

## GUIDE TO ADAPTED SWIMMING CLASSIFICATIONS

Swimming is the only sport that combines the conditions of limb loss, cerebral palsy (coordination and movement restrictions), spinal cord injury (weakness or paralysis involving any combination of the limbs) and other disabilities (such as Dwarfism (little people); major joint restriction conditions) across classes.

Classes 1-10 – are allocated to swimmers with a physical disability

Classes 11-13 – are allocated to swimmers with a visual disability

Class 14 – is allocated to swimmers with an intellectual disability

The Prefix S to the Class denotes the class for Freestyle, Backstroke and Butterfly

The Prefix SB to the class denotes the class for Breaststroke

The Prefix SM to the class denotes the class for Individual Medley.

The range is from the swimmers with severe disability (S1, SB1, SM1) to those with the minimal disability (S10, SB9, SM10)

In any one class some swimmers may start with a dive or in the water depending on their condition. This is factored in when classifying the athlete.

The examples are only a guide – some conditions not mentioned may also fit the following classes.

### **Locomotor Impaired (S1-S10):**

**S1:** Generally persons with complete spinal cord injuries below C4-C5 or cerebral palsy characterized by severe quadriplegia. Unable to catch the water. Severely limited propulsion from the arms due to muscle weakness, restricted range of motion or uncoordinated movements. No trunk control. No functional leg movements and significant leg drag. Assisted water start. Ordinarily uses the backstroke because of an inability to turn the head to breathe when swimming freestyle.

**S2:** Generally persons with complete spinal cord injuries below C6-C7 or similar musculoskeletal impairment or cerebral palsy characterized by severe quadriplegia. Unable to catch the water or control the wrist. Limited propulsion from the arms due to muscle weakness, restricted range of motion or uncoordinated movements. Minimal to no trunk control. No functional leg movements and significant leg drag, except some persons with cerebral palsy where leg propulsion may dominate. May require assisted water start.

**S3:** Generally persons with complete spinal cord injuries below C7 or incomplete injuries below C6; cerebral palsy characterized by severe or moderate quadriplegia; or severe amelia/dysmelia in all four limbs, severe muscular atrophy of all four limbs, or arthrogryposis affecting all four limbs with propulsion from lower limbs only. Inability to catch water effectively with limited wrist control. Limited propulsion from the arms due to muscle weakness, restricted range of motion or uncoordinated movements. Minimal to no trunk control. Definite leg drag. Typically uses a water start with minimal push-off.

**S4:** Generally persons with complete spinal cord injuries below C8 or incomplete injuries below C7; cerebral palsy with severe diplegia; or severe dysmelia of three limbs or arthrogryposis affecting four limbs with fair propulsion from upper limbs. Wrist control and some finger control; arm movements are propulsive, but may not be well coordinated. Minimal to no trunk control. Definite leg drag, but better body position than S3 swimmers. Typically uses a water start with limited push-off.

**S5:** Generally persons with complete spinal cord injuries below T1-T8 or incomplete injuries below C8 or comparable polio; cerebral palsy with severe diplegia or severe hemiplegia; dwarfism with multiple disability; or moderate dysmelia of three limbs or arthrogryposis affecting four limbs with propulsion from both upper and lower limbs. Control of the wrist and fingers. Arm movements are propulsive, but may not be well coordinated. Limited trunk control. Legs provide balance or minimal propulsion. Typically uses a water start or assisted dive with minimal push off.

**S6:** Generally persons with complete paraplegia at T9-L1, with no leg function suitable for swimming; cerebral palsy with moderate diplegia, moderate hemiplegia, moderate athetosis or moderate ataxia; above-elbow and above-knee amputations on the same side, and double above-elbow amputations; dwarfism; or congenital amputation of three limbs. Able to catch the water. Efficient arm movements with satisfactory propulsion. Good control of upper trunk. Limited to good leg propulsion. May use dive, assisted dive or water start.

**S7:** Generally persons with paraplegia at L2-L3 or comparable polio; cerebral palsy with moderate diplegia or moderate hemiplegia; double below-elbow or double above-knee amputations, or above-elbow and above-knee amputation on opposite sides; or paralyzed arm and severely restricted leg function on the same side. Controlled catch phase. Efficient, propulsive arm movements, except in cerebral palsy where function decreases as stroke rate increases. Trunk control varies, but usually some limitations. Limited to good leg propulsion. May use dive, assisted dive or water start.

**S8:** Generally persons with paraplegia at L4-L5 or comparable polio; cerebral palsy with minimal diplegia, minimal hemiplegia or minimal spasticity in four limbs; double above-knee amputations with long stumps, double below-knee amputations, single above-elbow amputations, or double-hand amputation; or severe joint restriction in the lower limbs. Effective catch. Efficient, controlled, propulsive arm movements. Minimal loss of trunk control. Limited to good leg propulsion. May use dive, assisted dive or water start.

**S9:** Generally persons with "walking" paraplegia with minimal involvement in legs or comparable polio; cerebral palsy with minimal coordination problems or monoplegia; or single above-knee amputations, double below-knee amputations with long stumps, or single below-elbow amputations. Effective catch. Efficient, controlled, propulsive arm movements. Full trunk control. Propulsive kick. Dive start.

**S10:** Generally persons with minimal loss of function in the legs; cerebral palsy with minimal spasticity or ataxia; paresis of one leg or severe restriction of one hip joint; single below-knee, double-foot or hand amputations. Effective catch. Efficient, controlled, propulsive arm movements. Full trunk control. Strong kick. Dive start.

