

U.S. Department of Veterans Affairs (VA)

Veteran Monthly Assistance Allowance Program (VMAA)

In partnership with the United States Olympic Committee and other Paralympic entities within the U.S., VA 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 National Teams and achieve their Paralympic dreams.

Through a partnership between the United States Department of Veterans Affairs and Paralympic Communities, 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 or other means established for the particular sport.

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), National Paralympic Committee (NPC), 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 applicable Paralympic sports organization at https://www.va.gov/adaptivesports/docs/Paralympic_Sport_POCs.pdf or visit our website at <http://www.teamusa.org/US-Paralympics>.

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 contact Randi Smith at randismith@usarchery.org or 719-866-4576

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)

2014		
	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 contact Jeffrey Jones at JeffJones@nwba.org or 719-266-4082 ext. 107

VMAA Standard

Athletes will be invited to camps, clinics and national team tryouts based on evaluations conducted by NWBA High Performance Staff and recommendations made by NWBA coaches. Veteran athletes will be considered for the allowance when they meet one of the following criteria as established by the National Wheelchair Basketball Association (NWBA):

- Named to the Veteran Emerging Athlete Pool
- Named to the NWBA Development Pool
- Named to the NWBA High Performance Pool
- Named to an NWBA Junior or Senior National Team

Boccia

For more information contact Cathy Drobny and/or Jim Thompson at usaboccia@gmail.com or 631-388-6134

VMAA Standard

The athlete must:

- Be named to the USA Boccia National Pool of emerging athletes, which is accomplished for Veterans when an athlete:
 - places first, second or third at the National Boccia Championships in one of four Paralympic divisions,
 - or is placed in the top five on the USA Boccia ranking list for the divisions BC1, BC2, BC3 and BC4.
- * 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 US Team Pool for a regional event. *

Canoe/Kayak

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

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 2014 Time Standards.

Men 200m	VMAA Standard (min:sec)	Women 200 m	VMAA Standard (min:sec)
K-1M LTA	0:58.77	K-1 W LTA	1:21.1
K-1 M TA	1:06.1	K-1 W TA	1:26.9
K-1 M A	1:20.0	K-1 W A	1:30.1
V-1 M LTA	1:15.9	V-1 W LTA	1:36.5
V-1 M TA	1:23.9	V-1 W TA	1:42.9
V-1 M A	1:45.66	V-1 W A	1:44.5

Cycling

For more information contact Erin Popovich Erin.Popovich@usoc.or and/or Ian Lawless Ian.Lawless@usoc.org at 719-272-1761

VMAA Standard

- Athletes must be licensed by USA Cycling.
- Road standard can be achieved during a USA Cycling or 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).
- Track standard can be achieved during a sanctioned USA Cycling or UCI event track competition.
- Military Veterans, with a disability rating, who compete as the pilot of a tandem may be eligible for the VMAA provided they achieve the VMAA standard in a USA Cycling or UCI sanctioned cycling competition (road or track) as part of a Tandem.

Road (time per KM)	Classification	VMAA Standard Women	VMAA Standard Men
Handcycle TT	H1	03:36.74	03:06:84
Handcycle TT	H2	03:03.94	02:38.57
Handcycle TT	H3	02:19.09	01:59.90
Handcycle TT	H4	02:17.23	01:58.30
Handcycle TT	H5	02:14.83	01:56.23
Bicycle TT	C1	02:14.95	01:56.34
Bicycle TT	C2	02:12.06	01:53.85
Bicycle TT	C3	02:02.51	01:45.61
Bicycle TT	C4	01:56.58	01:40.50
Bicycle TT	C5	01:54.73	01:38.90
Tricycle TT	T1	03:16.22	02:49.15
Tricycle TT	T2	02:34.40	02:13.10
Tandem TT	B	01:47.49	01:32.66

