



FIS Para Nordic Classification Rules and Regulations

July 2024

**INTERNATIONAL
SKI AND SNOWBOARD
FEDERATION**

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Oberhofen, July 2024

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Part One: General Provisions

1 Scope and Application

Adoption

- 1.1 These Classification Rules and Regulations are referred to throughout this document as the 'Classification Rules'. They have been prepared by FIS to implement the requirements of the 2015 IPC Athlete Classification Code and International Standards.
- 1.2 The Classification Rules have been adopted by FIS on 01 July 2024.
- 1.3 These Classification Rules refer to a number of Appendices. These Appendices form an integral part of the Classification Rules.
- 1.4 These Classification Rules form part of the Para Nordic International Competition Rules (ICR).
- 1.5 The Classification Rules are supplemented by a number of Classification forms that have been prepared to assist Athlete Evaluation. These forms are available from FIS, and can be amended by FIS from time to time.

Classification

- 1.6 Classification is undertaken to:
 - a) define who is eligible to compete in Para sport and consequently who has the opportunity to reach the goal of becoming a Paralympic Athlete; and
 - b) group Athletes into Sport Classes which aim to ensure that the impact of Impairment is minimised and sporting excellence determines which Athlete or team is ultimately victorious.

Application

- 1.7 These Classification Rules apply to all Athletes and Athlete Support Personnel who participate in any classification events or competitions sanctioned by FIS.
- 1.8 These Classification Rules must be read and applied in conjunction with all other applicable rules of FIS, including but not limited to the Para Nordic ICRs. In the event of any conflict between these Classification Rules and any other rules, the Classification Rules shall take precedence.

International Classification

- 1.9 FIS will only permit an Athlete to compete in an International Competition if that Athlete has been allocated a Sport Class (other than Sport Class Not Eligible) and designated with a Sport Class Status in accordance with these Classification Rules.
- 1.10 FIS will provide opportunities for Athletes to be allocated a Sport Class and designated with a Sport Class Status in accordance with these Classification Rules at Sanctioned Competitions (or other such locations as defined by FIS). FIS Skiing will advise Athletes and National Bodies in advance as to such Sanctioned Competitions (or other such locations).

Interpretation and Relationship to Code

- 1.11 References to an 'Article' mean an Article of these Classification Rules, references to an 'Appendix' mean an Appendix to these Classification Rules, and Capitalised terms used in these Classification Rules have the meaning given to them in the Glossary to these Classification Rules.
- 1.12 References to a 'sport' in these Classification Rules refer to both a sport and an individual discipline within Para Nordic (e.g., Cross-Country Skiing and Middle Distance).
- 1.13 The Appendices to these Classification Rules are part of these Classification Rules both of which may be amended, supplemented and/or replaced by the FIS from time to time.
- 1.14 Headings used in these Classification Rules are used for convenience only and have no meaning that is separate from the Article or Articles to which they refer.
- 1.15 These Classification Rules are to be applied and interpreted as an independent text but in a manner that is consistent with the 2015 IPC Athlete Classification Code and the accompanying International Standards.

2 Roles and Responsibilities

- 2.1 It is the personal responsibility of Athletes, Athlete Support Personnel, and Classification Personnel to familiarise themselves with all the requirements of these Classification Rules.

Athlete Responsibilities

- 2.2 The roles and responsibilities of Athletes include to:
 - a) be knowledgeable of and comply with all applicable policies, rules and processes established by these Classification Rules;
 - b) participate in Athlete Evaluation in good faith;
 - c) ensure when appropriate that adequate information related to Health Conditions and Eligible Impairments is provided and/or made available to FIS;
 - d) cooperate with any investigations concerning violations of these Classification Rules; and
 - e) actively participate in the process of education and awareness, and Classification research, through exchanging personal experiences and expertise.

Athlete Support Personnel Responsibilities

- 2.3 The roles and responsibilities of Athlete Support Personnel include to:
 - a) be knowledgeable of and comply with all applicable policies, rules and processes established by these Classification Rules;
 - b) use their influence on Athlete values and behaviour to foster a positive and collaborative Classification attitude and communication;
 - c) assist in the development, management and implementation of Classification Systems; and
 - d) cooperate with any investigations concerning violations of these Classification Rules.

Classification Personnel Responsibilities

2.4 The roles and responsibilities of Classification Personnel include to:

- a) have a complete working knowledge of all applicable policies, rules and processes established by these Classification Rules;
- b) use their influence to foster a positive and collaborative Classification attitude and communication;
- c) assist in the development, management and implementation of Classification Systems, including participation in education and research; and
- d) cooperate with any investigations concerning violations of these Classification Rules.

Part Two: Classification Personnel

3 Classification Personnel

- 3.1 Classification Personnel are fundamental to the effective implementation of these Classification Rules. FIS will appoint a number of Classification Personnel, each of whom will have a key role in the organisation, implementation and administration of Classification for FIS.

Head of Classification

- 3.2 FIS must appoint a Head of Classification for Para Nordic. The Head of Classification is a person responsible for the direction, administration, co-ordination and implementation of Classification matters for Para Nordic.
- 3.3 If a Head of Classification cannot be appointed, FIS may appoint another person, or group of persons collectively (provided such person or group of persons agrees to comply with the Classifier Code of Conduct), to act as the Head of Classification.
- 3.4 The Head of Classification is not required to be a certified Classifier.
- 3.5 The Head of Classification may delegate specific responsibilities and/or the transfer specific tasks to designated Classifiers, or other persons authorised by FIS.
- 3.6 Nothing in these Classification Rules prevents the Head of Classification (if certified as a Classifier) from also being appointed as a Classifier and/or Chief Classifier.

Classifiers

- 3.7 A Classifier is a person authorised as an official and certified by FIS or by the International Blind Sports Association (IBSA) to conduct some or all components of Athlete Evaluation as a member of a Classification Panel.

Chief Classifiers

- 3.8 A Chief Classifier is a Classifier appointed to direct, administer, co-ordinate and implement Classification matters for a specific Competition or at such other location as defined by FIS. In particular, a Chief Classifier may be required by FIS to do the following:
- 3.8.1 identify those Athletes who will be required to attend an Evaluation Session;
 - 3.8.2 supervise Classifiers to ensure that these Classification Rules are properly applied during Classification;
 - 3.8.3 manage Protests in consultation with FIS; and
 - 3.8.4 liaise with the relevant Competition organisers to ensure that all travel, accommodation and other logistics are arranged in order that Classifiers may carry out their duties at the Competition.
- 3.9 A Chief Classifier may delegate specific responsibilities and/or transfer specific tasks to other appropriately qualified Classifiers, or other appropriately qualified FIS representatives, and/or appropriately qualified persons in the local organising committee of a Competition.

Trainee Classifiers

- 3.10 A Trainee Classifier is a person who is in the process of formal training by FIS.
- 3.11 FIS may appoint Trainee Classifiers to participate in some or all components of Athlete Evaluation under the supervision of a Classification Panel, to develop Classifier Competencies.

4 Classifier Competencies, Training and Certification

- 4.1 A Classifier will be authorised to act as a Classifier if that Classifier has been certified by FIS or by IBSA as having the relevant Classifier Competencies.
- 4.2 FIS and/or IBSA provide training and education to Classifiers to ensure Classifiers obtain and/or maintain Classifier Competencies.
- 4.3 The Classifier Competencies include that a Classifier has:
 - 4.3.1 a thorough understanding of these Classification Rules;
 - 4.3.2 an understanding of Para Nordic, including an understanding of the technical rules of the sport;
 - 4.3.3 an understanding of the IPC Athlete Classification Code and the International Standards; and
 - 4.3.4 a professional qualification(s), level of experience, skills and/or competencies in order to act as a Classifier for FIS. These include that Classifiers must either:
 - a) be a certified health professional in a field relevant to the Eligible Impairment category which FIS at its sole discretion deems acceptable, such as a physician or physiotherapist for Athletes with a Physical Impairment or an ophthalmologist or optometrist for Athletes with a Vision Impairment; or
 - b) have an extensive coaching or other relevant background in the particular sport(s); or a recognised and reputable academic qualification which encompasses a requisite level of anatomical, biomechanical and sport-specific expertise, which FIS at its sole discretion deems to be acceptable.
- 4.4 FIS have a process of Classifier Certification by which Classifier Competencies are assessed. This process includes:
 - 4.4.1 a process for the certification of Trainee Classifiers;
 - 4.4.2 quality assessment for the period of certification;
 - 4.4.3 a process for handling substandard performance, including options for remediation and/or withdrawal of certification; and
 - 4.4.4 a process for Re-certification of Classifiers.
- 4.5 The Entry-Level Criteria applicable to persons who wish to become Trainee Classifiers can be found within the FIS Para Nordic Classifier Pathway, available on the FIS website. FIS will provide Entry-Level Education to Trainee Classifiers.
- 4.6 FIS provide Continuing Education to Classifiers for the purposes of Certification and Re-certification.

- 4.7 FIS may provide that a Classifier is subject to certain limitations, including (but not limited to):
- 4.7.1 a limitation on the Impairment type for which a Classifier is certified to act as a Classifier;
 - 4.7.2 a limitation on the components of Athlete Evaluation that a Classifier is certified to conduct;
 - 4.7.3 a limitation on the level of Competition or Event that a Classifier is authorised to act as a Classifier;
 - 4.7.4 the maximum time that a Classifier Certification is valid;
 - 4.7.5 that Classifier Certification is subject to review within a specific time frame by reference to the Classifier Competencies;
 - 4.7.6 that a Classifier may lose Classifier Certification if FIS is not satisfied that the Classifier possesses the required Classifier Competencies; and/or
 - 4.7.7 that a Classifier may regain Classifier Certification if FIS is satisfied that the Classifier possesses the required Classifier Competencies.

5 Classifier Code of Conduct

- 5.1 The integrity of Classification depends on the conduct of Classification Personnel. The FIS Universal Code of Ethics defines the rules of conduct of the officials, competitors, and partners of the FIS. The Code applies to persons officiating as a Competition Technical Delegate, International Technical Official, Judge or in a similar role, which includes Classification Personnel: <https://www.fis-ski.com/en/inside-fis/governance/ethics>;
- 5.2 All Classification Personnel must comply with the FIS Universal Code of Ethics.
- 5.3 Any person who believes that any Classification Personnel may have acted in a manner that contravenes the FIS Universal Code of Ethics must report this to the FIS Ethics and Compliance Officer.
- 5.4 If FIS receives such a report, it will investigate the report and, if appropriate, take disciplinary measures.
- 5.5 FIS has discretion to determine whether or not a Classifier has an actual, perceived and/or potential conflict of interest.

Part Three: Athlete Evaluation

6 General Provisions

- 6.1 FIS has specified in these Classification Rules the process, assessment criteria and methodology whereby Athletes will be allocated a Sport Class and designated a Sport Class Status. This process is referred to as Athlete Evaluation.
- 6.2 Athlete Evaluation encompasses a number of steps and these Classification Rules therefore include provisions regarding:
 - 6.2.1 an assessment of whether or not an Athlete has an Eligible Impairment for the sport;
 - 6.2.2 an assessment of whether an Athlete complies with Minimum Impairment Criteria for the sport; and
 - 6.2.3 the allocation of a Sport Class (and designation of a Sport Class Status) depending on the extent to which an Athlete is able to execute the specific tasks and activities fundamental to the sport.

7 Eligible Impairment

- 7.1 Any Athlete wishing to compete in Para Nordic must have an Eligible Impairment and that Eligible Impairment must be Permanent.
- 7.2 Appendix One and Appendix Two of these Classification Rules specify the Eligible Impairment(s) an Athlete must have in order to compete in Para Nordic.
- 7.3 Any Impairment that is not listed as an Eligible Impairment in Appendix One or Appendix Two is referred to as a Non-Eligible Impairment. Appendix Three includes examples of Non-Eligible Impairments.

Assessment of Eligible Impairment

- 7.4 FIS must determine if an Athlete has an Eligible Impairment.
 - 7.4.1 In order to be satisfied that an Athlete has an Eligible Impairment, FIS may require any Athlete to demonstrate that he or she has an Underlying Health Condition. Appendix lists examples of Health Conditions that are not Underlying Health Conditions.
 - 7.4.2 The means by which FIS determines that an individual Athlete has an Eligible Impairment is at the sole discretion of FIS. FIS may consider that an Athlete's Eligible Impairment is sufficiently obvious and therefore not require evidence that demonstrates the Athlete's Eligible Impairment.
 - 7.4.3 If in the course of determining if an Athlete has an Eligible Impairment FIS becomes aware that the Athlete has a Health Condition, and believes that the impact of that Health Condition may be that it is unsafe for that Athlete to compete or there is a risk to the health of the Athlete (or other Athletes) if that Athlete competes, it may designate the Athlete as Classification Not Completed (CNC) in accordance with Article 10 of these Classification Rules. In such instances FIS will explain the basis of its designation to the relevant National Body.

