard for Classifier Training and Certification and in the CPISRA Classification Rules.

#### **7.1.2 THERE ARE FIVE LEVELS OF CLASSIFIERS IN CPISRA.**

**Trainee or Classifier In Training (CIT):** An individual who has completed online classification courses Level 1 & level 2 and is in the process of formal training by CPISRA but who is not yet certified as a Classifier. A trainee may not be an appointed member of a Classification Panel at an international competition. This individual is unable to allocate an international sport class.

A trainee Classifier is responsible for following prescribed rules as set down in the latest rule book and adhering to the Classifier's Code of Conduct.

The duties of the trainee may include:

- Active participation and observation to learn classification rules and to develop competencies and proficiencies for certification; and
- Attend classification meetings at events.

**Level 1 - International Classifier:** Individuals who have completed accreditation and are currently classifying both nationally and internationally. This is an individual who has successfully completed the formal CPISRA training and has been certified to be a member of a Classification Panel at an international competition. This individual may participate in the assignment of sport class with a minimum of supervision of Level 2 classifiers.

An international Classifier (level 1) is responsible for following prescribed rules as set down in the latest rule book and adhering to the Classifier's Code of Conduct.

The duties of the Classifier may include, but are not limited to:

- Work as a member of a Classification Panel to allocate Athlete's Sport Class and Sport Class Status at CPISRA sanctioned events;
- Work as a member of a Protest Panel as required;
- Attend classification meetings at Competitions; and

- Assist in Classifier training and certification as requested by the Head of Classification for the sport, the Classification Officer or the Classifier appointed to be in charge of training at the Competition.

**Level 2 – Senior Classifier:** The senior classifier acts in a leadership capacity at competitions and reports to the classification committee chair and committee. They work as a team to ensure quality classification and assist and train newer classifiers.

Prerequisites:

- A minimum of 3 years' experience classifying internationally having lots of experience/time at all levels
- Be able understand and teach border line cases
- Shows consistent skills in classification
- Attend a course conductors course on classification and evaluation to teach and train classifiers in training

Senior Classifiers have completed the formal training of CPISRA, show leadership, participate in research and development of the classification system, have sufficient experience to interpret the CPISRA rules while at a competition or are able to act as the final arbiter in protests.

Assists in Classifier Training and Certification (for example being involved in organizing and teaching at classification seminars) as requested by the CPISRA Classification Officer or the Classifier appointed to be in charge of training at the Competition.

The duties of a Senior Classifier may include, but are not limited to:

- Supervise and evaluate Classifiers in training and Classifiers;
- Conduct or assist in the introductory and accreditation level practical courses;
- Assist in the research, development and clarification of the classification rules and profiles for CPISRA and its sports;
- Assist in the review of the rules / profiles on a regular basis; and
- Provide workshops to update Classifiers nationally, regionally and internationally.

**Level 3 - Chief Classifier:** The Chief Classifier is a Senior classifier who has attended training for Chief Classifiers and/ or has been mentored by another Chief Classifier in the position. Chief Classifiers are appointed by the Classification Officer in negotiation with the HOC sports for a specific Competition. This position may be filled by the Classification Officer or HOC Sport. \*

The duties of the Chief Classifier may include, but are not limited to:

- Administer and coordinate Classification matters related to a specific sport for a specific Competition according CPISRA Rules
- Liaise with Organising Committees and teams before a Competition to identify and notify Athletes who require evaluation for Sport Class and Sport Class Status.
- Liaise with Organising Committees before a Competition to ensure travel, accommodation and working logistics are provided for Classifiers.

- Supervise Classifiers to ensure that classification rules are applied appropriately during a specific Competition.
- Supervise Classifiers and Trainee Classifiers in their duties as members of Classification Panels and monitor their level of classification competencies and proficiencies.
- Complete a competition report within 30 days of the competition and send to the Classification Officer.