CYCLING TRACK					
Men			Women		
Class	Distance	Military Standard	Class	Distance	Military Standard
C1 Time Trial	1km	01:36.04	C1	500m	00:55.53
C2 Time Trial	1km	01:32.29	C2	500m	00:54.02
C3 Time Trial	1km	01:25.53	C3	500m	00:53.35
C4 Time Trial	1km	01:21.90	C4	500m	00:49.77
C5 Time Trial	1km	01:19.72	C5	500m	00:44.87
MB Time Trial	1km	01:15.95	WB	1km	01:24.60
C1 Pursuit	3km	04:54.03	C1 Pursuit	3km	05:42.28
C2 Pursuit	3km	04:39.32	C2 Pursuit	3km	05:17.17
C3 Pursuit	3km	04:21.96	C3 Pursuit	3km	05:20.02
C4 Pursuit	4km	05:43.71	C4 Pursuit	3km	04:58.29
C5 Pursuit	4km	05:35.26	C5 Pursuit	3km	04:38.66

MB Pursuit	4km	05:16.30	WB Pursuit	3km	04:19.64
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Equestrian

For more information contact Laureen Johnson at lkjohnson@usef.org or 908-326-1155

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).

Para-Equestrian sport has two FEI (International Federation for Equestrian Sport) disciplines authorized for the VMAA: Dressage and Para-Driving. Requirements are listed below:

PARA-DRIVING REQUIRED SCORES:

- 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>
- A total of two scores for each must be submitted as follows for the current competition year:
- The minimum score of 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 an FEI PE recognized judge. ADS tests must be scored by ADS "R" rated judges or above.

EQUESTRIAN 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 contact Jen Gallagher at j.gallagher@usfencing.org or 719-219-8357

VMAA Standard

Athletes currently ranked in the top 50% of the domestic points list and have attended at least 2 IWAS events in the preceding 18 months will be considered for the allowance.

Goalball

For more information contact Mark Lucas at mlucas@usaba.org or 719-866-3224

VMAA Standard

The athlete must:

- Be entered on a club team's roster.
- Training with that team on a regular basis.
- Establish a training and competition plan and submit monthly and quarterly progress reports to the United States Association of Blind Athletes (USABA) Goalball High Performance Manager.
- Compete 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 or international classification assessment as a B1, B2, or B3 athlete.

Judo

For more information contact Eddie Liddie at eddie.liddie@usajudo.us or 719-866-4730

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 contact Jessica Welk at Jessica.Welk@usatriathlon.org or 719-955-2678

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, so in 2016 there are three (3) events in which an athlete can achieve the military standard.

These are the events in which athletes can strive to achieve this standard:

- CAMTRI Pan Am Paratriathlon Championships – March 12-13 - Sarasota, Florida
- USA Paratriathlon National Championships – August 14 – Santa Cruz, California
- ITU Elite Paratriathlon World Championships – July 23-24 – Rotterdam, Netherlands

The chart below shows, based on the National Championship, what the standards are and the time, in that race, it took to achieve the standard.

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

Sport Class		Military Standard
	<i>National Championship Winner Time</i>	<i>within 35% National Champ winner time</i>
Male PT1	1:19:53	1:47:51
Male PT2	1:13:52	1:39:44
Male PT3	1:20:10	1:48:13
Male PT4	1:05:47	1:28:48
Male PT5	1:05:43	1:28:43
Female PT1	1:15:57	1:42:33
Female PT2	1:34:44	2:07:53
Female PT3	1:50:31	2:29:12
Female PT4	1:17:15	1:44:18
Female PT5	1:21:14	1:49:40

Powerlifting

For more information contact Eric Reed at ereed4@uco.edu or 405-974-3136

VMAA Standard

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

Rowing

For more information contact Tom Darling at tdarling@usrowing.org or 617-513-0708

VMAA Standard

The below standards are based on 1000M indoor.

