NATIONAL VETERANS WHEELCHAIR GAMES
August 8–13, 2021 • New York City, NY

EVENTS & RULES

WheelchairGames.org  Co-Presented By:
IMPORTANT NOTE: Due to the uncertainty surrounding the global COVID-19 pandemic and its effect on large events like the National Veterans Wheelchair Games, we cannot predict what federal, state, or local restrictions will be in place when the Wheelchair Games are scheduled to occur. It is possible that in order to ensure the safety of all who are in attendance, there may be restrictions in place that limit the number of participants and attendees allowed into the venues where the events will occur. Registration at this time will not guarantee a place in the competition. We do track the order in which completed registrations are received. We advise you to get your registration and all required forms submitted as soon as possible. **The deadline for registration is April 2, 2021.** We anticipate that no decisions in this regard will be made until the late Spring of 2021. Be assured that we are monitoring the situation and taking every action to ensure the health and safety of all those that attend the NVWG. We will notify each registrant of all relevant decisions as they are made. Please stay informed by downloading the NVWG app and visiting wheelchairgames.org for additional updates.
TABLE OF CONTENTS

This guide briefly describes each sport, the equipment policies, and medal distribution procedures offered at the 40th National Veterans Wheelchair Games (Wheelchair Games). If you would like more information about any sport, contact the organization or individual listed after each entry (see full list on page 2). The Wheelchair Games reserves the right to modify event rules or conditions of play to best fit the program conditions and logistics.

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KEEP IN MIND

All the events at the National Veterans Wheelchair Games require some level of physical exertion (ranging from mild to substantial) to successfully compete. Every Veteran should consult their VA physician and therapist before registering, set up an appropriate training program and then start preparing and practicing. Failure to do so could place your health in jeopardy. Competitors compete at their own risk.
REFERENCE GUIDE

For additional rules and information on each of this year’s sports to assist with engagement beyond the NVWG, please contact the following:

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**AIR PISTOL & RIFLE**
USA Shooting
www.usashooting.org

PVA Sports, John Arbino
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**ARCHERY**
USA Archery
www.usarchery.org

National Field Archery Association (NFAA)
www.nfaausa.com

**BASKETBALL**
National Wheelchair Basketball Association
www.nwba.org

**BOCCIA**
USA Boccia
www.usaboccia.org

**BOWLING**
American Wheelchair Bowling Association
www.awba.org

**CYCLING**
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**DISC GOLF**
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Professional Disc Golf Association
www.pdga.com

**FIELD, SWIMMING & TRACK**
Move United
www.moveunitedsport.org

**FOLLOWING**

**POWER SOCCER**
U.S. Power Soccer Association
www.powersoccerusa.org

**WHEELCHAIR RUGBY**
Wheelchair Rugby
www.usqra.org

**SOFTBALL**
National Wheelchair Softball Association
www.usawheelchairsoftball.org

**TABLE TENNIS**
United States Table Tennis
www.teamusa.org/usa-table-tennis

**POWERLIFTING**
USA Powerlifting
www.usapowerlifting.com

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**POWER LIFTING**
USA Powerlifting
www.usapowerlifting.com
**WHEELCHAIR GAMES COMPETITION**

Veterans will compete by an assigned classification reflecting similar degrees of disability and by division reflecting age and experience. Classifications are assigned to each Veteran based on a combination of physical and sports evaluation. This is to ensure fair competition. First-time Veterans to the Wheelchair Games are placed in the Novice Division where all others are placed Open, Masters or Senior divisions for all events.

Novice can opt to compete in the Open, Masters or Senior, but then must remain in that division for all their events.

In all areas, we attempt to match the community or particular sport standards and rules, but reserve the right to modify the rules and conditions of competition to meet the needs of the Wheelchair Games.

**AIR PISTOL - Limited to 60 competitors**

Air pistol competition will consist of shooters who have the ability to safely handle and hold an air pistol with one hand for a 60-shot event. To determine your classification, use the classification guidelines for IPC Shooting Rules.

If you have competed in an air pistol shooting event and received a classification card, please submit a copy of your card with your registration form. The competition will be a men’s and women’s 60-shot match, 6-target, 3-stage event, in 1 hour and 15 minutes for 600 possible points.

Number of Sighting Shots—unlimited sighting during preparation and sighting time.
Preparation time is 15 minutes.

