

## Urdd Athletics / Guidelines

### Physical Impairment

The Urdd follows guidelines set by World Para-athletics.

- To be eligible to compete in Para athletics, a person must have an eligible impairment (listed in the first column of the table below) and meet the minimum impairment criteria set out in the World Para Athletics Classification Rules and Regulations; and

Eligible impairment types: There are 10 eligible impairment types in Para Athletics: eight physical impairments as well as vision impairment and intellectual impairment.

Impairment Type	Description of Impairment	Examples of health conditions that may lead to such Impairments
Impaired Muscle Power	Athletes with Impaired Muscle Power have a Health Condition that either reduces or eliminates their ability to voluntarily contract their muscles to move or to generate force.	<ul style="list-style-type: none"> <li>Spinal cord injury (complete or incomplete, tetra-or paraplegia or paraparesis)</li> <li>Muscular dystrophy</li> <li>Post-polio syndrome</li> <li>Spina bifida</li> </ul>
Impaired Passive Range of Movement	Athletes with Impaired Passive Range of Movement have a restriction or a lack of passive movement in one or more joints.	<ul style="list-style-type: none"> <li>Arthrogryposis and contracture resulting from chronic joint immobilisation or trauma affecting a joint</li> </ul>
Limb Deficiency	Athletes with Limb Deficiency have a total or partial absence of bones or joints as a consequence of trauma, illness or congenital limb deficiency.	<ul style="list-style-type: none"> <li>traumatic amputation</li> <li>amputation due to bone cancer</li> <li>dysmelia</li> <li>Talipes (club Foot)</li> </ul>
Leg Length Difference	Athletes with Leg Length Differences have a difference in the length of their legs as a result of a disturbance of limb growth or as a result of trauma.	<ul style="list-style-type: none"> <li>Aberrant dimensions of bones of right lower limb OR left lower limb but not both</li> <li>Inclusions: shortening of bones of one lower limb</li> </ul> <p><b>Exclusions:</b> shortening of bones of both lower limbs; any increase in dimensions</p>
Short Stature	Athletes with Short Stature have a reduced length in the bones of the upper limbs, lower limbs, and/or trunk.	<ul style="list-style-type: none"> <li>Achondroplasia</li> <li>Growth hormone dysfunction</li> <li>Osteogenesis imperfecta</li> </ul>
Hypertonia	Athletes with Hypertonia have an increase in muscle tension and a reduced ability of a muscle to stretch caused by damage to the central nervous system.	<ul style="list-style-type: none"> <li>Cerebral palsy</li> <li>Traumatic brain injury</li> <li>Stroke</li> </ul>

Ataxia	Athletes with Ataxia have uncoordinated movements caused by damage to the central nervous system.	<ul style="list-style-type: none"> <li>• Cerebral palsy</li> <li>• Traumatic brain injury</li> <li>• Stroke</li> <li>• Multiple sclerosis.</li> </ul>
Athetosis	Athletes with Athetosis have continual slow involuntary movements.	<ul style="list-style-type: none"> <li>• Cerebral palsy</li> <li>• Traumatic brain injury</li> <li>• Stroke</li> </ul>
Vision Impairment	Athletes with Vision Impairment have reduced, or no vision caused by damage to the eye structure, optical nerves or optical pathways, or visual cortex of the brain (Further guidance can be found below)	<ul style="list-style-type: none"> <li>• Retinitis pigmentosa</li> <li>• Diabetic retinopathy</li> </ul>
Intellectual Impairment	Athletes with an Intellectual Impairment have a restriction in intellectual functioning and adaptive behaviour which affects conceptual, social, and practical adaptive skills required for everyday life. This Impairment must be present before the age of 18. (Further guidance can be found below)	

### Visual Impairment

The visual indicators at the Urdd Athletics adhere to the criteria set by British Blind Sport.

