

CrossFit[®]
GAMES

2021

ADAPTIVE ATHLETE POLICY

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1.0 ADAPTIVE ATHLETE POLICY

CrossFit is committed to ensuring that all CrossFit athletes have equal access and opportunity to participate in CrossFit events in a manner that is fair to all competitors while preserving the integrity of the sport. Athletes with disabilities, also known as “adaptive athletes,” are welcome to participate in CrossFit Games events with adaptive athlete divisions in accordance with the requirements set forth below.

Adaptive athletes are subject to all rules and regulations outlined in the CrossFit Games Rulebook.

2.0 LANGUAGE AND DEFINITIONS FOR ADAPTIVE COMPETITION

For the purposes of competition, an adaptive athlete is a person with a significant, permanent impairment, which causes limitations that affect work capacity. An adaptive athlete’s impairment (e.g. health condition or diagnosis) must be permanent and of significant magnitude to warrant competition in a division of peers with similar abilities; as competition against non-adaptive athletes would be deemed unfair.

Other appropriate language used to refer to the athletes in the adaptive division includes:

- Athletes
- Athletes with disabilities
- Persons with disabilities

3.0 ELIGIBILITY REQUIREMENTS FOR THE ADAPTIVE DIVISIONS

For the purposes of competition classification in the adaptive divisions, an athlete must:

1. Prove the presence of a diagnosed and documented permanent impairment (e.g. health condition or diagnosis) from the list of 10 eligible impairments; and
2. Have significant functional limitation(s) that prevent them from inclusion in fair competition against athletes in the non-adaptive divisions; and
3. Meet the minimum impairment criteria listed in the description of each specific division’s sport classes.

3.1 AGE REQUIREMENTS

Athletes must be at least 13 years old at the time they create an account on the CrossFit Games website and must have a competition age of 14 years old as of July 14, 2021. Any athlete younger than 18 years of age will be required to provide additional parental consent during the online registration.

For the 2021 competition year, there are no age groups for the adaptive divisions.

3.2 ELIGIBLE IMPAIRMENTS

Eligible impairments for competition include the following:

1. Ataxia
2. Athetosis
3. Hypertonia
4. Impaired Passive Range of Movement
5. Impaired Muscle Power
6. Limb Deficiency
7. Leg Length Difference
8. Vision Impairment
9. Short Stature
10. Intellectual Disability

Each adaptive division allows for certain eligible impairments to qualify for eligibility, but not all eligible impairments are permitted. Please reference the eligibility for each adaptive division in sections 6.0 through 13.0.

3.3 IMPAIRMENTS NOT LISTED AS ELIGIBLE IMPAIRMENTS

Any impairment that is not listed as an Eligible Impairment in section 3.2 is referred to as a Non-Eligible Impairment.

It is important to note that the requirement to possess an eligible permanent impairment is a prerequisite to participate in CrossFit competitions, but not the sole criterion. Conversely, the presence of a significant and permanent impairment not listed as one of the eligible impairments for competition (e.g.: deafness) does not define an athlete as “adaptive” in general, but rather defines the eligibility for competition in CrossFit events for the year 2021. Changes to eligibility may occur as the field of participating adaptive athletes in competition grows.

4.0 CLASSIFICATION FOR ADAPTIVE DIVISIONS

The term “classification” refers to the structure of rules, the process of evaluating eligibility for competition, and the placement of the athletes into sport classes.

Classification aims to minimize the impact of the athletes’ impairment on their performance so that the athletes’ fitness is ultimately tested, not their degree of impairment. Ensuring that athletes are appropriately classified is crucial to safeguarding the integrity and credibility of the competition.

4.1 GOAL OF CLASSIFICATION

The goal of classification is to minimize the impact of the athletes' impairment so that fitness can be adequately tested by:

1. Defining who is eligible to compete in CrossFit competitions; and
2. Grouping athletes into competition divisions.

4.2 CLASSIFICATION ROLES AND RESPONSIBILITIES

It is the personal responsibility of all athletes to familiarize themselves with the requirements of the classification rules set by CrossFit.

4.3 ATHLETE CLASSIFICATION RESPONSIBILITIES

The roles and responsibilities of athletes include:

- Be knowledgeable of and comply with all applicable policies, rules, and processes established by the Adaptive Athlete Policy;
- Participate in athlete evaluations and review processes in good faith;
- Ensure that adequate information related to impairment or diagnosed condition (eligible impairment) is provided and/or made available to CrossFit personnel; and
- Cooperate with any investigations concerning violations of the Adaptive Athlete Policy.

4.4 CROSSFIT CLASSIFICATION RESPONSIBILITIES

The roles and responsibilities of CrossFit include:

- Research and develop competition rules and procedures to ensure that all athletes have equal access and opportunity to participate in CrossFit events in a manner that is fair to all competitors while preserving the integrity of the sport; and
- Provide risk mitigation procedures to allow for safe competition; and
- Provide clear information for classification; and
- Provide timely and clear communication to the adaptive community and individuals on the development of future adaptive competitions.