**Important:** Competition is two hours long, this includes target changes. Shooters must check in one hour prior to their scheduled events.

**Note:** If registering air rifle or air pistol for the first time, you must complete a shooting evaluation at the Air Rifle/Pistol Registration booth located at the Expo, or during Early Classification at the Convention Center.

**EQUIPMENT**

Shooters may bring their own equipment, but it must meet IPC standards:
1. The air pistol must be 4.5mm (.177 caliber)
2. No air pistol producing muzzle velocities above 600 fps will be allowed.
3. No air pistol with repeating capability will be allowed.
4. Flathead pellets only. NVWG will provide pellets.
5. May only be loaded with one (1) pellet.
   - Ported barrels and perforated barrel attachments are allowed.

**10m Air Pistol Grips:** No part of the grip frame or accessories may touch any part of the wrist. The heel rest must extend at an angle 30 degrees to the grip. This applies to the heel rest in front and behind the grip as well as on the sides. Any upward heel and/or thumb rest and/or a downward curvature of the side opposite the thumb is prohibited. The grip must not encircle the hand. Curved surfaces on the grips or frame, including the heel and/or thumb rest, in the longitudinal direction of the pistol are permitted.

All equipment is to be checked by the head range official or designated official for inspection prior to the event.

All competitors must bring their own wheelchair.
A shooter may use his or her own shooting table (according to IPC standards), but banquet-style tables will be provided.

**Note:** A limited number of air pistols will be provided on a first-come, first-served basis. You must present a credit card or driver’s license to procure equipment.

**MEDALS**
Awarded according to score and division.

**IMPORTANT:** Rules for 2021 Air Pistol rules are following the USA Shooting rules.
Air rifle competition will consist of SH1 (competitors who do not use a rifle support stand), SH2 (competitors who need to use a rifle support stand), and SH3 (visual impairment).

Each category will be divided by gender, as well as division (novice, open, master, and senior) within each class. To determine your classification, use the classification guidelines for IPC Shooting Rules.

If you have competed in an air rifle shooting event and received a classification card, please submit a copy of your card with your registration form.

The competition will be a prone event. Relays will consist of six targets in three stages: 60 shots for record, including all sighter shots all within a one-hour fifteen-minute time limit for possible 600 points.

**Prone:** Both elbows (not upper arms) must rest on the table or board. The forearm in this position must not form an angle of less than 30 degrees from the horizontal, measured from the axis of the forearm. The chest and/or abdomen may rest on the table or board.

**Important:** Competition time is two hours. Shooters must check in and participate in a safety briefing before the match.

All shooters must arrive one hour prior to their scheduled shooting event.

**Note:** If registering air rifle or air pistol for the first time, you must complete a shooting evaluation at the Air Rifle/Pistol Registration booth located at the Expo, or during Early Classification at the Convention Center.

**EQUIPMENT**
Shooters may bring their own equipment, but it must meet IPC standards:

1. The air rifle must be a .177 caliber.
2. No air rifle producing muzzle velocities above 600 fps will be allowed.
3. No air rifle with repeating capability will be allowed.
4. Flathead pellets only.

**All competitors must bring their own wheelchairs.**

A shooter may use his or her own shooting table (according to IPC standards), but banquet-style tables will be provided.

**Note:** A limited number of air guns will be provided on a first-come, first-served basis. You must present a credit card or driver’s license to procure equipment.

**MEDALS**
Awarded according to score, by class, category, division, and gender.

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**SNIPER COMPETITION -**
The event will be limited to the first 30 Veterans who register. Recommend only for those experienced shooters with an average score of 500 or better. Competitors registering for Sniper cannot sign up for Air Rifle.

The competition will consist of competitors shooting at a variety of target distances and sizes. Trophies for 1st, 2nd and 3rd will be awarded.

Air Rifle rules will remain the same as previously posted. The Sniper Competition will count as one event towards the five event rule.

**ARCHERY - Limited to 130 competitors.**

The shooting distance will be 18 meters. The competition will consist of 10 timed rounds (2 minutes per round) of 3 arrows per round, total possible score of 300 points. There will be 2 practice ends of 3 arrows prior to the scoring rounds.


