

IPC Powerlifting

Classification Rules and Regulations



The IPC Powerlifting Classification Rules and Regulations are integral part of the IPC Powerlifting Rules and Regulations as applicable.

Changes to these Rules and Regulations

Please note that these Rules and Regulations may be changed at any time as considered necessary by IPC Powerlifting.

Changes, except otherwise mentioned, will be effective immediately upon release of the revised versions with proper notice of change.

IPC Powerlifting Classification Rules and Regulations

1. Introduction to Classification

1.1 Governance

The International Paralympic Committee (IPC) acts as the International Federation for the Sport of IPC Powerlifting. It is responsible for, amongst other things, organising international Competitions and drawing up rules and regulations relevant to the Sport of IPC Powerlifting, and ensuring that they are followed. The IPC carries out its responsibilities as International Federation under the name “IPC Powerlifting”, and the term “IPC Powerlifting” should therefore be read in these Classification Regulations as being equivalent to IPC.

IPC has designated these Classification Regulations as being part of the Sport Rules of IPC Powerlifting.

1.2 Purpose of Classification Regulations

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 their ability to compete in the Sport of IPC Powerlifting. The purpose of Classification is to minimise the impact of eligible Impairment types on the outcome of competition, so that athletes who succeed in competition are those with best anthropometry, physiology and psychology and who have enhanced them to best effect.

1.3 Structure of Classification Regulations

1.3.1 The Classification Regulations contained in this document provide a framework within which the process of classification may take place. Classification is undertaken so that Athletes can be designated a Sport Class (which groups Athletes together in Competition) and allocated a Sport Class Status (which indicates when Athletes should be evaluated and how their Sport Class may be challenged).

1.3.2 The allocation of a Sport Class is determined by a physical and technical assessment of the athlete. These processes are explained in these Classification Regulations.

1.3.3 A Sport Profile explains how an Athlete may be considered eligible to compete within a particular Sport Class. A Sport

Class will be allocated to an Athlete if an Athlete satisfies the requirements of the “Sport Profile” for that Sport Class.

- 1.3.4 The Sport Profiles for the Sport Classes that comprise the Sport of IPC Powerlifting are set out in the Appendix to these Classification Regulations.
- 1.3.5 The IPC Powerlifting Sport Profiles explain how an Athlete may be eligible to compete in the Sport of IPC Powerlifting.

1.4 IPC Classification Code

IPC Powerlifting has implemented these Classification Regulations having regard to the IPC Classification Code (the IPC Code). In the event that these Classification Regulations fail to provide for a matter in respect of which there is provision in the IPC Code, the provisions appearing in the IPC Code shall apply and be regarded as being part of these Regulations.

1.5 Definitions

A Glossary of Defined Terms (which generally appear in capital letters in these Rules) is included within these Classification Regulations, although certain terms are defined in the body of these Classification Regulations.

2. Classifiers

2.1 Classification Personnel

- 2.1.1 The IPC Classification Code and IPC Powerlifting recognise Classifiers as IPC Powerlifting officials.
- 2.1.2 IPC Powerlifting should appoint the following personnel. Each will have a key role in the administration, organisation and execution of classification for IPC Powerlifting:

Head of Classification

The Head of Classification is the person responsible for the direction, administration, co-ordination and implementation of classification matters for IPC Powerlifting. In the absence of an individual acting as Head of Classification, the role of Head of Classification may be fulfilled by a person or group of persons designated as such by IPC Powerlifting. In such instances the references in these Regulations to Head of

Classification shall be deemed to include such person or group of persons.

Classifier

A Classifier is a person appointed and certified by IPC Powerlifting as being competent to evaluate Athletes (as part of a Classification Panel) for international Competitions.

Chief Classifier

A Chief Classifier is a Classifier appointed for a specific IPC Powerlifting Competition, responsible for the direction, administration, co-ordination and implementation of classification matters at that Competition.

The duties of the Chief Classifier may include, but are not limited to, liaising with organising committees and teams before a Competition to identify and notify Athletes who require Athlete Evaluation; liaising with organising committees before a Competition to ensure travel, accommodation and working logistics are provided for Classifiers; supervising Classifiers to ensure that Classification Regulations are applied appropriately during a specific Competition; and supervising Classifiers and trainee Classifiers in their duties as members of Classification Panels.

- 2.1.3 IPC Powerlifting Classifiers should be qualified in one or more of the following disciplines:

Medical

A medical doctor who has experience in dealing with people with the Impairments and Activity Limitations described in the Sport Profiles; or

Physiotherapist

A physiotherapist (or practitioner from a related discipline) trained to work with individuals with the Impairments and Activity Limitations described in the Sport Profiles.

2.2 Classifiers – Levels and Duties

IPC Powerlifting categorises its Classifiers (all of whom must adhere to the Classifier's Code of Conduct) as follows:

- 2.2.1 **Trainee** - An individual who is being trained by IPC Powerlifting, but who is not yet certified as a Classifier. A trainee cannot be a Member of a Classification Panel at an International Competition. The duties of the trainee may include participation in and observation of the classification process to become familiar with the Classification Regulations, developing competencies and proficiencies relevant to Athlete Evaluation, assistance in research, and attending classification meetings at Competitions.
- 2.2.2 **Level 1 - International Classifier** - a Classifier who has successfully completed IPC Powerlifting training and has been certified to be a member of a Classification Panel at an International Competition. The duties of a Level 1 Classifier may include, but are not limited to: being part of a Classification Panel at IPC Powerlifting Recognised events; being part of a Protest Panel at international Competitions; and assisting in Classifier training and certification as requested by the Head of Classification.
- 2.2.3 **Level 2 - Senior Classifier** - a Senior Classifier acts in a leadership capacity at Competitions and reports to the Chief Classifier. Senior Classifiers have completed IPC Powerlifting training, show leadership, participate in research and development of the classification system, and have sufficient experience to implement the IPC Powerlifting Classification Regulations at a Competition. The duties of a Senior Classifier may include, but are not limited to assisting in the research, development and clarification of the Classification Regulations and profiles for IPC Powerlifting; participation in Classifier workshops; assisting in regular reviews of Classification Regulations and Sport Profiles; and supervising and evaluating Classifiers.