**Level 4 – Head of Classification Race Runner:** The Head of Classification (HOC) is the person that is responsible for the direction, administration, coordination and implementation for Football.

**Level 5 – Classification Officer:** The Classification Officer is the person that is responsible for Classification for CPISRA. The Classification Officer is a Classifier responsible for the direction, administration, co-ordination and implementation of all Classification matters for the International Federation. Current CPISRA recognized sports are Race Runner and Race Runner with possible other sports becoming recognized in the future.

Duties may include, but are not limited to:

- Examine the current status of Classification in the sports on a regular basis.
- Lead the design, planning and recommendation of programs and policies for the CPISRA to ensure that Classification Rules comply with the IPC Classification Code and International Standards.
- Administer and coordinate the classification matters related to a specific sport(s), including serving as a member of the Executive Committee of CPISRA.
- Appoint Classifiers for appropriate composition of Classification Panels for competitions, including appointment of Chief Classifiers.
- Organise and conduct Classifier training and certification.
- Maintain and regularly update a secure classification database to ensure classification records are accurate, or appoint an individual to maintain and update the database.
- Maintain and regularly update a Classifier database to track classifier activity and certification.
- Maintain and regularly update the Classification Master List for the respective sport(s).
- Inform Classifiers of any changes in the Classification rules and consult for feedback on issues which affect the specific sport and classification rules.
- Liaise with all relevant external parties, such as the IPC Classification Committee and IPC Medical and Scientific Department, and Organizing Committees.
- Chair the CPISRA Classification Committee.

## **7.2 CPISRA Classification Accreditation Process**

The CPISRA Classification training and accreditation program consists of two levels:

A person who has successfully completed the Level 1: Introduction to CPISRA Classification course can classify at local and national levels.



- A person who then successfully completes the Level 2: International Classification
- Accreditation course (including the practical components) can classify at an international level.

The theory component in both levels is accompanied by a practical component. In Level One the practical is done through video tape assignments with feedback from the education coordinators. In Level Two, the theory lends it self to support the practical component allowing trainees more time for hands on experience and interaction with classification panels. Typically the practical will be a one day group session with other classifiers addressing the technical and assessment protocol led by senior classifiers. This will be followed by two days of classification with mentor classifiers during the actual classification process and observations. It can take up to 2 years to finish the program, though most people complete it much more quickly.

### **Level 1: Introduction to CPISRA Classification**

#### Pre-requisites:

Open to all who work with people with a disability and/ or wish to gain knowledge of the CPISRA Classification System.

#### Who should take the course?

Athletes, coaches, physiotherapists, doctors and other persons who work with people with neurological conditions or with severe physical impairments.

#### About the Course:

The course is self-paced and supervised by on line instructors who can answer questions and assist where needed. The theory component is offered online through CPISRA in partnership with Portage College. It includes readings, quizzes and assignments. The practical component requires the student to maintain a log book of athletes classified and videos of him/her classifying athletes. Candidates will have up to 6 months to complete the online portion; the practical component can take up to one year and provides the completion of pre requisites for Level 2.

#### Notification of Certification

A certificate will be issued upon completion of the online theory course and a second certification will be issued upon completion of the final practicum.

The participant's National Federation may request a copy of the certificate from the Classification Officer.

The participant must classify at national level to be nominated for Level 2: International Classification Accreditation.

## **Level 2: International Classification Accreditation**

### Pre-requisites:

Students must have completed both the online and practical components of Level 1: Introduction to CPISRA Classification course AND be nominated to the CPISRA Classification Officer by their country.

A resume of relevant education and certification must accompany the Country's nomination.

### Who may take the course?

Individuals who work with people with neurological impairments or severely physically disabled people as defined in the section "Types of Classifiers".

### About the Course:

The theory component is complimented by a hands-on practical session followed by the final written examination. The practical component is completed with the student attending an international competition to classify under the supervision of the classification panel. Those who pass the exam with a mark of 75% or higher will then complete a practicum under the supervision of accredited CPISRA classifiers. Candidates will have up to 6 months to complete the online portion; the practical component must be completed within 2 years from taking the written examination.

