

U.S. Department of Veterans Affairs (VA)
Veteran Monthly Assistance Allowance for Disabled Veterans Training in Paralympic and Olympic Sports Program (VA Monthly Training Allowance)

The VA Monthly Training Allowance. VA supports eligible military Veterans with service and non-service-connected disabilities training and competing in Paralympic and Olympic sports. To do this, the VA Office of National Veterans Sports Programs & Special Events provides a monthly assistance allowance as authorized by 38 U.S.C. 322(d). For Paralympic sports, VA will pay the monthly allowance to a Veteran who meets the minimum performance standards or higher and classification standards in a sport. For Olympic sports, VA will pay a monthly allowance to a Veteran with a service-connected disability rated 30% or greater by VA who is selected for a national Olympic Team. For these sports, the national sport organizations include those of the US Olympic Paralympic Committee and equivalent organizations in US Commonwealths and Territories. If a sport is not recognized as an Olympic or Paralympic sport or does not have an active US national program, by law it is not authorized for the VA Monthly Training Allowance program. The allowance rate is the same as the 38 U.S.C. Chapter 31 VR&E rates. Evaluative criteria differ from sport to sport; see the details for each Paralympic sport in pages 3-33. For more on classification visit International - IPC: <https://www.paralympic.org/classification>; and National - U.S. Paralympics: <https://www.teamusa.org/US-Paralympics/Sports/Classification.aspx>.

How to Enroll. Veterans must meet both the performance and classification standards for their respective sport. Athletes submit applications through the respective Paralympic or Olympic organization for their sport. Points of contact for Paralympic sports are provide in pages 3-33. Athletes must meet training and competition standards and turn in monthly and quarterly reports to continue receiving the allowance. The sport entity must certify the Veteran meets standards and report their certification to VA.

How to Stay Enrolled/Recertify. Unless waived, athletes must meet the performance standards **every 12 months** to remain certified under the VA Monthly Training Allowance Program. The Veteran must provide proof of performance of achieving the VA Monthly Training Allowance standard or higher for his/her respective sport and sport class to the applicable Paralympic or Olympic Sport Program Manager. Achievement of a certified performance renews the 12-month period. Due to the COVID-19 pandemic, Veterans who achieved performance standards in a sanctioned event during 2019 and maintain training will remain eligible until 30 June 2021 or until this extension provision is rescinded.

Re-Classified Veteran Athletes: If a Veteran athlete is reclassified within their current Paralympic sport during the competition season, the athlete will have six months to achieve the VA Monthly Training Allowance standard or higher in the athlete's new sport class. The athlete will remain on the VA monthly assistance allowance if all other standards continue to be met.

Veteran Athletes Changing Sports: Veteran athletes who choose to switch sports will be treated as "new athletes" and must achieve the VA Monthly Training Allowance standard or higher for his/her new respective sport and sport class. Once transitioned the Veteran must continue to meet the criteria for ongoing certification in the new respective sport.

For more information, please visit our website at <https://www.blogs.va.gov/nvspse/training-allowances/> or contact the Office of National Veterans Sports Programs and Special Events at Sports4Vets@va.gov.

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**Sport Specific
VA Monthly Training
Allowance
Performance
Standards**

**Summer Paralympic
Sports**

ARCHERY

Contact: Mary Emmons at memmons@usarchery.org

George Ryals at gryals@usarchery.org

VA Monthly Training Allowance Standard

Athletes must comply with the following two (2) standards:

1. Athletes must be a member of USA Archery, and
2. Emerging and National Team athletes must achieve the minimum qualifying score (MQS) at a USA Archery and/or World Archery Federation (Star FITA) sanctioned United States Archery Team (USAT), national or international sanctioned event.

Exceptions Effective November 1, 2020: Due to COVID-19 pandemic, Emerging and National Team athletes may achieve the minimum qualifying score (MQS) at a USA Archery sanctioned local or state event until this provision is rescinded.

Emerging Athlete – Event Standards

| Division | Distance | Number of Arrows | Target Face Size | MQS |
|----------------------------|----------|------------------|------------------|-----|
| W1 Men | 50M | 72 | 80CM-10 Ring | 570 |
| W1 Women | 50M | 72 | 80 CM-10Ring | 570 |
| Compound Open Men | 50M | 72 | 80CM – 6 Ring | 630 |
| Compound Open Women | 50M | 72 | 80CM – 6 Ring | 600 |
| Recurve Open Men | 70M | 72 | 122CM-10 Ring | 570 |
| Recurve Open Women | 70M | 72 | 122 CM-10 Ring | 520 |
| Visually Impaired (VI)-1 | 30M | 72 | 80CM-10 Ring | 340 |
| Visually Impaired (VI)-2/3 | 30M | 72 | 80CM-10 Ring | 500 |

NOTE: To learn how to make the USA Archery USAT or Para USAT team or to learn more about USA Archery's adaptive programs please visit www.usarchery.org.

BADMINTON

Contact: Steve Kearney
steve@usabadminton.org / 719-360-3848.

VA Monthly Training Allowance Standard

Athletes must comply with the following four (4) standards:

1. Be a USA Badminton member in good standing and classified by Para National classifier
2. Train a minimum of four days per week with a coach or training group;
3. Athletes must be selected to a development team or higher by USA Badminton to be considered for the allowance; and,
4. Participate in camps, clinics and competitions appropriate to the applicable development team or higher, as determined by USA Badminton.

NOTE: To register for the Para event in one of the USAB tournaments, new Para athletes must be a USA Badminton member and classified by Para National/International Classifier.

NOTE: Athletes must learn all the rules and standards. Educational material is available on USA Badminton (<https://www.teamusa.org/USA-Badminton/PARA-ATHLETES/OVERVIEW>) and Badminton World Federation (BWF) website (<https://corporate.bwfbadminton.com/para-badminton/>). Standards include minimum requirements of tournament participation, BWF tournament points, and BWF rating and results. Coaches and locations are listed on the USA Badminton website.

NOTE: USA Badminton will distribute a basic warmup, simple routines and development, and advanced work for each classification.

Exceptions Effective January 1, 2021: Due to COVID-19 pandemic, athletes that meet standards 1-3 are eligible for this allowance. The requirement for standard 4 is waived until USA Badminton camps, clinics and competitions are held or until this provision is rescinded.

BOCCIA

Contact: Charley Wright
charleywright@yahoo.com / 314-652-4100 ext. 64590

VA Monthly Training Allowance Standard

Athletes must comply with the following two (2) standards:

1. Be named to the USA Boccia National Pool of emerging athletes; and,
2. Either place first, second or third at the National Boccia Championships in an individual division, or place in the top five on the USA Boccia ranking list for an individual division.

NOTE: Due to current international classification issues for BC4, athletes need to contact USA Boccia directly on eligibility issues. There is a provision for scouting for Paralympic eligible athletes and Veteran sponsored events. If athletes appear to 'class in' to BC4 via a video presentation, they could be considered for the U.S. Team Pool for a regional event.

NOTE: There are four authorized individual divisions for Boccia: BC1, BC2, BC3 and BC4. Although there have been efforts to establish a fifth division, it has not been authorized at the international level and therefore doesn't meet requirements for the allowance.

Exceptions Effective January 1, 2021: Due to the COVID-19 pandemic, athletes selected to the national team who continue a USA Boccia monitored training program will be eligible for this allowance, competition-based requirements are waived until USA Boccia tournaments are held or until this provision is rescinded.