3 Classification Panels and Classification

3.1 Classification Panels

- 3.1.1 A Classification Panel is a group of Classifiers empowered by the Rules of the Sport of IPC Powerlifting to evaluate Athletes and allocate Sport Classes.
- 3.1.2 The Head of Classification or the Chief Classifier should appoint a Classification Panel for a particular Competition.

- 3.1.3 A Classification Panel should at least include one suitably accredited and qualified Medical (as that term is defined in these Regulations) Classifier.
- 3.1.4 Members of Classification Panels should have no significant relationship with any Athlete (or any member of Athlete Support Personnel) that might create any actual or perceived bias or Conflict of Interest.
- 3.1.5 Members of a Classification Panel should not have any other official responsibilities within a Competition other than in connection with classification.

3.2 National Classification

All Athletes eligible to participate in IPC Powerlifting Competitions should, where possible, be classified by their own National Federation. National classification should be conducted in accordance with the Sport Profiles. National Classifiers should be trained according to IPC Powerlifting approved standards.

3.3 International Classification

- 3.3.1 “International Classification” refers to the process of Athlete Evaluation (as explained in these Classification Regulations) that is undertaken at, or before, a major and/or international Competition that has been Recognised by IPC Powerlifting.
- 3.3.2 An Athlete must be allocated a Sport Class by an International Classification Panel prior to being eligible to compete in an international or major Competition Recognised by IPC Powerlifting.
- 3.3.3 An “International Classification Panel” must conduct International Classifications. An International Classification Panel should be comprised of suitably accredited and certified Classifiers. An International Classification Panel must comprise not less than two Classifiers, and a major Competition must have at least two Classification Panels (subject to Section 3.3.4 below).
- 3.3.4 The Head of Classification or the Chief Classifier may designate that a Classification Panel may consist of one suitably accredited and qualified physician or physiotherapist in special or unusual circumstances, in particular where the number of available Classifiers is reduced prior to or at a Competition through unforeseen circumstances.

- 3.3.5 An International Classification Panel may seek medical, sport or scientific expertise if it considers that this would assist it in completing the process of Athlete Evaluation.

3.4 Preparing Classification Panels for Competition

- 3.4.1 The Head of Classification should, where possible, appoint a Chief Classifier at least three (3) months prior to a Competition. Classification Panels should, where possible, be appointed two (2) months before a Competition.
- 3.4.2 The Head of Classification may act as the Chief Classifier at a Competition. The Head of Classification and the Chief Classifier should work with the Local Organising Committee for the Competition to identify which Athletes will require Athlete Evaluation at the Competition.
- 3.4.3 The Chief Classifier should provide the Local Organising Committee for the Competition and National Federation teams with an Athlete Evaluation schedule on or before their arrival at the Competition.

4 Classification: Athlete Evaluation

4.1 Athlete Evaluation

- 4.1.1 "Athlete Evaluation" is the process by which an Athlete is assessed by a Classification Panel in order that the Athlete may be allocated a Sport Class and a Sport Class Status.
- 4.1.2 Athlete Evaluation and its associated processes shall be conducted in English.
- 4.1.3 The Athlete and the relevant National Federation are jointly responsible for ensuring that the Athlete attends Athlete Evaluation.
- 4.1.4 The Athlete must agree to and accept the terms of the IPC Powerlifting Athlete Evaluation Consent Form (which may be amended and updated from time to time at IPC Powerlifting's discretion) prior to participating in Athlete Evaluation.
- 4.1.5 The Athlete must attend Athlete Evaluation with all necessary sports equipment and in such attire as is specified from time to time by IPC Powerlifting. The Athlete must provide a

recognised form of identification, such as a passport or an ID Card.

- 4.1.6 If an Athlete has a health condition that causes pain, which limits or prohibits full effort, the Classification Panel may decide that Athlete Evaluation will not take place. The Classification Panel may, in its sole discretion, agree to Athlete Evaluation taking place at a later time and date in such circumstances.
- 4.1.7 The Athlete must disclose details of any medication routinely used by the Athlete prior to Athlete Evaluation. The Classification Panel may in its sole discretion decline to proceed with Athlete Evaluation if it considers that the use of such medication will affect its ability to conduct Physical and/or Technical Assessment. The Classification Panel may agree to Athlete Evaluation taking place at a later time and date in such circumstances.
- 4.1.8 If an Athlete fails to disclose the use of medication as required by Section 4.1.7 the Chief Classifier may set aside the Athlete's Sport Class, and require that the Athlete repeats Athlete Evaluation.
- 4.1.9 One person may accompany an Athlete during Athlete Evaluation, who should be familiar with the Athlete's Impairment and sporting ability. An interpreter may also accompany the Athlete.

4.2 Athlete Evaluation Process

The Athlete Evaluation process shall encompass the following:

4.2.1 Physical Assessment

The Classification Panel should conduct a physical assessment of the Athlete in accordance with the Sport Profiles for the Sport Classes within IPC Powerlifting, so as to establish that the Athlete exhibits an Impairment that qualifies the Athlete for participation in the Sport.

4.2.2 Technical Assessment

The Classification Panel should conduct a technical assessment of the Athlete which may include, but is not limited to, an assessment of the Athlete's ability to perform, in a non-competitive environment, the specific tasks and

activities that are part of the sport in which the Athlete participates.

The means by which Technical Assessment should take place should be specified in the Sport Profile for the relevant sport Class. Classifiers may apply certain conditions to the Athlete in order to observe how the Athlete performs the activity under simulated sport conditions.

4.2.3 Specified Means of Physical and Technical Assessment

These Regulations may specify certain means of conducting Physical and Technical Assessment. Any such means will be specified in the Appendix to these Regulations and may be amended and/or updated from time to time by IPC Powerlifting.

5 Classification: Sport Class and Sport Class Status

5.1 Sport Class and Sport Class Status

5.1.1 Sport Class

5.1.1.1 A Sport Class is a category in which Athletes are designated 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.