4.5 CLASSIFICATION PROCESS

The classification process begins during Open registration. Athletes will perform a self-evaluation and select an adaptive competition division during registration that best represents their ability level.

For athletes selected to participate in other events (e.g. online qualifier and CrossFit Games), there may be an additional review process. CrossFit personnel will review Open video submissions to evaluate and determine the sport class and competition division for athletes who are selected for competition at CrossFit Games events. In some cases, additional evaluation or documentation may be required by the athlete.

Any athlete with questions or concerns about performing a self-evaluation to select a division should contact adaptive@crossfitgames.com.

4.6 SPORT CLASSES

Sport classes have been established to aid in establishing eligibility and in selecting the appropriate competition division. Sport classes are categories for competition created by reference to the extent to which an athlete can perform specific tasks and activities required by the sport of CrossFit, or to the extent to which an impairment causes limitations to functional movements.

Sport classes may be used to make competitions more fair by altering programming for specific sports classes, and to regroup athletes with similar abilities into divisions (e.g.: all above-the-elbow impaired athletes in the Upper-Extremity division).

4.7 SELECTION OF A SPORT CLASS

Athletes are required to also select a sport class for which they will be competing within their selected competition division. Athletes are not required to submit their sport class during registration, but are required to document their sport class on their scorecard.

4.8 SPORT CLASS STATUS

Athletes competing in online qualifiers or the CrossFit Games will have their sport class evaluated. CrossFit will designate a sport class status to indicate whether or not an athlete is accurate, or in some cases, needs more evaluation in the future.

Sport Class Statuses include the following:

- **New (N):** This status is given to all athletes participating in their first CrossFit competition. This sport class is not considered to be correct or incorrect, but rather further evaluation is required to confirm the ruling. Further evaluation and observations will be conducted.
- **Confirmed (C):** This status indicates that CrossFit is satisfied that both the athlete's eligibility and sport class designation will remain stable for approximately five (5) years.
- **Review (R):** This status indicates that CrossFit believes further evaluations will be required. Athletes may continue to participate in events but may be required to undergo examinations and observations.
- **Not Eligible (NE):** This status indicates that the athlete does not have an eligible impairment or does not comply with the minimum impairment criteria.
- **Classification Not Completed (CNC):** This status indicates that CrossFit has yet to allocate a sport class status to the athlete. Athletes with a CNC status are not eligible to compete in CrossFit events. The CNC status may be used as a placeholder while CrossFit evaluates the sport class for athletes.

Athletes proceeding onto an online qualifier and/or Games competition will have their status confirmed by CrossFit prior to those events. An email notification will be provided by CrossFit.

4.9 ATHLETES ELIGIBLE FOR MULTIPLE SPORT CLASSES

Athletes may be eligible for multiple sport classes under the current eligibility and classification descriptions (e.g.: an athlete with an upper-extremity and lower-extremity impairment, or an athlete with an intellectual disability and a physiological impairment).

Athletes must choose the sport class and competition division that best represents their ability and places them in a category amongst like peers to maintain a fair competition.

Athletes are **not** permitted to compete in multiple sport classes during the same competition season. Athletes must choose one sport class and competition division for the entirety of the competition season from registration through conclusion. Athletes with multiple impairments should assign themselves under the classification that aligns with the impairment which inhibits their overall fitness the most.

4.10 CHANGING SPORT CLASSES

An athlete may request to change their sport class only after the conclusion of the current competition season, which includes follow-up qualifiers and events.

A request to change a preferred sport class must be made to CrossFit via email to adaptive@crossfitgames.com. Such requests must include documentation to validate the change.

After review of documentation and other evidence, CrossFit will allocate a sport class status and notify the athlete of their decision via the email provided in the request.

5.0 ADAPTIVE DIVISIONS

There are sixteen (16) adaptive divisions for the 2021 competition year:

1. Men and Women Adaptive: Upper Extremity
2. Men and Women Adaptive: Lower Extremity
3. Men and Women Adaptive: Neuromuscular
4. Men and Women Adaptive: Vision
5. Men and Women Adaptive: Short Stature
6. Men and Women Adaptive: Seated Athletes (with hip function)
7. Men and Women Adaptive: Seated Athletes (without hip function)
8. Men and Women Adaptive: Intellectual

5.1 USE OF ADAPTIVE EQUIPMENT IN CLASSIFICATION

When self-evaluating to determine the appropriate competition division and sport class, athletes shall utilize all adaptive and assistive equipment they intend to use in competition within their evaluation. Evaluation with adaptive equipment provides the most accurate assessment of ability. If an athlete assesses themselves without the use of equipment but then shows more functionality through use of equipment, their sport class and division may be adjusted by CrossFit in accordance with section 4.8.

5.2 SELECTION OF AN ADAPTIVE DIVISION

Placement into an appropriate adaptive division is the responsibility of the registrant. Athletes must first determine their eligibility by establishing that they have a documented eligible impairment as outlined in section 3.2. Then, athletes shall determine if their limitations from that eligible impairment meet the minimum impairment criteria described in the sport classes which are contained in each division. Each division's sport classes are listed in sections of this document.