**EQUIPMENT**
Recurve and Compound.

For Recurve Bow, the following cannot be used:
1. A release aid or any device that removes the fingers from the string.
2. Magnifier attached to the bow sight.
3. Headsets or communication devices (cell phones, ipods, pagers)
**Compound Division:** Peak draw weight is 60 pounds. Headsets or communication devices (cell phones, ipods, pagers, etc) are not allowed. All equipment will be checked for safety prior to competition. Any equipment found out of specification will be excluded from the competition until resolved. Furthermore, if at any time the officials have questions regarding safety, the competitor will be pulled from the competition.

No loaner equipment available for archery.

**MEDALS**
Awarded by Category, Division, Class and Gender.

**EQUIPMENT**

Balls will be provided. All competitors must bring their own wheelchairs. Wheelchair footrests must have a roll bar or be padded to protect the floor. Rear push handles and push bars must be padded. All chairs must have a leg strap. The height of the seat rail must be no more than 21”. Measurement must be made from the ground or court to the top of the seat rail bar (highest point) with the player in the chair. All chairs will be measured prior to each game.

**MEDALS**
First-, second-, and third-place teams will be awarded medals.

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**BASKETBALL** - Limited to 96 competitors.

Rules are determined by the National Wheelchair Basketball Association (NWBA) and are essentially the same as the National Collegiate Athletic Association.

**Exceptions:** the 35-second shot clock will not be used. NWBA rules concerning points and play will be followed. There is no double dribble; a player is entitled to two pushes before he or she must pass, shoot, or dribble again, or a traveling violation is committed. The wheelchair is considered part of the player’s body in ruling physical fouls. All players must remain firmly seated in the wheelchair at all times, not using a functional leg or stump for a physical advantage over an opponent (e.g., rising out of the chair, using the heel of the foot to maneuver the chair). Any infraction constitutes a physical advantage foul (PAF), which is penalized like a noncontact technical foul.

Three levels of player classification are used to achieve team balance: Class I, Class II, Class III. No more than 12 players are allowed on the court at one time and no more than three Class III players are allowed to play together at any time. Women players on a men’s team may roster one class level below their actual medical classification level.

Basketball uses the draw system to assign players in each classification to teams. Classes I, II, III will be drawn to form eight teams. The tournament will be a modified double elimination with a third- and fourth-place playoff and a first- and second-place playoff. All players on each team must be played for 10 minutes per game. Team size will be limited to 12 players (8 teams). Team assignments are final.

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**BOCCIA**

Boccia will be played by Division and Classification. Competitions will not be broken up by gender. Boccia will be played as individual boccia, one-on-one. The object of the game is to throw or roll game balls so that they land as close as possible to a target ball, called the jack. The game begins with a player throwing the white target ball on to the court, followed by the same player playing one of his/her colored balls. The opponent then throws. The player that is not closest to the jack must then throw until he or she puts a ball closer to the jack. This continues until all balls are thrown. When all the game balls have been thrown, a referee determines the points awarded to the individual. The closest player receives the number of points equal to the number of balls closer to the jack than the opponent’s closest ball. Players will have four minutes to throw all their balls in a single game. Ramp players will have six minutes to play all their balls. Game time will be strictly enforced in all games.

Each game will have four “ends” or rounds with a fifth if a tiebreaker is required. The player with the most points after will advance to the next round. The game can also be adapted to allow players with functional limitations to use chutes and ramps to place their game balls into play. Ramps and balls will be available for use to qualifying Veterans.

**EQUIPMENT**
Players will be allowed to use their own ramps. A limited number of adaptive ramps will be available on a first-come, first-served basis.
American Wheelchair Bowling Association rules will be followed. Winners will be determined by counting the total pins attained in three complete games. Averages and handicaps will not be taken into account.

Handle and stick bowling will be allowed for Classes IA, IB, and IC. Ramp bowling will be allowed for bowlers who have been classified as ramp bowlers by the Wheelchair Games classifiers.

Volunteers will be assigned to each lane. No coaches or family members may assist.

Ramp bowlers will be divided into two categories: hand control and head/mouth control.

**EQUIPMENT**

General bowling alley bowling balls will be provided. This does not include lightweight balls with large holes or bowling balls without holes (preferred by ramp bowlers). If you require this type of equipment, you will need to bring your own. All competitors must bring their own wheelchairs, including foot rests, brakes, and foot straps.

Note: For novice bowlers only—a limited number of ramps, handle-balls, and push sticks will be provided on a first-come, first-served basis.