	Classification	VMAA Standard
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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 contact Mandy Goff at mandyg@lakeshore.org or 205-313-7437

VMAA Standard

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 in order to receive an invitation to 2015 Selection Camp:

- 2011 American Zone Team and alternates
- 2012 Paralympic Team and alternates
- 2013 American Zone Team and alternates
- 2014 World Championship Team and alternates
- 2014 USQRA Team Force

If not a member of one of the above teams an athlete may be eligible for an invitation to the 2015 Selection Camp through the following procedures:

- Athletes outside of the above team members with a special invitation from the Selection Committee only

Athletes not named to either list may be accepted through the protest procedures, found at www.lakeshore.org and www.usawr.org

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

Sailing

For more information email Betsy Alison at betsyalison@ussailing.org or 401-497-2550

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 participating in one or more Grade 1

international competition events (ie. World Cup and/or International Federation for Disabled Sailing (IFDS) Combined World Championship.

Shooting

For more information contact Bob Foth at bob.foth@usashooting.org or 719-866-4670

VMAA Standard

- Must be a member of USA Shooting.

		Classification	VMAA Qualification Score	E- Targets*
Men			Paper Targets	E- Targets*
R1	10m Air Rifle	SH1	545	570.0
R7	50m Free Rifle 3x40	SH1	1060	same
P1	10m Air Pistol	SH1	535	same

Women			Paper Targets	E- Targets*
R2	10m Air Rifle	SH1	355	370.0
R8	50m Free Rifle 3x20	SH1	525	same
P2	10m Air Pistol	SH1	340	same

Mixed			Paper Targets	E- Targets*
R3	10m Air Prone	SH1	575	600.0
R4	10m Air Standing	SH2	570	595.0
R5	10m Air Rifle Prone	SH2	575	600.0
R6	50m Rifle Prone	SH1	560	585.0
P3	25m Sport Pistol	SH1	530	same
P4	50M Free Pistol	SH1	490	same

Soccer

For more information contact Stuart Sharp ssharp@ussoccer.org or 780-951-2109

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 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 contact Jamie Martin at Jamie.martin@usoc.org or 719-866-2024

VMAA Standard

Event	Class	2014 VMAA Men	2014 VMAA Women
50 Free	S3	00:54.85	N/A
50 Free	S4	00:49.35	00:57.55
50 Free	S5	00:42.10	00:47.35
50 Free	S6	00:37.60	00:45.15
50 Free	S7	00:35.60	00:41.60
50 Free	S8	00:32.90	00:39.45
50 Free	S9	00:32.40	00:36.60
50 Free	S10	00:29.85	00:35.85
50 Free	S11	00:32.95	00:39.60
50 Free	S12	00:30.45	00:34.70
50 Free	S13	00:30.10	00:34.95
100 Free	S3	02:01.05	02:29.70
100 Free	S4	01:47.20	N/A
100 Free	S5	01:34.60	01:43.20
100 Free	S6	01:25.00	01:36.05
100 Free	S7	01:16.85	01:30.75
100 Free	S8	01:12.90	01:25.45
100 Free	S9	01:10.85	01:19.55
100 Free	S10	01:05.95	01:16.95
100 Free	S11	01:14.50	01:27.8
100 Free	S13	01:06.80	01:17.40
200 Free	S2	06:13.15	N/A
200 Free	S3	04:32.25	N/A
200 Free	S4	03:47.05	N/A
200 Free	S5	03:23.95	03:40.15
200 Free	S14	02:29.90	02:48.50
400 Free	S6	06:29.50	06:57.15
400 Free	S7	05:58.45	06:38.65
400 Free	S8	05:41.15	06:26.70
400 Free	S9	05:23.20	05:53.60
400 Free	S10	05:10.20	05:46.55
400 Free	S11	05:52.15	06:40.35
400 Free	S13	05:13.90	05:52.50
50 Back	S1	01:55.55	N/A
50 Back	S2	01:22.15	01:21.45
50 Back	S3	00:58.10	01:23.70