Athletes must be able to establish eligibility in one of the sport classes listed for the competition division. In some divisions there is only one sport class, and in others there are many.

Selection and declaration of a competition division occurs during Open registration.

Questions concerning classification or division selection can be directed to adaptive@crossfitgames.com. Selecting the appropriate competition division must be completed PRIOR to the deadline for Open registration on Monday, March 15 at 5 p.m. PT.

5.3 APPEAL BY AN ATHLETE

Any adaptive athlete whose eligibility to compete in general, or in a particular adaptive division or sport class, that has been rejected or ruled upon by CrossFit, may appeal that decision as follows:

- Athletes shall have 10 business days following receipt of the decision rejecting their sport class designation to submit their written petition of appeal explaining why that decision should be overturned. Appeals should be sent to adaptive@crossfitgames.com.
- Following a review of the athlete's petition of appeal, CrossFit will, in a timely manner, provide its written decision, including supporting reasons, either denying or granting the appeal.
- The athlete may request a personal hearing by telephone. The athlete may have an advocate or other representative present, if the athlete so desires, at any such hearing.

In the event that there is a personal hearing:

- At least three representatives from CrossFit will hear appeals.
- Appeal hearings are conducted by telephone conference.

- The athlete may include any party on the telephone conference they wish after reporting their names and telephone numbers to CrossFit, LLC.
- The chair of the appeal panel or designee will open the telephone conference appeal by inviting the athlete to provide any information they wish to have before the panel. Opportunity will be given to all parties to have questions asked and answered.
- Following the presentation by the athlete and the question-and-answer period, the chair will adjourn the meeting. CrossFit will contact the athlete to report the panel's decision as soon as possible.
- CrossFit personnel will confer and decide upon the appeal. Any decision made by CrossFit on the petition of appeal shall be final and not subject to any further appeal.

5.4 OTHER CHALLENGES TO THE ELIGIBILITY OF AN ATHLETE

Any athlete registered for the CrossFit Open may challenge the eligibility of an athlete, or the division assignment, by sending a confidential written request to adaptive@crossfitgames.com. That request will be reviewed by CrossFit in such manner as it deems appropriate. In the interest of confidentiality, the receipt of the challenge will be acknowledged, but no further information will be provided to the challenging party. CrossFit may also conduct a review and evaluation of an athlete's sport classification on its own initiative. Except for the athlete's right to appeal set forth in section 5.3, no other athlete or person shall have any standing to challenge a decision of CrossFit.

6.0 ELIGIBILITY FOR THE UPPER EXTREMITY DIVISION

To be eligible to compete in the Upper Extremity Division, athletes must meet all the following criteria below:

1. Athletes must have a diagnosed, significant and permanent impairment that exists, or causes limitations, to the upper extremity (e.g. arm) to include the shoulder joint; and
2. The impairment must be one of the eligible impairments listed for the division in section 6.1; and
3. Beyond a reasonable doubt, meet the requirements for one of the sport classes for the Upper Extremity Division.

6.1 ELIGIBLE IMPAIRMENTS FOR THE UPPER EXTREMITY DIVISION

Eligible impairments:

- Ataxia
- Athetosis
- Hypertonia
- Impaired Passive Range of Movement
- Impaired Muscle Power
- Limb Deficiency

Impairments **not** eligible:

- Vision Impairment
- Short Stature
- Leg Length Difference
- Intellectual Disability

6.2 ADDITIONAL UPPER EXTREMITY DIVISION CLASSIFICATION GUIDANCE

Inclusions:

Athletes with neuromuscular impairments which primarily present or cause limitations to a single arm should classify in this division under the sport class UE5.

Exclusions:

Athletes with neuromuscular impairments which primarily present or cause limitations to multiple limbs and/or the trunk should NOT classify in this division and should classify in the Neuromuscular Division, contingent upon meeting the requirements of that division. Additional exclusions may be outlined in specific sport classes.

Additional Requirements:

Athletes in this division must be capable of competing in a standing form for most events. Standing also requires the ability to ambulate, and in some events, perform tasks from multiple archetypes forms such as lying and hanging.

6.3 UPPER EXTREMITY DIVISION SPORT CLASSES

UE1

Athletes have no function of one or more arms to include the lack of function of the shoulder joint. Athletes may have some motor function and range of motion of the chest and upper back, but must have a complete lack of function of the shoulder, arm, elbow, wrist, and hand. Athletes will not have the ability to grip or support an external object without assistance from adaptive equipment.

Athlete Examples: Brachial Plexus Injuries (BPI) and shoulder disarticulation amputations.

UE2

Athletes have significant functional limitations of at least one arm to include range of motion and motor function, which occurs above the elbow. Athletes may have some motor function and range of motion of the shoulder but must have a lack of function of the elbow, wrist, and hand. Athletes will not have the ability to grip or support an external object without assistance from adaptive equipment.