In Level Two, the theory lends itself to support the practical component allowing trainees more time for hands on experience and interaction with classification panels. Typically the practical will be a one day group session with other classifiers addressing the technical and assessment protocol led by senior classifiers. This will be followed by two days of classification with mentor classifiers during the actual classification process and observations. The final exam (pass mark of 75%) for the Level Two is held after the practical classification. This is followed by a review/evaluation of practical components with the trainee and the decision if a second practical is needed.

### Notification of Certification

Upon completion of the online theory component and successfully attaining 75 % or higher in the written exam, a Certificate will be issued and the individual will be a Level 1 trainee.

Upon successful evaluation and completion of the final practicum a certificate will be issued and the trainee will be elevated to Level 2 International Classifier status.

The new International Classifier's National Federation will receive a copy of the certification.

## **MAINTAINING CLASSIFIER ACCREDITATION**

Classifiers must maintain their accreditation and will be notified annually regarding the status of their accreditation and how to develop further competencies by the Classification Officer after recommendations by the Sport HOC. Classifiers who fail to meet the maintenance criteria after four years and will lose their status and become INACTIVE until they have been able to upgrade their skills and recertify.

## **LEVEL 2 - INTERNATIONAL CLASSIFIER**

Maintaining Certification:

- Must respond to communications on a regular basis including responding to calls for classifiers for competitions indicating availability or not.
- Must be active within their nation or region annually classifying at least one competition or a minimum of 10 athletes
- Submit an annual classification log to indicate activity each year
- Attend classification seminars or meetings (sometime held prior to the competition) to maintain or obtain knowledge of current CPISRA classification rules
- Attend and classify at a minimum of one competitions per quadrennial

## **LEVEL 3 – CPISRA SENIOR CLASSIFIER**

Maintaining Certification:

- Is active within nation and region,
- Classifying annually nationally
- Submits a logbook to the classification chair each year.
- Is active internationally and attends at least one competition every three years in the sport they are accredited for.
- Attends classification workshops and seminars
- Participates in classifier discussions and tasks keeping abreast of committee communications and directions.

## **7.3 Classification Workshops**

Countries can request practical workshops for specific learning outcomes for example to improve practical skills of national classifiers in one particular sport. These workshops are separate from and do not substitute for the practical components of the International Classification Accreditation Education course (level 2).

## **7.4 Classifiers Code of Conduct**

General Principles:

The role of Classifiers is to act as impartial evaluators in determining an Athletes Sport Class and Sport Class Status. The Integrity of Classification in the Paralympic movement and CPISRA rests on the professional conduct and behaviour of each individual Classifier.

All Classifiers must adhere to the IPC code of Ethics (See IPC handbook) and the CPISRA Code of Conduct

All classification personnel must sign and adhere to the IPC code of ethics indicating an agreement to act in a professional manner according to set guidelines for professional conduct and behaviour.

Classifiers should value and respect the Athlete and Athlete support Personnel and;

- Treat Athletes and Athlete Support Personnel with understanding, patience and dignity,
- Be Courteous, objective, honest and impartial in performing their classification duties for all Athletes, regardless of team affiliation or national origin.
- Accept responsibility for all actions and decisions taken and be open to discussion and interaction with Athletes and Athlete Support Personnel in accordance with the International Standard for Athlete Evaluation and the International Standard for Protest and Appeals, and CPISRA and/or competition rules
- Perform classification duties and related responsibilities while not being under the influence of alcohol or illegal substances.
- Maintain confidentiality of Athlete information whenever possible, according of the International Standard for Athlete Evaluation and the International Standard for Protest and Appeals

Classifiers should respect the Classification Rules and;

- Accurately and honestly represent their qualifications and abilities when applying for training and certification and when accepting classification appointments to competitions.
- Understand the theory and practical aspects of the Classification Rules and make them widely known and understood by Athletes and Athlete support Personnel.
- Continuously seek self-improvement through study of the Sport, Classification Rules, mentoring lesser experienced classifiers and developing trainee classifiers.
- Perform duties without yielding to any economic, political, sporting or human pressure.
- Recognise that anything that may lead to a Conflict of Interest, either real or apparent, must be avoided.
- Disclose any relationship with a team, Athlete or Athlete Support Personnel that would otherwise constitute a Conflict of Interest.

