

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)

The VA Monthly Training Allowance. VA supports eligible military Veterans with service and non-service-connected disabilities training and competing in Paralympic and Olympic sports. To do this, the VA Office of National Veterans Sports Programs & Special Events provides a monthly assistance allowance as authorized by 38 U.S.C. 322(d). For Paralympic sports, VA will pay the monthly allowance to a Veteran who meets the minimum performance standards or higher and classification standards in a sport. For Olympic sports, VA will pay a monthly allowance to a Veteran with a service-connected disability rated 30% or greater by VA who is selected for a national Olympic Team. For these sports, the national sport organizations include those of the US Olympic and Paralympic Committee and equivalent organizations in US Commonwealths and Territories. If a sport is not recognized as an Olympic or Paralympic sport or does not have an active US national program, by law it is not authorized for the VA Monthly Training Allowance program. The allowance rate is the same as the 38 U.S.C. Chapter 31 VR&E rates. Annual overall payments are limited to congressionally appropriated funding with Veterans with a service-connected disability rating receiving priority. Evaluative criteria differ from sport to sport; see the details for each Paralympic sport in pages 3-33. For more on classification visit International Paralympic Committee - IPC: <https://www.paralympic.org/classification>; and National - U.S. Paralympics: <https://www.teamusa.org/US-Paralympics/Sports/Classification.aspx>.

How to Enroll. Veterans must meet both the performance and classification standards for their respective sport. Athletes submit applications through the respective Paralympic or Olympic organization for their sport. Points of contact for Paralympic sports are provide in pages 3-33. Athletes must meet training and competition standards and turn in monthly reports to continue receiving the allowance. The sport entity must certify the Veteran meets standards and report their certification to VA. Applications are submitted through the Stipends4Vets app and training materials on how to access and apply can be found at [this link](#).

How to Stay Enrolled/Recertify. Unless waived, athletes must meet the performance standards **every 12 months** to remain certified under the VA Monthly Training Allowance Program. The Veteran must provide proof of performance of achieving the VA Monthly Training Allowance standard or higher for the Veteran's respective sport and sport class to the applicable Paralympic or Olympic Sport Program Manager. Achievement of a certified performance renews the 12-month period.

Re-Classified Veteran Athletes: If a Veteran athlete is reclassified within their current Paralympic sport during the competition season, the athlete will have six months 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 if all other standards continue to be met.

Veteran Athletes Changing Sports: Veteran athletes who choose to switch sports will be treated as "new athletes" and must achieve the VA Monthly Training Allowance standard or higher for the new respective sport and sport class. Once transitioned the Veteran must continue to meet the criteria for ongoing certification in the new respective sport.

For more information, please visit our website at <https://www.blogs.va.gov/nvspse/training-allowances/> or contact the Office of National Veterans Sports Programs and Special Events at Stipends4Vets@va.gov.

Table of Contents

Paralympic Sports Standards	3
Archery	4
Badminton	5
Boccia	6
Canoe	7
Climbing	8
Cycling	8
Equestrian	10
Goalball	12
Judo	13
Powerlifting	13
Rowing	14
Sailing	15
Shooting	16
Sitting Volleyball	17
Soccer (Blind)	21
Soccer (Power)	21
Soccer (7-a-side)	21
Surfing	22
Swimming	23
Table Tennis	25
Taekwondo	26
Track and Field (Athletics)	26
Triathlon	29
Wheelchair Basketball	30
Wheelchair Fencing	31
Wheelchair Rugby	31
Wheelchair Handball	31
Wheelchair Tennis	32
Winter Paralympic Sports	34
Alpine Skiing	35
Bobsled & Skeleton	35
Nordic Skiing	36
Sled Hockey	36
Snowboard	37
Wheelchair Curling	37

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

**Summer Paralympic
Sports**

ARCHERY

Contact: USA Archery: para@usarchery.org

VA Monthly Training Allowance Standard

Emerging Athlete Requirements:

All athletes must meet the following requirements to be eligible for funding:

- Meet the minimum eligibility standards set forth by the U.S. Department of Veterans Affairs,
- Athlete must be a current member of USA Archery,
- Athlete must have a current U.S. Center for SafeSport Training,
- Athlete must have a current USA Archery Background Screen, and
- **Para Only:** Have a current Para National or International Classification (if athletes are ruled ineligible for an international classification, they will not be eligible for this program.)
 - An athlete who is pending a national or international classification review has 12 months from the time of notification to complete the review or they will become ineligible for the program.