- 7.5 An Athlete must supply FIS with all relevant evidence/information necessary to assist in verifying the existence of one or more Underlying Health Condition(s) that the Athlete wishes to be assessed by FIS as the basis for their Classification. Diagnostic Information must be provided as follows:
- 7.5.1 The Athlete's National Body must submit a Medical Diagnostics Form to FIS, upon completing the registration of an Athlete in FPDMS, at minimum six (6) weeks prior to Athlete Evaluation.
 - 7.5.2 The Medical Diagnostics Form must be completed in English and dated and signed by a certified medical doctor.
 - 7.5.3 The Medical Diagnostic Form must be submitted with supportive Diagnostic Information as required by FIS.
- 7.6 FIS may require an Athlete to re-submit the Medical Diagnostics Form or supportive Diagnostic Information if FIS at its sole discretion considers the Medical Diagnostic Form and/or the Diagnostic Information to be incomplete or inconsistent.
- 7.7 If FIS requires an Athlete to provide Diagnostic Information it may consider the Diagnostic Information itself, and/or may appoint an Eligibility Assessment Committee to do so.
- 7.8 The process by which an Eligibility Assessment Committee is formed and considers Diagnostic Information is as follows:
- 7.8.1 The Head of Classification will notify the relevant National Body that Diagnostic Information must be provided on behalf of the Athlete. The Head of Classification will explain what Diagnostic Information is required, and the purposes for which it is required.
 - 7.8.2 The Head of Classification will set timelines for the production of Diagnostic Information.
 - 7.8.3 The Head of Classification will appoint an Eligibility Assessment Committee. The Eligibility Assessment Committee must, if practicable, be comprised of the Head of Classification and at least two other experts with appropriate medical qualifications. All members of the Eligibility Assessment Committee must sign confidentiality undertakings.
 - 7.8.4 If the Head of Classification believes that he or she does not hold the necessary competencies to assess the Diagnostic Information, he or she will not participate in the review of the Diagnostic Information, but will assist the Eligibility Assessment Committee.
 - 7.8.5 Each member of the Eligibility Assessment Committee will review the Diagnostic Information and decide whether such information establishes the existence of an Eligible Impairment.
 - 7.8.6 If the Eligibility Assessment Committee concludes that the Athlete has an Eligible Impairment the Athlete will be permitted to complete Athlete Evaluation with a Classification Panel.
 - 7.8.7 If the Eligibility Assessment Committee is not satisfied that the Athlete has an Eligible Impairment the Head of Classification will provide a decision to this effect in writing to the relevant National Body. The National Body will be given an opportunity to comment on the decision and may provide further Diagnostic Information to the Eligibility

Assessment Committee for review. If the decision is subsequently revised, the Head of Classification will inform the National Body.

- 7.8.8 If the decision is not changed, the Head of Classification will issue a final decision letter to the National Body and the Athlete will be allocated Sport Class Not Eligible (NE) in accordance with the provisions of Article 18.3 of these Classification Rules.
- 7.8.9 The Eligibility Assessment Committee may make its decisions by a majority. If the Head of Classification is part of the Eligibility Assessment Committee, he or she may veto any decision if he or she does not agree that the Diagnostic Information supports the conclusion that the Athlete has an Eligible Impairment.
- 7.9 FIS may delegate one or more of the functions described above to a Classification Panel.

8 Minimum Impairment Criteria

- 8.1 An Athlete who wishes to compete in Para Nordic must have an Eligible Impairment that complies with the relevant Minimum Impairment Criteria.
- 8.2 FIS has set Minimum Impairment Criteria to ensure that an Athlete's Eligible Impairment affects the extent to which an Athlete is able to execute the specific tasks and activities fundamental to the sport.
- 8.3 Appendix One and Appendix Two of these Classification Rules specify the Minimum Impairment Criteria applicable to Para Nordic and the process by which an Athlete's compliance with Minimum Impairment Criteria is to be assessed by a Classification Panel as part of an Evaluation Session.
- 8.4 Any Athlete who does not comply with the Minimum Impairment Criteria for Para Nordic must be allocated Sport Class Not Eligible (NE) for that sport.
- 8.5 A Classification Panel must assess whether or not an Athlete complies with Minimum Impairment Criteria. This will take place as part of an Evaluation Session. Prior to participating in an Evaluation Session, an Athlete must first satisfy FIS that he or she has an Eligible Impairment.
- 8.6 In relation to the use of Adaptive Equipment, FIS has set Minimum Impairment Criteria as follows:
 - 8.6.1 for Eligible Impairments other than Vision Impairment, Minimum Impairment Criteria must *not* consider the extent to which the use of Adaptive Equipment might affect how the Athlete is able to execute the specific tasks and activities fundamental to the sport;
 - 8.6.2 for Vision Impairment, Minimum Impairment Criteria must consider the extent to which the use of Adaptive Equipment might affect how the Athlete is able to execute the specific tasks and activities fundamental to the sport.

9 Sport Class

- 9.1 A Sport Class is a category defined by FIS in these Classification Rules, in which Athletes are grouped by reference to the impact of an Eligible Impairment on their ability to execute the specific tasks and activities fundamental to the sport.
- 9.1.1 An Athlete who does not have an Eligible Impairment or does not comply with the Minimum Impairment Criteria for Para Nordic must be allocated Sport Class Not Eligible (NE) for Para Nordic in accordance with the provisions of Article 18 of these Classification Rules.
- 9.1.2 An Athlete who complies with the Minimum Impairment Criteria for Para Nordic must be allocated a Sport Class (subject to the provisions in these Classification Rules concerning Failure to Attend Athlete Evaluation and Suspension of Athlete Evaluation).
- 9.1.3 Except for the allocation of Sport Class Not Eligible (NE) by FIS (in accordance with Article 18.1), the allocation of a Sport Class must be based solely on an evaluation by a Classification Panel of the extent to which the Athlete's Eligible Impairment affects the specific tasks and activities fundamental to the sport. This evaluation must take place in a controlled non-competitive environment, which allows for the repeated observation of key tasks and activities.
- 9.2 Appendix One and Appendix Two of these Classification Rules specify the assessment methodology and assessment criteria for the allocation of a Sport Class and the designation of Sport Class Status.

10 Classification Not Completed

- 10.1 If at any stage of Athlete Evaluation FIS or a Classification Panel is unable to allocate a Sport Class to an Athlete, the Head of Classification or the relevant Chief Classifier may designate that Athlete as Classification Not Completed (CNC).
- 10.2 The designation Classification Not Completed (CNC) is not a Sport Class and is not subject to the provisions in these Classification Rules concerning Protests. The designation Classification Not Completed (CNC) will however be recorded for the purpose of the Para Nordic Classification Master List.
- 10.3 An Athlete who is designated as Classification Not Completed (CNC) may not compete in the sport of Para Nordic. See Article 30 for remediation.

Part Four: Athlete Evaluation and the Classification Panel

11 The Classification Panel

- 11.1 A Classification Panel is a group of Classifiers appointed by FIS to conduct some or all of the components of Athlete Evaluation including as part of an Evaluation Session.

General Provisions

- 11.2 A Classification Panel must be comprised of at least of two certified Classifiers. In exceptional circumstances a Chief Classifier may provide that a Classification Panel comprise only one Classifier, subject to that Classifier holding a valid medical qualification.
- 11.3 A Trainee Classifier may be part of a Classification Panel in addition to the required number of certified Classifiers, and may participate in Athlete Evaluation.

12 Classification Panel Responsibilities

- 12.1 A Classification Panel is responsible for conducting an Evaluation Session. As part of the Evaluation Session the Classification Panel must:
- 12.1.1 assess whether an Athlete complies with Minimum Impairment Criteria for Para Nordic;
 - 12.1.2 assess the extent to which an Athlete is able to execute the specific tasks and activities fundamental to the sport; and
 - 12.1.3 conduct (if required) Observation in Competition.
- 12.2 Following the Evaluation Session, the Classification Panel must allocate a Sport Class and designate a Sport Class Status, or designate Classification Not Completed (CNC).
- 12.3 Prior to the Evaluation Session, the assessment as to whether an Athlete has an Eligible Impairment must be undertaken by FIS, unless FIS requests this to be undertaken by a Classification Panel.
- 12.4 The Evaluation Session must take place in a controlled non-competitive environment that allows for the repeated observation of key tasks and activities.
- 12.4.1 Although other factors such as low fitness level, poor technical proficiency and aging may also affect the fundamental tasks and activities of the sport, the allocation of Sport Class must not be affected by these factors.
- 12.5 An Athlete who has a Non-Eligible Impairment and an Eligible Impairment may be evaluated by a Classification Panel on the basis of the Eligible Impairment, provided the Non-Eligible Impairment does not affect the Classification Panel's ability to allocate a Sport Class.
- 12.6 The Sport Class allocated to the Athlete will be in accordance with the processes specified in Appendix One and Appendix Two.

13 Evaluation Sessions

- 13.1 This Article applies to all Evaluation Sessions.
- 13.2 The Athlete's National Body is responsible for ensuring that Athletes comply with their duties in relation to the provisions in this Article.
- 13.3 In respect of Athletes:
- 13.3.1 Athletes have the right to be accompanied by a member of the Athlete's National Body when attending an Evaluation Session. The Athlete must be accompanied if the Athlete is a minor or has an Intellectual Impairment.
 - 13.3.2 The person chosen by the Athlete to accompany the Athlete at an Evaluation Session should be familiar with the Athlete's Impairment and sport history.
 - 13.3.3 The Athlete and accompanying person must acknowledge the terms of the Athlete Evaluation Agreement Form as specified by FIS.
 - 13.3.4 The Athlete must verify his or her identity to the satisfaction of the Classification Panel, by providing a document such as a passport, ID card, FIS license or accreditation.
 - 13.3.5 The Athlete must attend the Evaluation Session with any sports attire or equipment relevant to the sport for which the Athlete wishes to be allocated a Sport Class.
 - 13.3.6 The Athlete must disclose the use of any medication and/or medical device/implant to the Classification Panel.
 - 13.3.7 The Athlete must comply with all reasonable instructions given by a Classification Panel.
- 13.4 In respect of the Classification Panel:
- 13.4.1 The Classification Panel may request that an Athlete provide medical documentation relevant to the Athlete's Eligible Impairment if the Classification Panel believes that this will be necessary in order for it to allocate a Sport Class.
 - 13.4.2 The Classification Panel will conduct Evaluation Sessions in English unless otherwise stipulated by FIS. If the Athlete requires an interpreter, a member of the Athlete's National Body will be responsible for arranging for an interpreter. The interpreter is permitted to attend the Evaluation Session in addition to the person referred to in Article 13.3.1 above.
 - 13.4.3 The Classification Panel may at any stage seek medical, technical or scientific opinion(s), with the agreement of the Head of Classification and/or a Chief Classifier if the Classification Panel feels that such opinion(s) is necessary in order to allocate a Sport Class.
 - 13.4.4 In addition to any opinion(s) sought in accordance with Article 13.4.3, a Classification Panel may only have regard to evidence supplied to it by the relevant Athlete, National Body and FIS (from any source) when allocating a Sport Class.
 - 13.4.5 The Classification Panel may make, create or use video footage and/or other records to assist it when allocating a Sport Class.

14 Observation in Competition

- 14.1 A Classification Panel may require that an Athlete undertake Observation in Competition Assessment before it allocates a final Sport Class and designates a Sport Class Status to that Athlete.
- 14.2 The methods by which Observation in Competition Assessment may be undertaken, and the matters to be observed, are set out in Appendix One.
- 14.3 If a Classification Panel requires an Athlete to complete Observation in Competition Assessment, the Athlete will be entered in the Competition with the Sport Class allocated by the Classification Panel after the conclusion of the initial components of the Evaluation Session.
- 14.4 An Athlete who is required to complete Observation in Competition Assessment will be designated with Tracking Code: Observation Assessment (OA). This replaces the Athlete's Sport Class Status for the duration of Observation in Competition Assessment.
- 14.5 Observation in Competition Assessment must take place during First Appearance. In this regard:
 - 14.5.1 First Appearance is the first time an Athlete competes in an Event during a Competition in a particular Sport Class.
 - 14.5.2 First Appearance within a Sport Class applies to participation in all Events within the same Sport Class.
- 14.6 When Observation in Competition Assessment reveals:
 - 14.6.1 inconsistencies with the Physical Assessment and/or the Technical Assessment; and/or
 - 14.6.2 that the Athlete, in the sole discretion of the Classification Panel, may have not performed to his best ability,
 - 14.6.3 re-assessment may take place before a Sport Class is allocated. Such re-assessment must take place as soon as possible at that same Competition by the same Classification Panel.
- 14.7 An Athlete who is required to complete a re-assessment will remain designated with Tracking Code: Observation Assessment (OA) for the duration of the re-assessment.
- 14.8 If a Classification Panel requires an Athlete to complete a re-assessment, the Athlete must complete another Observation in Competition Assessment. The Athlete will be entered in the Competition with the Sport Class allocated by the Classification Panel after the completion of the Physical and/or Technical Assessment(s) of the reassessment. The Observation in Competition Assessment must take place the next time the Athlete competes in an Event during the Competition in a particular Sport Class. Such appearance within a Sport Class applies to participation in all Events within the same Sport Class.
- 14.9 If an Athlete is:
 - a) subject to a Protest following Observation in Competition; and
 - b) the second Evaluation Session is conducted at that same Competition; and

- c) pursuant to the second Evaluation Session the Athlete is required to undergo Observation in Competition,

Observation in Competition must take place at the next opportunity within the Sport Class allocated to the Athlete by the Protest Panel with Tracking Code Observation Assessment (OA).