Classifiers should respect their colleagues and;

- Treat all discussions with colleagues as confidential information
- Explain and justify decisions without showing anger or resentment

- Treat other classifiers with professional dignity and courtesy, recognising that it is inappropriate and unacceptable to criticise other Classifiers, Games Officials or Technical Advisers in public.
- Publicly and privately respect the decisions and decision making process of fellow classifiers , games Officials and Technical Advisors whter you agree or not.
- Share theoretical, technical and practical knowledge and skills with less experienced Classifiers and assist with the trainig and development of Classifiers in their respective sports in accordance with the International Standards for Classifier Trainig and Certification.

Consequences of NON compliance with the Classifers Code of Conduct:

- Classifiers perform a professional role and voluntarily observe a high-level of professional and ethical conduct and behaviour, not because of fear of penalty but out of personal character and dignity.
- Classifers must acknowledge and accept that disciplinary action against them may include a variety of sanctions from verbal or written reprimand to revoking their certification as a Classifier of CPISRA.

## **8. Classification Administration and Development**

### **8.1 CPISRA Classification Committee**

The CPISRA Classification Committee is a group responsible for the administrative and development duties related to International Classification.

The Duties of the Classification Committee include valuation and revision of classification rules , and policy and procedures related to athlete evaluation and protests, classifier certification and training and other related administration of classification.

The CPISRA classification Committee is chaired by the CPISRA Classification officer. This person is responsible for overseeing the day to day administration of classification and reports to the Executive Committee on behalf of the Classification Committee. The Classification Officer liaises with the Sports Head of Classification to provide classification services to competitions.

The rest of the Classification Committee is composed of the Head of Classification (HOC) Football, HOC Race Runner, Education Coordinators, Research Coordinator and ad Hoc Senior classifiers who can be recruited by the Classification Officer and the committee for their research and/or other skills as well as regional importance for regional development. All Classification Committee members of the committee are

ratified by the Executive Committee. It is the aim of the committee to have two representatives from each region and a combination of all three disciplines sit on the committee

The role of the committee is to assist in the development of classification within the regions and to act as a resource for other classifiers within their region as well as for the individual sports. The Classification Committee members also act as a resource to the Classification Officer, HOC Sports and Research and Education Coordinator.

In addition to the above members the CPISRA Classification Committee may select an athlete to serve as a player Classification representative in an advisory capacity. This individual may be utilised for his/her perspective as an athlete, or former athlete, in the sport with experience in situations such as athlete evaluation. Protests, evaluation of classification rules and development of new classification rules, and/or policies and procedures related to Classification.

### **Classification Officer Duties**

- serves as member of the CPISRA Executive Committee.
- See Section 4 Classification Personnel for duties and responsibilities.
- Maintain a data base of all International Classified athletes and classifiers, including a current list of internationally accredited classifiers and certification levels.
- Makes amendments and improvements to the data base as required.
- Distributes the data base in a secure format to the HOC's and Chief Classifiers as requested.
- Provides the web master of the CPISRA web site all relevant information in a timely manner to update the web Classification Masterlist after competitions.
- Provides appropriate reports from the data base on request.
- Collates and provides reports on Classifiers activities on request.