**MEDALS**

*Handleball*: Class; division; gender.
*Stick*: Class; division; gender
*Ramp*: Head/mouth, hand control; class; division; gender.
*Manual*: Class; division; gender.

**CYCLING**

**New for 2021** - The distance of the competition will be a 5K or 10K distance. For 1A competitors, the distance will remain at 5K. Competitors need to select either a 5K or 10K distance to compete.

The cycling road race is a timed event run on an asymmetrical course. It is designed to measure both speed and endurance. Competitors will compete by division and gender in the following categories: IA, IB–IC, II–III, IV–V, foot recumbent.

No two wheeled bikes will be allowed.

It is highly recommended that competitors train prior to the race. No assistance on the hills will be allowed.

**EQUIPMENT**

No equipment is provided; each competitor must bring his or her own cycle and helmet. Helmets are mandatory. You will not be allowed to compete without one. Each competitor is responsible to ensure that their equipment is properly functioning. Once the start line is clear and the race has begun there will be no late starts.

**MEDALS**

Medals will be awarded by category and gender.

*(5K)* IA: Division and Gender.
*(10K)*: IB–IC, II–III, IV–V, 3-Wheel Foot Recumbent: Division and Gender.

**FIELD**

Veterans will not be assigned specific times. The Field Venue will be open from 7:30am - 1pm on August 11th. Veterans will be responsible to manage their schedule and complete the Field event within that time period. For classes IB–V, field events include the javelin, shotput, and discus. Class IA throws the discus and the club. These events are performed from a stationary, stabilized position. The sequence of events and the number of throws will be announced in the coaches’ meeting on the day of registration.

**EQUIPMENT**

All equipment will be provided. No personal throwing implements will be permitted. Competitors may use their personal regulation throwing chairs, if desired. The official women’s international javelin is used. The javelin is a minimum length of 220 centimeters (7.625’) and weighs 600g (1 lb, 5.25 oz).

The discus weighs one kilogram (2lb, 31/4 oz). Class IB men and women use the two kilo shot (4 lb, 6 oz). Class IC men and IC–V women use the three kilo shot (6 lb, 10 oz), and class II–V men use the four kilo shot (8 lb, 13 oz).

**MEDALS**

Awarded by class, division, and gender.
**MOTOR RALLY**

The motorized wheelchair rally is designed for people using motorized wheelchairs or scooters.

This is not a timed event. At the starting point, the participant will receive a map, a set of instructions, answer/score sheet, and a volunteer escort. No personal escorts allowed. The instructions and map will guide participants throughout the course. The course will contain a total of 10 checkpoints. During the course of the rally, 10 questions will be asked. Some of these questions will be trivia and others will be observation questions.

Questions must be answered and recorded at the checkpoint. There will be an adequate time limit.

One playing card will be selected at five of the checkpoints. Participants must complete all checkpoints.

Each participant will receive 1 point for each correct answer and a maximum of 10 points for the poker hand, i.e., royal flush = 10 points, straight flush = 9 points, etc. There will be no wild cards. Ties will be broken by a tiebreaker question and/or best poker hand.

The use of electronic devices (smartphones, tablets, smart watches, etc.) and any media (local newspapers, magazines, etc.) is not allowed.

**EQUIPMENT**

No equipment is provided; all competitors must bring their own motorized wheelchair or scooter.

**MEDALS**

Awarded by division.

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**NINE BALL**

Nine ball is a game of rotation, where the object is to pocket the balls in numerical order. The winner of each match will be determined by winning two out of three games. **All games will be subject to a 10-min time limit.** At the end of 10-min, if the game is not concluded, the Veteran that has legally hit the most balls in is declared the winner of that game.

Nine ball is played with numbered balls one through nine and a cue ball. On each shot, the cue ball must first contact the lowest numbered ball on the table. Neither shots nor pockets need to be called. The player who pockets the nine ball on a legal shot wins the game.

**Breaks:** The first break is determined by flip of a coin. The winner of the flip is the first breaker and he/she must contact the one ball when breaking and either pocket a ball or drive at least four balls to the rail, without pocketing cue ball to achieve a legal break. If the terms of a legal break are not met or the cue ball is pocketed, the incoming player has the cue ball in hand anywhere on the table. If the breaker completes a legal break and makes a ball while breaking, he or she will shoot again at the lowest numbered ball on the table and continue to shoot until missing, fouling, or winning the game.