<b>B1</b>	<ul style="list-style-type: none"> <li>• This category includes: having no light perception in either eye, light perception and ability to perceive some movement in front of the eye but inability to recognise shapes</li> </ul>
<b>B2</b>	<ul style="list-style-type: none"> <li>• Partially sighted B2 athletes will have limited vision in both eyes either in how far or how wide they can see</li> <li>• This category includes being able to count fingers at 15 centimeters to a visual acuity of up to and including 2/60</li> <li>• 2/60 means somebody within this sight category would see the top letter of the vision chart at a distance of up to and including 2 meters. A normally sighted person would see that letter at a distance of 60 meters</li> <li>• B2 also includes someone with a visual field of under 10 degrees even if their acuity is better than 2/60</li> </ul>

### B3

- B3 is the highest category used for most international & Paralympic sport and includes those with a level of vision better than 2/60 and up to and including 6/60. It also includes those with a visual field of less than 40 degrees who may have acuity better than 6/60

## Intellectual Impairment Category

The Urdd follow guidelines outlined by Virtus for their Intellectual Impairment Category:

### Eligible Groups

- Athletes with an intellectual disability
- Athletes with an intellectual disability and significant additional impairment
- Athletes with autism (no intellectual disability)

### **Athletes with an intellectual disability**

The eligibility criteria is based upon the World Health Organisation and American Association on Intellectual and Developmental Disabilities (AAIDD) research and guidance, and in simple terms the criteria state that an athlete must show:

- **An IQ of 75 or lower**
- Significant limitations in adaptive behaviour as expressed in conceptual, social, and practical adaptive skills
- Their impairment must have been diagnosed before the age of 18 (i.e. in the developmental stage of their life)

Athletes in this group have certain challenges to overcome during competition. These include pacing during a race, tactics, and fine adjustments such as take-off points in jumping events.

### **Athletes with an intellectual disability and significant additional impairment**

It is very common for people with intellectual disability to also have physical and/or sensory impairments such as cerebral palsy or visual impairments. Other impairments may include differences in anatomical and muscular structures and heart and breathing problems. Intellectual and physical/sensory impairments often impact together meaning that athletes have to adapt to and overcome both. Some syndromes which cause intellectual disability also have additional impairments attached. **Down Syndrome is one of these** and is the most common form of genetically identified intellectual impairment.

## Athletes with autism (no intellectual disability)

**Autism or Autism Spectrum Disorder (ASD) as it is now commonly known**, is defined by WHO as a group of complex brain development disorders situated on a continuum of severity. These are characterised by difficulties in social interaction and communication and restricted and repetitive interests and activities. Awareness of autism and ASD is growing across the world in both adults and children. Around 60-70 per cent of children who are diagnosed with autism are also diagnosed with intellectual impairments. However, some people do not have intellectual impairments, and this condition was previously referred to as Asperger's syndrome or is sometimes called high functioning autism.

The eligibility criteria for this category is:

- A full-scale score of IQ of above 75, and/or no diagnosis of intellectual impairment (evidence of functioning cognitively at average or above average levels)
- A formal diagnosis of **autism, ASD or Asperger's syndrome**, carried out by a qualified practitioner using accepted diagnostic techniques.

### Non-eligible criteria

- Dyslexia
- ADHD

If you have an eligible impairment and are interested in finding out more about para-athletics in Wales please contact the Performance Pathway Team at Disability Sport Wales:

<https://www.disabilitysportwales.com/en-gb/about/our-team>

Further information regarding classification can be found at:

<https://www.paralympic.org/athletics/classification>

### **Non-Eligible Impairments**

The following impairments are not eligible to be classified – Physical impairment

- Any exclusion listed in the above table.
- Hearing impairments
- Pain
- Joint stability such as unstable shoulder joint, dislocation of a joint
- Muscle endurance impairments
- Motor reflex impairments
- Involuntary movement reaction impairments
- Tics/involuntary movements, mannerisms, etc.
- Cardiovascular impairments
- Respiratory impairments
- Impaired muscle power resulting from disuse (e.g., pain, conversion disorder)
- Hypotonia (e.g. associated with Down syndrome, Ehlers-Danlos syndrome)
- (Developmental) Dyspraxia, if not the result of a motor or sensory impairment like cerebral palsy, muscular dystrophy, or multiple sclerosis
- Autism spectrum disorder
- Attention deficit hyperactivity disorder (ADHD)
- Scoliosis
- Organ transplants

**\*Please note participants with any impairment listed above can compete in the open competition\***