

Competition Regulations



PARAKICKBOXING
Inclusive



Competition Regulations



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Classification

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

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

Eligible Athlete

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

- Physics
- Visual
- Intellectual

Physical disability

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

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



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



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Visual Impairment

This is the total or partial decrease in eyesight.

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

Intellectual Disability

The American Association on Intellectual or Developmental Disabilities (AAIDD) defines the term as "an individual condition characterized by significant limitations in intellectual functioning and adaptive behavior, and by being characterized before the age of 18."

"This definition translates into a person with an intellectual disability being one who has below-average intellectual functioning and significant limitations in areas of life such as language, mobility, learning, self-care, social relationships, and independent living. This disability must originate before the age of 18." Full inclusion.

Sorter

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

Classification or evaluation process

- Physical or intellectual evaluation: The athlete must present the necessary documents to evidence their deficiency or disability (carried out by health professionals, doctor, physiotherapist, psychologist...).
- Technical evaluation: The athletes ability to perform after the competition is evaluated and if the classifier deems it necessary, it may be modified or re-



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evaluated and if it is due, the sports class will be assigned to the technical movements (carried out by accredited coaches).

- Competition evaluation: The athlete will be allowed to compete in the sport class assigned in the first instance.

Sport Class Status

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

- **New (N)**
It is assigned to athletes in the registration phase or in the evaluation period. The athlete has not yet passed the full evaluation process. The athlete must obtain this evaluation before competing at the national, provincial, interclub or open levels.
- **Confirmed (C)**
When the evaluation has been completed, you have been assigned to a sport class and both the impairment and your ability to perform the specific activities of Kickboxing are considered stable.
To obtain a confirmed status, the evaluation process must be carried out by two or more classifiers.
- **Reviewable (R)**
When the sorting board assesses that it requires a new evaluation. This category can be granted, for example, when you have a variable deficiency, by this we mean that you can improve or also worsen your abilities.

Classification systems:

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



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Categories

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

Sports Classes

Physical or motor:			
Physical disability	DF1	Wheelchair	
		DF11	Lower body involvement
		DF12	Lower and upper body involvement
Physical disability	DF2	Hypertonia, short stature, limb deficiency, leg length deficiency, passive range of motion deficiency	
		DF21	Ataxia and/or athetosis
		DF22	Deficiency in muscle power or hypertonia



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		DF23	Limb deficiency or amputations
			DF231 Upper DF232 Lower
		DF24	Short
		DF25	Passive Range of Motion
	DF3	Cerebral Palsy	Hemiplejia Paraplejia Tetraplejia Displayia Monoplejia
		The cerebral palsy (CP) category includes the possibility of competing, if necessary, with a support person.	

Visual impairment:

Partially seer (B3)	Visual sharpness from 2/60 to 6/60 Field of view from 5 to 20 degrees
Partially seer (B2)	Visual acuity from 2/60 Field of view of less than 5 degrees
Totally or almost totally blind (B1)	They do not perceive lights but in shapes

Intellectual disability:

Down syndrome (DS)	Mild (L)	IQ between 50-55/70	Individual	
	Moderate (M)	IQ between 50-55/35-40	Individual	Supported
	Record the Deep (G)	IQ <40	Supported	



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Intellectual Disability (ID)

Mild (L)

IQ between 50-55/70

Individual

Moderate (M)	IQ between 50-55/35-40	Individual	Supported
Record the Deep (G)	IQ <40		Supported

Autism Spectrum Disorder (ASD):

Autism Spectrum (T)

	IQ >75	Individual	
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*** An athlete who is likely to belong to two categories must choose one of them.**

Competition Styles

- Bread the gauntlets:

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

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





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

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