**Fouls:** All fouls carry the ball-in-hand penalty anywhere on the table. Fouls can only be called and must be called before another shot is executed. Fouls can only be called by the player himself/herself or by his/her opponent, no outside assistance is allowed. All of the following are considered fouls:

- Cue ball goes in the pocket or off the table.
- Any object ball jumped off the table.
- Primary contact with a ball other than the lowest numbered ball on the table.
- During a shot, if the object ball is not pocketed and no balls are driven to the rail after contact with object ball.
- Pushes or double hits with object ball and split hits (when you hit the object ball and another ball at the same time).

**EQUIPMENT**

Pool cue sticks will be provided or participants may use their own. Players may use their own adaptive equipment. All players must remain in their chairs while shooting and feet may not touch the floor.

**MEDALS**

Awarded by class, division, and gender.

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**POWER SOCCER - Limited to 64 competitors.**

Power soccer is the first competitive team sport designed and developed specifically for power wheelchair users. It combines the skill of the athlete with the speed and power of the chair to create an extremely challenging game similar
to soccer and football. The game is played on a regulation size basketball court with two teams of four players who attack, defend, and maneuver an oversized soccer ball in an attempt to score goals. The bottom of the ball can rise no more than 50 cm above the floor.

The tournament consists of two rounds of play. The first round is pool play, which consists of 2 pools of 4 teams. The top two teams from each pool will advance to the second round of play. In the second round of play, the top team from each pool will play each other to determine the gold and silver medal winners, and the second team from each pool will play each other to determine the bronze medal winner.

**EQUIPMENT**

All competitors must bring their own motorized wheelchairs. No scooters allowed—only motorized fourwheeled chairs accepted. Wheelchair guards and game balls will be provided.

There is a limited number of center post guards to borrow. Only assigned volunteers are allowed in the technical (team bench) area.

There is a maximum allowable speed of 6.2 mph (10 km/hr) during play. All powerchairs will be tested over a 50 ft course where they go faster than 5.5 seconds. It is the athlete's responsibility to ensure compliance with this aspect of the rule.

**MEDALS**

First-, second-, and third-place teams will be awarded medals.

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**WHEELCHAIR RUGBY - Limited to 40 competitors.**

Wheelchair rugby is a unique, competitive sport for quadriplegics. It is played on a basketball-size court by four-member teams using a quad rugby ball. The objective is to carry the ball across the opponent’s goal line. Shot clock will be enforced.

At the Wheelchair Games, teams are determined by a “draw” system.

Players are classified according to the USQRA classification system as 0, 0.5, 1.0, 1.5, 2.0, 2.5, 3.0, or 3.5. Men, age 45 and older will have their classification reduced by 1/2 point. Women classes are a ½ point less than their functional test. Each class has a point value, and teams are balanced by limiting the number of points allowed on the court. Teams will be limited to 10 players (4 teams).

**EQUIPMENT**

All competitors must bring their own wheelchairs, strapping, and gloves.

**MEDALS**

Awarded to first-, second-, and thirdplace teams.

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**SLALOM**

Slalom competition is a test of agility, strength, skill, and speed. The course should run no longer than 100 meters.

The event is held on an exhibition hall floor or other smooth surface and is defined by cones around which the athlete must maneuver the chair both forward and backward. In addition, obstacles of different sizes are added and may include ramps, platforms, slopes, hurdles, textured surfaces, low-head clearance, and bridges. Missing any of the gates results in disqualification, and each cone struck adds one second to the actual time. Each instance of assistance from an official (catch or help over an obstacle) adds 5 seconds to the actual time.

**MOTORIZED SLALOM**

Motorized slalom will follow the same rules as above. Athletes will be divided into three categories: hand, head (chin), and mouth controls.

**EQUIPMENT**

Competitors must choose between manual slalom or motorized slalom. Participation in both will not be allowed. All competitors must bring their own wheelchairs and helmet. Helmets are mandatory. Scooters and motor/power assist wheelchairs are not approved for slalom competition.

**MEDALS**

Awarded by class, division, and gender. Medals for motorized slalom are awarded by category: hand control, head (chin) control, mouth control, division, and gender.

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**SOFTBALL - Limited to 120 competitors.**

All softball competitors need to report 1 hour prior to the published start time of the first game. If a
competitor does not show up by the published start time of the first game, they will forfeit their spot for the rest of the tournament and it will be given to the next Veteran on the Stand-By List.