SELECTION STANDARDS

50 Back	S4	00:58.95	01:07.90
50 Back	S5	00:48.65	00:56.60
100 Back	S1	03:39.25	N/A
100 Back	S2	02:43.60	3:00.70
100 Back	S6	01:34.95	01:51.3
100 Back	S7	01:30.65	01:46.65
100 Back	S8	01:25.45	01:40.25
100 Back	S9	01:19.65	01:30.35
100 Back	S10	01:15.90	01:26.25
100 Back	S11	01:25.30	01:39.90
100 Back	S12	01:16.95	01:27.70
100 Back	S13	01:16.35	01:31.45
100 Back	S14	01:20.65	01:26.85
50 Breast	SB2	01:13.15	N/A
50 Breast	SB3	01:02.85	01:26.80
100 Breast	SB4	02:01.55	02:25.20
100 Breast	SB5	02:01.05	02:18.45
100 Breast	SB6	01:48.85	02:06.10
100 Breast	SB7	01:43.30	02:01.25
100 Breast	SB8	01:28.85	01:43.05
100 Breast	SB9	01:24.25	01:39.40
100 Breast	SB11	01:33.05	01:54.00
100 Breast	SB13	01:23.80	01:41.85
100 Breast	SB14	01:25.55	01:41.50
50 Fly	S5	00:46.50	00:58.25
50 Fly	S6	00:39.30	00:49.10
50 Fly	S7	00:38.45	00:45.65
100 Fly	S8	01:17.50	01:31.60
100 Fly	S9	01:15.95	01:27.65
100 Fly	S10	01:12.20	01:26.35
100Fly	S11	01:20.90	N/A
100 Fly	S13	01:10.60	01:24.85
150 IM	SM3	03:46.45	N/A
150 IM	SM4	03:20.30	04:23.30
200 IM	SM5	N/A	04:20.70
200 IM	SM6	03:25.45	04:02.85
200 IM	SM7	03:16.45	03:55.00
200 IM	SM8	03:03.95	03:31.85
200 IM	SM9	02:55.35	03:17.25
200 IM	SM10	02:48.45	03:12.45
200 IM	SM11	03:04.70	03:43.75

200 IM	SM13	02:42.75	03:07.95
200 IM	SM14	02:55.90	3:14.55

Table Tennis

For more information contact Jasna Rather at jasna@usatt.org or 817-715-4062

VMAA Standard

Athletes must meet the below eligibility requirements.

- Current competitive member of USA Table Tennis.

	VMAA Standard (World Rating points)- Men	VMAA Standard (World Rating points)-Women
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

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/2014-12-01/index.htm>

Taekwondo

For more information contact Stacy Andrews at stacy.andrews@usa-taekwondo.us or 719-866-3624

VMAA Standard

Athletes must:

- Be ranked 5th place or higher in the World Taekwondo Federation Para rankings or who finish 5th or higher at the most recent USA Taekwondo National Championships

Wheelchair Tennis

For more information contact Dan James at james@usta.com or 914-696-7000

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 2014**. The document can be found at to <http://www.itftennis.com/media/166080/166080.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 contact Cathy Sellers at cathy.sellers@usoc.org or 719-866-3236

VMAA Standard

- Must compete in an IPC approved event and submit a Proof of Performance form showing that you have met the standards listed below. The Proof of Performance form can be found at <http://www.teamusa.org/US-Paralympics/Sports/Track-and-Field/Athlete-and-Sport-Program-Plan>
- Events highlighted in blue are only offered at 2015 Parapan American Games and are not on the 2016 Rio Paralympic Games program. Only events that are on the Rio program are eligible for National team status.

Men's Standards

Class	Event	VMAA Standard
11	100	12.30
12	100	11.90
13	100	12.00
33*	100	26.00
34	100	20.00
35	100	15.60
36	100	15.00
37	100	13.10
38	100	13.00
42	100	15.60

