

United States Olympic Committee and U.S. Department of Veterans Affairs

Veteran Monthly Assistance Allowance Program

The U.S. Olympic Committee supports Paralympic-eligible military veterans in their efforts to represent the USA at the Paralympic Games and other international sport competitions. Veterans who demonstrate exceptional sport skills and the commitment necessary to pursue elite-level competition are given guidance on securing the training, support, and coaching needed to qualify for Team USA and achieve their Paralympic dreams.

Through a partnership between the United States Department of Veterans Affairs and the USOC, the VA National Veterans Sports Programs & Special Events Office provides a monthly assistance allowance for disabled Veterans of the Armed Forces training in a Paralympic sport, as authorized by 38 U.S.C. § 322(d) and section 703 of the Veterans' Benefits Improvement Act of 2008.

Through the program the VA will pay a monthly allowance to a Veteran with a service-connected or non-service-connected disability if the Veteran meets the minimum VA Monthly Assistance Allowance (VMAA) Standard in his/her respective sport and sport class at a recognized competition.

Athletes must have established training and competition plans and are responsible for turning in monthly and/or quarterly forms and reports in order to continue receiving the monthly assistance allowance. Additionally, an athlete must be U.S. citizen OR permanent resident to be eligible. Lastly, in order to be eligible for the VMAA athletes must undergo either national or international classification evaluation (and be found Paralympic sport eligible) within six months of being placed on the allowance pay list.

Evaluative criteria differ from sport to sport and can vary from open tryouts, invitation only tryouts, world rankings, achievement standards or a combination of standards and tryouts. The VMAA Standard for each sport is determined by the respective National Governing Body (NGB) or Paralympic High Performance Management Organization (HPMO), in partnership with the USOC, based on the sport and/or discipline/event international competitive analysis and existing athlete pipeline. Generally, the VMAA Standard is 25% back from the respective sports' national team criteria or equal to the International Paralympic Committee (IPC) determined Minimum Qualifying Standard (MQS) where applicable. To learn more about the specific sport standards, the VMAA, or sport pipelines, contact the U.S. Paralympics Sport Performance division at 719-866-2088 or Kallece.quinn@usoc.org.

The allowance rate per-month for an athlete approved for the VMAA is based on dependent status as explained by 38 U.S.C., Chapter 31.

For more information on classification visit the following links:

International - IPC : <http://www.paralympic.org/Sport/Classification/>

National - U.S. Paralympics : <http://www.teamusa.org/US-Paralympics/Sports/Classification.aspx>

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*If viewing in MS Word, press Control and click on sport to jump to its page

Sport Specific (VMAA) Performance Standards

Summer Sports

Archery

For more information email Randi Smith at hotshot@xmission.com

VMAA Standard

- Athletes must be a member of USA Archery
- Standard can be achieved during World Archery Federation (FITA) tournament shooting 50 Meter (compound) or 70 Meter (recurve)

2013		
	VMAA Standards	
	FITA	70M/50M
W1 Compound Men	1150	575
Open Compound Men	1200	600
W1/ W2 & Standing Recurve Men	1100	550
Open Compound Women	1100	520
W1/W2 & Standing Recurve Women	1000	450

Following is a description of the events:

FITA: 36 arrows at each of the four distances

W2 men, ST men, Open men – 90, 70, 50, 30 meters

W1 men, All women – 70, 60, 50, 30 meters

70 Meter: 72 arrows at 70 meters (122 cm target) for recurve

50 meter: 72 arrows at 50 meters (80 cm target) for compound

Wheelchair Basketball

For more information email Sherrice Fox at sherricefox@nwba.org

VMAA Standard

Players are invited to camps and tryouts based on coach's evaluation of athletes. Veteran athletes being officially named to the U.S. development player pool or higher by the National Wheelchair Basketball Association (NWBA) will be considered for the allowance.

Boccia

For more information email Jeff Jones at jjones@blazesports.org

VMAA Standard

The athlete must:

- Be named to the BlazeSports of America National Boccia Pool of Emerging Players, which is accomplished when an athlete:
 - places first, second or third at the National Boccia Championships in one of four divisions,
 - or is placed in the top five on the BlazeSports National Ranking List.
 - or places first at the National Veteran's Wheelchair Games in their assigned division

Canoe/Kayak

For more information email USA Canoe and Kayak Gerald Babao at gerald@usack.org

VMAA Standard

- Athletes must be a member of USA Canoe/Kayak.
- Standard can be achieved during USA Canoe/Kayak selection trials and National Championships (for able bodied and/or Paracanoe); regattas on the International Canoe Federation Canoe Sprint Calendar; and at other regattas designated by USA Canoe/Kayak.
- Athletes must paddle in boats meeting International Canoe Federation specifications, including weight. Below are the 2013 Time Standards.

