

## **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)**

In partnership with the United States Olympic and Paralympic Committee (USOPC) and other Olympic and Paralympic entities within the United States, VA supports eligible service and non-service-connected military Veterans in their efforts to represent the USA at the Paralympic Games, Olympic Games and other international sport competitions. The VA Office of National Veterans Sports Programs & Special Events provides a monthly assistance allowance for disabled Veterans training in Paralympic sports, as well as certain disabled Veterans selected for or competing with the national Olympic Team, as authorized by 38 U.S.C. 322(d) and Section 703 of the Veterans' Benefits Improvement Act of 2008.

Through the program, VA will pay a monthly allowance to a Veteran with either a service-connected or non-service-connected disability if the Veteran meets the minimum military standards or higher (i.e. Emerging Athlete or National Team) in his or her respective Paralympic sport at a recognized competition. In addition to making the VA Monthly Training Allowance standard, an athlete must also be nationally or internationally classified by his or her respective Paralympic sport federation as eligible for Paralympic competition. VA will also pay a monthly allowance to a Veteran with a service-connected disability rated 30 percent or greater by VA who is selected for a national Olympic Team for any month in which the Veteran is competing in any event sanctioned by the National Governing Bodies of the Olympic Sport in the United State. Since qualification for the Olympic sports is based on disability rating by the VA, this rating functions as the qualifying disability classification for determining a Veteran's eligibility. For both Olympic and Paralympic sports, the national sport organizations include those of the USOPC, including its Paralympic Division, and the equivalent organizations for American Samoa, Guam, the Commonwealth of the Mariana Islands, Puerto Rico, and the United States Virgin Islands. Athletes must have established training and competition plans and are responsible for turning in monthly and quarterly reports to continue receiving the monthly assistance allowance. The allowance rate for an athlete approved for monetary assistance is the same as the 38 U.S.C. Chapter 31 Vocational Rehabilitation & Employment (VR&E) rate.

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 VA Monthly Training Allowance Standard for each sport is determined by the respective National Governing Body (NGB) or 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 initial VA Monthly Training Allowance Standard is 25 percent less than the respective sport's national team criteria or equal to the International Paralympic Committee (IPC) determined Minimum Qualifying Standard (MQS) where applicable. Standards may be graduated to require periodic improved performance over time to achieve progress as a developing athlete. To learn more about the specific sport standards, the VA Monthly Training Allowance, or sport pipelines, please visit our website at <https://www.blogs.va.gov/nvspse/training-allowances/>.

For more information on classification visit the following links:

International - IPC: <https://www.paralympic.org/classification>.

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

## Table of Contents

|   |           |
|---|-----------|
| <b>Summer Paralympic Sports</b>                                   | <b>3</b>  |
| Archery   | 4         |
| Badminton   | 5         |
| Boccia  | 6         |
| Canoe   | 6         |
| Cycling   | 7         |
| Equestrian  | 8         |
| Goalball  | 10        |
| Judo  | 11        |
| Powerlifting  | 11        |
| Rowing  | 12        |
| Shooting  | 13        |
| Sitting Volleyball  | 14        |
| Swimming  | 17        |
| Table Tennis  | 19        |
| Taekwondo   | 20        |
| Track and Field (Athletics)                                       | 21        |
| Triathlon   | 22        |
| Wheelchair Basketball   | 24        |
| Wheelchair Fencing  | 24        |
| Wheelchair Rugby  | 25        |
| Wheelchair Tennis   | 26        |
| <br>  |           |
| <b>Winter Paralympic Sports</b>                                   | <b>27</b> |
| Alpine Skiing   | 28        |
| Nordic Skiing   | 28        |
| Sled Hockey   | 29        |
| Snowboard   | 29        |
| Wheelchair Curling  | 29        |
| <br>  |           |
| <b>International Paralympic Committee (IPC) Recognized Sports</b> | <b>30</b> |
| Bobsled & Skeleton  | 31        |
| Sailing   | 32        |
| Soccer (7-a-side)   | 32        |
| Surfing   | 33        |
| <br>  |           |
| <b>VA Monthly Training Allowance Re-Certification Process</b>     | <b>34</b> |

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

**Summer Paralympic  
Sports**

# ARCHERY

Contact: Mary Emmons at [memmons@usarchery.org](mailto:memmons@usarchery.org)

George Ryals at [gryals@usarchery.org](mailto:gryals@usarchery.org)

## **VA Monthly Training Allowance Standard**

---

- Athletes must be a member of USA Archery
- Emerging athletes must be achieved with 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.