5.1.1.2 A Sport Class will be allocated to an Athlete following completion of Athlete Evaluation.

5.1.1.3 An Athlete that does not have a Sport Class prior to international or major Competition must be allocated an "Entry Sport Class" prior to Athlete Evaluation. An "Entry Sport Class" is a Sport Class allocated to an Athlete (by a National Federation or otherwise) indicates the Sport Class within which the Athlete intends competing. All Athletes allocated an Entry Sport Class for a Competition must complete Athlete Evaluation prior to competing at that Competition.

5.1.2 Sport Class Status

5.1.2.1 A Sport Class Status will be allocated to an Athlete following allocation of Sport Class.

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

5.1.3 Sport Class Status Designations

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

5.1.3.1 Sport Class Status New (N)

Sport Class Status New (N) is assigned to an Athlete who:

- has not been evaluated by an International Classification Panel but has been allocated an Entry Sport Class by a National Federation (following National classification or otherwise) in order that Athlete Evaluation may take place; or
- has been previously evaluated by an International Classification Panel and allocated Sport Class NE, and wishes to undertake Athlete Evaluation; or
- has been evaluated by an International Classification Panel and found to be either Non Cooperative during Evaluation, or Intentionally Misrepresenting Skills during Evaluation, but is subsequently eligible to undertake Athlete Evaluation

N Athletes must complete Athlete Evaluation prior to competing at an international or major Competition Recognised by IPC Powerlifting, save in the exceptional circumstance that it is not feasible to evaluate all Athletes that are subject to Athlete Evaluation at that Competition.

5.1.3.2 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 subject to re-evaluation. The Athlete must attend Athlete 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 and/or progressive Impairments, or, because of their age, have Impairments that may not have stabilised.

R Athletes must complete Athlete Evaluation prior to competing at an international or major Competition Recognised by IPC Powerlifting, save in the exceptional circumstance that it is not feasible to evaluate all Athletes that are subject to Athlete Evaluation at that Competition.

If an International Classification Panel assigns an Athlete with a Sport Class with Sport Class Status Review it may also, if it considers it appropriate to do so based upon the particular circumstances of that Athlete, set a date that shall be referred to as the “Fixed Review Date”. Prior to the Fixed Date, the Athlete:

- shall not be required to attend Athlete Evaluation;
- shall retain the Sport Class assigned to that Athlete, with Sport Class Status Review, and be permitted to compete accordingly;
- may, at the Athlete’s request, attend Athlete Evaluation.

A Fixed Review Date may only be set by an International Classification Panel.

5.1.3.3 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 International 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 Athlete Evaluation at Competitions sanctioned by IPC Powerlifting. An Athlete with a C Sport Class must, however, undergo Athlete Evaluation if a Protest is made under Exceptional Circumstances.

5.1.3.4 Restrictions on Allocating Confirmed Status

An Athlete cannot be assigned a Confirmed Sport Class if the Classification Panel that designated the relevant Sport Class consisted of one Classifier only.

5.2 Ineligibility and Sport Class NE

- 5.2.1 If an 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, the Athlete will be considered ineligible to compete.
- 5.2.2 In these circumstances, the Athlete will be assigned Sport Class Not Eligible (NE).
- 5.2.3 If an International Classification Panel allocates an Athlete Sport Class Not Eligible at a Competition, the Athlete will be entitled to undergo Athlete Evaluation by a second Classification Panel either at that Competition or as soon as practicable thereafter. If the second Classification Panel confirms that the Athlete's Sport Class is NE the Athlete will not be permitted to compete at that Competition, and will have no further right to Protest. This Section shall not apply to an Athlete Evaluation conducted following a Protest made under Exceptional Circumstances.
- 5.2.4 An Athlete who has been assigned Sport Class NE may only undertake further Athlete Evaluation with the express permission of the Head of Classification. This permission may be granted if:
- 5.2.4.1 the Head of Classification is provided with information which demonstrates that there has been a significant change in the Athlete's circumstances (for example, medical factors) since the Athlete's most recent evaluation; and/or
 - 5.2.4.2 Sport Class allocation criteria have changed since the Athlete's most recent evaluation, and the Head of Classification believes that, in the interests of fairness, the Athlete should be permitted an opportunity to undertake Athlete Evaluation; and/or
 - 5.2.4.3 the Head of Classification is provided with any other information that demonstrates that, in the interests

of fairness, the Athlete should be permitted an opportunity to undertake Athlete Evaluation.

- 5.2.5 For the avoidance of doubt, the restrictions placed on an Athlete detailed above shall apply to the Sport of IPC Powerlifting only.

5.3 Allocation of Sport Class

- 5.3.1 Following completion of Physical Assessment and Technical Assessment the Athlete will be allocated a Sport Class and Sport Class Status (save that no Sport Class Status shall be allocated the Athlete is allocated Sport Class NE).
- 5.3.2 The Sport Class and Sport Class Status allocated to the Athlete following completion of Athlete Evaluation must be notified to the National team representative for the Athlete and the Local Organising Committee for the Competition as soon as possible.

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

6 Classification: Failing to Comply with Evaluation Rules

6.1 Athlete Failure to attend Evaluation

- 6.1.1 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 in that sport.
- 6.1.2 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.
- 6.1.3 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.

6.2 Non-Cooperation during Evaluation

- 6.2.1 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.
- 6.2.2 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.
- 6.2.3 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.
- 6.2.4 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 co-operate.

6.3 Intentional Misrepresentation

- 6.3.1 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 that sport.

In addition:

- The Athlete will not be allowed to undergo any further evaluation for that sport 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 IPC Powerlifting classification master list;

- The Athlete will be designated as IM (intentional misrepresentation) in the IPC Powerlifting classification master list and on the IPC Powerlifting web list;
- The Athlete will not be allowed to undergo any further evaluation for any sport within IPC Powerlifting for a period of two (2) years from the date upon which the Athlete intentionally misrepresented skills and/or abilities; and
- The National Federation will be informed of the decision.

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

6.4 Intentional Misrepresentation After Evaluation

6.4.1 This Clause applies to an Athlete who:

- has been designated with a Confirmed Sport Class, and
- after the designation of the Confirmed Sport Class, is subject to any form of “medical intervention” (such as surgery, a pharmacological intervention or other corrective treatment).