Athlete Examples: Athletes with an amputation above or at the elbow.

UE3

Athletes will have significant functional limitations of at least one arm to include range of motion and motor function, which occurs below the elbow but above or at the wrist. Athletes may have some motor function and range of motion of the shoulder, elbow, and wrist, but must have a significant lack of function of wrist and hand. Athletes will not have the ability to grip or support an external object without assistance from adaptive equipment.

Athlete Examples: Athletes with an amputation below the elbow.

UE4

Athletes will have significant functional limitations of at least one arm to include range of motion and motor function, which most significantly occurs below or at the wrist. Athletes may have some motor function and range of motion of the shoulder, elbow, and wrist, but must have a significant lack of function of the hand and fingers that requires assistance from adaptive equipment to perform functional movements.

UE4 Exclusions:

Athletes who can improve their ability to grip, through adaptive equipment or other means, so that competition with able-bodied athletes is nearly fair, are not eligible for this classification.

Athlete Examples: Athletes with an amputation at the wrist and athletes with non-functional use of three or more fingers.

UE5

Athletes will have diagnosed, permanent impairment with significant functional limitations that include range of motion and/or motor function which may affect the shoulder, elbow, and/or wrist joints.

UE5 Exclusions:

Athletes who can improve their ability to grip, through adaptive equipment or other means, so that competition with able-bodied athletes is nearly fair, are not eligible for this classification.

Athlete Examples: Athletes with a significant neuromuscular condition that affects most or all of the arm to include significant limitations to grip.

7.0 ELIGIBILITY FOR THE LOWER EXTREMITY DIVISION

To be eligible to compete in the Lower Extremity Division, athletes must meet all the following criteria below:

1. Athletes must have a diagnosed, significant and permanent impairment that exists, or causes limitations, to the lower extremity (e.g. leg) to include the hip joint; and
2. The impairment must be one of the eligible impairments listed for the division in section 7.1; and
3. Beyond a reasonable doubt, meet the requirements for one of the sport classes for the Lower Extremity Division.

7.1 ELIGIBLE IMPAIRMENTS FOR THE LOWER EXTREMITY DIVISION

Eligible impairments:

- Ataxia
- Athetosis
- Hypertonia
- Impaired Passive Range of Movement
- Impaired Muscle Power
- Limb Deficiency
- Leg Length Difference

Impairments **not** eligible:

- Vision Impairment
- Short Stature
- Intellectual Disability

7.2 ADDITIONAL LOWER EXTREMITY DIVISION CLASSIFICATION GUIDANCE

Inclusions:

Athletes with neuromuscular impairments which primarily present or cause limitations to single limb (leg and/or foot) should classify in this division under the sport class LE5.

Exclusions:

Athletes with neuromuscular impairments which primarily present or cause limitations to multiple limbs and/or the trunk should **not** classify in this division, and should classify in the Neuromuscular Division, contingent upon meeting the requirements of that division.

Additional Requirements:

Athletes in this division must be capable of competing in a standing form for most events. Standing also requires the ability to ambulate, and in some events, perform tasks from multiple archetypes forms such as lying and hanging.

7.3 LOWER EXTREMITY DIVISION SPORT CLASSES

LE1

Athletes will have no function of one or more legs to include the lack of function of the hip joint. Athletes may have some motor function and range of motion of the core musculature and posterior chain but must have a complete lack of function of the hip, leg, knee, ankle, and toes.

Athlete Examples: Hip disarticulation amputations or athletes with one above-knee amputation where the residual limb is less than 2/3 femur length.

LE2

Athletes will have significant functional limitations of at least one leg to include range of motion and motor function, which occurs above or at the knee, and affects function of the knee, ankle, and foot. Athletes may have some motor function and range of motion of the hip but must have a lack of function of the knee, lower leg, ankle, and foot. The most distal function must occur above the knee.

LE2 Inclusions:

Athletes in this classification may have a complete native leg, but the knee and ankle joints must **not** have any function other than to be used as a support. Athletes with bilateral impairments may classify in this division if one of the two impairments meets the requirements listed in the first sentence of this section.

Athlete Examples: Athletes with an above-knee amputation, athletes with a significant neuromuscular impairment that significantly affects the knee, ankle, and foot, and athletes with bilateral impairments who meet the minimum criteria for at least one of the two impairments.

LE3

Athletes will have significant functional limitations of at least one leg, to include range of motion and motor function, which occurs below the knee, and affects function of the ankle and foot. Athletes may have some motor function and range of motion of the knee but must have a lack of function of the ankle and foot. The most distal function occurs below the knee but above the ankle.

Athlete Examples: Athletes with a below-knee amputation or who have a significant neuromuscular impairment that extends below the knee that significantly affects the ankle and foot.

LE4

Athletes will have significant functional limitations of at least one leg, to include range of motion and motor function, which occurs at or below the ankle, and affects the function of the foot. Athletes may have some motor function and range of motion of the hip, knee, and ankle, but must have a significant lack of function of the ankle and foot to include toes.