- 14.9.1 The Classification Panel must allocate a Sport Class and replace the Athlete's Tracking Code Observation Assessment (OA) by designating a Sport Class Status upon completion of First Appearance (or completion of any Observation in Competition conducted as part of a Protest). If changes to an Athlete's Sport Class or Sport Class Status are made following Observation in Competition, the changes are effective immediately.
- 14.10 If an Athlete has been assigned the tracking code OA subsequent to the initial phases of Athlete Evaluation, but OA does not occur due to various circumstances including, but not limited to:
 - a) The Athlete fails to start (DNS)
 - b) The race is called off due to exceptional circumstances (e.g., inclement weather)
 - c) The Athlete starts but the panel cannot conduct a substantive assessment (e.g., the Athlete falls early in the race)

the Classification Panel shall determine whether to allocate a Sport Class Status of Review, Review with a Fixed Review Date (next season) or designate the Athlete as Classification Not Completed (CNC) as per the guidelines outlined in Article 10 of these regulations.

- 14.11 Observation in Competition Assessment must take place during First Appearance in accordance with the provisions of 14.5. All Athletes will however continue to be observed throughout the season, and if FIS considers an Athlete may have been allocated an incorrect Sport Class, FIS may raise a Protest in accordance with the provisions of Articles 23 and 24.
- 14.12 The impact of an Athlete changing Sport Class after First Appearance on medals, records and results is detailed in the Para Nordic ICRs.

15 Sport Class Status

- 15.1 If a Classification Panel allocates a Sport Class to an Athlete, it must also designate a Sport Class Status. Sport Class Status indicates whether or not an Athlete will be required to undertake Athlete Evaluation in the future; and if the Athlete's Sport Class may be subject to Protest.
- 15.2 The Sport Class Status designated to an Athlete by a Classification Panel at the conclusion of an Evaluation Session will be one of the following:
- Confirmed (C)
 - Review (R)
 - Review with a Fixed Review Date (FRD)

Sport Class Status New

- 15.3 An Athlete is allocated Sport Class Status New (N) by FIS prior to attending the Athlete's first Evaluation Session. An Athlete with Sport Class Status New (N) must attend an Evaluation Session prior to competing at any International Competition, unless FIS specifies otherwise.

Sport Class Status Confirmed

- 15.4 An Athlete will be designated with Sport Class Status Confirmed (C) if the Classification Panel is satisfied that both the Athlete's Eligible Impairment and the Athlete's ability to execute the specific tasks and activities fundamental to the sport are and will remain stable (with the exception for Athletes with Vision Impairment as referred to in Article 6.2.3).
- 15.4.1 An Athlete with Sport Class Status Confirmed (C) is not required to undergo any further Athlete Evaluation (save pursuant to the provisions in these Classification Rules concerning Protests (Article 19), Medical Review (Article 31) and changes to Sport Class criteria (Article 15.7)).
- 15.4.2 A Classification Panel that consists of only one Classifier may not designate an Athlete with Sport Class Status Confirmed (C) but must designate the Athlete with Sport Class Status Review (R).

Sport Class Status Review

- 15.5 An Athlete will be designated Sport Class Status Review (R) if the Classification Panel believes that further Evaluation Sessions will be required.
- 15.5.1 A Classification Panel may base its belief that further Evaluation Sessions will be required based on a number of factors, including but not limited to situations where the Athlete has only recently entered Competitions sanctioned by FIS; has a fluctuating and/or progressive Impairment/Impairments that is/are permanent but not stable; and/or has not yet reached full muscular skeletal or sports maturity.
- 15.5.2 An Athlete with Sport Class Status Review (R) must complete Athlete Evaluation prior to competing at any subsequent International Competition, unless FIS specifies otherwise.

Sport Class Status Review with Fixed Review Date

- 15.6 An Athlete may be designated Sport Class Status Review with a Fixed Review Date (FRD) if the Classification Panel believes that further Athlete Evaluation will be required but will not be necessary before a set date, being the Fixed Review Date.
- 15.6.1 An Athlete with Sport Class Status Review with a Fixed Review Date (FRD) will be required to attend an Evaluation Session at the first opportunity after the relevant Fixed Review Date. For example, an Athlete with Sport Class Status Review with a Fixed Review Date of 2023 will be required to attend an Evaluation Session at the first opportunity after 1 July 2023.
- 15.6.2 An Athlete who has been allocated Sport Class Status Review with a Fixed Review Date (FRD) may not attend an Evaluation Session prior to the relevant Fixed Review Date save pursuant to a Medical Review Request and/or Protest.
- 15.6.3 A Classification Panel that consists of only one Classifier may not designate an Athlete with Sport Class Status Review with a Fixed Review Date (FRD) but must designate the Athlete with Sport Class Status Review (R).

Changes to Sport Class Criteria

- 15.7 If FIS changes any Sport Class criteria and/ or assessment methods defined in the Appendices to these Rules, then:
- 15.7.1 FIS may re-assign any Athlete who holds Sport Class Status Confirmed (C) with Sport Class Status Review (R) and require that the Athlete attend an Evaluation Session at the earliest available opportunity; or
- 15.7.2 FIS may remove the Fixed Review Date for any Athlete and require that the Athlete attend an Evaluation Session at the earliest available opportunity; and
- 15.7.3 in both instances the relevant National Body shall be informed as soon as is practicable.

16 Multiple Sport Classes

- 16.1 This Article applies to Athletes who are potentially eligible to be allocated more than one Sport Class.

Multiple Eligible Impairments

- 16.2 An Athlete who has a Physical and Vision Impairment may be eligible to be allocated more than one Sport Class in relation to those Eligible Impairments. In such instances:
- 16.2.1 the Athlete's National Body must notify FIS as to the Athlete's Eligible Impairments and the Athlete's eligibility to be allocated more than one Sport Class in respect of those Impairment types, and provide all necessary medical diagnostic information as required;
- 16.2.2 the Athlete must be offered the opportunity to participate in an Evaluation Session in respect of each Sport Class relevant to his or her multiple

Impairments, either at the relevant Competition or the subsequent Competition;

- 16.2.3 at the conclusion of the Evaluation Sessions referred to in Article 16.2.2 the Athlete must choose the Sport Class that he or she wishes to compete in ('the preferred Sport Class'). If the allocation of any Sport Class is subject to Observation in Competition the Athlete must select the preferred Sport Class before making any First Appearance;
- 16.2.4 the selection of Sport Class will be subject to all applicable Para Nordic Rules and Regulations (including but not limited to those in relation to the use of equipment, the weight of equipment, and the use of guides); and
- 16.2.5 the Athlete will be permitted to compete in the preferred Sport Class and details of the Athlete's preferred Sport Class will be published.

Athletes with Physical Impairment

- 16.3 An Athlete who has a Physical Impairment may be eligible for more than one Sport Class relevant to that Physical Impairment subject to any applicable Para Nordic Rules and Regulations.
- 16.4 Any such Athlete may be allocated one Sport Class only.

Changing Sport Class

- 16.5 If an athlete is eligible for more than one Sport Class, he/she may request to change his or her preferred Sport Class:
 - a) at the end of the season when the Athlete's first Evaluation Session was completed; or
 - b) after the close of the Paralympic Winter Games and before the start of the next season thereafter.
- 16.6 A request to change a preferred Sport Class must be made to FIS by the Athlete's National Body. The application must be submitted to FIS in accordance with the time frame identified under Article 16.5.
- 16.7 Nothing in this Article 16 precludes an Athlete from making a Medical Review Request at any time in respect of any Sport Class.

17 Notification

- 17.1 The outcome of Athlete Evaluation must be notified to the Athlete and/or National Body and published as soon as practically possible after completion of Athlete Evaluation.
- 17.2 FIS must publish the outcome of Athlete Evaluation at the Competition following Athlete Evaluation, and the outcomes must be made available post Competition via the Classification Master List on the FIS website.

Part Five: Sport Class Not Eligible

18 Sport Class Not Eligible

General Provisions

- 18.1 If FIS determines that an Athlete:
- 18.1.1 has an Impairment that is not an Eligible Impairment; or
 - 18.1.2 does not have an Underlying Health Condition,
FIS must allocate that Athlete Sport Class Not Eligible (NE).
- 18.2 If a Classification Panel determines that an Athlete who has an Eligible Impairment does not comply with Minimum Impairment Criteria for Para Nordic that Athlete must be allocated Sport Class Not Eligible (NE) for Para Nordic.

Absence of Eligible Impairment

- 18.3 If FIS determines that an Athlete does not have an Eligible Impairment, that Athlete:
- 18.3.1 will not be permitted to attend an Evaluation Session; and
 - 18.3.2 will be allocated with Sport Class Not Eligible (NE) and designated with Sport Class Status Confirmed (C) by FIS.
- 18.4 If another International Sport Federation has allocated an Athlete with Sport Class Not Eligible (NE) because the Athlete does not have an Eligible Impairment, FIS may likewise do so without the need for the process detailed in Article 7 of these Classification Rules.
- 18.5 An Athlete who is allocated Sport Class Not Eligible (NE) by FIS or a Classification Panel (if delegated by FIS) because that Athlete has
- 18.5.1 an Impairment that is not an Eligible Impairment; or
 - 18.5.2 a Health Condition that is not an Underlying Health Condition;
- has no right to request such determination be reviewed by a second Classification Panel and will not be permitted to participate in Para Nordic.

Absence of Compliance with Minimum Impairment Criteria

- 18.6 A second Classification Panel must review by way of a second Evaluation Session any Athlete who is allocated Sport Class Not Eligible (NE) on the basis that a Classification Panel determines that the Athlete does not comply with Minimum Impairment Criteria. This must take place as soon as is practicable.
- 18.6.1 Pending the second Evaluation Session the Athlete will be allocated Sport Class Not Eligible (NE) and designated Sport Class Status Review (R). The Athlete will not be permitted to compete before such re-assessment.
 - 18.6.2 If the second Classification Panel determines the Athlete does not comply with Minimum Impairment Criteria (or if the Athlete declines to participate in a second Evaluation Session at the time set by the Chief Classifier); Sport Class Not Eligible (NE) will be allocated and the Athlete designated with Sport Class Status Confirmed (C).

- 18.7 If an Athlete makes (or is subject to) a Protest on a previously allocated Sport Class other than Not Eligible (NE) and is allocated Sport Class Not Eligible (NE) by a Protest Panel, the Athlete must be provided with a further and final Evaluation Session which will review the decision to allocate Sport Class Not Eligible (NE) made by the Protest Panel.
- 18.8 If a Classification Panel allocates Sport Class Not Eligible (NE) on the basis that it has determined that an Athlete does not comply with Minimum Impairment Criteria for Para Nordic the Athlete may be eligible to compete in another sport, subject to Athlete Evaluation for that sport.
- 18.9 If an Athlete is allocated Sport Class Not Eligible (NE), this does not question the presence of a genuine Impairment. It is only a ruling on the eligibility of the Athlete to compete in Para Nordic.

Part Six: Protests

Protests

19 Scope of a Protest

- 19.1 A Protest may only be made in respect of an Athlete's Sport Class. A Protest may not be made in respect of an Athlete's Sport Class Status.
- 19.2 A Protest may not be made in respect of an Athlete who has been allocated Sport Class Not Eligible (NE).

20 Parties Permitted to Make a Protest

A Protest may only be made by one of the following bodies:

- 20.1 a National Body (see Articles 21-22); or
- 20.2 FIS (see Articles 23-24).

21 National Protests

- 21.1 A National Body may only make a Protest in respect of an Athlete under its jurisdiction at a Competition or venue set aside for Athlete Evaluation.
- 21.2 If the outcome of Athlete Evaluation is published during a Competition (pursuant to Article 17 of these Classification Rules) a National Protest must be submitted within one (1) hour of that outcome being published. If the outcome of Athlete Evaluation is published following Observation in Competition a National Protest must be submitted within fifteen (15) minutes of that outcome being published.
- 21.3 If an Athlete is required by a Classification Panel to undergo Observation in Competition Assessment, a National Body may make a Protest before or after First Appearance takes place. If a Protest is made before First Appearance takes place the Athlete must not be permitted to compete until the Protest has been resolved.