CANOE (KAYAK)

For more information contact:
Deborah Page at DebSmithPage@gmail.com

VA Monthly Training Allowance Standard

Athletes must comply with the following two (2) standards:

1. Athletes must be a member of the American Canoe Association (ACA), and
2. Achieve the following standard during ACA selection trials and National Championships (for able bodied and/or Paracanoe); regattas on the International Canoe Federation (ICF) canoe sprint calendar; or at other regattas designated by ACA.

| Men 200m | VMAA Standard (min:sec) | Women 200m | VMAA Standard (min:sec) |
|-------------|----------------------------|---------------|----------------------------|
| KL3 M | 0:54 | KL3 W | 1:10 |
| KL2M | 0:56 | KL2W | 1:14 |
| KL1M | 1:19 | KL1W | 1:22 |
| VL3 M | 1:09 | VL3 W | 1:26 |
| VL2 M | 1:19 | VL2 W | 1:27 |
| VL1 | 1:28 | VL1W | 1:34 |

Exceptions Effective January 1, 2021: Due to the COVID-19 pandemic, athletes who are selected to the national team and continue an ACA monitored training program will maintain eligibility for this allowance and live competition requirements are waived until ACA selection trials or regattas designated by the ICF or ACA are held or until this provision is rescinded.

CYCLING

Contact: VAstipend@usopc.org

VA Monthly Training Allowance Standard

Athletes must meet both of the following criteria:

1. Be licensed by USA Cycling, and
2. Achieve the qualifying standard through one of the two types of qualifying events:
 - Road standard can be achieved during a USA Cycling or Union Cycliste Internationale (UCI) sanctioned time trial competition that is at least 15km long, on an out/back course or a looped road course (no closed-circuit track courses); or
 - Track standard can be achieved during a sanctioned USA Cycling or UCI event track competition.

Special Criteria for Tandem Pilot:

- You must meet the above two criteria,
- Meet the general Veteran eligibility criteria for this allowance, and
- 30% service-connected disability rating

Road Cycling Standards: Time per Kilometer (Individual Time Trial)

| Classification | Men's VMAA Standard | Classification | Women's VMAA Standard |
|----------------|---------------------|----------------|-----------------------|
| H1 | 02:53.4 | H1* | 04:48.0 |
| H2 | 02:04.9 | H2 | 03:25.7 |
| H3 | 01:49.3 | H3 | 02:09.2 |
| H4 | 01:44.7 | H4 | 02:10.4 |
| H5 | 01:47.3 | H5 | 02:02.2 |
| C1 | 01:44.3 | C1* | 02:04.6 |
| C2 | 01:40.6 | C2 | 01:59.8 |
| C3 | 01:37.3 | C3 | 01:54.1 |
| C4 | 01:33.2 | C4 | 01:52.9 |
| C5 | 01:33.64 | C5 | 01:45.6 |
| T1 | 02:26.0 | T1 | 02:56.9 |
| T2 | 02:01.7 | T2 | 02:18.9 |
| B | 01:25.5 | B | 01:37.9 |

*Calculated based off men's standards due to insufficient data

Track Cycling Standards: Time Per Event

| Men's Classification | Men's Emerging Standard | Women's Classification | Women's Emerging Standard |
|------------------------|-------------------------|------------------------|---------------------------|
| C1 1-Kilometer TT | 01:30.75 | C1 500-Meter TT | 00:56.13 |
| C2 1-Kilometer TT | 01:30.90 | C2 500-Meter TT | 00:51.09 |
| C3 1-Kilometer TT | 01:24.47 | C3 500-Meter TT | 00:51.77 |
| C4 1-Kilometer TT | 01:19.28 | C4 500-Meter TT | 00:47.74 |
| C5 1-Kilometer TT | 01:19.66 | C5 500-Meter TT | 00:45.87 |
| B 1-Kilometer TT | 01:13.99 | B 1-Kilometer TT | 01:22.46 |
| C1 3-Kilometer Pursuit | 04:46.20 | C1 3-Kilometer Pursuit | 05:45.11 |
| C2 3-Kilometer Pursuit | 04:34.92 | C2 3-Kilometer Pursuit | 05:11.19 |
| C3 3-Kilometer Pursuit | 04:19:63 | C3 3-Kilometer Pursuit | 05:07.18 |
| C4 4-Kilometer Pursuit | 05:31.36 | C4 4-Kilometer Pursuit | 04:51.29 |
| C5 4-Kilometer Pursuit | 05:01.06 | C5 4-Kilometer Pursuit | 04:41.04 |
| B 4-Kilometer Pursuit | 05:10.77 | B 3-Kilometer Pursuit | 04:17.21 |

EQUESTRIAN

Contact: Laureen Johnson
lkjohnson@usef.org

VA Monthly Training Allowance Standard

Para-equestrian Dressage Eligibility Requirements

In addition to meeting the required scores, athletes must:

1. Be 17 years or older;
2. Be a U.S. citizen/Veteran;
3. Must be a current member in good standing of United States Equestrian Federation (USEF) at the time that the required scores are achieved;
4. Be medically eligible in accordance with the Fédération Equestre Internationale (FEI) Classification Manual for Para-equestrian Competitions, <http://inside.fei.org/sites/default/files/FEI%20Para%20Equestrian%20Classification%20Manual%20Final.pdf>; and
5. Ride independently (without side aides).

Required Scores:

- A total of one score for each must be submitted as follows for the current competition year:
 - One "championship team" test score;
 - One "individual" test score;

- The minimum score of any individual or championship test submitted must be 60 percent or higher;
- Scores may be submitted from any horse/rider combination;
- Submit one score of 60 percent or better from the current competition year;
- Scores shall be achieved at the championship test of the rider's grade level or at any test which is above the rider's grade level. FEI Para Dressage tests may be found here <http://inside.fei.org/fei/your-role/organisers/p-e-dressage/tests>
- All test scores (both rider and/or horse) must be achieved at USEF or FEI Para-equestrian licensed competitions. FEI PE tests must be scored by a USEF "R" rated judge or above, or a FEI PE recognized judge.

Reporting Requirements

Athletes are required to submit legible copies of all qualifying tests, clearly indicating the name of the judge and competition at which the scores were achieved to Laureen Johnson, USEF High Performance Director of Para-equestrian Programs.

NOTE: Please see the Article 8422 in the Rules of FEI Para-equestrian Dressage Events 5th Edition, of April 2017, effective April 24, 2017, to compete in Para-equestrian dressage competitions. To do so, riders shall have either a national or international Para-equestrian (PE) classification and be assigned a Grade. For more information regarding classification, visit the FEI website at <http://inside.fei.org/fei/disc/para-dressage/about>. To schedule a national or international classification, contact Laureen Johnson at the USEF at 859-225-7693.

Para-equestrian Driving Eligibility Requirements

In addition to meeting the required scores, athletes must:

1. Be 17 years or older as of December 1 of the current competition year;
2. Be a U.S. citizen;
3. Must be a U.S. Veteran with a permanent, physical disability;
4. Must be a current member in good standing of USEF at the time that the required scores are achieved;
5. Be medically eligible in accordance with the FEI Classification Manual for Para-Equestrian Competitions, 4th Edition, 2015 Rules for FEI Para-Equestrian Driving Events to compete in Para-equestrian Driving competitions. To do so, drivers shall have either a national or international Para-equestrian classification and be assigned a grade. For more information regarding Classification, visit the FEI website at <http://www.fei.org/fei/regulations/driving>;
6. Drive independently (without second reins); and
7. Must comply with all USEF and ADS (American Driving Society) requirements.