6.4.2 If such an Athlete knows (or should know) that the effect of the medical intervention is that his or her Impairment and Activity Limitations are no longer consistent with the Sport Profile for the Athlete’s Sport Class, that Athlete must provide details of the medical intervention to the Head of Classification, in accordance with the Medical Review Process as determined by the IPC Powerlifting.

6.4.3 If the Athlete fails to provide details of the medical intervention to the Head of Classification, the Athlete will be deemed to have intentionally misrepresented his/her skill and/or abilities if:

- the Athlete’s Sport Class is subsequently changed as a result (in total or in part) of the medical intervention, and
- the International Classification Panel responsible for changing the Athlete’s Sport Class believes that the

Athlete either knew, or should have known, that the effect of the medical intervention was that his or her Impairment and Activity Limitations no longer match the Sport Profile for the Athlete's Sport Class.

- 6.4.4 In such circumstances, at a minimum, the Athlete will not be allocated a Sport Class or Sport Class Status, and will not be permitted to compete at that Competition in that sport.

6.5 Failure to Attend/Misrepresentation and Consequences for Athlete Support Personnel

- 6.5.1 IPC Powerlifting 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.
- 6.5.2 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.
- 6.5.3 In this circumstance, reporting the Athlete Support Personnel to the appropriate parties is an important step in deterring intentional misrepresentation by the Athlete.

6.6 Publication of Penalties

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

7 Classification: Protests and Appeals

7.1 Protests

- 7.1.1 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.

- 7.1.2 A successful Protest will result in Athlete Evaluation being conducted by a Classification Panel, which will be referred to as a “Protest Panel”.
- 7.1.3 An Athlete's Sport Class may only be protested once in any individual Competition. This restriction does not apply to Protests submitted in Exceptional Circumstances.
- 7.1.4 IPC Powerlifting may only resolve a Protest in respect of a Sport Class allocated by IPC Powerlifting.
- 7.1.5 Protests should be resolved in a manner that minimizes the impact on Competition participation, and Competition schedules and results.
- 7.1.6 Protests may be submitted only during a Competition (save for Protests made in Exceptional Circumstances).

7.2 When Protests May Take Place

- 7.2.1 Any National Federation, or the Chief Classifier, following completion of Athlete Evaluation and allocation of Sport Class, may protest Athletes who entered the competition with Sport Class New Status (N). Following the resolution of the Protest, the Athlete shall be designated:
 - Review Status (R); or
 - Confirmed Status (C); or
 - Not Eligible to Compete (NE)
- 7.2.2 Any National Federation or the Chief Classifier following completion of Athlete Evaluation and allocation of Sport Class may protest Athletes who enter the competition with Sport Class Status Review (R). Following the resolution of the Protest, the Athlete shall remain Review Status or be designated:
 - Confirmed (C) Status; or
 - Not Eligible to Compete (NE)
- 7.2.3 Athletes with Sport Class Confirmed Status (C) may be protested only in Exceptional Circumstances. For the avoidance of doubt, Athletes who have entered a Competition with either Sport Class Status N or Sports Class

Status R, and, following Athlete Evaluation, have been designated with Sport Class Confirmed Status (C), will be subject to protest by either the Athlete, or a National Federation, at that Competition only.

7.3 Protest Procedures during Competitions

- 7.3.1 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.
- 7.3.2 The Chief Classifier for the event, or a person designated for that event, shall be the person authorised to receive Protests on behalf of IPC Powerlifting at an event.
- 7.3.3 An Athlete's Sport Class may be protested, either by the Athlete's National Federation or a different National Federation within one (1) hour of the Classification Panel's decision regarding Sport Class being published.
- 7.3.4 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, nation and sport 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).
- 7.3.5 Upon receipt of the Protest form, the Chief Classifier shall conduct a review to determine if there is a valid reason for a Protest and if all the necessary information is included. If it appears to the Chief Classifier that if there is no valid reason

for a Protest, or the Protest form has been submitted without all necessary information, the Chief Classifier shall decline the Protest and notify all relevant parties. IPC Powerlifting will retain the Protest fee.

- 7.3.6 If the Protest is declined the Chief Classifier shall explain why to the National Federation as soon as is possible.
- 7.3.7 If the Protest is accepted, the Chief Classifier shall appoint a Protest Panel to conduct Athlete Evaluation. The Protest Panel shall consist of, at a minimum, the same number of Classifiers as those involved in the most recent allocation of the Athlete's Sport Class, and shall, if this is practicable and possible, comprise Classifiers of equal or greater level of certification as those involved in the most recent allocation of the Athlete's Sport Class.
- 7.3.8 The Members of the Protest Panel should have had no direct involvement in the evaluation that 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.
- 7.3.9 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.
- 7.3.10 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 that allocated the Athlete's most recent Sport Class.
- 7.3.11 The Protest Panel may seek medical, sport or scientific expertise in reviewing an Athlete's Sport Class (including the initial Classification Panel).
- 7.3.12 Athlete Evaluation following a Protest shall follow the same process as described in these Regulations. All relevant parties shall be notified of the Protest decision as quickly as possible following Athlete Evaluation. IPC Powerlifting will retain the Protest fee unless the Protest is upheld.
- 7.3.13 The decision of the Protest Panel is final and is not subject to any further Protest.

7.4 Protests in Exceptional Circumstances

7.4.1 A Chief Classifier may make a Protest in Exceptional Circumstances in respect of any Athlete at any time during or prior to a Competition if the Chief Classifier reasonably believes that an Athlete's Sport Class no longer reflects the Athlete's ability to compete equitably within that Sport Class.

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.

7.4.2 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 7.3 (where relevant) will apply to Protests made in Exceptional Circumstances.

7.4.3 Athlete Evaluation following a Protest shall follow the same process as described in these Regulations. All relevant parties shall be notified of the Protest decision as quickly as possible following Athlete Evaluation.

7.4.4 The decision of the Protest Panel is final and is not subject to any further Protest.

7.5 Responsibility for Ensuring Compliance with Protest Rules

- 7.5.1 A National Federation making a Protest is solely responsible for ensuring that all Protest process requirements are observed.
- 7.5.2 If the Chief Classifier declines a Protest because no valid reason for a Protest has been identified by the National Federation, or the Protest form has been submitted without all necessary information, the National Federation may resubmit the Protest if it is able to remedy the deficiencies identified by the Chief Classifier in respect of the Protest. The time frames for submitting a Protest shall remain the same in such circumstances.
- 7.5.3 If a National Federation resubmits a Protest, all protest procedure requirements will apply. For the avoidance of doubt, a second Protest fee must be paid (which will be refunded if the Protest is upheld).