Para *Emerging Athlete Requirements

In addition to meeting the minimum eligibility criteria, athletes must within the prior calendar year:

- Competed in the minimum number of events required to make Para USAT to obtain a Para National ranking for a specific category (i.e., Recurve Open, Compound or W1); or
- Registered and competed in the Para World Championships or Paralympic Games U.S. Team Trails until eliminated, if eligible;
- In addition to achieving either a. or b. above, emerging athletes must achieve the minimum qualifying score (MQS) at a USA Archery and/or World Archery sanctioned event within the last 12 months in the same category for which they will earn a Para national ranking (**state and local events excluded**).

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	80CM-10 Ring	500
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	550
Recurve Open Women	70M	72	122CM-10 Ring	510
Visually Impaired (VI)-1	30M	72	80CM-10 Ring	340
Visually Impaired (VI)-2/3	30M	72	80CM-10 Ring	500

***If athletes maintain an emerging athlete status for a period of two (2) years and fail to make adequate progress towards qualifying for the National Team, USA Archery retains the right to not certify the athlete for the allowance.**

Para National Team Requirements:

In addition to meeting the minimum eligibility criteria, athletes competing in the Para Recurve Open, Compound Open and W1 division must:

- Be a current member of the Para United States Archery Team
- If not a current member of the Para USAT, the athlete will be eligible if selected to the Para World Championship Team and/or Paralympic Games Team.

National Team Athlete Requirements (Senior Recurve Only)

In addition to meeting the minimum eligibility criteria Recurve athletes competing in the Senior division must:

- Be a current member of Senior United States Archery Team (USAT)
- If not a current member of Senior USAT, the athlete will be eligible if they are selected to the World Championship Team or Olympic Games Team or:
- If the athlete places in the Top 10 of the World Championship Team or Olympic Games Team U.S. team Trials results within the current calendar year.

NOTE: 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.

BADMINTON

Contact: Steve Kearney
steve@usabadminton.org / 719-360-3848.

VA Monthly Training Allowance Standard

Athletes must comply with the following four (4) standards:

1. Be a USA Badminton member in good standing, taking all the SafeSport required courses and have a background check plus being classified by Para National/International classifier
2. Train a minimum of four days per week with a coach or training group in their local area or in club;

3. Athletes must be selected USA Badminton High Development Group to a development team or higher by USA Badminton to be considered for the allowance; and,
4. Participate in camps, clinics and competitions appropriate to the applicable development team or higher, as determined by USA Badminton.

NOTE: 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.

NOTE: Athletes must learn all the rules and standards. Educational material is available on USA Badminton (<https://www.teamusa.org/USA-Badminton/PARA-ATHLETES/OVERVIEW>) and Badminton World Federation (BWF) website (<https://corporate.bwfbadminton.com/para-badminton/>). Standards include minimum requirements of tournament participation, BWF tournament points, and BWF rating and results. Coaches and locations are listed on the USA Badminton website.

NOTE: USA Badminton will distribute a basic warmup, simple routines and development, and advanced work for each of the six (6) classifications.

BOCCIA

Contact: Jen Allred, Chief of Programs & Special Projects
jena@lakeshore.org

VA Monthly Training Allowance Standard

To be eligible for the training allowance, all athletes must remain in compliance with the following criteria:

- Athlete must be nationally or internationally classified within an eligible classification in the sport (BC1, BC2, BC3 or BC4).
- Athlete must be actively training in the sport.
- Be in good standing with the governing body.

In addition to the above criteria, athletes must achieve **at least one (1)** of the following criteria to be eligible for the Veteran's training allowance:

- Compete at the 2023 USA Boccia National Championships in an Individual division and place in the fifty percent (50%) of your sport class or compete in the Team/Pairs division and place in the top forty percent (40%).
- Athlete is a current member of the Boccia United States National or Development Team.

Eligible classifications and play type:

- Individual:
 - BC1
 - BC2
 - BC3
 - BC4
- Teams/Pairs
 - Team (BC1 and BC2)
 - BC3 Pairs
 - BC4 Pairs

NOTE: BC5 and Open divisions have not been authorized at the international level and therefore do not meet requirements for the allowance.