Athlete Examples: Athletes may have an ankle disarticulation amputation, or other impairments that significantly affect the ability to plantar flex or dorsiflex the ankle and stabilize with the foot.

LE5

Athletes will have significant unilateral, functional limitations that include range of motion and/or motor function, which may affect the entire lower extremity, or hip, knee, and/or ankle joints.

LE5 Exclusions:

Athletes who can improve their ability to stand and perform standing movements, through adaptive equipment, so that competition with able-bodied athletes is nearly fair, are not eligible for this classification. An example of athletes who are excluded from this classification are those athletes who have limited range of motion of the ankle but are able to perform squats, with or without the assistance of adaptive equipment, to, or near parallel.

8.0 ELIGIBILITY FOR NEUROMUSCULAR DIVISION

To be eligible to compete in the Neuromuscular Division, athletes must meet all the following criteria below:

1. Athletes must have a diagnosed, significant and permanent impairment that causes functional limitations in movement, specifically in gait, balance, range of motion, and/or coordination through impaired muscular control, dystonia, ataxia, athetosis, hypertonia, paralysis and/or general neurological signaling **in the trunk and/or more than one limb**; and
2. The impairment must be one of the eligible impairments listed for the division in section 8.1; and
3. Beyond a reasonable doubt, meet the requirements for one of the sport classes for the Neuromuscular Division.

8.1 ELIGIBLE IMPAIRMENTS FOR THE NEUROMUSCULAR DIVISION

Eligible impairments:

- Ataxia
- Athetosis
- Hypertonia
- Impaired Passive Range of Movement
- Impaired Muscle Power

Impairments **not** eligible:

- Limb Deficiency
- Leg Length Difference

- Vision Impairment
- Short Stature
- Intellectual Disability

8.2 ADDITIONAL NEUROMUSCULAR DIVISION CLASSIFICATION GUIDANCE

The neuromuscular impairment may present in a variety of means and degrees of limitation for athletes, but for classification in this division, the limitations must be significant to a degree that warrants competition among other similarly able athletes with neuromuscular impairments. To classify in this division, athletes shall not have the ability to compete fairly against athletes without a significant neuromuscular impairment. Be aware that the impairment, and subsequent limitations, may be stable or progressive in nature, and may present in various degrees at different times throughout competition.

Examples of specific athlete conditions which qualify for this division are Cerebral Palsy, Muscular Dystrophy, and congenital and acquired brain injuries.

Additional Requirements:

Athletes in this division must be capable of competing in a standing form for most events. Standing also requires the ability to ambulate, and in some events, perform tasks from multiple archetypes forms such as lying and hanging.

Exclusions:

Athletes with neuromuscular impairments, which primarily present or cause limitations, to a single limb (arm or leg) should classify in the Upper Extremity or Lower Extremity Divisions under the sport class UE5 or LE5.

Athletes not able to stand to perform movements should **not** compete in this division and should potentially classify in one of the Seated Divisions.

8.3 NEUROMUSCULAR DIVISION SPORT CLASSES

There are three Neuromuscular sport classes that are arranged by the significance to which the physiological limitations (aka “physical involvement”) affect physical skills as measured in work capacity. The significance, or degree, to which physical skills are affected decreases as the number of the sport class increases. Example: NM1 has more significant effects on physical skills than NM3.

NM1 (also known as “severe”)

An athlete’s physical skills are **severely** affected by neuromuscular symptoms to include, but are not limited to, **multiple combinations of significant** spasticity, tonicity, ataxia, imbalance, contracture, weakness, impaired muscle power and/or range of motion; **measurably limiting more than one limb, sides, or halves of the body or global physical functioning**. Athletes tend to require more frequent and extensive use of orthotics or mobility aids. Physical involvement is **most significant** and tends to be seen as combinations of multiple symptoms, as described above.

NM2 (also known as “moderate”)

An athlete’s physical skills are **moderately** affected by neuromuscular symptoms to include, but are not limited to, combinations of increased spasticity, tonicity, ataxia, imbalance, contracture, weakness, impaired muscle power and/or range of motion; **measurably limiting more than one limb, sides, or halves of the body**. Athletes may require the use of orthotics or mobility aids. Physical involvement is moderate and tends to be seen as combinations of multiple symptoms, as described above.

NM3 (also known as “mild”)

An athlete’s physical skills are **mildly** affected by neuromuscular symptoms to include, but are not limited to, spasticity, tonicity, ataxia, imbalance, contracture, weakness, impaired muscle power and/or range of motion; **measurably limiting more than one limb, sides, or halves of the body**. Athletes typically do not require the use of orthotics or mobility aids. Physical involvement tends to present as a singular symptom or mild symptoms as described above; centralized to one limb or measurably impacting one limb more than others.