7.6 Appeals

- 7.6.1 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.
- 7.6.2 IPC Powerlifting has designated the International Paralympic Committee Board of Appeal on Classification (BAC) to act as the appeal body for IPC Powerlifting. 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, which are part of the IPC Handbook.

8 Ad Hoc Rules for Paralympic Games and Major Competitions

These Classification Regulations may be amended, supplemented or superseded by the Classification Guide for Paralympic Games or Major Competition. The Classification Guide for Paralympic Games or Major Competition shall detail the procedures and timeframes within which the Classification Guide will take precedence over these Regulations.

9 Glossary

Activity Limitation	Difficulties an individual may have in executing activities that may include attainment of high performance skills and techniques in the field of sporting performance.
Athlete	For purposes of Classification, any person who participates in sport at the International Level (as defined by each International Federation) 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.
Athlete Evaluation	The process by which an Athlete is assessed in order to be allocated a Sport Class and Sport Class Status.
Athlete Support Personnel	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.
Competition	A series of individual Events conducted together under one ruling body.
Conflict of Interest	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.
Event	An "Event" is a sub-set of a Competition that requires specific technical and sporting skills.
Impairment	Any disorder in structure or function resulting from anatomic, physiologic, or psychological abnormalities that interfere with normal activities.
International Competition	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.

International Federation (IF)	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. IPC is an International Federation for a number of Paralympic Sports.
IPC	International Paralympic Committee
Local Organising Committee for Competition	An administrative body formed for the purposes of organising and administering a specific Competition or series of Competitions.
National Competition	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 Summer 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.
Recognised	A Recognized Competition includes the Paralympic Games, World Championships, Regional Championships and any other Competitions that are formally approved or sanctioned by the IPC.

Appendix: IPC Powerlifting Sport Profiles

1. Eligibility

- 1.1 IPC Powerlifting offers competition for Athletes with certain physical Impairments. IPC Powerlifting has only one Sport Class, which is based on whether an Athlete is “eligible” or not.
- 1.2 The Sport Class will be allocated to an Athlete if:
- 1.2.1 the Athlete can demonstrate that he or she is affected by an Impairment in respect of one of the functional categories referred to in **Table 1** below. The functional descriptions are consistent with those used in the International Classification of Functioning (“ICF”), Disability and Health published by the World Health Organisation.
- 1.2.2 In relation to Impairment, that the Athlete exhibits on or more Activity Limitations resulting from that Impairment as detailed in **Table 2** below.

Table 1

Category	ICF Function Code and Description	Examples of health conditions likely to cause Impairment of Function
Muscle Tone Functions	<p>B735 Functions related to the tension present in the resting muscles and the resistance offered when trying to move the muscles passively.</p> <p>Includes functions associated with the tension of isolated muscles and muscle groups, muscles of one limb, one side of the body and the lower half of the body, muscles of all limbs, muscles of the trunk, and all muscles of the body; Impairments such as hypotonia, hypertonia and muscle spasticity.</p>	Cerebral palsy, stroke, acquired brain injury, multiple sclerosis

Control of Voluntary Movement Functions	<p>B760 Functions associated with control over and co-ordination of voluntary movements</p> <p>Functions of control of simple voluntary movements and of complex voluntary movements, co-ordination of voluntary movements, supportive functions of arm or leg, right left motor co-ordination, eye hand co-ordination, eye foot co-ordination, Impairments such as control and co-ordination problems.</p>	<p>Ataxia resulting from cerebral palsy, brain injury, Friedreich's ataxia, multiple sclerosis, spinocerebellar ataxia</p>
Involuntary Contractions of Muscles	<p>B7650 Functions of unintentional, non or semi-purposive involuntary contractions of a muscles group of muscles, such as those involved as part of a psychological dysfunction.</p> <p>Includes Impairments such as choreatic and athetotic movements; sleep-related movement disorders.</p>	<p>Chorea, athetosis e.g., from cerebral palsy</p>
Limb deficiency	<p>s720: Structure of shoulder region; s730: Structure of upper extremity; s740: Structure of pelvic region; s750: Structure of lower extremity</p> <p>In particular total or partial absence of the bones or joints of the shoulder region, upper extremities, pelvic region or lower extremities.</p>	<p>Amputation resulting from trauma or congenital limb deficiency (dysmelia).</p>
Impaired Passive Range of Movement (PROM)	<p>b7100 Mobility of a single joint Functions of the range and ease of movement of one joint.</p> <p>b7101 Mobility of several joints Functions of the range and ease of movement of more than one joint.</p> <p>b7102 Mobility of joints generalized Functions of the range and ease of movement of joints throughout the body.</p>	<p>Arthrogryposis , ankylosis, scoliosis</p>

Impaired muscle power	b730 Muscle power functions Functions related to the force generated by the contraction of a muscle or muscle groups. Inclusions: functions associated with the power of specific muscles and muscle groups, muscles of one limb, one side of the body, the lower half of the body, all limbs, the trunk and the body as a whole; Impairments such as weakness of small muscles in feet and hands, muscle paresis, muscle paralysis, monoplegia, hemiplegia, paraplegia, quadriplegia and akinetic mutism	Spinal cord injury, muscular dystrophy, brachial plexus injury, Erb palsy, polio, Spina bifida, Guillain-Barré syndrome
Leg length difference	S75000 Bones of thigh; S75010 Bones of lower leg S75020 Bones of ankle and foot Aberrant dimensions of bones of right lower limb OR left lower limb <i>Inclusions:</i> shortening of bones of one lower limb <i>Exclusions:</i> shortening of bones of both lower limbs; any increase in dimensions	Congenital or traumatic causes of bone shortening in one leg
Short stature	Aberrant dimensions of bones of upper and lower limbs or trunk which will reduce standing height	Achondroplasi a or other

Information on ICF codes, including a copy of the ICF, is available at <http://www.who.int/classifications/icf/site/icftemplate.cfm>.