<u>Men</u> 200m	<u>VMAA</u> <u>Standard</u> <u>min:sec</u>
K-1M LTA	0:58.77
K-1 M TA	1:06.10
K-1 M A	1:19.98
V-1 M LTA	1:15.88
V-1 M TA	1:23.94
V-1 M A	1:45.66

<u>Women</u> 200m	<u>VMAA</u> <u>Standard</u> <u>min:sec</u>
K-1 W LTA	1:21.06
K-1 W TA	1:26.91
K-1 W A	1:30.12
V-1 W LTA	1:36.53
V-1 W TA	1:42.87
V-1 W A	1:44.52

Cycling

For more information email Mike Durner at Michael.durner@usoc.org

VMAA Standard

- Athletes must be a licensed by USA Cycling.
- Road standard can be achieved during a USA Cycling sanctioned Time Trial. Typical Time Trials are 20km to 40km.

		Classification	2013 VMAA Standards
Men			
Road	Time	Per	KM
Handcycle	Time Trial	H1	2:38.3
Handcycle	Time Trial	H2	2:01.1
Handcycle	Time Trial	H3	2:00.4
Handcycle	Time Trial	H4	1:56.3
Tricycle	Time Trial	T1	2:44.0
Tricycle	Time Trial	T2	2:14.2
Bicycle	Time Trial	C1	1:58.3
Bicycle	Time Trial	C2	1:51.1
Bicycle	Time Trial	C3	1:46.9
Bicycle	Time Trial	C4	1:40.6
Bicycle	Time Trial	C5	1:39.5
Tandem	Time Trial	B/VI	1:33.2
Track			
Tandem (4 km)	Pursuit	B/VI	5:18.26
Bicycle (4 km)	IP	C5	5:37.80
Bicycle (4 km)	IP	C4	5:42.72
Bicycle (3 km)	IP	C3	4:28.58
Bicycle (3 km)	IP	C2	4:43.04

SELECTION STANDARDS

Bicycle (3 km)	IP	C1	5:02.23
Tandem (1 km)	Time Trial	B/VI	1:16.68
Bicycle (1 km)	Time Trial	C5	1:22.51
Bicycle (1 km)	Time Trial	C4	1:23.96
Bicycle (1 km)	Time Trial	C3	1:27.98
Bicycle (1 km)	Time Trial	C2	1:32.85
Bicycle (1 km)	Time Trial	C1	1:38.59
Tandem	Sprint	B/VI	12.65

	2013 VMAA Standards
Classification	

Women			
Road			Time per KM
Handcycle	Time Trial	H1	3:02.6
Handcycle	Time Trial	H2	2:19.7
Handcycle	Time Trial	H3	2:18.8
Handcycle	Time Trial	H4	2:14.2
Bicycle	Time Trial	C1	2:16.6
Bicycle	Time Trial	C2	2:08.2
Bicycle	Time Trial	C3	2:03.4
Bicycle	Time Trial	C4	1:56.0
Bicycle	Time Trial	C5	1:54.7
Bicycle	Time Trial	T1	3:09.2
Bicycle	Time Trial	T2	2:34.8
Bicycle	Time Trial	B/VI	1:47.6

Track			
Bicycle (3km)	Pursuit	C5	04:43.62

Bicycle (3km)	Pursuit	C4	05:05.18
Bicycle (3km)	Pursuit	C3	5:22.78
Bicycle (3km)	Pursuit	C2	5:30.58
Bicycle (3km)	Pursuit	C1	5:52.94
Bicycle (500m)	Time Trial	C5	47.42
Bicycle (500m)	Time Trial	C4	50.94
Bicycle (500m)	Time Trial	C3	54.34
Bicycle (500m)	Time Trial	C2	54.48
Bicycle (500m)	Time Trial	C1	57.26
Tandem (3km)	Pursuit	B/VI	04:22.89
Tandem (1km)	Time Trial	B/VI	01:26.60
Tandem	Sprint	B/VI	14.43

Equestrian

For more information email Laureen Johnson at lkjohnson@usef.org

VMAA Standard

Athletes must be

- Be a U.S. citizen.
- Must be a current member in good standing of U.S. Equestrian Federation (USEF) at the time that the Required Scores are achieved.
- 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% or higher;
- Scores may be submitted from any horse/rider combination;
 - 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. These levels are as follows:
 - For Grade I riders – USDF Walk Trot Test
 - For Grade II riders – USDF Walk Trot Test
 - For Grade III riders – First Level Test 4 or above
 - For Grade IV riders – Third Level Test 1 or above

- 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 an FEI PE recognized judge.
- 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 at the address below.

USEF Attention: Laureen Johnson
P.O. Box 83
Gladstone, NJ 07934
lkjohnson@usef.org

Fencing

For more information email Ginny Boydston at TriClimb@aol.com

VMAA Standard

Athletes currently ranked the top 50% of the domestic points list and have attended at least 1 USA Fencing Para-National event in the current competition year will be considered for the allowance.

Goalball

For more information email John Potts at jpotts@usaba.org

VMAA Standard

The athlete must:

- Be entered on a club team’s roster.
- Training with that team.
- Competing with that team or as a pool player in at least 2 U.S. Association of Blind Athletes (USABA) regional events AND the USABA national championship tournament.
- Receiving a national classification assessment as a B1, B2 or B3 athlete.