22 National Protest Procedure

- 22.1 To submit a National Protest, a National Body must show that the Protest is bona fide with supporting evidence and complete a Protest Form, that must be made available by FIS at the Competition and via the FIS Para Nordic website, and must include the following:
 - 22.1.1 the name and FPDMS ID of the Protested Athlete;
 - 22.1.2 the details of the Protested Decision and/or a copy of the Protested Decision;
 - 22.1.3 an explanation as to why the Protest has been made and the basis on which the National Body believes that the Protested Decision is flawed;
 - 22.1.4 reference to the specific rule(s) alleged to have been breached; and
 - 22.1.5 the Protest Fee of 100 CHF.

- 22.2 The Protest Documents must be submitted to the Chief Classifier of the relevant Competition within the timeframes specified by FIS. Upon receipt of the Protest Documents the Chief Classifier must conduct a review of the Protest, in consultation with FIS, of which there are two possible outcomes:
- 22.2.1 the Chief Classifier may dismiss the Protest if, in the discretion of the Chief Classifier, the Protest does not comply with the Protest requirements in this Article 22; or
 - 22.2.2 the Chief Classifier may accept the Protest if, in the discretion of the Chief Classifier, the Protest complies with the Protest requirements in this Article 22.
- 22.3 If the Protest is dismissed the Chief Classifier must notify all relevant parties and provide a written explanation to the National Body as soon as practicable. The Protest Fee will be forfeited.
- 22.4 If the Protest is accepted:
- 22.4.1 the Protested Athlete's Sport Class must remain unchanged pending the outcome of the Protest but the Protested Athlete's Sport Class Status must immediately be changed to Review (R) unless the Protested Athlete's Sport Class Status is already Review (R);
 - 22.4.2 the Chief Classifier must appoint a Protest Panel to conduct a new Evaluation Session as soon as possible, which must be either at the Competition the Protest was made or at the next Competition; and
 - 22.4.3 FIS must notify all relevant parties of the time and date the new Evaluation Session is to be conducted by the Protest Panel.

23 FIS Protests

- 23.1 FIS may, in its discretion, make a Protest at any time in respect of an Athlete under its jurisdiction if:
- 23.1.1 it considers an Athlete may have been allocated an incorrect Sport Class; or
 - 23.1.2 a National Body makes a documented request to FIS Para Nordic. The assessment of the validity of the request is at the sole discretion of FIS.

24 FIS Protest Procedure

- 24.1 If FIS decides to make a Protest, the Head of Classification must advise the relevant National Body of the Protest at the earliest possible opportunity.
- 24.2 The Head of Classification must provide the relevant National Body with a written explanation as to why the Protest has been made and the basis on which the Head of Classification considers it is justified.
- 24.3 If FIS makes a Protest:
- 24.3.1 the Protested Athlete's Sport Class must remain unchanged pending the outcome of the Protest;

- 24.3.2 the Protested Athlete's Sport Class Status must immediately be changed to Review (R) unless the Protested Athlete's Sport Class Status is already Review (R); and
- 24.3.3 a Protest Panel must be appointed to resolve the Protest as soon as is reasonably possible.

25 Protest Panel

- 25.1 A Chief Classifier may fulfil one or more of the Head of Classification's obligations in this Article 25 if authorised to do so by the Head of Classification.
- 25.2 A Protest Panel must be appointed by the Head of Classification in a manner consistent with the provisions for appointing a Classification Panel in these Classification Rules.
- 25.3 A Protest Panel must not include any person who was a member of the Classification Panel that:
 - 25.3.1 made the Protested Decision; or
 - 25.3.2 conducted any component of Athlete Evaluation in respect of the Protested Athlete within a period of 12 months prior to the date of the Protested Decision, unless otherwise agreed by the National Body and FIS.
- 25.4 The Head of Classification must notify all relevant parties of the time and date for the Evaluation Session that must be conducted by the Protest Panel.
- 25.5 The Protest Panel must conduct the new Evaluation Session in accordance with these Classification Rules. The Protest Panel may refer to the Protest Documents when conducting the new Evaluation Session.
- 25.6 The Protest Panel must allocate a Sport Class and designate a Sport Class Status. All relevant parties must be notified of the Protest Panel's decision in a manner consistent with the provisions for notification in these Classification Rules.
- 25.7 The decision of a Protest Panel in relation to both a National Protest and a FIS Protest is final. A National Body or FIS may not make another Protest at the relevant Competition.
- 25.8 If the decision of the Protest Panel results in the Sport Class of the Athlete being changed, the Protest Fee will be refunded to the National Body.

26 Provisions Where No Protest Panel is Available

- 26.1 If a Protest is made at a Competition but there is no opportunity for the Protest to be resolved at that Competition:
 - 26.1.1 the Protested Athlete must be permitted to compete in the Sport Class that is the subject of the Protest with Sport Class Status Review (R), pending the resolution of the Protest; and
 - 26.1.2 all reasonable steps must be taken to ensure that the Protest is resolved at the earliest opportunity.

27 Special Provisions

- 27.1 FIS may make arrangements for some or all of the components of Athlete Evaluation to be carried out at a place and at a time away from a Competition. If so, FIS must also implement Protest provisions to enable Protests to take place in respect of any Evaluation Sessions carried out away from a Competition.

Application during Major Competitions

28 Ad Hoc Provisions Relating to Protests

- 28.1 The IPC and/or FIS may issue special ad hoc provisions to operate during the Paralympic Games or other Competitions.

Part Seven: Misconduct during Evaluation Session

29 Failure to Attend Evaluation Session

- 29.1 An Athlete is personally responsible for attending an Evaluation Session.
- 29.2 An Athlete's National Body must take reasonable steps to ensure that the Athlete attends an Evaluation Session.
- 29.3 If an Athlete fails to attend an Evaluation Session, the Classification Panel will report the failure to the Chief Classifier. The Chief Classifier may, if satisfied that a reasonable explanation exists for the failure to attend and subject to the practicalities at a Competition, specify a revised date and time for the Athlete to attend a further Evaluation Session before the Classification Panel.
- 29.4 If the Athlete is unable to provide a reasonable explanation for non-attendance, or if the Athlete fails to attend an Evaluation Session on a second occasion, no Sport Class will be allocated and the Athlete will not be permitted to compete at the relevant Competition.

30 Suspension of Evaluation Session

- 30.1 A Classification Panel, in consultation with the Chief Classifier, may suspend an Evaluation Session if it cannot allocate a Sport Class to the Athlete, including but not limited to, in one or more of the following circumstances:
 - 30.1.1 a failure on the part of the Athlete to comply with any part of these Classification Rules;
 - 30.1.2 a failure on the part of the Athlete to provide any medical information that is reasonably required by the Classification Panel;
 - 30.1.3 the Classification Panel believes that the use (or non-use) of any medication and/or medical procedures/device/implant disclosed by the Athlete will affect the ability to conduct its determination in a fair manner;
 - 30.1.4 the Athlete has a Health Condition that may limit or prohibit complying with requests by the Classification Panel during an Evaluation Session, which the Classification Panel considers will affect its ability to conduct the Evaluation Session in a fair manner;
 - 30.1.5 the Athlete is unable to communicate effectively with the Classification Panel;
 - 30.1.6 the Athlete refuses or is unable to comply with any reasonable instructions given by any Classification Personnel to such an extent that the Evaluation Session cannot be conducted in a fair manner; and/or
 - 30.1.7 the Athlete's representation of his or her abilities is inconsistent with any information available to the Classification Panel to such an extent that the Evaluation Session cannot be conducted in a fair manner.
- 30.2 If an Evaluation Session is suspended by a Classification Panel, the following steps must be taken:
 - 30.2.1 an explanation for the suspension and details of the remedial action that is required on the part of the Athlete will be provided to the Athlete and/or the relevant National Body;

- 30.2.2 if the Athlete takes the remedial action to the satisfaction of the Chief Classifier or Head of Classification, the Evaluation Session will be resumed; and
- 30.2.3 if the Athlete fails to comply and does not take the remedial action within the timeframe specified, the Evaluation Session will be terminated, and the Athlete must be precluded from competing at any Competition until the determination is completed.
- 30.3 If an Evaluation Session is suspended by a Classification Panel, the Classification Panel may designate the Athlete as Classification Not Completed (CNC) in accordance with Article 10 of these Classification Rules.
- 30.4 A Suspension of an Evaluation Session may be subject to further investigation into any possible Intentional Misrepresentation.

Part Eight: Medical Review

31 Medical Review

- 31.1 This Article applies to any Athlete who has been allocated a Sport Class with Sport Class Status Confirmed (C) or Review with Fixed Review Date (FRD).
- 31.2 A Medical Review Request must be made if a change in the nature or degree of an Athlete's Impairment changes the Athlete's ability to execute the specific tasks and activities required by a sport in a manner that is clearly distinguishable from changes attributable to levels of training, fitness and proficiency.
- 31.3 A Medical Review Request must be made by the Athlete's National Body (together with a 100 CHF non-refundable fee and any supporting documentation). The Medical Review Request must explain how and to what extent the Athlete's Impairment has changed and why it is believed that the Athlete's ability to execute the specific tasks and activities required by a sport has changed.
- 31.4 A Medical Review Request must be received by FIS as soon as reasonably practicable and, where possible, at least 3 months before the next competition/classification opportunity where the Athlete intends to undergo Athlete Evaluation.
- 31.5 The Head of Classification must decide whether or not the Medical Review Request is upheld as soon as is practicable following receipt of the Medical Review Request.
- 31.6 Any Athlete or Athlete Support Personnel who becomes aware of such changes outlined in Article 31.2 but fails to draw those to the attention of their National Body or FIS may be investigated in respect of possible Intentional Misrepresentation.
- 31.7 If a Medical Review Request is accepted, the Athlete's Sport Class Status will be changed to Review (R) with immediate effect.
- 31.8 If a Medical Review Request does not include sufficient evidence to explain how and to what extent the Athlete's Impairment has changed and why it is believed that the Athlete's ability to execute the specific tasks and activities required by the sport has changed, the Medical Review will not be accepted and the Athletes Sport Class Status will not be changed.

Part Nine: Intentional Misrepresentation

32 Intentional Misrepresentation

- 32.1 It is a disciplinary offence for an Athlete to intentionally misrepresent (either by act or omission) his or her skills and/or abilities and/or the degree or nature of Eligible Impairment during Athlete Evaluation and/or at any other point after the allocation of a Sport Class. This disciplinary offence is referred to as 'Intentional Misrepresentation'.
- 32.2 It will be a disciplinary offence for any Athlete or Athlete Support Personnel to assist an Athlete in committing Intentional Misrepresentation or to be in any other way involved in any other type of complicity involving Intentional Misrepresentation, including but not limited to covering up Intentional Misrepresentation or disrupting any part of the Athlete Evaluation process.
- 32.3 In respect of any allegation relating to Intentional Misrepresentation a hearing will be convened by FIS to determine whether the Athlete or Athlete Support Personnel has committed Intentional Misrepresentation.
- 32.4 The consequences to be applied to an Athlete or Athlete Support Personnel who is found to have been guilty of Intentional Misrepresentation and/or complicity involving Intentional Misrepresentation will be one or more of the following:
- 32.4.1 disqualification from all events at the Competition at which the Intentional Misrepresentation occurred, and any subsequent Competitions at which the Athlete competed;
 - 32.4.2 being allocated with Sport Class Not Eligible (NE) and designated a Review with Fixed Review Date (FRD) Sport Class Status for a specified period of time ranging from 1 to 4 years;
 - 32.4.3 suspension from participation in Competitions in all sport for a specified period of time ranging from 1 to 4 years; and
 - 32.4.4 publication of their names and suspension period.
- 32.5 Any Athlete who is found to have been guilty of Intentional Misrepresentation and/or complicity involving Intentional Misrepresentation on more than one occasion will be allocated Sport Class Not Eligible with Fixed Review Date Status for a period of time from four years to life.
- 32.6 Any Athlete Support Personnel who is found to have been guilty of Intentional Misrepresentation and/or complicity involving Intentional Misrepresentation on more than one occasion will be suspended from participation in any Competition for a period of time from four years to life.
- 32.7 If another International Sports Federation brings disciplinary proceedings against an Athlete or Athlete Support Personnel in respect of Intentional Misrepresentation which results in consequences being imposed on that Athlete or Athlete Support Personnel, those consequences will be recognised, respected and enforced by FIS.
- 32.8 Any consequences to be applied to teams, which include an Athlete or Athlete Support Personnel who is found to have been guilty of Intentional Misrepresentation and/or complicity involving Intentional Misrepresentation, will be at the discretion of FIS.

32.9 Any disciplinary action taken by FIS pursuant these Classification Rules must be resolved in accordance with the applicable Board of Appeal of Classification Bylaws.

Part Ten: Use of Athlete Information

33 Classification Data

- 33.1 FIS may only Process Classification Data if such Classification Data is considered necessary to conduct Classification.
- 33.2 All Classification Data Processed by FIS must be accurate, complete and kept up-to-date.