Required Scores

- A total of two scores for each must be submitted as follows for the current competition year:
- Scores from two driven FEI or ADS dressage tests at or above the ADS preliminary level at two USEF or ADS sanctioned combined driving event must be below 65 penalty points

and the entire event must have been completed successfully without elimination, retirement nor disqualification.

- Scores for the entire event may be submitted from any horse/driver combination;
- All test scores (both driver and/or horse) must be achieved at ADS, USEF or FEI Para-equestrian licensed competitions. FEI PE tests must be scored by a USEF “R” rated judge or above, or a FEI PE recognized judge. ADS tests must be scored by ADS “R” rated judges or above.

Reporting Requirements

Athletes are required to submit legible copies of all qualifying tests, clearly indicating the name of the judge and competition at which the scores were achieved.

NOTE: To schedule a national or international classification, contact Lauren Johnson at the USEF at 859-225-7693.

GOALBALL

Contact: Kevin Brouard
kbrouard@usaba.org or 719-866-3224.

VA Monthly Training Allowance Standard

Athletes must meet the following five (5) criteria:

1. Receive a national or international classification assessment as a B1, B2, or B3 athlete;
2. Be active on a United States Association of Blind Athletes (USABA)-recognized club team’s roster;
3. Meet USABA training requirements with that team on a regular basis;
4. Establish a training and competition plan and submit monthly and quarterly progress reports to the USABA goalball high performance manager; and
5. Compete with that team or as a pool player in at least two USABA regional events AND the USABA national championship tournament.

NOTE: A club team is an organized team of goalball players who participate at least at one USABA-sanctioned regional tournament during the goalball season.

NOTE: Regular training is defined as 4 days a week of goalball practice and/or strength and conditioning sessions during the goalball season timeframe of January to August. Off-season training must include 3 days a week of strength and conditioning sessions. Workout schedule must be provided and approved by the high performance manager.

NOTE: Unlike most other Paralympic team sports, USABA develops a pool of national goalball athletes and selects athletes for competitions from its national player pool on a more fluid basis than other sports that tend to have fixed National Team memberships.

JUDO

Contact: Eddie Liddie
eddie.liddie@usajudo.us or 719-866-4730.

VA Monthly Training Allowance Standard

Athletes must be currently ranked fifth or higher in their weight class on the U.S. Para judo national ranking list.

POWERLIFTING

Contact: Butch Schovanec
ironmindbutch@gmail.com

VA Monthly Training Allowance Standard

Athletes must achieve a qualifying score at a sanctioned regional event; qualifying events can be found at the following site: www.disabledpowerlifting.com.

Powerlifting qualifying scores follow:

| Weight Class (kg) | VMAA Standard (kg) | Weight Class (kg) | VMAA Standard (Kg) |
|-------------------|--------------------|-------------------|--------------------|
| MEN | | WOMEN | |
| 49 | 110 | 41 | 60 |
| 54 | 121 | 45 | 63 |
| 59 | 131 | 50 | 65 |
| 65 | 142 | 55 | 68 |
| 72 | 142 | 61 | 70 |
| 80 | 158 | 67 | 74 |
| 88 | 165 | 73 | 76 |
| 97 | 173 | 79 | 81 |
| 107 | 181 | 86 | 86 |
| 107+ | 189 | 86+ | 91 |

ROWING

Contact: Ellen Minzner
Ellen.Minzner@usrowing.org

VA Monthly Training Allowance Standard

Athletes must achieve the below standards based on 2,000-meter indoor times:

| CLASSIFICATION | VMAA Standard | CLASSIFICATION | VMAA Standard |
|----------------|---------------|----------------|---------------|
| Men | | Women | |
| PR3 | 6:55 | PR3 | 7:55 |
| PR3 AK | 8:08 | PR3 AK | 9:36 |
| PR2 | 8:15 | PR2 | 9:20 |
| PR1 | 9:20 | PR1 | 11:20 |

SHOOTING

Contact: Armando Ayala
Armando.Ayala@USAShooting.org

VA Monthly Training Allowance Standard

Athletes must meet the following six (6) criteria:

1. Be a member of USA Shooting;
2. Be International Paralympic Committee (IPC)/World Shooting Para Sport (WSPS) classified;
3. Achieve the standard score on an electronic target at one of the following USA Shooting-approved competitions:
 - a. USA Shooting National Championships
 - b. USA Shooting Selection Matches
 - c. Winter Air
 - d. Robert Mitchell Rifle
 - e. Pistol Spring Selection
 - f. Olympic Training Center Preliminary Tryouts (PTOs)
 - g. Shooting competition monitored by Paralympic Head Coach or designated USA Shooting Assistance Coach, and an IPC WSPS Classifier
 - h. Trap National Championships
 - i. Trap Selection Matches
 - j. Trap PTOs held at the Olympic Training Center
 - k. Trap competitions as approved by USA Shooting certifying official;
4. Compete at a minimum of 2 approved competitions (listed above) per year;
5. Continue to train each month as approved by certifying official; and
6. Sign and adhere to USA Shooting's Code of Conduct

| | | Classification | Qualification Score* |
|--------------|------------------------------------|----------------|----------------------|
| MEN | | | |
| R1 | 10m Air Rifle | SH1 | 570 |
| R7 | 50m Free Rifle 3x40 | SH1 | 1066 |
| P1 | 10m Air Pistol | SH1 | 519 |
| Women | | | |
| R2 | 10m Air Rifle (NOW 60 SHOTS) | SH1 | 571.2 |
| R8 | 50m Free Rifle (NOW 3x40) | SH1 | 1008 |
| P2 | 10m Air Pistol (NOW 60 SHOTS) | SH1 | 490 |
| Mixed | | | |
| R3 | 10m Air Prone | SH1 | 598.1 |
| R4 | 10m Air Standing | SH2 | 593.3 |
| R5 | 10m Air Rifle Prone | SH2 | 601 |
| R6 | 50m Rifle Prone | SH1 | 578.9 |
| P3 | 25m Sport Pistol | SH1 | 516 |
| P4 | 50m Free Pistol | SH1 | 484 |
| P5 | 10m Air Pistol Standard | SH-1 | 301 |
| R9 | 50m Free Rifle Prone | SH2 | 580.8 |
| VIP | Visually Impaired 10m Air Prone | SH-VI | 480 |
| VIS | Visually Impaired 10m Air Standing | SH-VI | 384 |
| PT1 | Trap Seated | SG-S | 58 |
| PT2 | Trap Standing(Lower Limb) | SG-L | 67 |
| PT3 | Trap Standing(Upper Limb) | SG-U | 62 |

*when scored in tenths

SITTING VOLLEYBALL

Contact: Bill Hamiter

Bill.Hamiter@usav.org or 719-228-6800

VA Monthly Training Allowance Standard

Athletes must be selected to a development team or higher by USA Volleyball to be considered for the allowance.

NOTE: Due to the differences between USA Volleyball's resident and non-resident athlete programs, the following information provides information on the athletes' eligibility and activities under the different USA Volleyball programs.