Table 2: Miminum Activity Limitation

Hypertonia, Ataxia, Athethosis	The presence of Hypertonia, Ataxia, Athethosis in an Athlete will result in an Athlete being considered eligible to compete. If Hypertonia, Ataxia or Athethosis can only be detected by a detailed neurological examination of the Athlete, and there is no obvious Impairment of function, the Athlete will not be eligible to compete.
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Lower Limb deficiency	<p>The presence of</p> <p>a. Double or single above knee amputations.</p> <p>b. Double or single below knee amputations.</p> <p>will result in an Athlete being considered eligible to compete.</p> <p>Amputations must be at a minimum above the ankle joint.</p>																														
Impaired range of motion	<p>Hip joint: decrease in flexion-extension of 60 degrees or ankylosis</p> <p>Knee joint: Extension defect or 30 degrees or ankylosis in any position</p> <p>Severely reduced mobility of a permanent nature and/or as in scoliosis measuring over 60 degrees curve as measured by the Cobb method. X-ray proof is required.</p>																														
Impaired muscle power	<p>A decrease in muscle strength of at least 20 points to include both lower limbs extremities when testing on the 0-5-scale grade system. A normal person obtains 50 points in each lower limb (total 100 points for both lower limbs). The following muscle functions shall be tested in the lower limb:</p> <table border="1" data-bbox="548 999 1334 1329"> <tr><td>Hip</td><td>Flexion</td><td>5 maximum</td></tr> <tr><td>Hip</td><td>Extension</td><td>5 maximum</td></tr> <tr><td>Hip</td><td>Abduction</td><td>5 maximum</td></tr> <tr><td>Hip</td><td>Abduction</td><td>5 maximum</td></tr> <tr><td>Knee</td><td>Flexion</td><td>5 maximum</td></tr> <tr><td>Knee</td><td>Extension</td><td>5 maximum</td></tr> <tr><td>Ankle</td><td>Dorsiflexion</td><td>5 maximum</td></tr> <tr><td>Ankle</td><td>Plantarflexion</td><td>5 maximum</td></tr> <tr><td>Foot</td><td>Inversion</td><td>5 maximum</td></tr> <tr><td>Foot</td><td>Eversion</td><td>5 maximum</td></tr> </table> <p>Note: Athletes who have arthrodesis of the foot in which there is either/or no inversion or eversion possible will be measured as grade 5 in muscle testing under the appropriate category of either/or inversion or eversion.</p>	Hip	Flexion	5 maximum	Hip	Extension	5 maximum	Hip	Abduction	5 maximum	Hip	Abduction	5 maximum	Knee	Flexion	5 maximum	Knee	Extension	5 maximum	Ankle	Dorsiflexion	5 maximum	Ankle	Plantarflexion	5 maximum	Foot	Inversion	5 maximum	Foot	Eversion	5 maximum
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Ankle	Dorsiflexion	5 maximum																													
Ankle	Plantarflexion	5 maximum																													
Foot	Inversion	5 maximum																													
Foot	Eversion	5 maximum																													
Leg length difference	<p>At least 7cm difference between left and right leg. Measurements to be taken from anterior superior iliac spine to tip of medial malleolus on same side.</p>																														
Short stature	<p>Standing height as indicated below PLUS evidence of achondroplasia, a genetic condition causing abnormal growth and development of bone and cartilage and resulting in disproportionately short limbs. People with short stature resulting from dysfunction of the pituitary gland are not eligible. Athletes must be \geq 18ys old.</p> <p>Males: \leq 145cm, Females: \leq 140cm</p>																														

- 1.3 Athletes that have an elbow extension limitation of more than 20 degrees in either elbow will not be eligible for IPC Powerlifting.

2. Assessment Methodology IPC Powerlifting Classification

Appendix 1 details the Activity Limitations resulting from Impairment that an Athlete should exhibit in order to be eligible to compete in IPC Powerlifting Competitions. It explains that the degree of Activity Limitation resulting from those Impairments should be assessed in order that it can be established that an Athlete has the requisite level of “Minimum Activity Limitation”.

The following matters should be taken into account when assessing Athletes.

2.1 Assessing Athletes with Spinal Impairments

The following factors are important in the assessment of an Athlete who has a spinal cord injury, curvature or fusion.

- 2.1.1 Aetiology (cause of disability).
- 2.1.2 The type of spinal curvature present – whether it is caused by scoliosis, kyphosis, or kypho-scoliosis.
- 2.1.3 Where the apex of the curve is and where the actual curve appears to start from and where it appears to finish.
- 2.1.4 The relationship between the rib cage and the pelvis, in particular whether the rib cage free of contact with the pelvis or is in contact with the pelvis, and whether the rib cage is inside the pelvis on one side.
- 2.1.5 The muscle power of the upper and lower abdominals and upper and lower spinal extensors, and whether the loss in muscle strength is symmetrical.
- 2.1.6 Where there is scoliosis, an assessment whether there is asymmetry of muscle power in the abdominals and spinal extensors should be made, and if so, whether there is asymmetry in the lower limb muscles.
- 2.1.7 The fracture level and in relation to spina bifida, the neurological level.

2.2 Assessing Spinal Fusion

Classification Panels should make note of the following:

- 2.1.1 How long the fusion appears to be: generally the fusion for a fracture level is over fewer vertebral segments than for a scoliosis. Assessing the muscle power of the upper and lower abdominals and the upper and lower spinal extensors is important, and the effect of surgery on spinal extensor function has to be noted. Functional tests should be undertaken to assess an Athlete's motor ability, and whether the movement has been affected by scoliosis, spinal fusion or spasticity.
- 2.1.2 The longer the spinal fusion is, the greater the effect on movement and muscle power. If there is contact between the rib cage and the pelvis, spinal movements will be reduced. Trunk mobility should be assessed where possible both above and below the spinal fusion.
- 2.1.3 Treatment of the spine may reduce the effectiveness of the spinal extensor muscles and the abdominal muscles: it may reduce the lateral flexion and rotational ability as well as the flexion/extension movements.