Judo

For more information email Eddie Liddle at Eddie.Liddle@usajudo.us

VMAA Standard

Athletes currently ranked 5th or higher in their weight class on the U.S. Para-Judo national ranking list and have attended or are on the confirmed attendee list for at least 1 USA Para-Judo regional or national camp will be considered for the Allowance.

Para-triathlon

For more information email Amanda Duke at Amanda.duke@usatriathlon.org

VMAA Standard

General time standards for triathlon are difficult to use as a basis of someone's performance ability in the developmental pipeline because course conditions (distances, weather, topography, etc.) make the race times so variable, therefore in 2013 there are four (4) Para-triathlon events in which an athlete can achieve the VMAA performance standard:

- 1) ITU San Diego Triathlon / April 20 / San Diego, CA
- 2) U.S. Para-triathlon National Championships / May 27 / Austin, TX
- 3) Endeavor Games / June 9 / Edmond, OK
- 4) Triathlon Canada Para-triathlon National Championships / June 22 / Edmonton, Canada
- 5) Para-triathlon World Championships / September 11-15 / London, GBR

Any athlete that finishes with 35% of the National Champion, the World Champion, or the ITU San Diego champion winners time in the respective sport class/category will be considered for the VMAA. **The actual time standards information for each event listed above will be released after the respective event.**

Powerlifting

For more information email Mary Hodge at Usapowerlifting@verizon.net

VMAA Standard

Weight Class	VMAA MQS
<i>in Kg</i>	<i>In Kg</i>
<u>MEN</u>	
49	105
54	115
59	125
65	135
72	142
80	150
88	157
97	165
107	172
107+	180
<u>WOMEN</u>	
41	57
45	60
50	62
55	65
61	67
67	70
73	72
79	77
86	82
86+	87

Rowing

For more information email Matt Imes at matt@usrowing.org

VMAA Standard

The below standards are based on 1000M indoor or outdoor competition.

	Classification	VMAA Standard
Men		
1000m	AS	4:40 min
1000m	TA	4:15 min
1000m	LTA	3:35 min

	Classification	VMAA Standard
Women		
1000m	AS	5:50 min
1000m	TA	4:50 min
1000m	LTA	4:05 min

Rugby

For more information email Mandy Goff at mandyg@lakeshore.org

VMAA Standard

Players are invited to tryouts and national team selection based on coach's evaluation of athletes. Athletes selected to the development team or higher will be considered for the allowance.

Sailing

For more information email Betsy Alison at betsy.allison@gmail.com

VMAA Standard

Athletes competing in 1 of 3 Paralympic Sailing categories--3-Person Keelboat (Sonar), 1-Person Keelboat (2.4mR), and 2-Person Keelboat (SKUD18)--and are ranked in the top 75% of the International Federation for Disabled Sailing (IFSD) ranks or higher will be considered for the allowance.

Shooting

For more information email Bob Foth at bob.foth@usashooting.org

VMAA Standard

- Must be a member of USA Shooting.

		Classification	VMAA Qualification Score
Men			
R1	10m Air Rifle	SH1	545
R7	50m Free Rifle 3x40	SH1	1060
P1	10m Air Pistol	SH1	535

Women			
R2	10m Air Rifle	SH1	355
R8	50m Free Rifle 3x20	SH1	525
P2	10m Air Pistol	SH1	340

Mixed			
R3	10m Air Prone	SH1	575
R4	10m Air Standing	SH2	570
R5	10m Air Rifle Prone	SH2	575
R6	50m Rifle Prone	SH1	560
P3	25m Sport Pistol	SH1	530
P4	50M Free Pistol	SH1	490
P5	10M Air Pistol Standard	SH1	310

Soccer

For more information email Dana Schoenwetter at Dana.Schoenwetter@usoc.org

VMAA Standard

Athletes are invited to training camps and national team selection events based on coach's evaluation of athletes.

Athletes must be:

- Competing in 7-a-side Paralympic soccer as the U.S. does not currently provide an active a 5-a-side Paralympic soccer team.
- Athletes selected to at least 3 camps/events in a calendar year will be considered for the allowance.