43/44	100	12.50
45/46/47	100	11.70
51	100	30.00
52	100	21.00
53	100	16.65
54	100	15.15
11	200	26.00
12	200	24.20
33/34	200	38.00
35	200	32.00
36	200	31.00
37	200	26.60
38	200	27.00
42	200	34.00
43/44	200	26.00
45/46/47	200	24.00
52	200	-
53	200	30.40
54	200	27.00
11	400	59.00
12	400	55.00
13	400	56.00
*20	400	55.00
33/34	400	1:08.00
36	400	1:10.00
37	400	1:03.00
38	400	1:05.00
43/44	400	1:01.00
45/46/47	400	54.00
*51	400	1:50.00
52	400	1:10.00
53	400	56.20
54	400	50.00
33/34	800	2:10.00
36	800	2:40.00
37/38	800	2:25.00
52/53	800	1:55.00
54	800	1:40.00
11 /12	1500	4:27.00

13	1500	4:20.00
20	1500	4:12.00
37	1500	4:55.00
38*	1500	5:10.00
45/46	1500	4:30.00
51/52	1500	5:20.00
53/54	1500	3:09.00
11/12	5000	16:40.00
13	5000	16:35.00
53/54	5000	10:50.00
11/12	Marathon	3:10:00
42/43/44/45/46	Marathon	3:10:00
52	Marathon	2:40:00
53/54	Marathon	2:00:00
12	High Jump	1.45
42	High Jump	1.40
43/44/45/46/47	High Jump	1.50
46/47	Triple Jump	11.50
11	Long Jump	5.20
12	Long Jump	5.80
13	Long Jump	5.50
20	Long Jump	5.70
36	Long Jump	4.00
37	Long Jump	4.50
38	Long Jump	4.40
42	Long Jump	4.20
43/44	Long Jump	5.15
45/46/47	Long Jump	6.0
11/12	Shot Put	10.7
20	Shot Put	10.5
32	Shot Put	5.0

33	Shot Put	6.0
34	Shot Put	7.0
35	Shot Put	8.0
36	Shot Put	8.5
37	Shot Put	10.0
38	Shot Put	9.0
40	Shot Put	6.0
41	Shot Put	8.0
42	Shot Put	9.5
44	Shot Put	10.5
46	Shot Put	11.0
*53	Shot Put	5.0
54/55	Shot Put	8.5
56/57	Shot Put	10.5
11	Discus	27.0
12	Discus	30.0
33/34	Discus	19.0
37	Discus	37.0
42	Discus	33.0
43/44	Discus	39.0
46	Discus	35.0
51/52	Discus	10.0
53	Discus	-
54/55/56	Discus	29.0
57	Discus	35.0
11	Javelin	28.0
12/13	Javelin	40.0
33/34	Javelin	14.0
37	Javelin	29.0
38	Javelin	30.0
40/41	Javelin	26.0
43/44	Javelin	40.0
46	Javelin	35.0
53/54	Javelin	17.0
55	Javelin	19.0
56/57	Javelin	27.0
31/32	Club	18.0
51	Club	17.0

11--13	Relay	-
42-44	Relay	-
53-54	Relay	-
		-
Possible Rio Event		-
42-44	Relay	-
13	LJ	-

Women's Standards

Class	Event	VMAA Standard
11	100	15.00
12	100	14.30
13	100	14.20
33	100	30.00
34	100	25.00
35	100	20.5
36	100	18.00
37	100	16.00
38	100	15.80
42	100	20.00
43/44	100	16.00
45/46/47	100	14.60
51	100	35.00
52	100	28.00
53	100	20.30
54	100	18.90
11	200	31.00
12	200	30.00
35	200	44.00
36	200	38.00
37	200	34.00
38	200	33.60
43/44	200	33.00
45/46/47	200	-
51/52	200	48.00
53	200	37.00
54	200	34.00

11	400	1:15.00
12	400	1:12.00
13	400	1:10.00
20	400	1:10.00
37	400	1:20.00
38	400	1:19.00
43/44	400	1:30.00
45/46/47	400	1:15.00
51/52	400	1:30.00
53	400	1:10.00
54	400	1:05.00
11	800	3:25.00
33/34	800	2:50.00
52/53	800	2:30.00
54	800	2:10.00
11	1500	6:20.00
12/13	1500	5:35.00
20	1500	5:20.00
45/46	1500	5:40.00
53/54	1500	4:00.00
53/54	5000	14:00.00
11/2	Marathon	N/A
45/46	Marathon	N/A
52/53/54	Marathon	N/A
11	Long Jump	3.40
12	Long Jump	3.70
20	Long Jump	4.30
37	Long Jump	3.50
38	Long Jump	3.60
42	Long Jump	2.80
43/44	Long Jump	3.80
45/46/47	Long Jump	4.0
11/12	Shot Put	8.0
20	Shot Put	9.50