### **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 |

### **National Team Athletes**

Athletes on the USA Archery United States Archery Team (USAT) may also qualify for assistance. 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](http://www.usarchery.org).

# BADMINTON

Contact: Steve Kearney  
[steve@usabadminton.org](mailto:steve@usabadminton.org) / 719-360-3848.

## **VA Monthly Training Allowance Standard**

---

- Be a USA Badminton member in good standing and classified by Para National classifier.
- Train a minimum of four days per week with a coach or training group. Training requires planning. We have listed coaching and locations on the USA Badminton website.
- USA Badminton will distribute a basic warmup, simple routines and development, and advanced work for each classification.
- Learn all the rules and standards. Watch videos on USA Badminton and Badminton World Federation (BWF) website. Standards include minimum requirements of tournament participation, BWF tournament points, and BWF rating and results. There will be different standards established for:
  - Becoming a member of the U.S. Para-badminton National Team
  - Becoming a member of U.S. Paralympics Badminton National Team
  - Qualifying for entry into international competitions (i.e. Para-Pan American Games, World Championships, Paralympic Games, etc.)
- Will be invited to all camps and clinics.

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.

# BOCCIA

Contact: Charley Wright

[charleywright@yahoo.com](mailto:charleywright@yahoo.com) / 314-652-4100 ext. 64590.

## VA Monthly Training Allowance Standard

---

The athlete must:

- Be named to the USA Boccia National Pool of emerging athletes,
- Place first, second or third at the National Boccia Championships in one of four Paralympic individual divisions,
- Or is placed in the top five on the USA Boccia ranking list for the divisions BC1, BC2, BC3 or 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 U.S. Team Pool for a regional event\*

# CANOE (KAYAK)

For more information contact:

Deborah Page at [DebSmithPage@gmail.com](mailto:DebSmithPage@gmail.com)

## VA Monthly Training Allowance Standard

---

- Athletes must be a member of the American Canoe Association (ACA).
- Standard can be achieved during ACA 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 ACA.

| Men<br>200m | VMAA Standard<br>(min:sec) | Women<br>200m | VMAA Standard<br>(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                       |

# CYCLING

Contact: [VAstipend@usopc.org](mailto:VAstipend@usopc.org)

## VA Monthly Training Allowance Standard

- Athletes must be licensed by USA Cycling.
- 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).
- 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 VA Monthly Training Allowance provided they achieve the VA Monthly Training Allowance standard in a USA Cycling or UCI sanctioned cycling competition (road or track) as part of a tandem.

### 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](mailto:lkjohnson@usef.org)

## VA Monthly Training Allowance Standard

### Para-equestrian Dressage Eligibility Requirements

In addition to meeting the emerging standard, athletes must:

- Be 17 years or older.
- Be a U.S. citizen/Veteran.
- Must be a current member in good standing of United States Equestrian Federation (USEF) at the time that the required scores are achieved.
- 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>
- Please see the Article 8422 in the Rules of FEI Para-equestrian Dressage Events 5<sup>th</sup> Edition, of April 2017, effective 24 April 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.

- 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 an 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.

### **Para-equestrian Driving Eligibility Requirements**

In addition to meeting the military standard, athletes must:

- Be 17 years or older as of December 1 of the current competition year.
- Be a U.S. citizen.
- Must be a U.S. Veteran with a permanent, physical disability.
- Must be a current member in good standing of USEF at the time that the required scores are achieved.
- 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>
- To schedule a national or international classification, contact Laureen Johnson at the USEF at 859-225-7693.
- Drive independently (without second reins).
- 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 an 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.

# **GOALBALL**

Contact: Mark Lucas  
[mlucas@usaba.org](mailto:mlucas@usaba.org) or 719-866-3224.

### **VA Monthly Training Allowance 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 two 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

Contact: Eddie Liddie  
[eddie.liddie@usajudo.us](mailto:eddie.liddie@usajudo.us) or 719-866-4730.

## VA Monthly Training Allowance Standard

Athletes currently ranked fifth 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 one U.S. Para judo regional or national camp will be considered for the allowance.