9.0 ELIGIBILITY FOR VISION DIVISION

To be eligible to compete in the Vision Division, athletes must meet both the following criteria :

1. The athlete must have at least one of the following impairments:
 - Impairment of the eye structure
 - Impairment of the optical nerve/optic pathways; or
 - Impairment of the visual cortex.
2. The athlete’s vision impairment, with best corrective devices, must result in a visual acuity of less than or equal to LogMAR 1.0 or a visual field restricted to less than 40 degrees in diameter.

9.1 ELIGIBLE IMPAIRMENTS FOR THE VISION DIVISION

Eligible impairments:

- Vision Impairment

Impairments **not** eligible:

- Limb Deficiency
- Leg Length Difference

- Ataxia
- Athetosis
- Hypertonia
- Impaired Passive Range of Movement
- Impaired Muscle Power
- Short Stature
- Intellectual Disability

9.2 ADDITIONAL VISION DIVISION CLASSIFICATION GUIDANCE

Additional Requirements:

Athletes in this division must be capable of competing in a standing form for most events. Standing also requires the ability to ambulate, and in some events, perform tasks from multiple archetypes forms such as lying and hanging.

9.3 VISION DIVISION SPORT CLASSES

Sport classes in the Visions Division include V1, V2, and V3. All available corrections should be considered when evaluating sport class eligibility.

V1

Athletes have a diagnosed, permanent impairment, which causes reduced or no vision caused by damage to the eye structure, optical nerves or optical pathway, or to the visual cortex of the brain, which allows visual acuity less than Log MAR 2.60.

V2

Athletes have a diagnosed, permanent impairment, which causes reduced or no vision caused by damage to the eye structure, optical nerves or optical pathway, or to the visual cortex of the brain, which allows visual acuity less than Log MAR 1.5 to 2.06 (inclusive), and/or the field of vision is constricted to a diameter of less than 10 degrees.

V3

Athletes have a diagnosed, permanent impairment, which causes reduced or no vision caused by damage to the eye structure, optical nerves or optical pathway, or to the visual cortex of the brain, which allows visual acuity less than Log MAR 1.4 to 1 (inclusive), and/or the field of vision is constricted to a diameter of less than 40 degrees.

10.0 ELIGIBILITY FOR THE SHORT STATURE DIVISION

Eligibility for the Short Stature Division is evaluated through measurements and is specific to each gender.

10.1 ELIGIBLE IMPAIRMENTS FOR THE SHORT STATURE DIVISION

Eligible impairments:

- Short Stature

Impairments **not** eligible:

- Ataxia
- Athetosis
- Hypertonia
- Impaired Passive Range of Movement
- Impaired Muscle Power
- Limb Deficiency
- Leg Length Difference
- Vision Impairment
- Intellectual Disability

10.2 ELIGIBILITY FOR MALES IN THE SHORT STATURE DIVISION

To be eligible, male athletes must meet all of the following criteria:

- Standing height ≤ 57 in (145 cm); and
- Arm length ≤ 26 in (66 cm); and
- Sum of standing height plus arm length ≤ 79 in (200 cm).

10.3 ELIGIBILITY FOR FEMALES IN THE SHORT STATURE DIVISION

To be eligible, female athletes must meet all of the following criteria:

- Standing height ≤ 54 in (137 cm); and
- Arm length ≤ 25 in (63 cm); and
- Sum of standing height plus arm length ≤ 75 in (190 cm).

10.4 SHORT STATURE SPORT CLASSES

There is only one sport class (**SS**) for the Short Stature Division and the requirements are the same as outlined in the eligibility for competition in the division (see sections 10.2 and 10.3).

11.0 ELIGIBILITY FOR THE SEATED WITHOUT HIP FUNCTION DIVISION

To be eligible to compete in the Seated Without Hip Function Division, athletes must meet all the following criteria:

1. Athletes must have a diagnosed, significant, and permanent impairment that causes functional limitations and requires athletes to perform most Activities of Daily Living (ADLs) in a seated position; and
2. The impairment must be one of the eligible impairments listed for the division in section 11.1; and
3. Beyond a reasonable doubt, meet the requirements for one of the sport classes for the Seated Without Hip Function Division.

11.1 ELIGIBLE IMPAIRMENTS FOR THE SEATED WITHOUT HIP FUNCTION DIVISION

Eligible impairments:

- Ataxia
- Athetosis
- Hypertonia
- Impaired Passive Range of Movement
- Impaired Muscle Power
- Limb Deficiency
- Leg Length Difference

Impairments **not** eligible:

- Vision Impairment
- Short Stature
- Intellectual Disability

11.2 ADDITIONAL SEATED WITHOUT HIP FUNCTION DIVISION CLASSIFICATION GUIDANCE

Definition of Activities of Daily Living (ADLs): ADLs is a term used to refer to a category of necessary skills needed to be able to complete daily self-care activities. ADLs may include, but are not limited to, performing personal hygiene, clothing, toileting, feeding, and being mobile around one’s environment.

Inclusions:

A key distinction between the Seated Without Hip Function Division and the Seated With Hip Function Division is that athletes in the Without Hip Function Division will not be able to move, or reposition, their legs without manual assistance; except for sport class S4 with special considerations.