- Eligibility
 - Athletes may attend clinics/tryouts held by national team staff or request an individual tryout at the national team training site (Edmond, Oklahoma) to be evaluated for consideration to join either the National Sitting Volleyball Team or the A2 Development Program. Once added to the National Team Training Roster or the A2 Program, athletes will be eligible for the allowance provided the following conditions are met.
 - National Team Athletes
 - There are two categories of national team athletes, resident and non-resident. Each category has specific training and reporting requirements.
 - Resident Athlete
 - To become a resident athlete, an athlete must have shown significant potential for development and be invited specifically by the respective national team head coach to begin training daily at the national team training site. Housing and education assistance may be available for resident athletes.
 - Non-Resident Athlete
 - A Non-Resident Athlete will be responsible for training in their community.
 - As an athlete progresses through his/her development, there is an expectation for the athlete to become a resident athlete for at least a one to two-year period to immerse themselves in the training of the

game. History has shown the advancement of an athlete who trains as a resident athlete at the national team training site develops their abilities at an exponential rate as compared to that of a non-resident athlete.

- National Team Athlete Training Requirements
- The required training and reporting standards are listed below:

National Team Resident Athlete

On-court skill training sessions at least five days a week and conducts strength and conditioning sessions three to five times a week (13 hours total minimum)

Required to attend all national team training camps and/or competitions, and any A2 Camps as determined by the national team head coach and/or the high performance director. USA Volleyball will cover all travel expenses to/from all national team training camps and competitions. USA Volleyball will determine if the cost of travel to an A2 camp or competition will be at the expense of the athlete or the national team.

National Team Non-Resident Athlete

On-court skill training sessions at least three days (minimum of six hours total) a week and conducts strength and conditioning sessions at least two times a week (minimum of two hours total). Eight hours total of training is the minimum requirement.

Required to attend all national team training camps and competitions, and any A2 camps as determined by the national team head coach and/or the high performance director. USA Volleyball will cover all travel expenses to/from all national team training camps and competitions. USA Volleyball will determine if the cost of travel to an A2 camp or competition will be at the expense of the athlete or the national team.

Non-resident athletes will find a training partner or coach to guide and assist in the training that will be provided by national team staff. The head coach will confirm the player's training partner or coach.

Non-resident athletes will film a portion of their on-court skill training and strength and conditioning workouts each week. The national team staff will give direction on what should be filmed. Film will be submitted to the appropriate national team staff member to be analyzed and critiqued to provide feedback to the athlete.

Non-resident athletes will maintain a log of skill workouts (drills completed, reps/time spent on drill and total time spent on workout) and strength and conditioning workouts (sets, reps, weight/time and total time spent on workout).

Non-resident athletes will use a web-based program (which is provided by the national sitting volleyball office) to log all activity on a weekly basis. Failure to report is failure to complete.

National Team Athlete Training Verification

All athletes will gain the sitting volleyball high performance director's signature once a month to verify the completion of the above-mentioned criteria. It is the responsibility of the athlete to submit all necessary forms in a timely manner for review and signature. It is the responsibility of the athlete to submit the approved paperwork to the VA according to their procedures and standards. Any falsification of documentation may result in the immediate dismissal of an athlete from the VA Monthly Training Allowance program, and possibly other sanctions, including team dismissal, from USA Volleyball.

A2 Development Program Athlete

New athletes who are identified and recruited to participate in USA Volleyball's high performance sitting A2 program will be eligible for the VA Monthly Training Allowance once they have participated in at least three training camps or competitions and maintain their attendance to have not missed no more than two A2 program events of the previous five events held, on an on-going/rolling schedule.

Athletes will be expected to make their own travel arrangements to all camp or competition locations, at their own expense, and USA Volleyball will provide the necessary housing, meals, and local ground transportation to/from the local airports as needed.

USA Volleyball recognizes that VA Monthly Training Allowance funds provided may exceed the expenses of attending all or the necessary minimum to be eligible to receive the VA Monthly Training Allowance funds, and strongly encourages athletes to utilize the extra funds to facilitate skill training in their community with a local volleyball coach and to improve their strength and conditioning at a local gym.

For questions regarding the VA Monthly Training Allowance standards or to request a tryout, please send an email to sitting.volleyball@usav.org.

Exceptions Effective January 1, 2021: Due to COVID-19 pandemic, athletes selected to a development team or higher and who continue a USA Volleyball monitored training regimen will maintain qualifications until the next national tryouts are conducted or until this provision is rescinded.

SWIMMING

Contact: VAStipend@usopc.org

VA Monthly Training Allowance Standard

Men's Swimming VA Monthly Training Allowance Standards

| Event | Class | Standard | Event | Class | Standard | Event | Class | Standard | Event | Class | Standard |
|----------|-------|----------|----------|-------|----------|------------|-------|----------|---------|-------|----------|
| 50 Free | S1 | 01:38.05 | 200 Free | S1 | 06:50.40 | 100 Back | S1 | 02:56.94 | 50 Fly | S1 | 01:59.70 |
| 50 Free | S2 | 01:17.83 | 200 Free | S2 | 04:28.43 | 100 Back | S2 | 02:11.71 | 50 Fly | S2 | 01:42.60 |
| 50 Free | S3 | 00:50.62 | 200 Free | S3 | 04:03.72 | 100 Back | S6 | 01:30.49 | 50 Fly | S3 | 01:31.97 |
| 50 Free | S4 | 00:47.36 | 200 Free | S4 | 03:37.94 | 100 Back | S7 | 01:26.98 | 50 Fly | S4 | 00:57.18 |
| 50 Free | S5 | 00:40.43 | 200 Free | S5 | 03:12.78 | 100 Back | S8 | 01:17.62 | 50 Fly | S5 | 00:42.74 |
| 50 Free | S6 | 00:35.84 | 200 Free | S6 | 06:13.91 | 100 Back | S9 | 01:16.48 | 50 Fly | S6 | 00:37.14 |
| 50 Free | S7 | 00:34.16 | 200 Free | S7 | 05:44.11 | 100 Back | S10 | 01:11.24 | 50 Fly | S7 | 00:36.08 |
| 50 Free | S8 | 00:31.57 | 200 Free | S8 | 05:27.34 | 100 Back | S11 | 01:21.86 | 100 Fly | S8 | 01:13.42 |
| 50 Free | S9 | 00:31.12 | 200 Free | S9 | 05:10.26 | 100 Back | S12 | 01:13.25 | 100 Fly | S9 | 01:11.82 |
| 50 Free | S10 | 00:28.50 | 200 Free | S10 | 04:53.56 | 100 Back | S13 | 01:11.46 | 100 Fly | S10 | 01:07.80 |
| 50 Free | S11 | 00:31.64 | 200 Free | S11 | 05:37.26 | 50 Breast | SB1 | 01:59.70 | 100 Fly | S11 | 01:16.06 |
| 50 Free | S12 | 00:29.24 | 200 Free | S12 | 05:08.54 | 50 Breast | SB2 | 01:05.15 | 100 Fly | S12 | 01:12.00 |
| 50 Free | S13 | 00:28.91 | 200 Free | S13 | 04:55.96 | 50 Breast | SB3 | 00:59.90 | 100 Fly | S13 | 01:07.78 |
| 100 Free | S1 | 03:26.52 | 400 Free | S6 | 06:13.91 | 100 Breast | SB4 | 01:56.68 | 150 IM | SM1 | 07:07.50 |
| 100 Free | S2 | 02:49.25 | 400 Free | S7 | 05:44.11 | 100 Breast | SB5 | 01:56.22 | 150 IM | SM2 | 06:50.94 |
| 100 Free | S3 | 01:56.22 | 400 Free | S8 | 05:27.34 | 100 Breast | SB6 | 01:40.16 | 150 IM | SM3 | 03:26.78 |
| 100 Free | S4 | 01:42.91 | 400 Free | S9 | 05:10.26 | 100 Breast | SB7 | 01:36.25 | 150 IM | SM4 | 03:04.40 |
| 100 Free | S5 | 01:30.84 | 400 Free | S10 | 04:53.56 | 100 Breast | SB8 | 01:29.33 | 200 IM | SM6 | 03:13.67 |
| 100 Free | S6 | 01:19.45 | 400 Free | S11 | 05:37.26 | 100 Breast | SB9 | 01:19.85 | 200 IM | SM7 | 03:08.39 |
| 100 Free | S7 | 01:13.80 | 400 Free | S12 | 05:08.54 | 100 Breast | SB11 | 01:27.46 | 200 IM | SM8 | 02:49.43 |
| 100 Free | S8 | 01:09.83 | 400 Free | S13 | 04:55.96 | 100 Breast | SB12 | 01:22.80 | 200 IM | SM9 | 02:45.26 |
| 100 Free | S9 | 01:08.03 | 50 Back | S1 | 01:30.50 | 100 Breast | SB13 | 01:20.05 | 200 IM | SM10 | 02:36.58 |
| 100 Free | S10 | 01:01.78 | 50 Back | S2 | 01:00.28 | | | | 200 IM | SM12 | 02:41.80 |
| 100 Free | S11 | 01:11.52 | 50 Back | S3 | 00:55.78 | | | | 200 IM | SM11 | 02:57.32 |
| 100 Free | S12 | 01:05.29 | 50 Back | S4 | 00:54.36 | | | | 200 IM | SM13 | 02:36.26 |
| 100 Free | S13 | 01:03.32 | 50 Back | S5 | 00:46.70 | | | | | | |