34 Consent and Processing

- 34.1 Subject to Article 34.3, FIS may only Process Classification Data with the consent of the Athlete to whom that Classification Data relates.
- 34.2 If an Athlete cannot provide consent (for example because the Athlete is under age) the legal representative, guardian or other designated representative of that Athlete must give consent on their behalf.
- 34.3 FIS may only Process Classification Data without consent of the relevant Athlete if permitted to do so in accordance with National Laws.

35 Classification Research

- 35.1 FIS may request that an Athlete provide it with Personal Information for Research Purposes.
- 35.2 The use by FIS of Personal Information for Research Purposes must be consistent with these Classification Rules and all applicable ethical use requirements.
- 35.3 Personal Information that has been provided by an Athlete to FIS solely and exclusively for Research Purposes must not be used for any other purpose.
- 35.4 FIS may only use Classification Data for Research Purposes with the express consent of the relevant Athlete. If FIS wishes to publish any Personal Information provided by an Athlete for Research Purposes, it must obtain consent to do so from that Athlete prior to any publication. This restriction does not apply if the publication is anonymised so that it does not identify any Athlete(s) who consented to the use of their Personal Information.

36 Notification to Athletes

- 36.1 FIS must notify an Athlete who provides Classification Data as to:
 - 36.1.1 that fact that FIS is collecting the Classification Data; and
 - 36.1.2 the purpose for the collection of the Classification Data; and
 - 36.1.3 the duration that the Classification Data will be retained.

37 Classification Data Security

37.1 FIS must:

- 37.1.1 protect Classification Data by applying appropriate security safeguards, including physical, organisational, technical and other measures to prevent the loss, theft or unauthorised access, destruction, use, modification or disclosure of Classification Data; and
- 37.1.2 take reasonable steps to ensure that any other party provided with Classification Data uses that Classification Data in a manner consistent with these Classification Rules.

38 Disclosures of Classification Data

- 38.1 FIS must not disclose Classification Data to other Classification Organisations except where such disclosure is related to Classification conducted by another Classification Organisation and/or the disclosure is consistent with applicable National Laws.
- 38.2 FIS may disclose Classification Data to other parties only if such disclosure is in accordance with these Classification Rules and permitted by National Laws.

39 Retaining Classification Data

- 39.1 FIS must ensure that Classification Data is only retained for as long as it is needed for the purpose it was collected. If Classification Data is no longer necessary for Classification purposes, it must be deleted, destroyed or permanently anonymised.
- 39.2 FIS must publish guidelines regarding retention times in relation to Classification Data.
- 39.3 FIS must implement policies and procedures that ensure that Classifiers and Classification Personnel retain Classification Data for only as long as is necessary in order for them to carry out their Classification duties in relation to an Athlete.

40 Access Rights to Classification Data

40.1 Athletes may request from FIS:

- 40.1.1 confirmation of whether or not that FIS Processes Classification Data relating to them personally and a description of the Classification Data that is held;
 - 40.1.2 a copy of the Classification Data held by FIS; and/or
 - 40.1.3 correction or deletion of the Classification Data held by FIS.
- 40.2 A request may be made by an Athlete or a National Body on an Athlete's behalf and must be complied with within a reasonable period of time.

41 Classification Master Lists

- 41.1 FIS must maintain a Classification Master List of Athletes, which must include the Athlete's name, gender, year of birth, country, Sport Class and Sport Class Status. The Classification Master List must identify Athletes that enter International Competitions.
- 41.2 FIS must make available the Classification Master List to all relevant National Bodies on the FIS website.

Part Eleven: Appeals

42 Appeal

- 42.1 An Appeal is the process by which a formal objection to how Athlete Evaluation and/or Classification procedures have been conducted is submitted and subsequently resolved.

43 Parties Permitted to Make an Appeal

- 43.1 An Appeal may only be made by a National Body.

44 Appeals

- 44.1 If a National Body considers there have been procedural errors made in respect of the allocation of a Sport Class and/or Sport Class Status and as a consequence an Athlete has been allocated an incorrect Sport Class or Sport Class Status, it may submit an Appeal.
- 44.2 The Board of Appeal of Classification (BAC) will act as the hearing body for the resolution of Appeals.
- 44.3 An Appeal must be made and resolved in accordance with the applicable BAC Bylaws.

45 Ad Hoc Provisions Relating to Appeals

- 45.1 The IPC and/or FIS may issue special ad hoc provisions to operate during the Paralympic Games or other Competitions.

Part Twelve: Glossary

Adaptive Equipment: Implements and apparatus adapted to the special needs of Athletes, and used by Athletes during Competition to facilitate participation and/or to achieve results.

Appeals: The means by which a complaint that FIS has made an unfair decision during the Classification process is resolved.

Athlete: For purposes of Classification, any person who participates in Para Nordic at the international level (as defined by FIS) or national level (as defined by each National Federation) and any additional person who participates in sport at a lower level if designated by the person's National Federation.

Athlete Evaluation: The process by which an Athlete is assessed in accordance with these Classification Rules in order that an Athlete may be allocated a Sport Class and Sport Class Status.

Athlete Support Personnel: Any coach, trainer, manager, interpreter, agent, team staff, official, medical or para-medical personnel working with or treating Athletes participating in or preparing for training and/or Competition.

BAC: The IPC Board of Appeal of Classification.

Chief Classifier: A classifier appointed by FIS to direct, administer, co-ordinate and implement Classification matters for a specific Competition according to these Classification Rules.

Classification: Grouping Athletes into Sport Classes according to how much their Impairment affects fundamental activities in each specific sport or discipline. This is also referred to as Athlete Classification.

Classification Data: Personal Information and/or sensitive Personal Information provided by an Athlete and/or a National Body and/or any other person to a Classification Organisation in connection with Classification.

Classification Intelligence: Information obtained and used by an International Sport Federation in relation to Classification.

Classification Master List: A list made available by FIS that identifies Athletes who have been allocated a Sport Class and designated a Sport Class Status.

Classification Not Completed: the designation applied to an Athlete who has commenced but not completed Athlete Evaluation to the satisfaction of FIS.

Classification Organisation: Any organisation that conducts the process of Athlete Evaluation and allocates Sport Classes and/or holds Classification Data.

Classification Panel: A group of Classifiers, appointed by FIS, to determine Sport Class and Sport Class Status in accordance with these Classification Rules.

Classification Personnel: Persons, including Classifiers, acting with the authority of a Classification Organisation in relation to Athlete Evaluation, for example administrative officers.

Classification Rule: Also referred to as Classification Rules and Regulations. The policies, procedures, protocols and descriptions adopted by FIS in connection with Athlete Evaluation.

Classification System: The framework used by FIS to develop and designate Sport Classes within Para Nordic.

Classifier: A person authorised as an official by FIS to evaluate Athletes as a member of a Classification Panel.

Classifier Certification: The processes by which FIS must assess that a Classifier has met the specific Classifier Competencies required to obtain and maintain certification or licensure.

Classifier Competencies: The qualifications and abilities that FIS deems necessary for a Classifier to be competent to conduct Athlete Evaluation for sport(s) governed by FIS.

Classifier Code of Conduct: The behavioural and ethical standards for Classifiers specified by FIS.

Code: The Athlete Classification Code 2015 together with the International Standards for: Athlete Evaluation; Eligible Impairments; Protests and Appeals; Classifier Personnel and Training; and Classification Data Protection.

Competition: A series of individual events conducted together under one ruling body.

Compliance: The implementation of rules, regulations, policies and processes that adhere to the text, spirit and intent of the Code as defined by the IPC. Where terms such as (but not limited to) 'comply', 'conform' and 'in accordance' are used in the Code they shall have the same meaning as 'Compliance.'

Continuing Education: The delivery of higher knowledge and practical skills specified by FIS to preserve and/or advance knowledge and skills as a Classifier in the sport(s) under its governance.

Diagnostic Information: Medical records and/or any other documentation that enables FIS to assess the existence or otherwise of an Eligible Impairment or Underlying Health Condition

Eligible Impairment: An Impairment designated as being a prerequisite for competing in Para Nordic, as detailed in these Classification Rules.

Eligibility Assessment Committee: An ad hoc body formed to assess the existence or otherwise of an Eligible Impairment.

Entry Criteria: Standards set by FIS relating to the expertise or experience levels of persons who wish to be Classifiers. This may be, for example, former Athletes or coaches, sports scientists, physical educators and medical professionals, all of whom have the qualifications and abilities relevant to conduct all, or specific parts of, Athlete Evaluation.

Entry-level Education: the basic knowledge and practical skills specified by FIS to begin as a Classifier in the sport(s) under its governance.

Evaluation Session: the session an Athlete is required to attend for a Classification Panel to assess that Athlete's compliance with the Minimum Impairment Criteria for a sport; and allocation of a Sport Class and Sport Class Status depending on the extent to which that Athlete is able to execute the specific tasks and activities fundamental to that sport. An Evaluation Session may include Observation in Competition.

Event: A single race, match, game or singular sport contest.

First Appearance: The first time an Athlete competes in an Event during a Competition in a particular Sport Class.

FIS: International Ski and Snowboard Federation.

Fixed Review Date: A date set by a Classification Panel prior to which an Athlete designated with a Sport Class Status Review with a Fixed Review Date will not be required to attend an Evaluation Session save pursuant to a Medical Review Request and/or Protest.

Head of Classification: A person appointed by FIS to direct, administer, co-ordinate and implement Classification matters for Para Nordic.

Health Condition: A pathology, acute or chronic disease, disorder, injury or trauma.

Impairment: A Physical, Vision or Intellectual Impairment.

Intellectual Impairment: A limitation in intellectual functioning and adaptive behaviour as expressed in conceptual, social and practical adaptive skills that originates before the age of eighteen (18).

Intentional Misrepresentation: A deliberate attempt (either by fact or omission) to mislead an International Sport Federation or National Body as to the existence or extent of skills and/or abilities relevant to a Para sport and/or the degree or nature of Eligible Impairment during Athlete Evaluation and/or at any other point after the allocation of a Sport Class.

International Competitions: A Competition where the IPC, an International Sport Federation or a Major Competition Organisation is the governing body for the Competition and/or appoints the technical officials for the Competition.

International Sport Federation: A sport federation recognised by the IPC as the sole world-wide representative of a sport for Athletes with an Impairment that has been granted the status as a Para sport by the IPC. The IPC and the International Organisations of Sports for the Disabled act as an International Sport Federation for certain sports.

International Standards: A document complementing the Code and providing additional technical and operational requirements for Classification.

IPC: International Paralympic Committee.

Maintaining Certification: The advanced training, education and practice necessary for continued competency as a Classifier.

Major Competition Organiser: An organisation that functions as the ruling body for an International Competition.

Medical Diagnostics Form: a form that a National Body must submit in order for an Athlete to undergo Athlete Evaluation, identifying the Athlete's Health Condition if so required.

Medical Review: The process by which FIS identifies if a change in the nature or degree of an Athlete's Impairment means that some or all of the components of Athlete Evaluation are required to be undertaken in order to ensure that any Sport Class allocated to that Athlete is correct.

Medical Review Request: A request made by a National Body for Medical Review, made on behalf of an Athlete.

Models of Best Practice: An ad hoc guidance document prepared by the IPC to assist in the implementation of the Code and International Standards.

National Body: Refers to the national member of an International Sport Federation.

National Laws: The national data protection and privacy laws, regulations and policies applicable to a Classification Organisation.

National Paralympic Committees: The national member of the IPC who is the sole representative of Athletes with an Impairment in that country or territory. These are the national members of the IPC.

National Protest: A Protest made by a National Body in respect of an Athlete under its jurisdiction.

Non-Competition Venue: Any place or location (outside of a Competition) designated by FIS as being a place or location where Athlete Evaluation is made available to Athletes in order that they may be allocated a Sport Class and designated with a Sport Class Status.

Observation in Competition: The observation of an Athlete in a Competition by a Classification Panel so that the Classification Panel can complete its determination as to the extent to which an Eligible Impairment affects that Athlete's ability to execute the specific tasks and activities fundamental to the sport.

Paralympic Games: Umbrella term for both Paralympic Games and Paralympic Winter Games.

Permanent: The term Permanent as used in the Code and Standards describes an Impairment that is unlikely to be resolved meaning the principle effects are lifelong.

Personal Information: Any information that refers to, or relates directly to, an Athlete.

Physical Impairment: an Impairment that affects an Athlete's biomechanical execution of sporting activities, comprising Ataxia, Athetosis, Hypertonia, Impaired Muscle Power, Impaired Passive Range of Movement, Limb Deficiency, Leg Length Difference and Short Stature.

Process/Processing: The collection, recording, storage, use or disclosure of Personal Information and/or sensitive Personal Information.

Protested Athlete: An Athlete whose Sport Class is being challenged.

Protested Decision: The Sport Class decision being challenged.

Protest Documents: The information provided in the Protest Form together with the Protest Fee.