# POWERLIFTING

Contact: Butch Schovanec  
[ironmindbutch@gmail.com](mailto:ironmindbutch@gmail.com)

## VA Monthly Training Allowance Standard

Events where athletes can qualify in 2020 are:

- Please see [www.disabledpowerlifting.com](http://www.disabledpowerlifting.com) for sanctioned regional events as they become available.

| 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](mailto:Ellen.Minzner@usrowing.org)

## VA Monthly Training Allowance Standard

---

The below standards are 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

---

- Must be a member of USA Shooting
- Must be IPC/WSPS classified
- Athletes must achieve the standard score on an electronic target at one of the following USA Shooting-approved competitions
  - USA Shooting National Championships
  - USA Shooting Selection Matches
  - Winter Air
  - Robert Mitchell Rifle
  - Pistol Spring Selection
  - Olympic Training Center Preliminary Tryouts (PTOs)
  - Shooting competition monitored by Paralympic Head Coach or designated USA Shooting Assistance Coach, and an IPC WSPS Classifier
  - Trap National Championships
  - Trap Selection Matches
  - Trap PTOs held at the Olympic Training Center
  - Trap competitions as approved by USA Shooting certifying official
- Athletes must compete at a minimum of 2 approved competitions (listed above) per year
- Athletes must continue to train each month as approved by certifying official
- Athletes must sign and adhere to USA Shooting's Code of Conduct

|              |                                    | Classification | Qualification Score* |
|--------------|------------------------------------|----------------|----------------------|
| <b>MEN</b>   |                                    |                |                      |
| R1           | 10m Air Rifle                      | SH1            | 570                  |
| R7           | 50m Free Rifle 3x40                | SH1            | 1066                 |
| P1           | 10m Air Pistol                     | SH1            | 519                  |
| <b>Women</b> |                                    |                |                      |
| 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                  |
| <b>Mixed</b> |                                    |                |                      |
| 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](mailto:Bill.Hamiter@usav.org) or 405-974-3153.

## VA Monthly Training Allowance Standard

---

- 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](mailto:sitting.volleyball@usav.org).



# SWIMMING

Contact: [VAStipend@usopc.org](mailto: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](mailto: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:

|          | <b>MEN'S<br/>ITTF Para World Rating<br/>Points</b> | <b>WOMEN'S<br/>ITTF Para World Rating<br/>Points</b> |
|----------|--|--|
| 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  |

|          | <b>VMAA Standard Men—<br/>USATT<br/>USATT Rating Points</b> | <b>VMAA Standard Women—<br/>USATT<br/>USATT Rating Points</b> |
|----------|---|---|
| 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](mailto:Dani.Sweigard@usa-taekwondo.us) or 719-866-3624.

## **VA Monthly Training Allowance Standard**

---

Athletes must:

Be ranked 16th place or higher in the most recent World Taekwondo Para Rankings or finish fifth place or higher at the most recent USA Taekwondo National Championships. Athlete must also be a current member of USA Taekwondo in good standing.

# TRACK & FIELD (ATHLETICS)

Contact: [VAStipend@usopc.org](mailto: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>. Due to the COVID-19 pandemic that has resulted in cancellation of a large proportion of 2020 events, Veterans who achieved performance standards at World Para Athletics approved competitions during 2019 and maintain training will remain eligible during 2020.
- All events listed are on the Paralympic Games Tokyo 2021 program, originally scheduled for 2020. Only events contested in Tokyo are eligible for VA Monthly Training Allowance funding.

### Men's Track & Field (Athletics) – VA Monthly Training Allowance Standard – 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) – VA Monthly Training Allowance Standard – 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](mailto:Gavin.Shulock@usatriathlon.org)

## VA Monthly Training Allowance Standard

---

There were six Paratriathlon events schedule for 2020 in which a Veteran could meet the Paratriathlon standard. However, due to the COVID-19 pandemic, the first four have been canceled. Two currently are scheduled to occur:

- USA Paratriathlon National Championships – July 18 – Long Beach, CA
- ITU Paratriathlon World Cup Alanya – October 3-4 – Alanya, Turkey

If these events occur, this standard will be updated for those events, if any modifications are deemed appropriate. The standards achieved during 2019 events remain in effect as follows.

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 2019 there were five (5) events in which an athlete was able to achieve the military standard.