2.2 Assessing Athletes with Polio

Classification Panels should make note of the following:

- 2.3.1 Muscle power in the Athlete's upper and/or lower limbs may need to be reviewed. It may be helpful to compare the muscle bulk of the upper limbs to the trunk and to the lower limbs.
- 2.3.2 Polio Athletes who are tetraplegic are most likely to have all muscle groups affected.
- 2.3.3 Polio Athletes may have skip lesions – that is, they may have normal trunk function and weakness in the lower limbs, and one upper limb with normal function and one upper limb with weakness in one muscle group.
- 2.3.4 If an Athlete has had polio at a young age, they may have scoliosis, and asymmetry of trunk muscle function.
- 2.3.5 If an Athlete has asymmetry of muscle bulk, the Athlete may have differing levels of function in each lower limb.

2.3.6 Post-polio syndrome should be considered where relevant.

2.4 Assessing Athletes with Spina Bifida

Classification Panels should make note of the following:

- 2.4.1 Spinal curvature and pelvic tilt noting relationship of the rib cage and pelvis;
- 2.4.2 Hip contractures as well as hip subluxation and dislocation;
- 2.4.3 The effect of any surgery on the hip joint;
- 2.4.4 The higher the spinal cord level involvement, the more likely that the Athlete will have upper limb co-ordination problems;
- 2.4.5 The higher the level of spinal cord involvement the more likely there will be significant spinal deformity either in the form of shortening of the spine due to scoliosis or kypho-scoliosis. The higher the level of spinal cord involvement the more likely that the Athlete will have pelvic tilting which does impact on muscle power, that the Athlete may have in the trunk and also in the lower limbs. The higher the level of spinal cord involvement the more likely that one side of the rib cage and the pelvic rim will come into contact.
- 2.4.6 If there is hip muscle imbalance and the hip flexors and adductors are present but the abductors and extensors are absent there will either be subluxation or dislocation of the hips. This will impact on muscle strength. Sometime surgery will have been carried out to correct this tendency and this will also impact on the remaining muscle strength.
- 2.4.7 Some Athletes with spina bifida will have an ileal conduit i.e. a urinary collection system in which part of the bowel is used as the bladder, and which has an exit point through the abdominal wall.
- 2.4.8 Sometimes the higher the level the more likely the Athlete will have had a spinal fusion which impacts on trunk function and also may make any remaining abdominal and leg muscle power less functional.
- 2.4.9 The lower limbs themselves may be spastic or flaccid or have a mixed pattern.

2.5 Assessing Athletes With Incomplete Spinal Cord Injury

- 2.5.1 A Classification Panel should (a) assess the motor and sensory function in all areas; (b) note the location of the increase in tone i.e. upper limbs, abdominals, and lower limbs; and (c) when assessing incomplete Athletes the three areas that need to be considered include the arms, the trunk and the legs.
- 2.5.2 When an incomplete tetraplegic Athlete is assessed, accurate assessment of the three areas will assist in determining the classification of the Athlete. It must be noted that spasticity is rarely helpful in athletic performance. It varies so much e.g. temperature, emotion and there is no active control of the level of spasticity. Athletes do try to reinforce any spasticity that is useful, but should never be penalized for doing so.
- 2.5.3 Incomplete paraplegics are usually assessed depending on the level of muscle power in the lower limbs.

2.6 Assessing Athletes with a Loss of Limb

Athletes who have either a single or double amputation, either above or below the knee, are eligible to compete in IPC Powerlifting events.

In this regard, the minimum level of Impairment is taken to be an amputation through or above the ankle joint.

2.7 Assessing Athletes with Hypertonia, Ataxia or Athetosis

Athletes who have hypertonia, ataxia or athetosis, or an Impairment that presents in a similar fashion, will be eligible to compete in IPC Powerlifting events, at the condition they exhibit:

- 2.7.1 Dialogic or monoplegic minimal to moderate involvement;
- 2.7.2 Good functional strength in both upper limbs;
- 2.7.3 Moderate to severe involvement spasticity in both lower extremities;
- 2.7.4 Spasticity Grade, minimal athetoid / ataxic Athlete

An Athlete must have an obvious Impairment of function during classification, as a result of ataxic, athetoid or dystonic movements while performing.

2.8 Assessing Athletes with Other Impairments

- 2.8.1 **Short Stature:** although in any event the maximum height that an Athlete who seeks to be eligible to compete is 145 centimetres, short stature alone is not a qualifying criterion. An Athlete who seeks to compete as an athlete with short stature will only be eligible if they have achondroplasia or a equivalent Impairment.
- 2.8.2 **Shortening of one Lower Limb:** an Athlete who has one lower limb that is at least 7 centimetres shorter than the other (where the measurements is taken from anterior superior iliac spine to medical malleolus on same side) will be eligible to compete.
- 2.8.3 **Other neuromusculoskeletal Impairments:** an Athlete with a neuromusculoskeletal Impairment that results in a decrease in muscle strength of 20 points (including both lower limbs) may be eligible to compete. The methodology for assessing muscle strength is explained in Section 3.

3. Specific Methods of Testing

The methodology for such assessment will include utilizing the following techniques and/or processes:

- Manual muscle power testing using the MRC scale;
- Neurological Examination of Lower Limbs (light touch and pin prick);
- Muscle tone assessment;
- Limb length measurement;
- Range of movement of lower limb joints;
- Tendon reflex assessment;
- Pathological reflexes (Babinski-Hoffmann process);

3.1 Muscle Power testing for IPC Powerlifting Classification

The following should be noted in relation to muscle power testing:

- 3.1.1 A robust assessment of power is required;
- 3.1.2 The Medical Research Council (MRC) has a recommended grading system for power (see table below);
- 3.1.3 The Athlete must contract the muscle group being tested, with the examiner applying resistance to that contraction.
- 3.1.4 The following muscle groups should be tested: Hip flexion, extension, adduction and abduction; Knee flexion and extension; Foot dorsiflexion, plantar flexion, eversion and inversion.