Exclusions:

Athletes who are able to move, or reposition, their legs without manual assistance are more likely classified in the Seated With Hip Function Division.

Athletes who do not require the use of a wheelchair to complete ADLs, but prefer to compete in a wheelchair are not eligible for this division. Athletes must have an eligible impairment, which requires the use of a wheelchair for ADLs.

Additional Requirements:

Athletes in this division must be capable of completing some events out of their wheelchair, on the ground, or in other seated positions. Support may be provided and will be detailed in the movement standards.

11.3 SEATED WITHOUT HIP FUNCTION SPORT CLASSES

Sport classes in the Seated Without Hip Function Division include S1 through S4. All sport classes with the exception of a special exclusion in S4, do not have functional control of the hip or legs.

S1

Athletes will have no functional movement of the trunk in the transverse plane (rotation). Athletes will have little to no functional movement in the sagittal (forward) or frontal (lateral) planes. When unbalanced, the athlete will need to utilize a counterbalance or extremities for support. Athletes will have no function to significant lack of function of the hip.

S2

Athletes will have some functional use of the upper trunk, but not the lower trunk, in the sagittal (forward) and transverse (rotational) planes. Athletes will have little to no trunk control in the frontal plane (lateral movement). Athletes will have no function to significant lack of function of the hip.

S3

Athletes will have complete active use of the upper trunk and lower trunk in the sagittal (forward) and transverse (rotational) planes. Athletes may have partial trunk movement in both directions of the frontal (lateral) plane, or have severe asymmetrical imbalance of function. Athletes will have no function to significant lack of function of the hip.

S4

Athletes have little to no impaired movement of the trunk in the frontal, sagittal, and transverse planes, but will have no function to significant lack of function of the hip.

S4 Inclusions:

S4 inclusions listed below may have activation of some hip musculature, but due to residual limb length or amputation of the femurs, are unable to utilize the hip as would an athlete in the S5 or S6 sport classes.

S4 class may include athletes with one bilateral impairment that includes:

- a hemipelvectomy, and
- an above-the-knee amputation where the residual limb is less than 2/3 femur length.

The S4 class may also include athletes with a double hip disarticulation amputation.

12.0 ELIGIBILITY FOR THE SEATED WITH HIP FUNCTION DIVISION

To be eligible to compete in the Seated With Hip Function Division, athletes must meet all the following criteria below:

1. Athletes must have a diagnosed, significant, and permanent impairment that causes functional limitations and requires athletes to perform most Activities of Daily Living (ADLs) in a seated position; and
2. The impairment must be one of the eligible impairments listed for the division in section 12.1; and
3. Beyond a reasonable doubt, meet the requirements for one of the sport classes for the Seated With Hip Function Division.

12.1 ELIGIBLE IMPAIRMENTS FOR THE SEATED WITH HIP FUNCTION DIVISION

Eligible impairments:

- Ataxia
- Athetosis
- Hypertonia
- Impaired Passive Range of Movement
- Impaired Muscle Power
- Limb Deficiency
- Leg Length Difference

Impairments **not** eligible:

- Vision Impairment
- Short Stature
- Intellectual Disability

12.2 ADDITIONAL SEATED WITH HIP FUNCTION DIVISION CLASSIFICATION GUIDANCE

Definition of Activities of Daily Living (ADLs): ADLs is a term used to refer to a category of necessary skills needed to be able to complete daily self-care activities. ADLs may include, but are not limited to, performing personal hygiene, clothing, toileting, feeding, and being mobile around one's environment.

Additional Requirements:

Athletes in this division must be capable of completing some events out of their wheelchair and on the ground or in other seated positions. Athletes must be able to perform independent chair and floor transfers.

Inclusions:

A key distinction between the Seated With Hip Function Division and the Seated Without Hip Function Division is that athletes in the Seated With Hip Function Division will be able to move or reposition their legs without manual assistance.

Exclusions:

Athletes who are not able to move or reposition their legs without manual assistance are more likely classified in the Seated Without Hip Function Division.

Athletes who do not require the use of a wheelchair to complete ADLs, but prefer to compete in a wheelchair are not eligible for this division. Athletes must have an eligible impairment, which requires the use of a wheelchair for ADLs.

12.3 SEATED WITH HIP FUNCTION SPORT CLASSES

Sport classes in the Seated With Hip Function Division include S5 and S6. All sport classes must compete in a wheelchair.

S5

Athletes will have minimal limitations to the function of the hip unilaterally, or have partial function bilaterally. Athletes will not have bilateral knee function. Athletes must perform most activities of daily living (ADLs) in a wheelchair.

S6

Athletes will have little to no limitations of the function of the hip bilaterally. Athletes must perform most activities of daily living (ADLs) in a wheelchair.

S6 Inclusions:

- Athletes who meet the eligibility criteria and have bilateral impairments that preclude them from competing in the standing divisions may be eligible to compete in this division.