Women's Swimming VA Monthly Training Allowance Standards

| Event | Class | Standard | Event | Class | Standard | Event | Class | Standard |
|----------|-------|----------|------------|-------|----------|---------|-------|----------|
| 50 Free | S1 | 01:59.70 | 50 Back | S1 | 02:11.70 | 50 Fly | S1 | 01:59.70 |
| 50 Free | S2 | 01:26.64 | 50 Back | S2 | 01:18.19 | 50 Fly | S2 | 01:56.40 |
| 50 Free | S3 | 01:06.86 | 50 Back | S3 | 01:04.13 | 50 Fly | S3 | 01:27.10 |
| 50 Free | S4 | 00:48.64 | 50 Back | S4 | 01:02.74 | 50 Fly | S4 | 01:17.00 |
| 50 Free | S5 | 00:44.84 | 50 Back | S5 | 00:54.32 | 50 Fly | S5 | 00:54.89 |
| 50 Free | S6 | 00:41.29 | 100 Back | S1 | 04:24.00 | 50 Fly | S6 | 00:44.17 |
| 50 Free | S7 | 00:39.91 | 100 Back | S2 | 02:50.38 | 50 Fly | S7 | 00:43.80 |
| 50 Free | S8 | 00:36.64 | 100 Back | S6 | 01:44.18 | 100 Fly | S8 | 01:24.64 |
| 50 Free | S9 | 00:34.80 | 100 Back | S7 | 01:40.62 | 100 Fly | S9 | 01:23.05 |
| 50 Free | S10 | 00:33.85 | 100 Back | S8 | 01:33.74 | 100 Fly | S10 | 01:22.52 |
| 50 Free | S11 | 00:37.48 | 100 Back | S9 | 01:24.80 | 100 Fly | S11 | 01:44.41 |
| 50 Free | S12 | 00:33.30 | 100 Back | S10 | 01:22.82 | 100 Fly | S12 | 01:22.28 |
| 50 Free | S13 | 00:33.53 | 100 Back | S11 | 01:35.89 | 100 Fly | S13 | 01:17.92 |
| 100 Free | S1 | 03:59.40 | 100 Back | S12 | 01:24.18 | 150IM | SM1 | 07:07.50 |
| 100 Free | S2 | 03:05.59 | 100 Back | S13 | 01:26.70 | 150IM | SM2 | 06:50.40 |
| 100 Free | S3 | 01:53.83 | 50 Breast | SB1 | 02:16.80 | 100 IM | SM3 | 05:06.77 |
| 100 Free | S4 | 01:57.60 | 50 Breast | SB2 | 01:50.41 | 150 IM | SM4 | 03:32.71 |
| 100 Free | S5 | 01:39.07 | 50 Breast | SB3 | 01:14.88 | 200 IM | SM5 | 04:10.30 |
| 100 Free | S6 | 01:29.32 | 100 Breast | SB4 | 02:18.66 | 200 IM | SM6 | 03:47.74 |
| 100 Free | S7 | 01:27.13 | 100 Breast | SB5 | 02:06.25 | 200 IM | SM7 | 03:41.00 |
| 100 Free | S8 | 01:18.19 | 100 Breast | SB6 | 01:57.35 | 200 IM | SM8 | 03:18.26 |
| 100 Free | S9 | 01:15.52 | 100 Breast | SB7 | 01:53.59 | 200 IM | SM9 | 03:07.51 |
| 100 Free | S10 | 01:13.36 | 100 Breast | SB8 | 01:38.40 | 200 IM | SM10 | 03:01.75 |
| 100 Free | S11 | 01:22.26 | 100 Breast | SB9 | 01:32.41 | 200 IM | SM11 | 03:26.38 |
| 100 Free | S12 | 01:12.28 | 100 Breast | SB11 | 01:43.92 | 200 IM | SM12 | 02:58.48 |
| 100 Free | S13 | 01:12.08 | 100 Breast | SB12 | 01:36.25 | 200 IM | SM13 | 02:56.77 |
| 200 Free | S1 | 06:18.00 | 100 Breast | SB13 | 01:32.42 | | | |
| 200 Free | S2 | 06:13.98 | | | | | | |
| 200 Free | S3 | 05:30.32 | | | | | | |
| 200 Free | S4 | 04:25.92 | | | | | | |
| 200 Free | S5 | 03:25.64 | | | | | | |
| 400 Free | S6 | 06:29.84 | | | | | | |
| 400 Free | S7 | 06:22.72 | | | | | | |
| 400 Free | S8 | 05:47.39 | | | | | | |
| 400 Free | S9 | 05:39.44 | | | | | | |
| 400 Free | S10 | 05:30.59 | | | | | | |
| 400 Free | S12 | 05:35.70 | | | | | | |
| 400 Free | S11 | 06:24.32 | | | | | | |
| 400 Free | S13 | 05:38.41 | | | | | | |

TABLE TENNIS

Contact: Jasna Rather

Jasna@USATT.org or 817-715-4062

VA Monthly Training Allowance Standard

Athletes must meet the below eligibility requirements in either the International Table Tennis Federation (ITTF) Para World Rating Points or the USA Table Tennis (USATT) Rating Points:

| | MEN'S ITTF Para World Rating Points | WOMEN'S ITTF Para World Rating Points |
|----------|--|--|
| Class 1 | 400 | 400 |
| Class 2 | 450 | 450 |
| Class 3 | 500 | 500 |
| Class 4 | 550 | 550 |
| Class 5 | 600 | 600 |
| Class 6 | 800 | 800 |
| Class 7 | 850 | 850 |
| Class 8 | 900 | 900 |
| Class 9 | 950 | 950 |
| Class 10 | 1000 | 1000 |
| Class 11 | 700 | 700 |

or

| | Men— USATT Rating Points | Women— USATT Rating Points |
|----------|-------------------------------------|---------------------------------------|
| Class 1 | 800 | 700 |
| Class 2 | 900 | 800 |
| Class 3 | 1100 | 1000 |
| Class 4 | 1200 | 1100 |
| Class 5 | 1300 | 1200 |
| Class 6 | 1600 | 1500 |
| Class 7 | 1700 | 1600 |
| Class 8 | 1800 | 1700 |
| Class 9 | 1900 | 1800 |
| Class 10 | 2000 | 1900 |
| Class 11 | 1500 | 1400 |

TAEKWONDO

Contact: Dani Sweigard

Dani.Sweigard@usa-taekwondo.us or 719-866-3624.