Muscle strength should be assessed using the following scale (where 0 is the lowest “score” available):

MRC scale for muscle power	
0	No muscle contraction is visible
1	Muscle contraction is visible but there is no movement of the joint
2	Active joint movement is possible with gravity eliminated
3	Movement can overcome gravity but not resistance from the examiner
4	The muscle group can overcome gravity and move against some resistance from the examiner
5	Full and normal power against resistance

Points should be allocated on a muscle test performed in relation to the following:

Hip	Flexion	5 Maximum
Hip	Extension	5 Maximum
Hip	Adduction	5 Maximum
Hip	Abduction	5 Maximum
Knee	Flexion	5 Maximum
Knee	Extension	5 Maximum
Ankle	Dorsiflexion	5 Maximum
Ankle	Plantarflexion	5 Maximum
Foot	Inversion	5 Maximum
Foot	Everson	5 Maximum

The maximum score is 50 points per limb TOTAL = 100 points (full functional muscle power in both lower limbs).

3.2 Neurological Examination of the Lower Limbs

3.2.1 Examination of the lower limbs may be performed more easily with the patient lying on a couch. For the Sharp touch (pinprick) test, a dedicated disposable pin should be used (a disposable hypodermic needle is too sharp). The Classifier should use the Athlete's sternal area to establish a baseline for sharpness before commencing. The same progression as for the Muscle Power Testing should take place, using a light touch. The Athlete should have his/her eyes closed, and be asked to report hypo aesthesia (feels blunter) or hyper aesthesia (feels sharper).

3.2.2 Classifiers should note:

- the Athlete's resting posture, and whether there is any unusual rotation or posture of a joint, and whether the patient is symmetrical;
- whether there is muscle wasting or hypertrophy, and if so whether that is focal or diffuse;
- Evidence of involuntary movements such as *tremor*, *tics*, *myoclonic jerks*, *chorea* or *athetosis*;
- Evidence of *muscle fasciculation* (sign of lower *motor neurone disease* process), being subcutaneous twitches over a muscle belly at rest. Tapping the belly may stimulate fasciculation.

3.3 Muscle Tone Assessment

- 3.3.1 Muscle Tone is the resistance felt when a joint is moved passively through its normal range of movement. Hypertonia is found in *upper motor neurone lesions*; hypotonia is found in lower motor neurone lesions and cerebellar disorders.
- 3.3.2 Clonus is a rhythmic and involuntary muscle contraction that can be provoked by stretching a group of muscles.
- 3.3.3 In order to assess Muscle Tone, Classifiers should:
- Ask the Athlete to let their legs 'go floppy';
 - Internally and externally rotate the 'floppy' leg, and assess for any increased or reduced tone;
 - Lift the Athlete's knee off the bed, and note whether the ankle is also raised off the bed as well signifying increased tone;
- 3.3.4 In order to test for ankle clonus, Classifiers should:
- Flex the Athlete's knee, resting the ankle on the bed;
 - Dorsiflex the foot quickly and keep the pressure applied;
 - The Athlete's foot will move up and down if clonus is present.

3.4 Measuring leg length discrepancy (LLD)

- 3.4.1 A clinical cloth tape measure should be used.
- 3.4.2 The Athlete should lie on a hard surface or treatment couch. The lower limbs should be uncovered to allow measurements to be taken in contact with the skin, and the legs should be passively extended to their fullest extent.
- 3.4.3 Measurement should be from the highest point of the Anterior Superior Iliac Spine to the mid point of the Medical Malleolus. The same method should be used on each limb.

3.5 Range of Motion Testing

3.5.1 A goniometer is a medical tool used to measure range of motion around a joint, the range being expressed in angles and listed in degrees. A goniometer with telescopic arms of the type mandated by the Head of Classification should be used. The centre of the goniometer should be positioned over the axis of rotation of the joint, and the arms of the goniometer should be aligned with the long axis of the bones of the adjacent segments or to an external reference point.

3.5.1.1 Knee

The Athlete should lie on a hard surface or treatment couch, with the active range of movement (“ROM”) being tested by supporting the limb at approximately 45 degrees.

The Classifier should:

- Using a goniometer, determine any fixed angle in the Athlete’s knee joint;
- Use the MRC Muscle Power Test to assess muscle power in flexion/extension.

3.5.1.2 Ankle

The Classifier should determine by resistance the active muscle power in all ranges at the ankle joint, using the MRC Muscle Power Test.

3.5.1.3 Hip

The Athlete should lie on a hard surface or treatment couch, with the opposite hip fixed in the anatomical position. The knee on the side being tested should be flexed manually. Classifiers should measure from the lateral midline of the pelvis, the approximate joint axis will be the greater trochanter of the femur.

3.5.1.4 Elbow

The Classifier should determine the active range of motion (flexion-extension) at the elbow by having the Athlete extend the arm away from the body at shoulder height palm upwards in the anatomical position.

3.6 Tendon Reflexes

3.6.1 Classifiers should:

- ensure that the Athlete is comfortable and that they can see the muscle being tested;
- use a tendon hammer to strike the tendon of the muscle and observe muscle contraction;
- compare both sides;
- reflexes may be either hyperactive (+++), normal (++) , sluggish (+), or absent (-). ± is used when the reflex is only present on reinforcement.

3.6.2 For lower limbs:

- test the knee jerk (L3, L4): flex the Athlete's knee and elicit the reflex by tapping just below the patella;
- test the ankle jerk (S1): with the Athlete lying down, flex the knee and dorsiflex the ankle, at the same time rotate the leg laterally. Elicit the reflex by tapping the Achilles tendon just above the heel.

3.6.3 If a reflex is difficult to elicit, Classifiers may attempt "reinforcement". The Athlete should flex his/her fingers and interlock them with one palm facing upwards and the other facing downwards, and pull them apart just before the tendon is struck.

Interpretation

- Upper motor neurone lesions usually produce hyperreflexia
- Lower motor neurone lesions usually produce a reduced or absent response;
- Isolated loss of reflex may indicate a radiculopathy affecting that segment.

3.6.4 Superficial Tendon Reflexes

In the lower limbs, these are referred to as "plantar response".

To elicit this:

- The Athlete should lie down with legs extended;
- Classifiers should use a blunted point and run this along the lateral border of the foot, starting at the heel and moving towards the big toe;
- An extensor plantar response (upgoing big toe) is pathological and signifies an upper motor neuron lesion.



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