These are the events in which athletes could achieve this standard:

- CAMTRI Paratriathlon American Championships – March 9-10 – Sarasota FL
- ITU World Paratriathlon Series Montreal – June 28 – Montreal, Canada
- ITU Paratriathlon World Cup Magog – July 13-14 – Magog, Canada
- USA Paratriathlon National Championships – July 20 – Long Beach, CA
- ITU Elite Paratriathlon World Championships – Aug. 29 – Sept. 1 – Lausanne, Switzerland

The chart below shows the finishing time an athlete had to complete at the events above, to achieve the emerging and national standard. For the emerging standard, this calculation is 30 percent behind the 2018 ITU World Champion finishing time, and for the national standard, it is 15 percent behind the time. If an event is shorted to a duathlon then the race is voided as a qualifier.

Additionally, an athlete who achieves a spot on the USAT National A, B, or Emerging Teams has also achieved the emerging standard. The criteria for these teams can be found at [www.usaparatriathlon.org](http://www.usaparatriathlon.org).

| Sport Class | 2018 World Championship Finishing Time | National Qualifying Standard | VMAA Standard |
|-------------|--|------------------------------|---------------|
| Male PTWC   | 57:03:00                               | 1:05:36                      | 1:14:10       |
| Male PTS2   | 1:06:35                                | 1:16:34                      | 1:26:33       |
| Male PTS3   | 1:07:30                                | 1:17:34                      | 1:27:45       |
| Male PTS4   | 1:01:15                                | 1:10:46                      | 1:19:38       |
| Male PTS5   | 57:43:00                               | 1:06:22                      | 1:15:02       |
| Male PTVI   | 59:51:00                               | 1:08:49                      | 1:17:48       |
| Female PTWC | 1:08:58                                | 1:19:18                      | 1:29:39       |
| Female PTS2 | 1:17:54                                | 1:29:35                      | 1:41:16       |
| Female PTS3 | 1:20:32                                | 1:32:37                      | 1:44:42       |
| Female PTS4 | 1:13:23                                | 1:24:23                      | 1:35:24       |
| Female PTS5 | 1:07:27                                | 1:17:34                      | 1:27:41       |
| Female PTVI | 1:06:32                                | 1:16:31                      | 1:26:30       |

# WHEELCHAIR BASKETBALL

Contact: Brandon McBeain

[brandonmcbeain@nwba.org](mailto:brandonmcbeain@nwba.org) or 719-266-4082 ext. 108

## VA Monthly Training Allowance Standard

---

Athletes must attend or receive an invitation to camps, clinics and national team tryouts to allow evaluations to be conducted by National Wheelchair Basketball Association (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 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

# WHEELCHAIR FENCING

Contact: Brandon Dyett

[b.dyett@usafencing.org](mailto:b.dyett@usafencing.org) or 719-219-8357

## VA Monthly Training Allowance Standard

---

Athletes must:

- Be a member of USA Fencing.
- Retain a coach or training partner to guide training.
- Submit a monthly training log and progress report, signed by the athlete's coach/training partner, to the National office.
- As of the 1<sup>st</sup> of the month for which the 0918a is submitted:
  - Emerging Athletes
    - 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).



- National Team Athletes
  - 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).

Compete in the most recent world championships or the most recent Paralympic Games.

## **WHEELCHAIR RUGBY**

Contact: Mandy Goff, High Performance Manager  
[mandyg@lakeshore.org](mailto:mandyg@lakeshore.org) or 205-313-7437

### **VA Monthly Training Allowance 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 to receive an invitation to 2020 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 2020 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](http://www.usawr.org) and [www.lakeshore.org](http://www.lakeshore.org).
- Athletes selected to the emerging athlete pool or higher will be considered for the allowance.

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.

# WHEELCHAIR TENNIS

Contact: Joanne Wallen or Robert Gordon  
[Joanne.wallen@usta.com](mailto:Joanne.wallen@usta.com) or 914-536-0654 / [Robert.gordon@usta.com](mailto:Robert.gordon@usta.com)

## **VA Monthly Training Allowance Standard**

---

Athletes must be a member of U.S. Tennis Association (USTA).