VA Monthly Training Allowance Standard

Athletes must meet the following two (2) criteria:

1. Be a current member of USA Taekwondo in good standing, and
2. Either be ranked 16th or higher in the most recent World Taekwondo Para Rankings or finish fifth place or higher at the most recent USA Taekwondo National Championships.

Exceptions Effective January 1, 2021: Due to the COVID-19 pandemic, athletes who meet the above criteria, and continue a USA Taekwondo monitored training program are eligible for this allowance until the USA Taekwondo National Championships are held or until this provision is rescinded.

TRACK & FIELD (ATHLETICS)

Contact: VAStipend@usopc.org

VA Monthly Training Allowance Standard

Must compete in a World Para Athletics approved competition and submit a proof of performance form showing that you have met a standard below. The proof of performance form can be found at <https://www.teamusa.org/US-Paralympics/Sports/Track-and-Field/Competitions>.

Exception Effective January 1, 2021: Due to the COVID-19 pandemic Veterans who achieved performance standards at World Para Athletics approved competitions during 2019 and maintain training will remain eligible during the authorized extension period for 2021.

Note: All events listed are on the Paralympic Games Tokyo 2021 program. Only events contested in Tokyo are eligible for VA Monthly Training Allowance funding.

Men's Track & Field (Athletics) – 25% of “A” Standard

| Class | Event | Standard | Class | Event | Standard | Class | Event | Standard |
|---------------|-------|----------|----------------|-----------|----------|----------------|-----------|----------|
| T11 | 100m | 12.3 | T53 | 400m | 56.2 | F40/41 | Javelin | 31.36 |
| T12 | 100m | 11.9 | T54 | 400m | 50 | F45/46 | Javelin | 45.69 |
| T13 | 100m | 12 | T33/34 | 800m | 02:04.0 | F53/54 | Javelin | 21.52 |
| T33 | 100m | 21.54 | T53 | 800m | 01:55.0 | F56/57 | Javelin | 34.37 |
| T34 | 100m | 19.06 | T54 | 800m | 01:40.0 | F61-64 (42-44) | Javelin | 44.23 |
| T35 | 100m | 15.6 | T11 | 1500m | 04:27.0 | T11 | Long Jump | 5.2 |
| T36 | 100m | 15 | T12/13 | 1500m | 04:20.0 | T12 | Long Jump | 5.8 |
| T37 | 100m | 13.1 | T20 | 1500m | 04:12.0 | T13 | Long Jump | 5.5 |
| T38 | 100m | 13 | T37/38 | 1500m | 04:55.0 | T20 | Long Jump | 5.7 |
| T63(42U) | 100m | 15.6 | T45/46 | 1500m | 04:30.0 | T36 | Long Jump | 4.22 |
| T62/64(43/44) | 100m | 12.5 | T51/52 | 1500m | 04:37.71 | T37 | Long Jump | 4.71 |
| T45/46/47 | 100m | 11.7 | T53/54 | 1500m | 03:09.0 | T38 | Long Jump | 4.94 |
| T51 | 100m | 26.2 | T11 | 5000m | 16:40.0 | T61/63 (42) | Long Jump | 4.68 |
| T52 | 100m | 21 | T12/13 | 5000m | 16:35.0 | T62/64 (43/44) | Long Jump | 5.4 |
| T53 | 100m | 16.65 | T53/54 | 5000m | 10:50.0 | T45/46/47 | Long Jump | 6 |
| T54 | 100m | 15.15 | T11/12 | Marathon | 03:09:75 | F11 | Shot | 10.7 |
| T35 | 200m | 32 | T45/46 | Marathon | 3:07:04 | F12 | Shot | 11.96 |
| T37 | 200m | 26.6 | T52/53/54 | Marathon | 1:39:42 | F20 | Shot | 12.13 |
| T61(42B) | 200m | 32.14 | F31/32 | Club | 26.58 | F32 | Shot | 7.36 |
| T64/44 | 200m | 26 | F51 | Club | 22.37 | F33 | Shot | 7.77 |
| T51 | 200m | 51.3 | F11 | Discus | 31.78 | F34 | Shot | 8.62 |
| T11 | 400m | 59 | F37 | Discus | 40.19 | F35 | Shot | 11.41 |
| T12 | 400m | 55 | F51/52 | Discus | 14.78 | F36 | Shot | 10.86 |
| T13 | 400m | 56 | F54/55/56 | Discus | 34 | F37 | Shot | 11.38 |
| T20 | 400m | 55 | F63/64 (43/44) | Discus | 46.29 | F40 | Shot | 7.58 |
| T36 | 400m | 01:09.0 | T61/63 (42) | High Jump | 1.5 | F41 | Shot | 9.98 |
| T37 | 400m | 01:03.0 | T64(44) | High Jump | 1.52 | F61/63(42) | Shot | 9.98 |
| T38 | 400m | 01:04.3 | T45/46/47 | High Jump | 1.5 | F46 | Shot | 11.48 |
| T62(43) | 400m | 01:01.0 | F12/13 | Javelin | 47.06 | F53 | Shot | 6.39 |
| T45/46/47 | 400m | 54 | F33/34 | Javelin | 25.32 | F54/55 | Shot | 8.87 |
| T51/52 | 400m | 01:10.0 | F38 | Javelin | 37.22 | F56/57 | Shot | 10.73 |