### **Head of Classification Sports (Football and Race Runner) Duties**

- Serves as member on their respective Sports Committee
- See section § Classification Personnel for duties and responsibilities

### **Classification Education Coordinator**

- Ongoing development and evaluation of comprehensive training and certification programme for classifiers.
- Ongoing development and evaluation of training curriculum and tools, including introductory workshops and practical seminars, web based resources and presentation materials.
- Assist in recruitment, retention and development of international classifiers
- Appoints, in consultation with CO and HOC Sport, classifier trainers/mentors for all international certification practical clinics.
- Generate a classifier Certification and training competition report within 30 days following the conclusion of a competition where training take place and submit the report to the CO
- Maintain a list of Classifiers in Training and level of training achieved

### **Research Coordinator**

- Provides ideas for appropriate research to support and improve the classification systems used for CPISRA sports.
- Develop Research questions that can be used by researchers for future research programs/proposals. Particularly related to classification of athletes that meet the current CPISRA classification rules.
- Monitors international research of classification in sport for disabled and in particular for athletes with CP, ABI and other neurological conditions similar to the athletes that meet the minimum criteria for CPISRA classification system.

## **8.2 Competition Classification Administration**

### **Classification Panel requirements**

#### **Regional/International Panel**

- Class awarded
  - International Sport Class and Sport Class Status restrictions depending on numbers of athletes and panels classifying.
- Panel requirements
  - 4 or 7 International Classifiers. The numbers of panels and make up of levels of classifiers is depending on number of athletes to be classified and number of countries to compete.
  - **One Classification panel** from a minimum of two countries and with at least one senior classifier and a Chief Classifier.
  - At a - small competition with only one Classification Panel allocated in special circumstances the Chief Classifier may be a classifier.
  - This type of classification panel should be used at developmental competitions where the priority is to provide International Classes for New athletes.
  - This type of classification panel should only be used for athletes without a previous International Sport Class. Only New athletes will be Classified
  - There may be a limit to the number of athletes that can be evaluated because of smaller panel numbers.
  - No Protest will be dealt with. A protest may be carried forward to a world competition or International competition with two panels.
  - **Two Panels allocated** from a minimum of four to five countries and one to two regions with at least one Chief Classifier and three senior classifiers.
  - Classifiers in Training can do a practical at these competitions under the supervision of a senior classifier.
- Competitions
  - CPISRA recognised international competitions

### **World Competition Panel**

- Class awarded
  - International Sport Class and Sport Class Status
- Panel requirements
  - 7 Classifiers, including a experienced Chief Classifier, a minimum of three senior level classifiers, and at least from four to five different countries and two regions.
- Competitions
  - CPISRA Sanctioned, International multi regional competitions

### **Classification Administration processes**

The administration processes will be posted online as reference material but are currently, and have been, a component of Classification Processes. The following show an example of processes that will be posted.

'Call for Classifiers'

'Call for Classifiers In Training'.

'Appointment of Classification Panels and Notification' Process

'Chief Classifiers duties pre-event, during the event and post event'

Classifiers duties regarding Classification results and 'posting'



## 9. Glossary

<b>Activity Limitation</b>	Difficulties an individual may have in executing activities which may include attainment of high performance skills and techniques.
<b>Athlete</b>	For purposes of Classification, any person who participates in sport at the International Level (as defined by each IF) or National Level (as defined by each National Federation) and any additional person who participates in sport at a lower level if designated by the person's National Federation.
<b>Athlete Evaluation</b>	The process by which an Athlete is assessed in accordance with the classification rules of the IF.
<b>Athlete Support Personnel</b>	Any coach, trainer, manager, interpreter, agent, team staff, official, medical or paramedical personnel working with or treating Athletes participating in or preparing for training and/or Competition.
<b>Competition</b>	A series of individual Events conducted together under one ruling body.
<b>Conflict of Interest</b>	A Conflict of Interest will arise where a pre-existing personal or professional relationship gives rise to the possibility of that relationship affecting the Classifier's ability to make an objective decision or assessment.
<b>International Competition</b>	A Competition where an international sports organization (IPC, IF, Major Competition Organization, or another international sport organization) is the governing body for the Competition or appoints the technical officials for the Competition.
<b>International Federation (IF)</b>	A sport federation recognized by the IPC as the sole world-wide representative of a sport for Paralympic Athletes that has been granted the status as a Paralympic Sport by the IPC.
<b>IPC</b>	International Paralympic Committee.
<b>National Competition</b>	A Competition where the National Federation or National Paralympic Committee is the governing body for the Competition or appoints the technical officials for the Competition.