Softball is played on a hard surface. Teams are made by a draw system to choose players in each classification to form teams. Team size will be limited to 15 players (8 teams). All team members must bat and remain in the batting rotation for the entire game. All team members must also take the field for a minimum of one inning.

Batters come to bat with a one-ball, one-strike count. Height of pitches: 6 ft–10 ft Run ahead rules: 12 after 4 innings/ 10 after 5 innings

EQUIPMENT
All competitors must bring their own wheelchairs. No motorized wheelchairs or scooters will be allowed. Other equipment will be provided.

MEDALS
Awarded to first-, second-, and third-place teams.

SWIMMING
All swimming events start in the water. No bodysuit, assisted devices or buoyant foot protection are allowed. Socks and mesh water shoes are acceptable. Swimming will only count as one event. Veterans will be able to compete in multiple distances or strokes.

STROKES USED IN COMPETITION

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<tr>
<td>Short Course</td>
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</tr>
</tbody>
</table>

MEDALS
Awarded by class, division, and gender.

TABLE TENNIS - Open to all competitors

Class IA, IB, and IC are permitted to secure the paddle to their hand by tape or a brace. All competition is governed by the United States Table Tennis Association rules, with modifications as necessary to accommodate wheelchair movement. A single-elimination system is used.

Competition will be best three out of five. An 11-point scoring system will be used. No white shirts are allowed during competition.

EQUIPMENT
Balls and a limited number of paddles will be provided. Veterans are allowed to bring their own paddles, but will be subject to inspection and authorization by the Table Tennis Head Official.

MEDALS
Awarded by class, division, and gender.

TRACK

For 2021, the racing events will be 100m, 200m, 400m, 800m and 1500m.

Track events are governed by the rules of USA Track and Field. Events are run as finals on a hard-surface track with a minimum of six lanes. The hub of the front caster(s) constitute the starting and finishing points. The individual may modify the chair while staying within the rules for wheelchairs. Racing chairs are mandatory for races of 400, 800, and 1500m.

Track will only count as one event. Veterans can compete in multiple distances.

EQUIPMENT
Competitors must bring their own racing chairs or wheelchairs and helmets. Helmets are mandatory; no one will be allowed to compete without one. Novice athletes will have priority if extra helmets are available.

MEDALS
Medals awarded by class, division and gender.
Para Class athletes will compete using the Powerlifting lift defined by the IPC Powerlifting Rules.

Competitors will begin their lift at height and then lower the bar to the chest in a fully controlled manner without heaving or bouncing the bar while visibly stopping on the chest and then press it upwards again. There must be a visible break in the lowering motion and the raising movement when the bar touches the chest of the competitor. Once the competitors arms are locked out and the bar is firmly under control, an audible command “rack” will be given by the official and the lifter can replace the bar in the rack with or without assistance of spotters. The official will give a white light/white flag for clean lift or red flag/red light for no-lift.

The Class “Quadriplegic” will consist of athletes classified as Class IA, IB, and IC. Athletes in this class will compete by class, division, and gender.

The Class I Division “High Para” will consist of athletes classified as Class II and III.

The Class II Division “Low Para/Amputee” will consist of athletes classified as Class IV and V.

Athletes in the Class I and Class II Divisions will compete by class, division, bodyweight (categories), and gender.

Weight category will be determined at weigh-in August 8, 2021 at the New York Hilton. Weightlifters must weigh in during the designated weigh-in time to be eligible to lift.

Lifting apparel shall consist of nonelastic pants and a nonelastic shirt with sleeves.

Shoes must be worn unless a medical condition is present. No elastic wrist straps or elastic lifting belts may be used. All medical conditions affecting an athlete’s ability to lift or assume the lifting position must be brought to the attention of the head official during weigh-in.

**QUAD POWERLIFTING EXCEPTIONS:**
Quadriplegic powerlifters do not need to weigh in. Gloves, straps, tape, etc., are permitted to help keep hands on the bar during lift. Competitor is allowed to drop down in weight if attempt is unsuccessful. Please see Equipment for additional guidance.