Swimming

For more information email Jamie Martin at Jamie.martin@usoc.org

VMAA Standard

Event	Class	M/W	2013 VMAA
50 Free	S1	Men	01:42.15
50 Free	S2	Men	01:21.08
50 Free	S3	Men	00:54.85
50 Free	S4	Men	00:49.34
50 Free	S5	Men	00:42.11
50 Free	S6	Men	00:37.58
50 Free	S7	Men	00:35.59
50 Free	S8	Men	00:32.89
50 Free	S9	Men	00:32.41
50 Free	S10	Men	00:29.86
50 Free	S11	Men	00:32.96
50 Free	S12	Men	00:30.46
50 Free	S13	Men	00:30.11
100 Free	S1	Men	04:12.75
100 Free	S2	Men	02:56.30
100 Free	S3	Men	02:01.06
100 Free	S4	Men	01:47.20
100 Free	S5	Men	01:34.62
100 Free	S6	Men	01:25.01
100 Free	S7	Men	01:16.87
100 Free	S8	Men	01:12.91
100 Free	S9	Men	01:10.86
100 Free	S10	Men	01:05.96
100 Free	S11	Men	01:14.50
100 Free	S12	Men	01:08.01
100 Free	S13	Men	01:06.81
200 Free	S1	Men	07:07.50
200 Free	S2	Men	06:13.16
200 Free	S3	Men	04:32.24
200 Free	S4	Men	03:47.03
200 Free	S5	Men	03:23.93
200 Free	S14	Men	02:29.91
400 Free	S6	Men	06:29.49
400 Free	S7	Men	05:58.45
400 Free	S8	Men	05:41.16
400 Free	S9	Men	05:23.19
400 Free	S10	Men	05:10.22
400 Free	S11	Men	05:52.16
400 Free	S12	Men	05:21.40
400 Free	S13	Men	05:13.91
50 Back	S1	Men	01:55.55
50 Back	S2	Men	01:22.13

SELECTION STANDARDS

50 Back	S3	Men	00:58.10
50 Back	S4	Men	00:58.96
50 Back	S5	Men	00:48.65
100 Back	S6	Men	01:34.94
100 Back	S7	Men	01:30.66
100 Back	S8	Men	01:25.44
100 Back	S9	Men	01:19.66
100 Back	S10	Men	01:15.91
100 Back	S11	Men	01:25.28
100 Back	S12	Men	01:16.94
100 Back	S13	Men	01:16.37
100 Back	S14	Men	01:20.66
50 Breast	SB1	Men	02:04.69
50 Breast	SB2	Men	01:13.14
50 Breast	SB3	Men	01:02.83
100 Breast	SB4	Men	02:01.54
100 Breast	SB5	Men	02:01.06
100 Breast	SB6	Men	01:48.86
100 Breast	SB7	Men	01:43.28
100 Breast	SB8	Men	01:28.86
100 Breast	SB9	Men	01:24.25
100 Breast	SB11	Men	01:33.04
100 Breast	SB12	Men	01:24.74
100 Breast	SB13	Men	01:23.82
100 Breast	SB14	Men	01:25.54
50 Fly	S1	Men	02:04.69
50 Fly	S2	Men	01:46.88
50 Fly	S3	Men	01:35.80
50 Fly	S4	Men	00:59.56
50 Fly	S5	Men	00:46.50
50 Fly	S6	Men	00:39.29
50 Fly	S7	Men	00:38.44
100 Fly	S8	Men	01:17.49
100 Fly	S9	Men	01:15.96
100 Fly	S10	Men	01:12.20
100 Fly	S11	Men	01:20.88
100 Fly	S12	Men	01:15.00
100 Fly	S13	Men	01:10.60
150 IM	SM1	Men	07:25.31
150 IM	SM2	Men	07:08.04
150 IM	SM3	Men	03:46.45
150 IM	SM4	Men	03:20.30
200 IM	SM5	Men	04:25.58
200 IM	SM6	Men	03:25.47
200 IM	SM7	Men	03:16.47
200 IM	SM8	Men	03:03.96
200 IM	SM9	Men	02:55.35

SELECTION STANDARDS

200 IM	SM10	Men	02:48.46
200 IM	SM11	Men	03:04.71
200 IM	SM12	Men	02:48.54
200 IM	SM13	Men	02:42.77

Event	Class	M/W	2013 VMAA
50 Free	S1	Women	02:04.69
50 Free	S2	Women	01:30.25
50 Free	S3	Women	01:09.65
50 Free	S4	Women	01:06.09
50 Free	S5	Women	00:47.36
50 Free	S6	Women	00:45.14
50 Free	S7	Women	00:41.62
50 Free	S8	Women	00:39.44
50 Free	S9	Women	00:36.60
50 Free	S10	Women	00:35.84
50 Free	S11	Women	00:39.59
50 Free	S12	Women	00:34.69
50 Free	S13	Women	00:34.93
100 Free	S1	Women	04:09.38
100 Free	S2	Women	03:13.32
100 Free	S3	Women	02:29.70
100 Free	S4	Women	02:22.02
100 Free	S5	Women	01:43.20
100 Free	S6	Women	01:36.04
100 Free	S7	Women	01:30.76
100 Free	S8	Women	01:25.46
100 Free	S9	Women	01:19.53
100 Free	S10	Women	01:16.97
100 Free	S11	Women	01:27.81
100 Free	S12	Women	01:15.29
100 Free	S13	Women	01:17.38
200 Free	S1	Women	07:07.50
200 Free	S2	Women	06:29.56
200 Free	S3	Women	05:44.09
200 Free	S4	Women	04:37.00
200 Free	S5	Women	03:40.14
200 Free	S14	Women	02:48.50
400 Free	S6	Women	06:57.16
400 Free	S7	Women	06:38.66
400 Free	S8	Women	06:26.70
400 Free	S9	Women	05:53.59
400 Free	S10	Women	05:46.54
400 Free	S11	Women	06:40.34
400 Free	S12	Women	05:49.69
400 Free	S13	Women	05:52.51
50 Back	S1	Women	02:04.69
50 Back	S2	Women	01:21.45
50 Back	S3	Women	01:23.72
50 Back	S4	Women	01:07.91
50 Back	S5	Women	00:56.59
100 Back	S6	Women	01:51.30
100 Back	S7	Women	01:46.66
100 Back	S8	Women	01:40.25