Protest Fee: The fee prescribed by FIS, payable by the National Body or National Paralympic Committee when submitting a Protest.

Protest Form: The form on which a National Protest must be submitted.

Protest: The procedure by which a reasoned objection to an Athlete's Sport Class is submitted and subsequently resolved.

Protest Panel: A Classification Panel appointed by the Chief Classifier to conduct an Evaluation Session as a result of a Protest

Re-certification: The process by which FIS must assess that a Classifier has maintained specific Classifier Competencies.

Research Purposes: Research into matters pertaining to the development of sports within the Paralympic Movement, including the impact of Impairment on the fundamental activities in each specific sport and the impact of assistive technology on such activities.

Sanctioned Competition: All Para Nordic competitions that are defined in the Para Nordic ICRs and are published on the FIS calendar.

Signatories: Any organisation that accepts the Code and commits to implement it and the International Standards by way of its Classification Rules.

Sport Class: A category for Competition defined by FIS by reference to the extent to which an Athlete can perform the specific tasks and activities required by a sport.

Sport Class Status: A designation applied to a Sport Class to indicate the extent to which an Athlete may be required to undertake Athlete Evaluation and/or be subject to a Protest.

Tracking Code Observation Assessment (OA): a designation given to an Athlete that replaces the Athlete's Sport Class Status until Observation in Competition has been completed.

Underlying Health Condition: a Health Condition that may lead to an Eligible Impairment.

Vision Impairment: an Impairment of the eye structure, optical nerves or optical pathways, or visual cortex of the central brain that adversely affects an Athlete's vision.

Appendix One

Athletes with Physical Impairment

1 Eligible Impairment Types

The following Physical Impairment types are eligible in Para Nordic under the following conditions:

- An athlete must be affected by at least one (1) of the Impairment Types as listed in the first column of the table: and
- The Impairment must result directly from a permanent Underlying Health Condition, examples of which are included in the second column.

The process for assessing whether an athlete has or does not have an Underlying Health Condition leading to an Eligible Impairment is outlined under Article 7 of these Rules.

Eligible Impairment	Examples of Health Conditions
Impaired Muscle Power Athletes with Impaired Muscle Power have a Health Condition that either reduces or eliminates their ability to voluntarily contract their muscles in order to move or to generate force.	Examples of an Underlying Health Condition that can lead to Impaired Muscle Power include spinal cord injury (complete or incomplete, tetra- or paraplegia or paraparesis), muscular dystrophy, post-polio syndrome and spina bifida.
Limb Deficiency Athletes with Limb Deficiency have total or partial absence of bones or joints as a consequence of trauma, illness or congenital Limb Deficiency.	Examples of an Underlying Health Condition that can lead to Limb Deficiency include: traumatic amputation, illness (for example amputation due to bone cancer) or congenital limb deficiency (for example dysmelia).
Leg Length Difference Athletes with Leg Length Difference have a difference in the length of their legs.	Examples of an Underlying Health Condition that can lead to Leg Length Difference include: dysmelia and congenital or traumatic disturbance of limb growth.
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.	Examples of an Underlying Health Condition that can lead to Hypertonia include cerebral palsy, traumatic brain injury and stroke.

<p>Ataxia</p> <p>Athletes with Ataxia have uncoordinated movements caused by damage to the central nervous system.</p>	<p>Examples of an Underlying Health Condition that can lead to Ataxia include: cerebral palsy, traumatic brain injury, stroke and multiple sclerosis.</p>
<p>Athetosis</p> <p>Athletes with Athetosis have continual slow involuntary movements.</p>	<p>Examples of an Underlying Health Condition that can lead to Athetosis include cerebral palsy, traumatic brain injury and stroke.</p>
<p>Impaired Passive Range of Movement</p> <p>Athletes with Impaired Passive Range of Movement have a restriction or a lack of passive movement in one or more joints.</p>	<p>Examples of an Underlying Health Condition that can lead to Impaired Passive Range of Movement include arthrogyrosis and contracture resulting from chronic joint immobilisation or trauma affecting a joint.</p>

2 Minimum Impairment Criteria (MIC)

2.1 The MIC defines how severe an Athletes Impairment must be in order to be eligible for Para Nordic.

Eligible Impairment	Upper Limb	Lower Limb
Impaired Muscle Power	Unilateral: Lack of functional grip, being defined as loss of muscle power in one upper limb with max score of 2 in finger flexion, finger extension and thumb opposition.	Unilateral: Loss of muscle power in one lower limb, resulting in: <ul style="list-style-type: none"> • A maximum of 70 points; AND • At least loss of 10 points in the affected leg; AND • At least one muscle group in the affected leg (below the knee) must have a maximum score of 2
Limb Deficiency	Unilateral: Loss of upper limb below the elbow, at or proximal to all metacarpophalangeal joints. Congenital deficit with the length of the affected limb longer than the length of the humerus of the unaffected limb. Dysmelia of one hand, resulting in lack of functional grip for Nordic Skiing.	Unilateral: Loss of limb through or above the ankle joint; or A congenital defect with the length of the affected limb shorter than the length of the unaffected limb at the level of the ankle. Bilateral: Loss of both limbs at minimum proximal to metatarsals; or A congenital deficit resulting in the absence of forefoot structure.
Leg Length Difference	N/A	Leg length difference between both legs of at least 7cm.
Hypertonia Ataxia Athetosis	Unilateral: Affecting one upper limb below the elbow.	Unilateral: Ataxia in one lower limb observed during at least one of the coordination tests for lower extremities, as presented under 3.6.1. Clearly evident athetosis observable in one lower limb (below the knee) as presented under 3.7.1. Hypertonia affecting one leg (below the knee)
Impaired Passive Range of Movement	Unilateral: Maximum of 5 degrees of flexion or extension in the elbow, with no ability to exert force when poling on the affected side.	Unilateral: Equivalent activity limitation to the loss of limb through or above the ankle joint

3 Assessment Methodology

- 3.1 An Athlete must undertake physical and, if required, technical assessment in order to be allocated a Sport Class. This is required in order to establish that the Athlete exhibits an impairment that qualifies the Athlete for Competition, and that the Athlete exhibits activity limitations resulting from that Impairment that affects the Athlete's ability to compete. Both of these components are part of the overall eligibility assessment process that is an integral feature of Athlete Evaluation. The physical and technical assessment detailed in this section are complemented with observation in Competition if required by the Classification Panel.
- 3.2 In order to complete the physical and technical assessment, a Classification Panel must have access to medical documentation regarding the Athlete's Impairment.
- 3.3 Athletes must attend an Evaluation Session with their competition ski equipment and accessories (for example, sit-ski, strapping and padding, orthoses, prostheses, skis, poles and boots), and be prepared to demonstrate seated position in sit ski with all strapping secured in place.
- 3.4 All athletes will undergo an assessment relevant to the Underlying Health Condition/diagnosis and presentation. This includes, but is not limited to, an assessment of:
- Muscle power
 - Muscle tone
 - Reflexes
 - Passive range of movement
 - Coordination
 - Motor control/Movement control
 - Anthropometric measurements

Final Sport Class allocation is the resultant outcome of a comprehensive battery of tests and measures.

4 Physical Assessment

4.1 Impaired Muscle Power

- 4.1.1 Manual muscle testing is conducted in accordance with Daniels and Worthingham (Hislop et al. 2013)¹ and scoring is based on the Oxford Scale. Muscle power will be tested through the full available passive range of movement (PROM). Classifiers will also describe the range of motion and any limitations. In case of limitations or lack of anatomic insertion of a muscle, the manual muscle testing score is based on functional strength across the joint through the available range of movement.

¹ Hislop, H. J. , Avers, D. and Brown, A (2013). Daniels & Worthingham's muscle testing : Techniques of Manual Examination and Performance Testing (9th Edition). Philadelphia: W.B. Saunders Company

Oxford Scale

5	Muscle group is able to complete FULL available range of movement against gravity and maximal resistance
4	Muscle group is able to complete FULL available range of movement against gravity and resistance but not against maximal resistance
3	Muscle group is able to complete FULL available range of movement against only the resistance of gravity
2	Muscle group is able to complete FULL available range of movement in a position that minimizes the force of gravity (Gravity Minimized)
1	Muscle contraction activity detected visually or by palpation in the muscle however no movement of limb noted
0	Absence of muscle contraction noted visually nor by palpation

- 4.1.2 Athletes with spinal cord injury must provide an International Standards for Neurological Classification of SCI (ISNCSCI) Worksheet, recently completed by a qualified health care professional. The worksheet is available from: [International Standards for Neurological Classification of SCI \(ISNCSCI\) Worksheet - American Spinal Injury Association \(asia-spinalinjury.org\)](http://www.asia-spinalinjury.org)

4.2 Impaired Passive Range of Movement

- 4.2.1 Impaired Passive Range of Movement testing is conducted in reference to the anatomical ranges of movement described in Daniels and Worthingham (Hislop et al. 2013).

4.2.2 General Considerations:

- Athlete appropriately positioned for assessment
- Active range of movement is determined and when limitation is noted the passive range of movement is further assessed

4.2.3 Equipment used:

- Long arm goniometer

4.3 Limb Deficiency

- 4.3.1 Limb deficiency must be demonstrated as having partial absence of bones or joints as a consequence of trauma, illness or congenital limb deficiency.

4.3.2 General Considerations:

- Determination of whether limb deficiency is acquired or congenital
- Athlete appropriately positioned for assessment
- Residual limb is measured using consistent and precise anatomical landmarks
- Measurements must be recorded accurately for left and right sides

4.3.3 Equipment used:

- Medical tape measure (in centimeters)

4.4 Leg Length Difference

4.4.1 Leg length difference must be demonstrated as anatomic leg length discrepancy as opposed to functional leg length discrepancy.

4.4.2 General Considerations:

- Determination of leg length discrepancy
- Athlete appropriately positioned for assessment
- Leg length is measured in supine position, taking the average of two measurements of the distance from the inferior aspect of the anterior superior iliac spine to the distal tip of the medial malleolus
- Measurements must be recorded accurately for left and right sides

4.4.3 Equipment used:

- Medical tape measure (in centimeters)

4.5 Hypertonia

4.5.1 In conducting the assessment, the Classification Panel must be satisfied that the velocity dependent resistance to passive lengthening of the muscle is related to an Underlying Health Condition. The following signs may be useful indicators in this regard:

- Increased resistance to velocity dependent passive lengthening of the muscle
- presence of non-dampening clonus on the side which the tone is increased;
- abnormal brisk reflexes in the limb in which the tone is increased;
- mild atrophy in the limb in which the tone is increased;
- positive Babinski response on the side in which the tone is increased.
- Increase in muscle tone (including clonus or reflex activity) as demonstrated during sport specific activity assessment incorporating functional velocity dependent passive lengthening of the muscle

4.5.2 The Modified Ashworth Scale is used to measure the increase of muscle tone. Muscle groups are assessed through full available passive range of movement in both slow and velocity dependent manners.

Modified Ashworth Scale (MAS)

0	No increase in muscle tone
1	Slight increase in muscle tone, manifested by a catch and release or minimal resistance at the end of range of movement when an affected part(s) is moved in flexion or extension
1+	Slight increase in muscle tone, manifested by a catch, followed by minimal resistance throughout the remainder (less than half) of range of movement
2	More marked increase in muscle tone through most of range of movement, but affected part(s) easily moved
3	Considerable increase in muscle tone, passive movement difficult
4	Affected part(s) rigid in flexion or extension

4.6 Ataxia

4.6.1 In conducting the assessment, the Classification Panel must be satisfied that ataxic movements or coordination deficits are demonstrable, clearly evident and related to an Underlying Health Condition. Tests that may be useful for determining this include, but are not limited to:

- Finger-to-nose test (Athlete touching own nose from the crucifix position)
- Finger-to-finger test (Classifier presents their index finger and asks the Athlete to touch it with their own index finger)
- Toe-to-finger test (Classifier presents their index finger and asks the Athlete to touch it with their toe)
- Heel draw test (i.e., draw the heel of one leg along the length of the contralateral shin, from ankle to knee and then in the reverse direction)
- Straight line heel-to-toe walking
- One leg stance
- Walking

4.6.2 Sport Specific tests will be included in the evaluation as needed. Tests that may be useful for determining this include, but are not limited to:

- Pole control placement tests;
- Nordic specific movement tests;

4.7 Athetosis

4.7.1 Athetosis refers to unwanted movement and posturing resulting from damage to motor control centres of the brain, most frequently the basal ganglia. When evaluating an Athlete, the Classification Panel must be satisfied that athetosis is clearly evident and that it is neurological in origin. Clearly evident athetosis is unwanted movement and posturing that is characteristically athetoid and observable as at least one of the following:

- Involuntary movement of the fingers or upper extremities despite the Athlete trying to remain still;
- Involuntary movement of the toes or lower extremities despite the Athlete trying to remain still;
- Inability to hold the body still – swaying of the body.
- Characteristic athetoid posturing of the limbs and/or trunk