- Athletes who may be eligible include those with neuromuscular impairments who have compound neuromuscular symptoms, or multi-limb involvement, that require the use of a wheelchair, or preclude them from competing in the standing divisions.

S6 Exclusions:

Athletes who can compete as standing athletes by utilizing adaptive equipment (e.g. a prosthesis), should attempt to classify in the Standing Lower Extremity Division.

13.0 ELIGIBILITY FOR THE INTELLECTUAL DIVISION

To be eligible to compete in the Intellectual Division, athletes must meet all the following criteria:

1. Athletes must have a diagnosed, significant, and permanent impairment in intellectual functioning that includes significant limitations in behavior as expressed in conceptual, practical, and social skills; and
2. The impairment must be one of the eligible impairments listed for the division in section 13.1; and
3. Beyond a reasonable doubt, meet the requirements for the sport class in the Intellectual Division.

13.1 ELIGIBLE IMPAIRMENTS FOR THE INTELLECTUAL DIVISION

Eligible impairments:

- Intellectual Disability

Impairments **not** eligible:

- Vision Impairment
- Short Stature
- Ataxia
- Athetosis
- Hypertonia
- Impaired Passive Range of Movement
- Impaired Muscle Power
- Limb Deficiency
- Leg Length Difference

13.2 ADDITIONAL INTELLECTUAL DIVISION CLASSIFICATION GUIDANCE

Athletes in this division may use guides and/or aids, such as choice boards, to help them accomplish event tasks. Specific guidance on what is permitted will be clearly outlined in event scorecards. Athletes should be aware that competition may require a certain level of independence. CrossFit will make every effort to ensure that competition is fair and safe for all participants.

13.3 INTELLECTUAL DIVISION SPORT CLASS

There is only one, general sport class for the Intellectual Division. It is known that athletes with different intellectual diagnoses will exhibit vastly different abilities in cognition and in physiological performance. More sport classes may be established to make competition more fair, but this is dependent on the number of participants.

ID

Athletes have a diagnosed impairment from a medical professional in intellectual functioning that includes significant limitations in behavior as expressed in conceptual, practical, and/or social skills. The athlete may complete tasks independently or may use guides and visual aid assistance.

ID Exclusions:

Acquired brain injuries are not eligible for competition in this division.

14.0 MODIFICATIONS TO MOVEMENT STANDARDS

In specific instances, athletes may require a waiver to modify the standards set forth in the movement standards. These modifications are only permitted in cases in which the athlete's impairment causes clear and distinguishable limitations that do not allow the athlete to perform the movement as detailed in the movement standards.

14.1 ACCEPTED MODIFICATION TO MOVEMENT STANDARDS

Acceptable modifications include the following:

1. Setup and finish positions due to range-of-motion limitations; or
2. Assistance with positioning or spotting of the athlete for risk mitigation.

Accepted modifications listed above still require the submission of a modification request and approval from CrossFit in accordance with section 14.3 to be permitted in competition, unless otherwise permitted on workout/event scorecards or workout/event briefings.

Other modifications may be granted on a case-by-case basis. Do not assume your modification will be permitted. A request to validate a modification should be made to CrossFit as early as possible via email to adaptive@crossfitgames.com in accordance with sections 14.3 and 14.4.

14.2 MODIFICATIONS TO MOVEMENT STANDARDS NOT PERMITTED

Modifications to movement standards that are not permitted:

1. Use of alternate equipment; or
2. Use of alternate weight (loads); or
3. Use of alternate movement or movement patterns; or
4. Any modification not clearly stated and shown in demonstration.

14.3 HOW TO REQUEST A MODIFICATION TO MOVEMENT STANDARDS: CROSSFIT OPEN

To submit a request for modification in the CrossFit Open, athletes must record a video containing the following. A link to the video should be included in the Movement Standards Modification Request Form.

1. Clearly state (verbally) and demonstrate (visually) the **reason for modification**.
2. Clearly state (verbally) and demonstrate (visually) the **proposed modification**.

Send a formal request for modification, which includes an explanation of the reason for the modification, and the actual modification proposed by filling out the [Movement Standards Modification Request Form](#). In order to ensure athletes have the ability to perform an Open event with the requested movement modification, submissions must be sent no later than 5 p.m. PT, each Friday following the release of the Open workout each Thursday. If there are multiple modification requests per competition/event, please submit both requests in the same form.

14.4 MODIFICATION TO MOVEMENT STANDARDS REQUEST: CROSSFIT REPLY

CrossFit will review and rule on the proposed modification. A response will be one of the following:

1. Modification Not Approved
2. Modification Approved

Time permitting, CrossFit may provide feedback as to why the modification was or was not approved.

A ruling of “Modification Not Approved” will also invalidate the score for that workout/event if that modification was used. Athletes may complete the workout/event again using an approved modification or no modifications, but no additional time will be granted after the deadline to submit the score. Thus, athletes are encouraged to plan their workout and submit modification requests as early as possible. CrossFit will make every effort to respond in a timely manner, but the responsibility ultimately remains with the athlete.