Women's Track & Field (Athletics)– 25% of "A" Standard

| Class | Event | Standard | Class | Event | Standard | Class | Event | Standard |
|---------------|-------|----------|---------------|----------|----------|----------------|-----------|----------|
| T11 | 100m | 14.98 | T11 | 400m | 02:04.0 | F12/13 | Javelin | 31.94 |
| T12 | 100m | 14.3 | T12 | 400m | 67.36 | F33/34 | Javelin | 13.8 |
| T13 | 100m | 14.2 | T13 | 400m | 01:10.0 | F45/46 | Javelin | 30.8 |
| T33/34 | 100m | 23.04 | T20 | 400m | 01:10.0 | F53/54 | Javelin | 13.73 |
| T35 | 100m | 17.61 | T37 | 400m | 79.64 | F55/56 | Javelin | 15.71 |
| T36 | 100m | 18 | T38 | 400m | 77.65 | T11 | Long Jump | 3.74 |
| T37 | 100m | 16 | T45/46/47 | 400m | 74.1 | T12 | Long Jump | 4.17 |
| T38 | 100m | 15.8 | T53 | 400m | 67.71 | T20 | Long Jump | 4.3 |
| T61/63(42) | 100m | 20 | T54 | 400m | 01:05.0 | T37 | Long Jump | 3.55 |
| T62/64(43/44) | 100m | 16 | T33/34 | 800m | 02:33.5 | T38 | Long Jump | 3.6 |
| T45/46/47 | 100m | 14.6 | T53 | 800m | 02:14.2 | T61/63 (42) | Long Jump | 3.05 |
| T51/52 | 100m | 25.15 | T54 | 800m | 02:10.0 | T45/46/47 | Long Jump | 4.22 |
| T53 | 100m | 20.3 | T11 | 1500m | 05:56.9 | T62/64 (43/44) | Long Jump | 4.18 |
| T54 | 100m | 18.9 | T12/13 | 1500m | 05:35.0 | F11/12 | Shot | 10.26 |
| T11 | 200m | 31 | T20 | 1500m | 05:20.0 | F20 | Shot | 9.93 |
| T12 | 200m | 29.75 | T53/54 | 1500m | 04:08.0 | F32 | Shot | 4.39 |
| T35 | 200m | 36.69 | T53/54 | 5000m | 14:00.0 | F33 | Shot | 4.35 |
| T36 | 200m | 37.4 | T11/12 | Marathon | 3:49:63 | F34 | Shot | 5.88 |
| T37 | 200m | 34 | T52/53/54 | Marathon | 1:58.69 | F35 | Shot | 7 |
| T64 (44) | 200m | 33 | F31/32 | Club | 16.66 | F36 | Shot | 7.48 |
| T45/46/47 | 200m | 32.01 | F51 | Club | 17.53 | F37 | Shot | 9.38 |
| | | | F11 | Discus | 24.7 | F40 | Shot | 5.53 |
| | | | F37/38 | Discus | 24.11 | F41 | Shot | 6.33 |
| | | | F40/41 | Discus | 20.35 | F54 | Shot | 5.5 |
| | | | F62/64(43/44) | Discus | 28.25 | F56/57 | Shot | 7.88 |
| | | | F51/52/53 | Discus | 9.13 | | | |
| | | | F54/55 | Discus | 17 | | | |
| | | | F56/57 | Discus | 23.23 | | | |

TRIATHLON

Contact: Gavin Shulock

Gavin.Shulock@usatriathlon.org**VA Monthly Training Allowance Standard**

Athletes must achieve the below standards based on performance at any World Triathlon, Americas Triathlon, or any USA Triathlon sanctioned sprint triathlon in the calendar year

| Sport Class | Average World Championship Finishing Time | Qualifying Standard |
|-------------|---|---------------------|
| Male PTWC | 1:00:46 | 1:18:59 |
| Male PTS2 | 1:09:23 | 1:30:13 |
| Male PTS3 | 1:11:16 | 1:32:39 |
| Male PTS4 | 1:03:22 | 1:22:23 |
| Male PTS5 | 59:59 | 1:17:59 |
| Male PTVI | 1:03:25 | 1:22:26 |
| Female PTWC | 1:16:02 | 1:38:51 |
| Female PTS2 | 1:21:56 | 1:46:31 |
| Female PTS3 | 1:22:53 | 1:47:46 |
| Female PTS4 | 1:17:22 | 1:40:35 |
| Female PTS5 | 1:09:59 | 1:30:59 |
| Female PTVI | 1:11:31 | 1:32:58 |

NOTE: Athletes must ensure that the race is a true sprint distance event – 750m swim, 20k bike, and a 5k run. No exceptions will be made to these distances.

NOTE: The chart above shows the finishing time an athlete needs to complete at the events above, to achieve the qualifying standard. For the qualifying standard, this calculation is 30% behind the average of the 2017/2018/2019 World Triathlon World Champion finishing time. ***If an event is shortened to a duathlon then the race is void as a qualifier.***

Additionally, an athlete who achieves a spot on the USA Triathlon National A, B, or Emerging Teams has also achieved the military standard. The criteria for these teams can be found at www.usaparatriathlon.org.

NOTE: World Triathlon or Americas Triathlon sprint distance triathlon events can be found at www.triathlon.org The list of USA Triathlon events can be found at www.usatriathlon.org

NOTE: The importance of having true sprint distance triathlons (750m swim, 20k bike, and a 5k run) being the gold standard in determining someone’s competitive eligibility is vitally important in determining who is top talent in paratriathlon. The sprint distance is the Paralympic distance and the one being contested at all international competitions as well as the Paralympic Games. Additionally, having access for Veterans to achieve race results is also a vitally **important so expanding the number of opportunities and reduce barriers to races is an** important in our programs evolution.

WHEELCHAIR BASKETBALL

Contact: Brandon McBeain

brandonmcbeain@nwba.org or 719-266-4082 ext. 108

VA Monthly Training Allowance Standard

Athletes will be considered for the allowance when they participate in the National Wheelchair Basketball Association (NWBA) evaluation process and are selected for one of the following:

1. Veteran Emerging Athlete Pool
2. NWBA Development Pool
3. NWBA High Performance Pool
4. NWBA Junior or Senior National Team

NOTE: Athletes must attend or receive an invitation to camps, clinics and national team tryouts to allow evaluations to be conducted by NWBA High Performance Staff and recommendations made by NWBA coaches.

Exceptions Effective January 1, 2021: Due to COVID-19 pandemic, athletes selected to a development team or higher will maintain qualifications until the next national team tryouts are conducted or until this provision is rescinded.

WHEELCHAIR FENCING

Contact: Brandon Dyett

b.dyett@usafencing.org or 719-219-8357

VA Monthly Training Allowance Standard

Athletes must achieve the following four (4) criteria:

1. Be a member of USA Fencing;
2. Retain a coach or training partner to guide training;
3. Submit a monthly training log and progress report, signed by the athlete's coach/training partner, to the National office; and
4. Rank in the top 50 percent of the domestic Rolling Point Standings in at least one weapon OR place 1st-3rd at the most recent National Championships in at least one weapon (if only 1st-3rd places are awarded at Nationals, athlete must place in the top 50 percent of those competing in the event) – rounding will be made to the next lowest ranking/place (ex: top 50 percent of nine will include the fifth athlete).

Exceptions Effective January 1, 2021: Due to the COVID-19 pandemic, athletes who have meet the above criteria are eligible to receive this allowance until the USA Fencing National Championships are held or until this provision is rescinded.

WHEELCHAIR RUGBY

Contact: Mandy Goff, High Performance Manager
mandyg@lakeshore.org or 205-313-7437

VA Monthly Training Allowance Standard

Athletes must be selected to a development team or higher by Lakeshore Foundation/USAWR to be considered for the allowance.

NOTE: Players are invited to tryouts and national team selection through two components.

- Except as provided below an athlete must be a member of one of the following teams to receive an invitation to the next Selection Camp:
 - 2016 Paralympic Team and alternates
 - 2017 Americas Championship Team and alternates
 - 2018 IWRF World Championship Team and alternates
 - 2019 Parapan American Games Team and alternates
- If an athlete does not receive an automatic invitation, they may be eligible for an invitation to the next Selection Camp through the following:
 - A special invitation from the selection committee
 - Athletes may file a petition for an invitation and it must be accepted through the petition procedures found at www.usawr.org and www.lakeshore.org.
 - Athletes selected to the emerging athlete pool or higher will be considered for the allowance.

NOTE: In order to ensure athletes are maintaining a level of fitness and readiness, Lakeshore Foundation/USAWR coaching staff and personnel may elect to observe/evaluate those athletes nominated from the Selection Camp as they train and compete in various domestic and international competitions. In addition, Lakeshore Foundation/USAWR may request video footage and/or statistical information as part of the ongoing evaluation of athletes prior to final team nomination.

Exceptions Effective January 1, 2021: Due to COVID-19 pandemic, athletes that meet the criteria for this allowance are eligible until the next tryouts are conducted or until this provision is rescinded.