SELECTION STANDARDS

100 Back	S9	Women	01:30.35
100 Back	S10	Women	01:26.27
100 Back	S11	Women	01:39.89
100 Back	S12	Women	01:27.69
100 Back	S13	Women	01:31.44
100 Back	S14	Women	01:26.87
50 Breast	SB1	Women	02:22.50
50 Breast	SB2	Women	01:55.01
50 Breast	SB3	Women	01:26.80
100 Breast	SB4	Women	02:25.21
100 Breast	SB5	Women	02:18.45
100 Breast	SB6	Women	02:06.12
100 Breast	SB7	Women	02:01.27
100 Breast	SB8	Women	01:43.06
100 Breast	SB9	Women	01:39.41
100 Breast	SB11	Women	01:54.01
100 Breast	SB12	Women	01:40.26
100 Breast	SB13	Women	01:41.87
100 Breast	SB14	Women	01:41.51
50 Fly	S1	Women	02:04.69
50 Fly	S2	Women	01:40.94
50 Fly	S3	Women	01:30.73
50 Fly	S4	Women	01:20.21
50 Fly	S5	Women	00:58.27
50 Fly	S6	Women	00:49.08
50 Fly	S7	Women	00:45.63
100 Fly	S8	Women	01:31.60
100 Fly	S9	Women	01:27.63
100 Fly	S10	Women	01:26.35
100 Fly	S11	Women	01:48.76
100 Fly	S12	Women	01:25.71
100 Fly	S13	Women	01:24.85
150 IM	SM1	Women	07:25.31
150 IM	SM2	Women	07:07.50
150 IM	SM3	Women	05:19.55
150 IM	SM4	Women	04:51.76
200 IM	SM5	Women	04:20.72
200 IM	SM6	Women	04:02.86
200 IM	SM7	Women	03:55.00
200 IM	SM8	Women	03:31.84
200 IM	SM9	Women	03:17.24
200 IM	SM10	Women	03:12.44
200 IM	SM11	Women	03:43.75
200 IM	SM12	Women	03:05.91
200 IM	SM13	Women	03:07.95

Table Tennis

For more information email Jasna Rather at jasnausa@hotmail.com

VMAA Standard

Athletes must meet the below eligibility requirements.

- Current competitive member of USA Table Tennis.

Men	VMAA Standard (World Rating points)
Class 1	500
Class 2	550
Class 3	600
Class 4	650
Class 5	700
Class 6	1000
Class 7	1050
Class 8	1100
Class 9	1150
Class 10	1200
Class 11	1000
Women	
Class 1	400
Class 2	450
Class 3	500
Class 4	550
Class 5	600
Class 6	800
Class 7	850
Class 8	900
Class 9	950
Class 10	1000
Class 11	700

A player earns points by winning matches in a sanctioned international tournament.

Below you will find a link to the World ranking list for each class:

- <http://www.ipttc.org/rating/2013-01-01/index.htm>

Wheelchair Tennis

For more information email Dan James at james@usta.com

VMAA Standard

Athletes must:

- Must be a member of U.S. Tennis Association (USTA).
- In order to be eligible to play wheelchair tennis, players must meet certain criteria, as set out in Rule IV, 2 of **INTERNATIONAL TENNIS FEDERATION REGULATIONS FOR WHEELCHAIR TENNIS 2013**. The document can be found at to <http://www.itftennis.com/media/137505/137505.pdf>

Athletes currently ranked the top 50% of the B-Division USTA National Ranking points or higher on 1 January and/or 1 July of any given year will be considered for the allowance. An annual review will occur on the anniversary date the athlete entered the program to determine future eligibility for the VMAA.

Track & Field

For more information email Cathy Sellers at cathy.sellers@usoc.org

VMAA Standard

Women's Standards			
Event	Class	Classes	VMAA
100	11	11	15.69
100	12	12	15.25
100	13	13	15.25
100	34	33/34	28.00
100	35	35	23.50
100	36	36	19.50
100	37	37	17.50
100	38	38	16.78
100	42	42	20.50
100	44	43/44	18.00
100	46	45/46	16.50
100	52	51/52	30.50
100	53	53	22.50
100	54	54	20.00
200	11	11	32.29
200	12	12	31.50

