

Competition Regulations



PARAKICKBOXING
Inclusive



Table of contest

Classification.....2

Eligible Athlete2

 Physical disability2

 Visual Impairment4

 Intellectual Disability.....4

Sorter.....4

Classification or evaluation process5

Sport Class Status5

 Classification systems:.....6

Categories.....6

Sports Classes7

Competition Styles8





Classification

The classification is responsible for dividing/ordering the competitors equally according to their physical, intellectual or visual disability so that they can compete on equal terms. All athletes who want to compete must be evaluated and classified beforehand.

"Grouping together what is similar and separating what is different" Carpenter 1847.

Eligible Athlete

In order for an athlete to be eligible to compete in kickboxing, they must have one of these types of disabilities:

- Physics
- Visual
- Intellectual

Physical disability

People with physical disabilities are those who have a significant absence or decrease in the ability to move one or more parts of the body (Tweedy, 2009; CPI 2015b). Eligible physical impairments are:

- Deficiency in muscle power:
Athletes with muscle power deficiency have a medical problem that reduces or eliminates their ability to voluntarily contract their muscles in order to move them or generate force.



- **Passive range of motion deficiency:**
Athletes who have a passive range of motion deficiency have a limitation or lack of passive movement in one or more joints.
- **Limb deficiency:**
Athletes with a limb deficiency have a total or partial absence of bones or joints.
- **Leg length deficiency:**
Athletes with leg length differences are those who have leg length differences in the lower extremities. The difference between the leg length must be 7 cm at least.
- **Short:**
Athletes with short stature have reduced length in the bones of the upper extremities, lower extremities and/or trunk.
Men maximum height 1.45 m.
Women maximum 1.37m.
- **Hypertonia:**
Athletes with hypertonia have increased muscle tension and a reduced ability to stretch a muscle due to an injury to the central nervous system.
- **Ataxia:**
Athletes with ataxia have disordered movements resulting from damage to the central nervous system.
- **Athetosis:**
Athletes with athetosis have slow and continuous involuntary movements.



Visual Impairment

This is the total or partial decrease in eyesight.

- Visual impairment: they retain traces of vision or visual remains.
- Blindness: They have slight light perception of light or total loss of vision.

Intellectual Disability

The American Association on Intellectual or Developmental Disabilities (AAIDD) defines the term as "an individual condition characterized by significant limitations in intellectual functioning and adaptive behavior, and by being characterized before the age of 21."

"This definition translates into a person with an intellectual disability being one who has below-average intellectual functioning and significant limitations in areas of life such as language, mobility, learning, self-care, social relationships, and independent living. This disability must originate before the age of 21." Full inclusion.

Sorter

Person or people (health professionals, coaches, etc.) who carry out the evaluation of the athlete in order to be classified.





Classification or evaluation process

- Physical or intellectual evaluation:
The athlete must present the necessary documents to prove his or her impairment or disability (the documents must be drawn up by health professionals: doctors, physiotherapists, psychologists, etc.).
- Technical evaluation:
During the classification process, it is evaluated the athlete's ability to execute the techniques in order to assign him/her to the sport type.
- Competition evaluation:
The athlete will be allowed to compete in the sport type assigned in the first instance and during the competition the classifiers re-evaluate if the execution of the techniques is adequate with the sport class assigned, in case that changes are observed, they can be modified and a new sport type can be assigned.

Sport Class Status

It is the category that is assigned to an athlete, this can be:

- New (N)
It is assigned to athletes in the registration phase or in the evaluation period. The athlete has not yet passed the full evaluation process. The athlete must obtain this evaluation before competing at the national, provincial, interclub or open levels.
- Confirmed (C)
The moment the evaluation has been completed, you have been assigned to a sport type and both the impairment and your ability to perform the specific activities of Kickboxing are considered stable.



To obtain a confirmed status, the evaluation process must be carried out by two or more classifiers.

- Reviewable (R)
Once the sorting board assesses that it requires a new evaluation. This category can be granted, for example, when you have a variable deficiency, by this we mean that you can improve or also worsen your abilities.

Classification systems:

Each sport has its own classification system, in kickboxing a classification has been carried out that will be reviewed annually in order to adapt to the needs detected by our athletes.

Categories

| | |
|----------------------|----------------------|
| Children (CH) | 7,8,9 years |
| Youngest Cadets (YC) | 10, 11, 12 years old |
| Senior Cadets (OC) | 13, 14, 15 years old |
| Juniors (J) | 16, 17, 18 years old |
| Senior (S) | 19 to 40 years old |
| Veterans (V) | + 40 years |





Sports Classes

Physical or motor

| Sports Classe | | | |
|-------------------------|---|---|--|
| P1 | Wheelchair | Lower body involvement | |
| P2 | Passive Range of Motion | Ataxia and/or athetosis | Deficiency in muscle power or hypertonia |
| P3 | Limb deficiency or amputations | Short | |
| P4 | Cerebral Palsy or general dystonia | Standing | |
| P5 | Wheelchair or walker | Lower and upper body involvement due to injury, illness or cerebral palsy | |
| Intellectual disability | | | |
| DI1 | Mild Intellectual Disability | IQ between 50-55/70 | |
| DI2 | Moderate or Record the Deep Intellectual Disability | IQ minor 50-55 | |
| SDI1 | Down Syndrome | IQ between 50-55/70 | |
| SDI2 | Down Syndrome | IQ minor 50-55 | |



Autism spectrum

| | | |
|----|-----------------|--------|
| A1 | Autism Spectrum | IQ >75 |
|----|-----------------|--------|

Visual impairment:

| | | |
|----|---------------------------------|---|
| V1 | Totally or almost totally blind | They do not perceive lights but in shapes |
| V2 | Partially seer | Tiene restos visuales |

Competition Styles

- Paos or mittens:

It is an assault where different types of technical and tactical combinations from Kickboxing are made by hitting the paos or mittens placed by the counter-mitten.

* For more information, please refer to the official WAKO rules.





<https://www.paralimpicos.es/sites/default/files/inline-files/Co%CC%81digo%20Espan%CC%83ol%20de%20Clasificacio%CC%81n%20en%20el%20Deporte%20Parali%CC%81mpico%20-.pdf>

<https://www.paralimpicos.es/sites/default/files/inline-files/GUIA%20SOBRE%20LA%20CLASIFICACI%C3%93N%20DEL%20DEPORTE%20PARALIMPICO%20016.pdf>

<http://www.feddf.es/index.php>

https://www.youtube.com/watch?v=oOWDiJD7_PQ&ab_channel=Paral%C3%ADmpicosTV

<https://www.once.es/dejanos-ayudarte/la-discapacidad-visual/concepto-de-ceguera-y-deficiencia-visual>

<https://www.plenainclusion.org/discapacidad-intelectual/discapacidad-intelectual/>

<https://aspace.org/tipos-de-paralisis-cerebral>

https://sid.usal.es/idocs/F8/FDO26230/discap_visual.pdf

<http://www.feddf.es/seccion/187/clasificaciones-funcionales.html>