- 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>
- Wheelchair tennis athletes must be in the top 50 percent of the B Division, any of the A Division or Open Division. 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](mailto:VAStipend@usopc.org)

## **VA Monthly Training Allowance Standard**

---

All athletes must:

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

# **BIATHLON**

See Nordic Skiing

# **NORDIC SKIING (BIATHLON & CROSS COUNTRY)**

Contact: [VAStipend@usopc.org](mailto:VAStipend@usopc.org)

## **VA Monthly Training Allowance Standard**

---

Athletes must achieve one of the following:

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

# SLED HOCKEY

Contact: Beth Mahr

[Beth.Mahr@usahockey.org](mailto:Beth.Mahr@usahockey.org) or 719-538-1113

## **VA Monthly Training Allowance Standard**

---

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

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

# SNOWBOARD

Contact: [VAStipend@usopc.org](mailto:VAStipend@usopc.org)

## **VA Monthly Training Allowance Standard**

---

Athletes must:

Have National (USA Snowboard and Freeski Association - USASA) and International (WPSB—World Para Snowboard) license for the respective season.

- Men and Women: Must compete and score in a minimum of two WPSB races.
- Standing Men: Over 150 WPSB points in a discipline.
- Standing Women: Over 150 WPSB points in a discipline.

# WHEELCHAIR CURLING

Contact: Marc Deperno

[mdeperno@sitrin.com](mailto:mdeperno@sitrin.com) or 315-737-2459

## **VA Monthly Training Allowance 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.

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

**International  
Paralympic Committee  
Recognized Sports**

# **BOBSLED & SKELETON**

Contact: Kim Seevers

[Kim.seevers@usabs.com](mailto:Kim.seevers@usabs.com) or 518-429-8038

## **VA Monthly Training Allowance Standard**

---

Athletes must achieve one of the following:

- Be a member of United States Bobsled and Skeleton Federation in good standing.  
Athletes must meet all eligibility requirements as listed in the United States Bobsled and Skeleton Para Sliding Sports National Team Selection Criteria  
and
- Meet the minimum classification requirements in one of the following categories:
  - Para Bobsled Seated
  - Para Bobsled Push
  - Para Skeletonand
- Participate in two or more IBSF or American Para Cup competition events  
and
- Be the gold medalist in one discipline (seated bobsled, push bobsled, or skeleton) at the past season's American Para Cup National Championships,  
or
- Be one of the top three male or top three female finishers in the US Para National Team Seated selections or be one of two top finishers in the US Para National Team Push or Skeleton selections  
and
- 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.

# **SAILING**

Contact: Kate Drummey

[KateDrummey@ussailing.org](mailto:KateDrummey@ussailing.org) or 401-342-7935

## **VA Monthly Training Allowance Standard**

---

Athletes must:

- Be a member of US Sailing;
- Compete internationally in one of the following categories:
  - 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
- Participate in one or more Grade 1 or 2 international competition events (i.e., World Cup, EUROSAF, Continental, or Para Sailing World Championship) annually.

# **SOCCER (7-A-SIDE)**

Contact: Stuart Sharp

[ssharp@ussoccer.org](mailto:ssharp@ussoccer.org)

## **VA Monthly Training Allowance Standard**

---

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

- Athlete 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 three camps/events in a calendar year will be considered for the allowance.
- Athlete must compete in the minimum number of competitions as required by USA Surfing (3) and/or USA Surfing's regional governing organizations/member organizations (4)



# **SURFING**

Contact: Christiaan Bailey  
[otter@usasurfing.org](mailto:otter@usasurfing.org)

## **VA Monthly Training Allowance Standard**

---

Athlete must:

- Be a U.S. Citizen
- Be classified in an International Surfing Association Adaptive Surfing Classification Division. Please contact [Classification@isasurf.org](mailto:Classification@isasurf.org) with any questions related to classification.
- Be a member of USA Surfing and/or one of USA Surfing's 5 affiliate organizations: (Western Surfing Association, the National Scholastic Surfing Association, Hawaiian Surfing Association, Eastern Surfing Association or the Texas Gulf Surfing Association.)
- Must not be under a disciplinary review by USA Surfing or any of its affiliate organizations.
- 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.
- Athlete must rank in the Top 5 in USA Surfing or Top 3 in their affiliate organization. Athletes are ranked by classification division.
- Athletes must adhere to the USA Surfing Athlete Code of Conduct

## **VA Monthly Assistance Allowance Re-Certification Process**

The following is a list of the requirements each certified Veteran athlete must complete each year to be eligible for the VA monthly assistance allowance under the VA Monthly Training Allowance Program. Due to the COVID-19 pandemic that has resulted in cancellation of a large proportion of 2020 events, Veterans who achieved performance standards during 2019 sanctioned competitions and maintain training will remain eligible during 2020 and remain eligible beyond the 12-month limit.