SELECTION STANDARDS

200	13	13	34.28
200	34	33/34	52.00
200	35	35	46.00
200	36	36	40.00
200	37	37	36.57
200	38	38	34.66
200	44	43/44	33.86
200	46	45/46	31.43
200	52	51/52	48.00
200	53	53	38.10
200	54	54	37.45
400	11	11	80.00
400	12	12	71.75
400	13	13	71.00
400	37	37	82.84
400*	44	43/44	1:33.00
400	46	45/46	1:16.00
400	53	53	71.00
400	54	54	68.60
800	11	11	3:35.00
800	52	51/52	3:35.00
800	53	53	2:25.00
800	54	54	2:14.88
1500	12	11/12	5:55.32
1500	20	20	
1500	54	53/54	4:09.71
5k	54	53/54	14:34.63
Marathon	54	52/53/54	2:25:00
Long Jump	11	11	3.24
Long Jump	12	12	4.22
Long Jump	13	13	4.15
Long Jump	20	20	3.94
Long Jump	37	37/38	3.39
Long Jump	38	37/38	3.24
Long Jump	42	42	2.98
Long Jump	44	44/46	3.45
Long Jump	46	44/46	4.04
Club	31	31/32/51	7.50
Club	32	31/32/51	10.40
Club	51	31/32/51	8.10
Shot	11	11	5.40

SELECTION STANDARDS

Shot	12	12	7.85
Shot	20	20	8.35
Shot	32	32/33/34	4.10
Shot	33	32/33/34	4.35
Shot	34	32/33/34	5.40
Shot	35	35/36	6.35
Shot	36	35/36	6.12
Shot	37	37	7.12
Shot	41	40/41	6.15
Shot	42	42/44	6.15
Shot	44	42/44	7.70
Shot*	52	52/53	2.35
Shot*	53	52/53	2.65
Shot	54	54	4.70
Shot	55	55/56/57	6.08
Shot	56	55/56/57	6.55
Shot	57	55/56/57	6.72
Shot	58	58	7.30
Discus	11	11 12	18.62
Discus	12	11 12	25.83
Discus	35	35/36	15.40
Discus	36	35/36	15.55
Discus	37	37	18.75
Discus	41	40/41	15.50
Discus	51	51/52/53	3.55
Discus	52	51/52/53	9.17
Discus	53	51/52/53	9.80
Discus	54	54/55/56	10.30
Discus	55	54/55/56	13.50
Discus	56	54/55/56	14.50
Discus	57	57/58	17.50
Discus	58	57/18	24.50
Javelin	11	11	14.00
Javelin	12	12 13	16.00
Javelin	13	12 13	17.45
Javelin	33	33/34	8.35
Javelin	34	33/34	11.10
Javelin	37	37	14.80
Javelin	46	46	23.50
Javelin	52	52/53	4.25
Javelin	53	52/53	5.25

SELECTION STANDARDS

Javelin	54	54/55/56	9.40
Javelin	55	54/55/56	11.90
Javelin	56	54/55/56	13.00
Javelin	57	57/58	13.60
Javelin	58	57/58	16.50

Men's Standards			
Event	Class	Classes	VMAA
100	11	11	13.78
100	12	12	13.42
100	13	13	13.53
100	34	33/34	21.30
100	35	35	16.04
100	36	36	15.08
100	37	37	14.21
100	38	38	13.80
100	42	42	16.20
100	43	43	13.94
100	44	44	13.63
100	46	45/46	13.59
100	51	51	31.25
100	52	52	20.98
100	53	53	18.17
100	54	54	17.22
200	11	11	28.19
200	12	12	27.11
200	13	13	27.10
200	34	33/34	38.50
200	35	35	32.71
200	36	36	30.54
200	37	37	28.71
200	38	38	27.86
200	42	42	35.00
200	43	43	27.00
200	44	44	28.04
200	46	45/46	27.40
200	51	51	53.50
200	52	52	39.09
200	53	53	31.94

SELECTION STANDARDS

200	54	54	30.54
400	11	11	63.27
400	12	12	62.00
400	13	13	60.32
400	34	33/34	70.30
400	36	36	70.30
400	37	37	66.83
400	38	38	63.92
400	44	43/44	62.25
400	46	45/46	60.61
400	52	51/52	76.97
400	53	53	60.84
400	54	54	58.06
800	11	11	2:38.53
800	12	12	2:23.12
800	13	13	2:19.48
800	34	34	2:22.24
800	36	36	2:42.00
800	37	37	2:30.11
800	46	45/46	2:19.03
800	52	51/52	2:32.00
800	53	53	1:59.79
800	54	54	1:57.86
1500	11	11	5:04.50
1500	12	12	4:46.31
1500	13	13	4:47.33
1500	20	20	4:54.52
1500	36	36	5:52.89
1500	38	37/38	5:13.53
1500	46	45/46	4:45.11
1500	52	51/52	5:28.25
1500	54	53/54	3:35.19
5k	11	11	19:08.91
5k	12	12	17:38.73
5k	46	45/46	20:01.41
5k	54	53/54	12:44.81
10k	12	11/12	38:23.79
10k	54	53/54	26:05.59
Marathon	11	11	3:20:01
Marathon	12	12	3:20:01
Marathon	46	45/46	3:12:50