**QUAD ORDER OF COMPETITION:**
IA, IB, IC, Senior, Masters, Open, Novice

**OFFICIAL WEIGHTS BY CATEGORIES ARE:**

<table>
<thead>
<tr>
<th>Male Category</th>
<th>Weight</th>
</tr>
</thead>
<tbody>
<tr>
<td>Unclassified</td>
<td>Up to 49.00 kg</td>
</tr>
<tr>
<td>54.00kg Class</td>
<td>49.01kg – 54kg</td>
</tr>
<tr>
<td>59.00kg Class</td>
<td>54.01kg – 59kg</td>
</tr>
<tr>
<td>65.00kg Class</td>
<td>59.01kg – 65kg</td>
</tr>
<tr>
<td>72.00 kg Class</td>
<td>65.01kg – 72kg</td>
</tr>
<tr>
<td>80.00kg Class</td>
<td>72.01kg – 80kg</td>
</tr>
<tr>
<td>88.00kg Class</td>
<td>80.01kg – 88kg</td>
</tr>
<tr>
<td>97.00kg Class</td>
<td>88.01kg – 97kg</td>
</tr>
<tr>
<td>106.09kg Class</td>
<td>97.01kg – 106.9kg</td>
</tr>
<tr>
<td>Over 107.00kg</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Female Category</th>
<th>Weight</th>
</tr>
</thead>
<tbody>
<tr>
<td>41kg Class</td>
<td>Up to 41.00 kg.</td>
</tr>
<tr>
<td>45kg Class</td>
<td>41.01kg – 45kg</td>
</tr>
<tr>
<td>50kg Class</td>
<td>45.01kg – 50kg</td>
</tr>
<tr>
<td>55kg Class</td>
<td>50.01kg – 55kg</td>
</tr>
<tr>
<td>61kg Class</td>
<td>55.01kg – 61kg</td>
</tr>
<tr>
<td>67kg Class</td>
<td>61.01kg – 67kg</td>
</tr>
<tr>
<td>73kg Class</td>
<td>67.01kg – 73kg</td>
</tr>
<tr>
<td>79kg Class</td>
<td>73.01kg – 79kg</td>
</tr>
<tr>
<td>86kg Class</td>
<td>79.01kg – 86kg</td>
</tr>
<tr>
<td>86.01kg over</td>
<td></td>
</tr>
</tbody>
</table>

**AMPUTEE CATEGORY**

Body weight additions are added to lifters based on their weight and amputation location/level:

**For each through ankle amputation:**
½ kg added to anyone with an ankle amputation (per ankle missing).

**For each below knee amputation:**
1kg added if weight 67.5kg or under 1.5kg added if weight over 67.5.
For each above knee amputation:
1.5kg added if weight 67.5kg or under 2kg added if weight over 67.5kg.

For each hip disarticulation:
2.5kg added if weight under 67.5kg 3kg added if weight 67.5kg and above.

**EQUIPMENT**

Quadriplegic weightlifters compete using a universal system instead of free weights and compete by class.

Competitors competing in the Quad Weightlifting and whose lift attempt exceeds the weights available on the universal quad bench will be able to attempt their remaining lifts on a free weight bench. However, before moving to the free weight bench, the competitor must complete a successful lift at the max level of the universal quad bench. They will continue to compete within their class and division.

**MEDALS**

Medals awarded by best time. Awarded by weight categories: Males I–X, Females I–X, division and class (II–V). Medals for quadriplegic competitors will be awarded by division, class, and gender.

**NEW EVENTS FOR 2021**

**DISC GOLF -**

Limited to the first 36 Veterans in Class (II,III,IV,V) and 36 Veterans in Class (1A,1B,1C) who sign up and have a completed registration for each category.

The competition will be combined groups (II,III,IV,V) and (1A,1B,1C), each will compete as Open regardless of class, division and gender. Trophies will be awarded to the 1st, 2nd and 3rd place winners.

Competition in Disc Golf does not count as an event toward the five event rule.

Complete rules of play will be published in April 2021.

**ADAPTIVE FITNESS COMPETITION**

The competition will be by Division, Gender and Class will be grouped as: II-III, IV-V, 1B-1C, 1A.

The competition will include a preliminary and finals workout during the week of the 2021 NVWG. Adaptive Fitness does not count against the 5-event limit.

Trophies will be awarded for 1st, 2nd and 3rd place for each group.

**ADAPTIVE E-SPORTS**

The competition will have two divisions—a Para Division and a Quad Division.

The online game used for the 2021 NVWG and details of the competition will be announced prior to April 2021. Adaptive E-Sports does not count against the 5 event limit.

Trophies will be awarded for 1st, 2nd and 3rd place for each group.