WHEELCHAIR TENNIS

Contact: Joanne Wallen or Robert Gordon

Joanne.wallen@usta.com or 914-536-0654 / Robert.gordon@usta.com

VA Monthly Training Allowance Standard

Athletes must achieve the following three (3) criteria:

1. Be a member of U.S. Tennis Association (USTA);
2. Meet wheelchair tennis criteria set out in Rule IV, 2 of International Tennis Federation Regulations for Wheelchair Tennis 2014 which can be found at: <https://www.itftennis.com/media/166080/166080.pdf>; and
3. Be in the top 50 percent of the B Division, any of the A Division or Open Division.

NOTE: An annual review will occur on the anniversary date the athlete entered the program to determine future eligibility for the VA Monthly Training Allowance.

Sport Specific VA Monthly Training Allowance Performance Standards

Winter Paralympic Sports

ALPINE SKIING

Contact: VAStipend@usopc.org

VA Monthly Training Allowance Standard

All athletes must meet the following two (2) criteria:

1. Have National (U.S. Ski and Snowboard Association – USSA) and International (World Para Alpine Skiing – WPAS) license for the current season; and,
2. Achieve a Top-45 WPAS World Ranking.

NOTE: Athletes are designated to WPAS World Rankings based on gender.

BIATHLON

See Nordic Skiing

NORDIC SKIING (BIATHLON & CROSS COUNTRY)

Contact: VAStipend@usopc.org

VA Monthly Training Allowance Standard

Athletes must achieve one of the following two (2) criteria:

1. Achieve a 180 World Para Nordic Skiing (WPNS) race points (or lower) in any WPNS sanctioned race; or,
2. For standing athletes, achieve a calculated 400 points (or lower) in any U.S. Ski and Snowboard Association (USSA) race.

SLED HOCKEY

Contact: Beth Mahr

Beth.Mahr@usahockey.org or 719-538-1113

VA Monthly Training Allowance Standard

Athletes must be selected to a development team or higher by USA Hockey to be considered for the allowance.

NOTE: Players are invited to tryouts and national team selection is based on coach's evaluation of athletes.

Exceptions Effective January 1, 2021: Due to the COVID-19 pandemic, athletes selected to a development team or higher will maintain qualifications until the next tryouts are conducted or until this provision is rescinded.

SNOWBOARD

Contact: VAStipend@usopc.org

VA Monthly Training Allowance Standard

All athletes must meet the following three (3) criteria:

1. Have National USA Snowboard and Freeski Association (USASA) and International World Para Snowboard (WPSB) license for the current season;
2. Compete and score in a minimum of two WPSB races; and
3. Achieve over 150 WPSB points in a discipline.

NOTE: Athletes are allocated WPBS points based on gender.

WHEELCHAIR CURLING

Contact: Marc Deperno

mdeperno@sitrin.com or 315-737-2459

VA Monthly Training Allowance Standard

Athletes must be selected to a development team or higher by USA Curling to be considered for the allowance.

NOTE: Players are invited to tryouts and national team selection based on coach's evaluation of athletes. There are two national teams consisting of the traditional Wheelchair Curling National Team and the new National Wheelchair Curling Mixed Doubles Team authorized by the World Curling Federation in 2020.

**Sport Specific
VA Monthly Training
Allowance
Performance
Standards**

**International
Paralympic Committee
Recognized Sports**

BOBSLED & SKELETON

Contact: Kim Seevers

Kim.seevers@usabs.com or 518-429-8038

VA Monthly Training Allowance Standard

Athletes must achieve the following five (5) criteria:

1. Be a member of United States Bobsled and Skeleton Federation in good standing;
2. Meet the US Bobsled and Skeleton Para Sliding Sports National Team Selection Criteria;
3. Meet the minimum classification requirements in one of the following categories:
 - Para Bobsled Seated
 - Para Bobsled Push
 - Para Skeleton
4. Participate in two or more International Bobsleigh & Skeleton Federation (IBSF) or American Para Cup Competition events; and
5. Achieve the performance standard through one of the two following methods:
 - Be the gold medalist in one discipline (Bobsled Seated, Bobsled Push or Skeleton) at the past season's American Para Cup National Championship; or
 - Be one of the top three finishers in the US Para National Team Seated selections or be one of the top two finishers in the US Para National Team Push or Skeleton selections; and also have top ten finishes in at least two IBSF competitions or top three finishes in at least two American Para Cup competitions in the current season.

NOTE: United States Bobsled and Skeleton Para Sliding Sports National Team selection criteria area available at: <https://www.teamusa.org/USA-Bobsled-Skeleton-Federation/Resources/For-Athletes/Criteria>

NOTE: For performance standards, athletes are divided in different categories based on gender; therefore, there is a top three for both male and female athletes.

SAILING

Contact: Kate Drummey

KateDrummey@ussailing.org or 401-342-7935

VA Monthly Training Allowance Standard

Athletes must achieve the following three (3) criteria:

1. Be a member of US Sailing in good standing;
2. Compete internationally in one of the Para Sailing categories as follows:
 - 2.4mR (1-Person Keelboat),
 - Hansa303 (1-Person Keelboat),
 - RS Venture Connect (2-Person Keelboat), or
 - Either of the Blind Sailing disciplines (Match or Fleet racing; and
3. Participate in one or more Grade 1 or 2 international competition events (i.e., World Cup, EUROSAF, Continental, or Para Sailing World Championship) annually.

NOTE: Para Sailing qualifying events include both Olympic and Paralympic Sailing competitions.

SOCCER (7-A-SIDE)

Contact: Stuart Sharp

ssharp@ussoccer.org.

VA Monthly Training Allowance Standard

Athletes selected to at least three camps/events for the national 7-a-side Paralympic soccer team in a calendar year will be considered for the allowance.

Exceptions Effective January 1, 2021: Due to the COVID-19 pandemic, athletes selected to the national team and continue a US Soccer monitored training program will maintain qualifications until the next training camps/national team selection events are conducted or until this provision is rescinded.

NOTE: Athletes are invited to training camps/national team selection events based on coach's evaluation.

NOTE: Because currently there is not an active national 5-a-side Paralympic soccer team in the United States, only athletes competing in 7-a-side Paralympic soccer are eligible for the allowance. A national 5-a-side Paralympic soccer program is in development and athletes in 5-a-side Paralympic soccer if the goal of a national team is achieved.

SURFING

Contact: Christiaan Bailey
otter@usasurfing.org

VA Monthly Training Allowance Standard

Athlete must achieve the following seven (7) criteria:

1. Be a United States citizen;
2. Be classified in an International Surfing Association (ISA) Adaptive Surfing Classification Division;
3. Be a member of USA Surfing and/or one of USA Surfing's five (5) affiliate organizations (Western Surfing Association, National Scholastic Surfing Association, Hawaiian Surfing Association, Eastern Surfing Association, or Texas Gulf Surfing Association);
4. Adhere to the USA Surfing Athlete Code of Conduct;
5. Not be under a disciplinary review by USA Surfing or any of its affiliate organizations;
6. Compete in the minimum number of competitions as required by USA Surfing and/or USA Surfing's affiliate organizations to qualify for the organization's Prime Competition; and,
7. Rank in the Top 5 in USA Surfing or Top 3 in their affiliate organization.

Exceptions Effective January 1, 2021: Due to the COVID-19 pandemic, athletes who meet criteria 1-5 and 7 are eligible for this allowance, and criteria 6 is waived until USA Surfing's Prime Competition is conducted or until this provision is rescinded.

NOTE: Athletes are ranked by classification division. Please contact Classification@isasurf.org with any questions related to classification.