### **Emerging Veteran Athletes**

Every emerging athlete must meet the following criteria **every 12 months** to remain on the certified VA monthly assistance allowance under the VA Monthly Training Allowance Program pay list:

- 1) Continue training on an ongoing basis, which includes providing applicable Paralympic or Olympic representative of the respective National Governing Body (or equivalent), with a copy of his/her personal training plan for each month, complete with training and competition plans.
- 2) Complete VA Form 0918a monthly.
- 3) Provide proof of performance of the achievement of the VA Monthly Training Allowance standard or higher for his/her respective sport and sport class every season, with a maximum allowable certification period of 12 months. Achievement of a certified performance renews the 12-month period. A sport may have more stringent reporting or qualifying periods that VA will abide by on a sport by sport basis.

### **National Team Veteran Athletes**

Each National Team Veteran athlete must meet the following criteria every 12 months to remain on the certified VA monthly assistance allowance under the VA Monthly Training Allowance Program pay list:

- 1) Continue training on an ongoing basis; which includes providing National Paralympic or Olympic Committees, or the respective National Governing Bodies with a copy of his/her personal training plan for each month, complete with training and competition plans.
- 2) Complete VA Form 0918a on a quarterly basis.
- 3) Achieve the National Team standard for his/her respective sport and sport class at **least once every 12 months** [as defined by the sport] at a sanctioned event outlined by the sport requirements. Results of the performance must be reported by the athlete to applicable Olympic or Paralympic Sport Program Manager.
  - a. If within the competitive season a national Paralympic team standard is not met, but a VA Monthly Training Allowance 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).
  - b. If within the competitive season a national Olympic team standard is not met, the athlete will not continue to be eligible for the VA Training Allowance because the eligibility criteria is national Olympic team member, by law.

- 4) Be certified by national team coach or respective sport high performance director on a quarterly basis and achieve the VA Monthly Training Allowance standard or higher for his/her respective sport and sport class every season, with a maximum allowable certification period of 12 months.

### **Re-Classified Veteran Athletes**

If a Veteran athlete is reclassified within their current Paralympic sport during the competition season, the athlete will have until the end of the NEXT competition season 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 under the VA Monthly Training Allowance Program pay list during this time if they continue to meet the following criteria:

- 1) Continue training on an ongoing basis, which includes providing the applicable Paralympic sport entity with a copy of his/her personal training plan for each month, complete with training and competition plans;
- 2) Complete VA forms monthly.
- 3) Continue to actively compete in sanctioned events throughout the competition season [as defined by the sport].

Because there is only one legal classification standard for all Olympic sports, any Veteran entering into or between Olympic sports must meet that classification standard before being considered eligible for receipt the VA Monthly Training Allowance.

### **Veteran Athletes Changing Sports**

Veteran athletes who choose to switch sports will be treated as "new athletes" and to be approved for the VA monthly assistance allowance under the VA Monthly Training Allowance Program pay list, an athlete must meet the following criteria:

- 1) Athlete must achieve the VA Monthly Training Allowance standard or higher for his/her respective sport and sport class at least once in each competitive season every 12 months [as defined by the sport] at a sanctioned event outlined by the sport requirements.
- 2) Results of the performance must be reported by the athlete to applicable Olympic or Paralympic Sport Program Manager.
- 3) Be confirmed to be training on an ongoing basis;
- 4) Be confirmed to meet the disability classification eligibility requirement and be nationally or internationally Paralympic classified at the time of achieving the standard in the desired sport. If an athlete achieves the performance standard during a fiscal year, but verification of meeting classification is delayed during that year, the athlete may be able to be retroactively covered for the period in which the athlete met standards between initially achieving the performance standard and completion on disability classification.
- 5) Fill out all required VA paperwork.

Revised April 9, 2020

For more information about the Veterans Monthly Assistance Allowance, please contact the U.S. Department of Veterans Affairs' Office of National Veterans Sports Programs and Special Events at [Sports4Vets@va.gov](mailto:Sports4Vets@va.gov).