### **Blind/Visually Impaired (S11-S13):**

**S11:** Swimmers who are totally blind. May possess light perception, but are unable to recognize hand shapes at any distance.

**S12:** Swimmers with visual acuity up to and including 20/600 or a field of vision limited to less than 5 degrees.

**S13:** Swimmers with visual acuity greater than 20/200 or a field of vision ranging from 5 to 20 degrees.

### **Locomotor Disabilities - Breaststroke Only (SB1-SB9)**

**SB1:** Generally persons with complete spinal cord injuries below C6 or similar musculoskeletal impairment; cerebral palsy characterized by very severe quadriplegia; or amelia/dysmelia in all four limbs with very short stumps. Unable to catch the water. Severely limited propulsion from the arms due to muscle weakness, restricted range of motion or uncoordinated movements. No trunk control. No functional leg movements and significant leg drag, except some persons with cerebral palsy where leg propulsion may dominate. Assisted water start.

**SB2:** Generally persons with complete spinal cord injuries below C7 or incomplete below C6 or similar musculoskeletal impairment; cerebral palsy characterized by moderate quadriplegia; or severe dysmelia of three limbs or severe muscular atrophy of both upper

and lower limbs. Weakness holding the hand in a flexed position and inability to catch the water effectively. Limited power in arm movements due to muscle weakness, restricted range of motion or uncoordinated movements. Minimal to no trunk control. No functional leg movements and significant leg drag (if legs are functional, foot must turn out during propulsive phase). Typically requires assisted water start.

**SB3:** Generally persons with complete spinal cord injuries below C8 or incomplete injuries below C7 or similar musculoskeletal impairment; cerebral palsy characterized by severe quadriplegia; moderate amelia/dysmelia in three limbs or arthrogryposis affecting all four limbs with fair propulsion from upper limbs. Wrist control and some finger control. Limited propulsion from the arms due to muscle weakness, restricted range of motion, uncoordinated movements or short limb length. Minimal to no trunk control. Most swimmers in this class have no functional leg movements and definite leg drag, though swimmers with amelia/dysmelia and arthrogryposis may have some functional kick. Typically uses a water start with minimal push-off.

**SB4:** Generally persons with complete spinal cord injuries at T6-10 or incomplete injuries below C8 or similar musculoskeletal impairment; cerebral palsy with severe diplegia or hemiplegia; dwarfism with multiple disability; or arthrogryposis affecting four limbs with moderate to fair propulsion from the upper and lower limbs. Most swimmers have good control of the wrist and fingers in the catch phase. Arm movements are propulsive, but may not be well coordinated or powerful. Limited trunk control. Most swimmers in this class have no functional leg movements and definite leg drag, though some show intent to kick or some kicking movements. Typically uses a water start or assisted dive with minimal push-off.

**SB5:** Generally persons with complete spinal cord injuries T11-L1; cerebral palsy with moderate diplegia or severe to moderate hemiplegia; above-elbow and above-knee amputations of the same side or double above-knee amputation with short stumps; or dwarfism or dysmelia with shortened arms and additional dysfunctions of the legs. Able to catch the water. Satisfactory arm cycle with power during propulsive phase. Satisfactory trunk control. Most swimmers in this class do not have a functional kick and have some leg drag, though some show intent to kick, propulsion with one, or (dwarfs) a functional kick. May use dive, assisted dive or water start.

**SB6:** Generally persons with complete paraplegia at L2-L3; cerebral palsy with moderate diplegia or moderate hemiplegia; double above-knee amputations with long stumps; or dysmelia with shortened arms and above-knee amputation or one paralyzed upper limb and restricted leg function on the same side. Most swimmers in this class are able to catch the water. Most have full control of arm movements and satisfactory propulsion. Good control of upper trunk. Leg movements vary from none to intention to kick to propulsive kicking movements depending upon disability profile. May use dive, assisted dive or water start.

**SB7:** Generally persons with paraplegia at L4 or comparable polio; cerebral palsy with minimal diplegia or moderate hemiplegia; double below-elbow amputations, double above-knee amputations with short stumps or above-elbow and above-knee amputation on opposite sides; or severe joint restrictions in the lower limbs. Controlled catch phase. Full controlled arm cycle for most swimmers. Minimal or no loss of trunk control. Leg movements vary from intention to kick to propulsive kicking movements depending upon disability profile. May use dive or assisted dive.

**SB8:** Generally persons with paraplegia at L5 or polio with one non-functional leg; cerebral palsy with minimal coordination problems, minimal monoplegia or slight hemiplegia; double below-elbow amputations, single above-elbow amputations or comparable brachial plexus lesion, double below-knee amputation with long stumps, single above-knee amputation, single below-knee amputation with short stump or single below-elbow amputation with short stump; or partial joint restriction in the lower limbs with one side more affected. Effective catch. Full controlled arm cycle. Minimal or no loss of trunk control. Limited to good leg propulsion. Uses dive start.

**SB9:** Generally persons with polio who have minimally affected legs; cerebral palsy with slight spasticity or ataxia; single below-knee amputations, single below-elbow amputations, foot amputation or hand amputation; or incomplete Erb-palsy or brachial plexus lesion, Perthes disease with restricted hip mobility, severe hip restriction combined with other leg dysfunction, or ankylosis of both ankle joints combined with minimal leg weakness. Effective catch gaining full power. Full controlled arm cycle. Full trunk control. Propulsive kick with some involvement in affected limbs. Dive start.