32	Shot Put	2.80
33	Shot Put	3.50
34	Shot Put	5.20
*35	Shot Put	6.0
36	Shot Put	5.50
37	Shot Put	7.50
38	Shot Put	-
40	Shot Put	3.50
41	Shot Put	5.0
53	Shot Put	2.70
54/55	Shot Put	5.50
56/57	Shot Put	7.0
11	Discus	18.0
12	Discus	22.0
37/38	Discus	18.0
40/41	Discus	15.0
43/44	Discus	18.0
51/52	Discus	5.0
54/55	Discus	13.0
56/57	Discus	19.0
11	Javelin	10.0
12/13	Javelin	15.0
34	Javelin	11.50
37	Javelin	17.0
38	Javelin	-
45/46	Javelin	18.0
53/54	Javelin	10.0
55/56	Javelin	12.0
57	Javelin	-
31/32	Club	13.0
51	Club	8.0
11--13	Relay	-
35-38	Relay	-
53-54	Relay	-

Sitting Volleyball

For more information contact Elliot Blake elliott.blake@usav.org or 05-974-3153

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 (standards are good from May 2014 to May 2015)

Alpine Skiing

For more information contact Jessica Smith at jessica.smith@usoc.org or 719-243-8966

VMAA Standard

All athletes must:

- Have National (U.S. Ski and Snowboard Association - USSA) and International (IPC) license for the current season.
- Men: Top 45 World Ranking in a discipline.
- Women: Top 20 World Ranking in a discipline.

Bobsled / Skeleton

For more information contact John Rosen at jsrparkcity@gmail.com or 435-602-9829

VMAA Standard

All athletes must:

- Top five overall ranked in the past season,
- Or, top-five finish in at least two competitions in the current season

Nordic Skiing (Biathlon and Cross Country)

For more information contact Jessica Smith at jessica.smith@usoc.org or 719-243-8966

VMAA Standard

Athletes must achieve one of the following:

- Achieve a 180 IPC Nordic Skiing race points (or lower) in any IPC sanctioned race.
- Standing athletes achieve a calculated 400 points (or lower) in any USSA race.

Curling

For more information contact Rick Patzke at rick.patzke@usacurl.org or 715-344-1199, Ext 204

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 or 719-538-1117

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 contact Jessica smith at jessica.smith@usoc.org or 719-243-8966

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.

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 the U.S. Department of Veterans Affairs’ Office of National Veterans Sports Programs and Special Events at vacoadaptivesp@va.gov.

PARALYMPIC SPORTS BY IMPAIRMENT GROUP

SUMMER SPORTS	Amputee/ Les Autres	Blind/ Visually Impaired	Spinal Cord Injury	Traumatic Brain Injury/Cerebral Palsy/Stroke	Intellectual Impairment
Archery	★		★	★	
Boccia				★	
Canoe	★		★	★	
Cycling	★	★	★	★	
Equestrian	★	★	★	★	
Goalball		★			
Judo		★			
Powerlifting	★		★	★	
Rowing	★	★	★	★	
Sailing	★	★	★	★	
Shooting	★		★	★	
Sitting Volleyball	★				
Soccer				★	
Swimming	★	★	★	★	★
Table Tennis	★		★	★	★
Track & Field	★	★	★	★	★
Triathlon	★	★	★	★	
Wheelchair Basketball	★		★		
Wheelchair Fencing	★		★	★	
Wheelchair Rugby			★		
Wheelchair Tennis	★		★		
WINTER SPORTS					
Alpine Skiing	★	★	★	★	
Biathlon	★	★	★	★	