4.8 Functional Assessment of Sitting Athletes

General Considerations

- 4.8.1 All athletes competing in the Sitting Classes (LW10-LW12) with potential trunk and/or hip neurologic weakness/dysfunction will undergo Trunk/Hip Testing. The purpose of these tests are to assess trunk/hip muscle power, postural control, and function to determine the extent to which the Athlete's Eligible Impairment impacts their ability to execute the specific tasks and activities fundamental to sit skiing.
- 4.8.2 The Board Test is conducted in accordance with the protocol described in Pernot et al (2011)²
- 4.8.3 Equipment used:
- Test Board, which may include the use of strapping, foam, cushions etc. Classifiers will adjust or modify the equipment or set up as needed to meet the individual needs of the athlete and/or to comprehensively or more specifically assess the athlete's physical ability.
- 4.8.4 The tests that will be carried out include:
- Test 1: Test of Extensors
 - Test 2: Test of Flexors
 - Test 3: Test of Free Rotation
 - Test 4: Test of Lateral / Sidebending
- 4.8.5 Tests are scored on a scale of 0-3, as follows:
- Score 0: no function
 - Score 1: weak function
 - Score 2: fair function
 - Score 3: normal function

² Pernot et al (2011) Validity of the test-table-test for Nordic Skiing for classification of Paralympic sit-ski sport participants. Spinal Cord, 49, 935-941

5 Technical Assessment

- 5.1 A Technical Assessment is a supplementary component of the overall Athlete Evaluation process. It complements the process of determining the impact of the athletes' eligible impairment and the extent to which the athlete is able to execute the specific tasks and activities fundamental to nordic skiing. Technical Assessment may provide further clarification and assist in the allocation of a Sport Class.
- 5.2 A Technical Assessment takes place in a controlled non-competitive environment that allows for the repeated observation of key tasks and activities. This also allows the Classification Panel to evaluate the Athlete when they are using the Adaptive Equipment that they will use in competition (if any), taking into account the (optimal) use of such equipment (such as strapping, gloves etc.). The Classification Panel may observe the following but are not limited to:
- Basic ski propulsion
 - Poling use and dynamics
 - Changing tracks
 - Uphill skiing
 - Downhill skiing
 - Cornering
 - Use of Equipment

6 Observation Assessment

- 6.1 Observation in Competition Assessment, otherwise known as Observation Assessment, refers to the observation of an Athlete in a Competition by a Classification Panel. The process is further defined under Article 14. The Observation in Competition Assessment is only required if a Classification Panel considers it is necessary in order to complete an Evaluation Session.
- 6.2 Observation Assessment is used to confirm that the Athlete has been allocated the correct Sport Class by observing and evaluating the Athlete in a competitive environment.
- 6.3 During the Observation Assessment, the Athlete is observed by the Classification Panel in a comprehensive assessment of all aspects of the athletes' physical abilities. Observation Assessment is used to confirm findings from the Physical and/or Technical Assessments to support the allocation of the Sport Class.
- 6.4 Following an Observation Assessment, the Classification Panel may either: allocate the Athlete a final Sport Class (in which case the Athlete will also be allocated a Sport Class Status); or require the Athlete to redo any or all of the components of the Evaluation Session (including Observation Assessment) that the Classification Panel deems necessary.

7 Sport Class Profiles

7.1 General Considerations

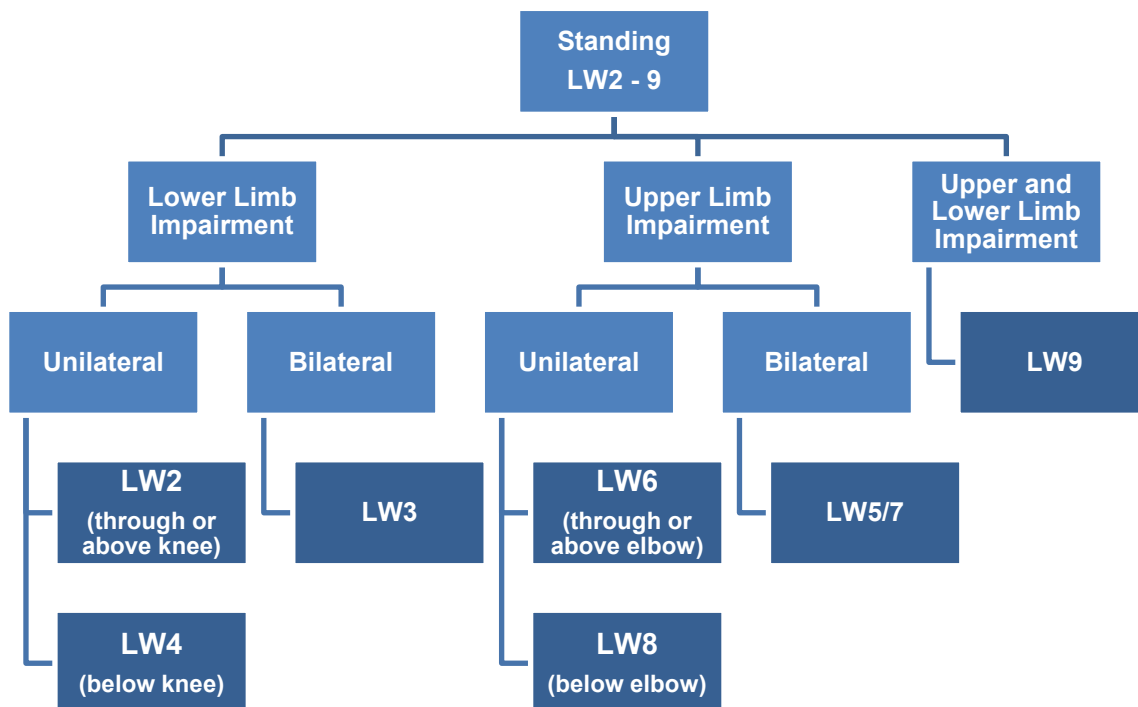
7.1.1 The Sport Classes in Para Nordic for athletes with a Physical Impairment are as follows:

- Standing Skiers: LW 2, LW 3, LW 4, LW 5/7, LW 6, LW 8, LW 9
- Sit-Skiers: LW 10, LW10.5, LW 11, LW 11.5, LW 12

7.1.2 Appendix 1, Article 1, of these Classification Rules and Regulations lists the seven (7) Eligible Impairment Types (Physical) in Para Nordic. Currently, not all Sport Class Profiles include criteria for all Eligible Impairment Types, and therefore if an athlete has an Eligible Impairment with an activity limitation that is considered to be equivalent to the criteria listed in a Sport Class Profile, the Classification Panel may, at its discretion, allocate an athlete in the most appropriate Sport Class.

7.1.3 During Classification, no single criteria in isolation determines the Sport Class. The Classification Panel will consider the criteria and impairment in aggregate to determine the Sport Class for each Athlete.

7.2 Sport Class Profiles - Standing Classes (LW2-9)



Sport Class LW2	Unilateral lower limb impairment (through or above the knee)
Impaired Muscle Power	Loss of muscle power resulting in a total score of 64 or less for all muscle groups of the lower limb, at minimum a loss of 16 points in one lower limb, and a knee flexion/extension score of 2 or less.
Limb Deficiency	Loss of limb through or above the knee; or A congenital deficit where the length of the affected limb is no longer than the length of the femur of the unaffected limb.
Impaired Passive Range of Movement	No range of motion in knee and/or hip, resulting from arthrodesis or ankylosis.
Ataxia Athetosis Hypertonia	Affecting one leg at or above the knee.
Technical Considerations	The Athlete must ski using two skis and two ski poles.

Sport Class LW3	Bilateral lower limb impairment
Impaired Muscle Power	Loss of muscle power in both legs, resulting in: <ul style="list-style-type: none"> ▪ A maximum of 65 points for both limbs; AND ▪ A minimum of 5 points missing in one leg; AND ▪ At least one muscle group in one leg must have a maximum score of 2
Limb Deficiency	Loss of both limbs at minimum proximal to metatarsals; or A congenital deficit resulting in the absence of forefoot structure.
Impaired Passive Range of Movement	No range of movement in both knee joints.
Ataxia Athetosis Hypertonia	Ataxia in both lower limbs observed during at least one of the coordination tests for lower extremities, as presented under 3.6.1. Clearly evident athetosis, observable in both lower limbs, as presented under 3.7.1. Hypertonia in both legs, resulting in grade 2 or more on the Modified Ashworth Scale in any direction of movement.
Technical Considerations	The Athlete must ski using two skis and two ski poles.

Sport Class LW4	Unilateral lower limb impairment (below the knee)
Impaired Muscle Power	Loss of muscle power in one lower limb, resulting in: <ul style="list-style-type: none"> ▪ A maximum of 70 points; AND ▪ At least loss of 10 points in the affected leg; AND ▪ At least one muscle group in the affected leg (below the knee) must have a maximum score of 2
Limb Deficiency	Loss of limb through or above the ankle joint; or A congenital defect with the length of the affected limb shorter than the length of the unaffected limb at the level of the ankle.
Impaired Passive Range of Movement	Equivalent activity limitation to the loss of limb through or above the ankle joint.
Ataxia Athetosis Hypertonia	Ataxia in one lower limb observed during at least one of the coordination tests for lower extremities, as presented under 3.6.1. Clearly evident athetosis observable in one lower limb (below the knee) as presented under 3.7.1. Hypertonia affecting one leg (below the knee).
Leg Length Difference	Leg length difference between both legs of at least 7cm.
Technical Considerations	The Athlete must ski using two skis and two ski poles.

Sport Class LW5/7	Bilateral upper limb impairment
Impaired Muscle Power	Loss of muscle power in both upper limbs with max score of 2 in finger flexion, finger extension and thumb opposition
Limb Deficiency	Loss of limb in both upper limbs, at or proximal to all metacarpophalangeal joints; or Congenital deficit of both hands, resulting in inability to grip and use poles
Impaired Passive Range of Movement	Equivalent activity limitation to that of an athlete with loss of limb in both upper limbs, at or proximal to all metacarpophalangeal joints
Ataxia Athetosis Hypertonia	Affecting both upper limbs
Technical Considerations	The Athlete must ski using two skis but no ski poles. The use of upper limb prostheses is not allowed. The above Eligible Impairment criteria are defined by the lack of functional grip in both upper limbs. If the inability to grip and use poles in both hands cannot be overcome by strapping technology (e.g. strap above and below thumb-finger interspace with circumferential wrist strap), the Athlete will be allocated LW5/7.

Sport Class LW6	Unilateral upper limb impairment (through or above elbow)
Impaired Muscle Power	Loss of muscle power, resulting in max scores of 2 for muscle groups in wrist and elbow region.
Limb Deficiency	Loss of limb through or above the elbow; or Congenital deficit with the length of the affected limb equal to or shorter than the length of the humerus of the unaffected limb
Impaired Passive Range of Movement	Equivalent activity limitation to that of an athlete with loss of limb through or above the elbow
Ataxia Athetosis Hypertonia	Affecting one entire upper limb at or above the elbow
Technical Considerations	The Athlete must ski using two skis and one ski pole without the use of a prosthesis. The entire limb must be fixed (non-flexible) to the body for the entire duration of the race (with the exception of limb deficiency).

Sport Class LW8	Unilateral upper limb impairment (below elbow)
Impaired Muscle Power	Lack of functional grip, being defined as loss of muscle power in one upper limb with max score of 2 in finger flexion, finger extension and thumb opposition.
Limb Deficiency	Loss of upper limb below the elbow, at or proximal to all metacarpophalangeal joints. Congenital deficit with the length of the affected limb longer than the length of the humerus of the unaffected limb. Dysmelia of one hand, resulting in lack of functional grip for Nordic Skiing.
Impaired Passive Range of Movement	Maximum of 5 degrees of flexion or extension in the elbow, with no ability to exert force when poling on the affected side.
Ataxia Athetosis Hypertonia	Affecting one upper limb below the elbow.
Technical Considerations	The Athlete must ski using two skis and one ski pole without the use of a prosthesis. The Impairment shall be such that the Athlete can only use one ski pole. Athletes in this Sport Class will be strictly forbidden to use their affected arm to assist poling or paddling. The above Eligible Impairment criteria are defined by the lack of functional grip in one upper limb. If the inability to grip and use a pole in one hand cannot be overcome by strapping technology (e.g. strap above and below thumb-finger interspace with circumferential wrist strap), the Athlete will be allocated LW8.

Sport Class LW9	Impairment of at least one upper limb and one lower limb
Impaired Muscle Power Limb Deficiency Impaired Passive Range of Movement	Impairment in one lower limb AND one upper limb, each meeting the inclusion criteria for LW4 or LW8 respectively.
Hypertonia Ataxia Athetosis	Hypertonia in at least one lower limb AND in one upper limb, resulting in grade 2 or more on the Modified Ashworth Scale in any direction of movement. Ataxia in at least one lower limb AND in one upper limb observed during at least one of the coordination tests for upper and lower extremities, as presented under 3.6.1. Clearly evident athetosis, observable in at least one lower limb AND in one upper limb as presented under 3.7.1
Technical Considerations	The Athlete must ski using two skis and either one ski pole or two ski poles.