**National Federation**

The organization recognized by an IF as the sole national governing body for its sport.

**National Paralympic Committee (NPC)**

A national organization recognized by the IPC as the sole representative of Athletes with a disability in that country or territory to the IPC. In addition, the recognized National Federation of the sports for which the IPC is the IF.

**Paralympic Games**

Umbrella term for both Paralympic Games and Paralympic Winter Games.

**Protest**

The procedure by which a formal objection to an Athlete's Sport Class and/or Sport Class status is submitted and subsequently resolved.

## **10. Appendix      Australian Spasticity Assessment Scale**

### **Australian Spasticity Assessment Scale Scoring Criteria**

- 0      No catch on rapid passive movement (RPM) [i.e. no spasticity]
- 1      Catch occurs on RPM followed by release. There is no resistance to RPM throughout rest of range
- 2      Catch occurs in second half of available range (after halfway point) during RPM and is followed by resistance throughout remaining range
- 3      Catch occurs in first half of available range (up to and including halfway point) during RPM and is followed by resistance throughout the remaining range
- 4      When attempting RPM, the body part appears fixed but moves on slow passive movement

(Contracture is recorded separately)

## The Australian Spasticity Assessment Scale

Love SC, Gibson N, Blair E

### Test Procedure

**Starting position:** Child lies supine, at rest, attempting to relax, with head in midline, with minimal environmental stimulation.

#### **Procedure for each muscle or muscle group:**

**Starting position:** The muscle/muscle group to be tested is passively held in its shortest anatomical position (NB when testing bi-articular muscles the position of the joint above or below is critical. For information on the position of the joint above and below that being passively moved refer to Norkin and White 2003).

**Step one:** The muscle/muscle group is moved passively through its full excursion from its shortest anatomical position. The speed is very slow. The muscle length is measured by the available end range of the joint and is recorded in degrees of movement as R2.

**Step two:** The muscle/muscle group to be tested is passively returned to its shortest anatomical position and followed by three rapid passive movements in the same direction as Step one. The speed is faster than the speed of the limb falling under the effect of gravity (which clinically translates to 'as fast as the examiner can move the limb, without exerting force'). The movement, whilst rapid, must be gentle to ensure any velocity-dependent catch can be determined). If a true velocity-dependent catch is present it will be relatively consistent in its location within the range in all three passive muscle excursions. The point of catch on rapid passive movement is measured in degrees and recorded as R1.

**Step three:** A fourth rapid passive movement, from the same starting position, same direction and same velocity, is undertaken that not only confirms the previously identified point of catch in the arc of motion, but uses enough force (more than the previous three excursions) to move the muscle/muscle group through the catch to end range. The examiner determines the presence of resistance to the rapid passive movement after the point of catch (between point of catch and end range).

**Step four:** The muscle/muscle group can now be graded using the ASAS criteria. Scores must not be summed. The numerical value does no more than distinguish between ordinal levels. Whilst a score of '3' indicates more spasticity than a score of '2', a score of '4' is not indicative of twice the spasticity of a score of '2'.

#### **In summary:**

**Test Action** is one slow passive movement in the opposite direction to the main action of muscle/muscle group to be tested, immediately followed by three rapid passive movements in the same direction, stopping at any velocity-dependent catch; followed by one more (4<sup>th</sup>) rapid passive movement in the same direction, pushing past the catch to determine the presence of resistance.