SELECTION STANDARDS

Marathon	54	53/54	1:53:00
High Jump*	13	12/13	1.41
High Jump	42	42/44	1.38
High Jump	44	42/44	1.50
Long Jump	11	11	4.85
Long Jump	12	12	5.05
Long Jump	13	13	5.23
Long Jump	20	20	5.11
Long Jump	36	36	3.87
Long Jump	37	37/38	4.10
Long Jump	38	37/38	4.15
Long Jump	42	42	4.10
Long Jump	44	43/44	5.02
Long Jump	46	45/46	5.26
Triple Jump	11	11	9.35
Triple Jump	12	12	11.35
Triple Jump	46	45/46	10.76
Club	31	31/32/51	16.50
Club	32	31/32/51	18.90
Club	51	31/32/51	18.00
Shot	11	11	9.05
Shot	12	12	10.36
Shot	20	20	10.38
Shot	32	32/33	6.03
Shot	33	32/33	6.87
Shot	34	34	8.12
Shot	35	35	7.36
Shot	36	36	8.30
Shot	37	37	10.88
Shot	38	38	9.87
Shot	40	40/41	8.88
Shot	41	40/41	8.88
Shot	42	42	10.61
Shot	44	44	10.49
Shot	46	46	11.03
Shot	52	52/53	5.83
Shot	53	52/53	6.10
Shot	54	54/55	7.53
Shot	55	54/55	9.29
Shot	56	56/57	7.85
Shot	57	56/57	10.02

SELECTION STANDARDS

Shot	58	58	10.32
Discus	11	11	27.64
Discus	12	12	24.64
Discus	32	32/33/34	13.55
Discus	33	32/33/34	19.72
Discus	34	32/33/34	26.45
Discus	35	35/36	29.35
Discus	36	35/36	24.85
Discus	37	37/38	37.85
Discus	38	37/38	34.29
Discus	40	40/41	23.70
Discus	41	40/41	23.55
Discus	42	42	32.87
Discus	44	44	37.38
Discus	46	46	28.45
Discus	51	51/52/53	8.65
Discus	52	51/52/53	16.29
Discus	53	51/52/53	20.45
Discus	54	54/55/56	21.02
Discus	55	54/55/56	27.45
Discus	56	54/55/56	28.87
Discus	57	57/58	34.53
Discus	58	57/58	39.45
Javelin	11	11	27.45
Javelin	12	12/13	40.10
Javelin	13	12/13	41.10
Javelin	33	33/34	14.10
Javelin	34	33/34	21.53
Javelin	37	37/38	27.45
Javelin	38	37/38	32.45
Javelin	40	40/41	26.45
Javelin	42	42	33.87
Javelin	44	44	41.45
Javelin	46	46	29.26
Javelin	52	52/53	11.45
Javelin	53	52/53	12.10
Javelin	54	54/55/56	17.87
Javelin	55	54/55/56	21.65
Javelin	56	54/55/56	25.87
Javelin	57	57/58	29.45
Javelin	58	57/58	37.45

Sitting Volleyball

For more information email Elliot Blake elliott.blake@usav.org

VMAA Standard

Players are invited to tryouts and national team selection is based on coach's evaluation of athletes. Athletes selected to the development (A2) team or higher will be considered for the allowance. Once added to the A2 or national team roster non-resident athletes will be required to meet the below requirements:

1. Athletes are to train for 10 hours a week.
 - a. 6-7.5 hours of on-court training.
 - b. 2.5-4 hours of strength and conditioning.
2. Athletes will find a training partner or coach to guide and assist in the training.
3. Athletes will videotape their on-court training and submit the video to the respective Head Coach for critique.
4. Athletes will utilize the strength and conditioning workouts provided by their respective Head Coach and maintain a log of exercises completed to include count of sets, reps, and weight, or time. The Head Coach will confirm with the player's training partner or coach.
5. All videos are to be submitted on a weekly basis.
6. Athletes will use the web based program to log all training activity to include on-court and strength and conditioning sessions on a daily-weekly basis.

Winter Sports

Alpine Skiing

For more information email Jessica Smith at jessica.smith@usoc.org

VMAA Standard

All athletes must:

- Have National (U.S. Ski and Snowboard Association - USSA) and International (IPC) license for the current season.
- Men: Top 40 World Ranking in a discipline.
- Women: Top 20 World Ranking in a discipline.

Nordic Skiing (Biathlon and Cross Country)

For more information email Jessica Smith at jessica.smith@usoc.org

VMAA Standard

Athletes must achieve one of the following:

- Minimum thirty percent (30%) back in one World Cup event.
- Achieve a 180 IPC Nordic Skiing race points (or lower) in any IPC sanctioned race.
- Standing athletes achieve a calculated 250 points (or lower) in any USSA race.

Curling

For more information email Rick Patzke at rick.patzke@usacurl.org

VMAA Standard

Players are invited to tryouts and national team selection based on coach's evaluation of athletes. Athletes selected to the development team or higher by USA Curling will be considered for the allowance.