7.3 General Considerations for the sitting Sport Classes

- 7.3.1 Athletes meeting the lower limb MIC may choose to compete sitting. If they choose to compete sitting they will be allocated LW12 unless they demonstrate neurologic weakness of the trunk and/or the lower extremities, at which time they will be more thoroughly examined to determine the most appropriate Sport Class allocation.
- 7.3.2 Athletes meeting the lower limb MIC must choose between sitting or standing at the time of their first International Classification.
- 7.3.3 The Athlete may request to review of the choice to compete sitting or standing in accordance with Article 16.5 of these Rules.
- 7.3.4 An Athlete may also request review of the choice if there is a clear medical justification for changing, in which case a Medical Review Request must be completed.
- 7.3.5 The Athlete will not be permitted to have his lower limbs outside of the sit-ski at any time during the Competition.

7.4 Sport Class Profiles – Sitting Classes (LW10-12)

LW10	Impairments in the lower limbs and trunk
Impaired Muscle Power	Trunk Muscle Power: Upper abdominals and trunk extensors: ≤ 2 AND Lower abdominals and trunk extensors ≤ 2 Hip Muscle Power: Hip Flexor score: ≤ 2 (bilateral) AND Hip Extensor score: ≤ 2 (bilateral)
Limb Deficiency	
Impaired Passive Range of Movement	
Hypertonia Ataxia Athetosis	
Functional Trunk/Hip Testing	Score of 0-2 on the Board Test

LW10.5	Impairments in the lower limbs and the trunk
Impaired Muscle Power	Trunk Muscle Power: Upper abdominals and trunk extensors ≥ 3 AND Lower abdominals and trunk extensors ≤ 2 Hip Muscle Power: Hip Flexor score: ≤ 2 (bilateral) AND Hip Extensor score: ≤ 2 (bilateral)
Limb Deficiency	
Impaired Passive Range of Movement	
Hypertonia Ataxia Athetosis	
Functional Trunk/Hip Testing	Score of 3-6 on the Board Test

LW11	Impairments in the lower limbs and trunk
Impaired Muscle Power	Trunk Muscle Power: Upper abdominals and trunk extensors ≥ 3 AND Lower abdominals and trunk extensors ≥ 3 Hip Muscle Power: Hip Flexor score: ≤ 2 (bilateral) AND

	Hip Extensor score: ≤ 2 (bilateral)
Limb Deficiency	
Impaired Passive Range of Movement	
Hypertonia Ataxia Athetosis	
Functional Trunk/Hip Testing	Score of 7-10 on the Board Test

LW11.5	Impairments in the lower limbs and the trunk
Impaired Muscle Power	Trunk Muscle Power: Upper abdominals and trunk extensors ≥ 3 AND Lower abdominals and trunk extensors ≥ 3 Hip Muscle Power: Hip Flexor score: ≥ 3 (at least unilateral) AND Hip Extensor score: ≤ 2 (bilateral)
Limb Deficiency	
Impaired Passive Range of Movement	
Hypertonia Ataxia Athetosis	
Functional Trunk/Hip Testing	Score of 11 on the Board Test

LW12	Impairments in the lower limb(s) (at least meeting the criteria of the LW4 class)
Impaired Muscle Power	Trunk Muscle Power: Upper abdominals and trunk extensors ≥ 4 AND Lower abdominals and trunk extensors ≥ 4 Hip Muscle Power: Hip Flexor score: ≥ 3 (at least unilateral) AND Hip Extensor score: ≥ 3 (at least unilateral)
Limb Deficiency	
Impaired Passive Range of Movement	
Hypertonia Ataxia Athetosis	
Functional Trunk/Hip Testing	Score of 12 on the Board Test

Appendix Two

Athletes with Vision Impairment

This Appendix outlines the process by which Athletes with Vision Impairment will be classified and allocated a Sport Class for Para Nordic. It is divided into four parts:

- 1 Eligible Impairment Type: describes the Eligible Impairment Type for Para Nordic and lists examples of Underlying Health Conditions that can lead to the Eligible Impairment.
- 2 Minimum Impairment Criteria: identifies how severe the Eligible Impairment must be in order to be eligible for Para Nordic.
- 3 Sport Class Profiles: describes the criteria for each of the Sport Classes for Para Nordic.
- 4 Assessment Methodology: describes the assessment methods to be applied during Athlete Evaluation.

1 Eligible Impairment Types

- 1.1 According to the International Standard for Eligible Impairments, Vision Impairment is defined as:

Eligible Impairment	Examples of Health Conditions
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.	Examples of an Underlying Health Condition that can lead to Vision Impairment include retinitis pigmentosa and diabetic retinopathy.

- 1.2 The Athlete must have an Underlying Health Condition that leads to permanent Vision Impairment in both eyes resulting in impaired visual acuity or restricted visual field.

- 1.3 In accordance with the IPC's position, FIS has made the following decision:
- refractive errors are not considered an Underlying Health Condition leading to Vision Impairment; and
 - instead, when secondary pathological changes are present, caused by refractive errors, then the medical diagnosis should describe the specific changes causing the loss of vision. If the pathological changes are confirmed on the basis of the medical evidence provided through diagnostic testing, then the Athlete will be considered to have an Underlying Health Condition leading to an Eligible Impairment and will proceed to an Evaluation Session to determine if they meet the Minimum Impairment Criteria for Para Nordic.

- 1.4 It is the responsibility of the Athlete and their NSA to provide sufficient evidence of the Athlete's Vision Impairment. This must be done by way of submitting medical diagnostic information as described in the Article 7.5 of these Rules.

- 1.5 The medical diagnostic information must comprise the completed Medical Diagnostic Form (available on the FIS Para Nordic website) and additional medical documentation as indicated on the Medical Diagnostic Form. Failure to present with complete medical diagnostic information may lead to Athlete Evaluation being suspended in accordance with Article 10 of these Rules.
- 1.6 Medical Diagnostic Forms must be typewritten and submitted in English and may not be older than 12 months prior to the date of the Evaluation Session unless FIS determines otherwise.
- 1.7 Medical Diagnostic Forms for Athletes with Vision Impairment must be completed by an ophthalmologist or may, in the discretion of FIS, be completed by an optometrist whose scope of practice includes making ophthalmic diagnoses.
- 1.8 Additional medical documentation must be submitted in English. If the original copy of the medical documentation is not in English, an official translation must be provided.

2 Minimum Impairment Criteria

- 2.1 To be eligible to compete in Para Nordic, the Athlete must meet the criteria below:
 - 2.1.1 The Athlete's Vision Impairment must result in:
 - a static visual acuity of equal to LogMAR 0.9, or worse; or
 - a binocular visual field restricted to less than or equal to 60 degrees diameter.

3 Sport Class Profiles

- 3.1 Sport Class NS1
 - 3.1.1 Light perception without measurable visual acuity or no light perception.
- 3.2 Sport Class NS2
 - 3.2.1 Static visual acuity ranges from LogMAR 2.3 – 3.5 (inclusive).
- 3.3 Sport Class NS3
 - 3.3.1 Static visual acuity ranges from LogMAR 0.9 – 2.2 (inclusive), or
 - 3.3.2 the binocular visual field is constricted to a diameter of less than or equal to 60 degrees if the Athlete's visual acuity is better than 0.9 logMAR.

4 Assessment Methodology

- 4.1 All visual function measurements are based on the Athlete's best corrected visual function while wearing the best optical correction.
- 4.2 Athletes using any optical correction, either for daily life or for competitions (e.g., glasses, lenses, diaphragmatic lenses and any other optical devices), must attend the Evaluation Session with their optical correction and their prescriptions.
- 4.3 The prescription of the glasses will be confirmed with a lensometer.
- 4.4 The Athlete's refractive error will be measured using an autorefractor, the athlete may be given trial frames to wear to achieve best correction.
- 4.5 An Athlete found to be using corrective devices during Competition that were not declared during the Evaluation Session may be subject to further investigation of Intentional Misrepresentation (see Article 32).
- 4.6 Athletes must declare any change in their optical correction to FIS before any Competition. If the Athlete has a Sport Class Status Review with Fixed Review Date or Confirmed, the Athlete's Sport Class Status will be changed to Review. The Athlete will then undergo Athlete Evaluation prior to the next Competition under the provisions of these Rules. Failure to do so may result in an investigation of Intentional Misrepresentation (see Article 32).
- 4.7 The head position to test visual acuity or visual field should be the one that gives the best vision and not the conventional/primary position.
- 4.8 Visual Acuity Assessment
 - 4.8.1 Athlete Evaluation and Sport Class allocation must be based on the assessment of visual acuity using both eyes.
 - 4.8.2 If the Classification Panel determines that an Athlete has better visual acuity using only one eye, Athlete Evaluation must be based on the assessment of visual acuity in the best eye.
 - 4.8.3 Visual acuity is tested using the LogMAR chart for distance visual acuity testing with Illiterate "E" and/or the Berkeley Rudimentary Vision Test.
 - 4.8.4 Visual acuity is measured using the logMAR scale when 0.0 logMAR acuity is equivalent to 20/20 acuity in Snellen notation which is often considered normal vision.
 - 4.8.5 Visual acuity assessment is a threshold test. Therefore, Athletes are required to give their best guess to fail out of the test.
 - 4.8.6 Any Athlete Support Personnel accompanying the Athlete during the Evaluation Session must remain out of sight of the visual acuity charts during the assessment.

- 4.8.7 If inconsistent responses to the visual acuity assessment are provided by the Athlete to the Classification Panel, or an Athlete's monocular acuity results are inconsistent with their binocular acuity, the Classification Panel may consider suspending the Evaluation Session (see Article 30.1.7).
- 4.9 Visual Field Assessment
- 4.9.1 An Athlete's visual field must be tested with one of the following perimeters: Goldmann Visual Field perimeter, Humphrey Field Analyser or Octopus Interzeag perimeter using a Goldmann III 4e stimulus or the equivalent stimulus.
- 4.9.2 The Athlete's Visual field must be tested to a minimum of 80 degrees diameter. Central visual fields may be tested in addition.
- 4.9.3 Visual Fields must be tested with the best optical correction unless the optical correction restricts the Athlete's visual field.
- 4.9.4 Any threshold point on a static visual field test with a value less than 10 decibels is considered not seen for the purposes of determining an Athlete's visual field diameter.
- 4.9.5 The extent of an Athlete's visual field measured on static visual field tests is determined by measuring between seen points, not point-to-point.
- 4.9.6 An Athlete's visual field diameter is measured by determining the longest diameter on any axis that passes through the fixation point.
- 4.9.7 All seen portions along a single axis are added to give the final diameter.
- 4.9.8 The visual field diameter cannot be measured on the edge of a seen area.
- 4.10 Following visual function testing, the Classification Panel will conduct a slit lamp exam to compare ocular findings with information provided on the Athlete's MDF and supporting medical Diagnostic Information. The Classification Panel may administer dilation drops to conduct the slit lamp exam.
- 4.11 Under the provisions set out in this Appendix, Observation in Competition does not apply to Athletes with Vision Impairment.

Appendix Three

1 Non-Eligible Impairment Types for all Athletes

Examples of Non-Eligible Impairments include, but are not limited to the following:

- Pain;
- Hearing impairment;
- Low muscle tone;
- Hypermobility of joints;
- Joint instability, such as unstable shoulder joint, recurrent dislocation of a joint;
- Impaired muscle endurance;
- Impaired motor reflex functions;
- Impaired cardiovascular functions;
- Impaired respiratory functions;
- Impairment metabolic functions;
- Tics and mannerisms, stereotypes and motor perseveration;
- Short Stature; and
- Intellectual Impairment.

2 Health Conditions that are not Underlying Health Conditions for all Athletes

A number of Health Conditions do not lead to an Eligible Impairment and are not Underlying Health Conditions. An Athlete who has a Health Condition (including, but not limited to, one of the Health Conditions listed in the above Appendix One and Appendix Two) but who does not have an Underlying Health Condition will not be eligible to compete in Para Nordic.

Health Conditions that primarily cause pain; primarily cause fatigue; primarily cause joint hypermobility or hypotonia; or are primarily psychological or psychosomatic in nature do *not* lead to an Eligible Impairment.

Examples of Health Conditions that primarily cause pain include myofascial *pain-dysfunction* syndrome, fibromyalgia or complex regional pain syndrome.

An example of a Health Condition that primarily causes fatigue is chronic fatigue syndrome.

An example of a Health Condition that primarily causes hypermobility or hypotonia is Ehlers-Danlos syndrome.

Examples of Health Conditions that are primarily psychological or psychosomatic in nature include conversion disorders or post-traumatic stress disorder.