Sled Hockey

For more information email Jeremy Kennedy at Jeremyk@usahockey.org

VMAA Standard

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

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

Snowboard

For more information email Jessica smith at jessica.smith@usoc.org

VMAA Standard

Athletes must:

- Have National (USA Snowboard and Freeski Association - USASA) and International (IPC) license for the respective season.
- Men and Women: Must compete and score in a minimum of two events.
- Standing Men: Over 150 IPC points in the discipline.
- Standing Women: Over 150 IPC points in the discipline.

ATTACHMENT 1

VA Monthly Assistance Allowance Re-certification Process

The following is a list of the requirements each certified veteran athlete must complete each year in order to be eligible for the VA/U.S. Paralympics training allowance.

Developing/Emerging Military Athletes

Each Developing/Emerging Military athlete must meet the following criteria **EACH** competitive season to remain on the certified VA/U.S. Paralympics Training Allowance pay list:

- 1) Continue training on an ongoing basis, which includes providing U.S. Paralympics with a copy of his/her personal training plan each month, complete with training and competition plans;
- 2) Complete VA forms on a monthly basis;
- 3) Achieve the VMAA standard or higher for his/her respective sport and sport class at **least once in each competitive season** [as defined by the sport] at a sanctioned event (Results must be reported by the athlete to U.S. Paralympics Emerging Sport Program Associate Director).

National Team Military Athletes

Each National Team Veteran athlete must meet the following criteria **EACH** competitive season to remain on the certified VA/U.S. Paralympics Training Allowance pay list:

- 1) Continue training on an ongoing basis; which includes providing U.S. Paralympics with a copy of his/her personal training plan each month, complete with training and competition plans;
- 2) Complete VA forms on a quarterly basis;
- 3) Achieve the national team standard for his/her respective sport and sport class at **least once in each competitive season** [as defined by the sport] at a sanctioned event (Results must be reported by the athlete to U.S. Paralympics Emerging Sport Program Manager;
 - a. If within the competitive season a national team standard is not met, but a VMAA or higher standard is achieved, the athlete will continue to be eligible for the VA Training Allowance under the Emerging athlete process (see above for details);
- 4) Be certified by national team coach or respective sport High Performance Director on a quarterly basis.

Re-Classified Veteran Athletes

If a Veteran athlete is reclassified during the competition season, the athlete will have until end of the **NEXT** competition season to achieve the VMAA standard or higher in the athlete's new sport class. The athlete will remain on the VA/U.S. Paralympics Training Allowance pay list during this time if they continue to meet the following criteria:

- 1) Continue training on an ongoing basis, which includes providing U.S. Paralympics with a copy of his/her personal training plan each month, complete with training and competition plans;
- 2) Complete VA forms on a monthly basis;
- 3) Continue to actively compete in sanctioned events throughout the competition season [as defined by the sport]. (Results must be reported by the athlete to U.S. Paralympics Emerging Sport Program Associate Director).

Veteran Athletes switching sports

Veteran athletes who choose to switch sports will be treated as “new athletes” and to be certified for the VA/U.S. Paralympics Training Allowance pay list an athlete must meet the following criteria:

- 1) Athlete must achieve the VMAA standard or higher for his/her respective sport and sport class at least once in the competitive season [as defined by the sport] at a sanctioned event;
- 2) Be confirmed to be training on an ongoing basis;
- 3) Be confirmed to be Paralympic eligible and be nationally or internationally classified within six months of achieving the standard if not already classified at the time the standard is achieved;
- 4) Fill out all required VA paperwork.

For more information about the VA/U.S. Paralympics Training Allowance program, please contact Kallie Quinn at 719-866-2088 or by email: Kallece.quinn@usoc.org.

ATTACHMENT 2

Paralympic Sports by Physical Disability Group

Summer Sports	Amputee/ Dwarfism/Other	Blind/Visually Impaired	Spinal Cord Injury/Paralyzed/Wheelchair User	Traumatic Brain Injury/ CP/Stroke	Intellectual Impairment
Archery	X		X	X	
Basketball	X		X		
Boccia				X	
Canoe	X		X	X	
Cycling	X	X	X	X	
Equestrian	X	X	X	X	
Fencing	X		X	X	
Goalball		X			
Judo		X			
Paratriathlon	X	X	X	X	
Powerlifting	X		X	X	
Rowing	X	X	X	X	
Rugby			X		
Sailing	X	X	X	X	
Shooting	X		X	X	
Soccer				X	
Swimming	X	X	X	X	X
Table Tennis	X		X	X	X

SELECTION STANDARDS

Tennis	X		X		
Track & Field	X	X	X	X	X
Volleyball	X				
Winter Sports					
Alpine Skiing	X	X	X	X	
Biathlon	X	X	X	X	
Cross Country Skiing	X	X	X	X	
Curling	X		X	X	
Sled Hockey	X		X	X	
Snowboard	X				