CANOE (Kayak)

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

VA Monthly Training Allowance Standard

Athletes must comply with the following two (2) standards:

1. Athletes must be a member of the American Canoe Association (ACA), and
2. Achieve the following standard during ACA selection trials and National Championships (for able bodied and/or Paracanoe); regattas on the International Canoe Federation (ICF) canoe sprint calendar; or at other regattas designated by ACA.

Men 200m	VMAA Standard (min:sec)	Women 200m	VMAA Standard (min:sec)
KL3 M	0:54	KL3 W	1:10
KL2 M	0:56	KL2 W	1:14
KL1 M	1:19	KL1 W	1:22
VL3 M	1:09	VL3 W	1:26
VL2 M	1:19	VL2 W	1:27
VL1 M	1:28	VL1 W	1:34

CLIMBING

Contact: Madeleine Palmer
madeleine@usacimbing.org

VA Monthly Training Allowance Standard

Athletes must meet the following four (4) criteria:

1. Be a current active and valid membership in USA Climbing
2. Be in good standing with USA Climbing
3. Be ranked among the following quota for the highest finishers in their sport class at the most recent USA Climbing Paraclimbing National Championships. The quota includes those who qualify as US Paraclimbing National Team members and those who qualify as Emerging Athletes.

Number of Competitor in the Qualification Round	Final Round Quota
1 to 6	4
7 to 15	5
16 or More	6

CYCLING

Contact: VAstipend@usopc.org

VA Monthly Training Allowance Standard

Athletes must meet both of the following criteria:

1. Be licensed by USA Cycling, and
2. Achieve the qualifying standard through one of the two types of qualifying events:
 - 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); or
 - Track standard can be achieved during a sanctioned USA Cycling or UCI event track competition.

Special Criteria for Tandem Pilot:

- You must meet the above two criteria,
- Meet the general Veteran eligibility criteria for this allowance, and
- 30% service-connected disability rating

Road Cycling Standards: Time per Kilometer (Individual Time Trial)

Classification	Men's VMAA Standard	Classification	Women's VMAA Standard
H1	02:42:52	H1	04:55:67
H2	01:58:64	H2	02:41:49
H3	01:47:35	H3	02:03:83
H4	01:39:09	H4	02:06:39
H5	01:42:29	H5	02:06:95
C1	01:42:88	C1*	02:06:32
C2	01:34:40	C2	01:52:75
C3	01:33:42	C3	01:47:55
C4	01:31:41	C4	01:44:01
C5	01:27:31	C5	01:41:65
T1	02:05:92	T1	02:49:87
T2	01:56:14	T2	02:17:50
B	01:22:35	B	01:33:76

Track Cycling Standards: Time Per Event

Men's Classification	Men's Emerging Standard	Women's Classification	Women's Emerging Standard
C1 1-Kilometer TT	01:26.05	C1 500-Meter TT	00:52.31
C2 1-Kilometer TT	01:22.00	C2 500-Meter TT	00:45.59
C3 1-Kilometer TT	01:18.36	C3 500-Meter TT	00:46.31
C4 1-Kilometer TT	01:15.78	C4 500-Meter TT	00:42.42
C5 1-Kilometer TT	01:15.59	C5 500-Meter TT	00:43.88
B 1-Kilometer TT	01:11.19	B 1-Kilometer TT	01:20.38
C1 3-Kilometer Pursuit	04:27.45	C1 3-Kilometer Pursuit	05:16.81
C2 3-Kilometer Pursuit	04:06.95	C2 3-Kilometer Pursuit	04:40.98
C3 3-Kilometer Pursuit	03:56.96	C3 3-Kilometer Pursuit	04:39.61
C4 4-Kilometer Pursuit	05:20.26	C4 3-Kilometer Pursuit	04:23.45
C5 4-Kilometer Pursuit	05:12.69	C5 3-Kilometer Pursuit	04:17.08
B 4-Kilometer Pursuit	04:45.96	B 3-Kilometer Pursuit	04:00.11

Track and Road standards for 2024 are built based upon results from the World Championships between 2021-2023.

TRACK Standards

- The 2024 track standards are built based on individual sport class results from the following competitions:
 - o 2022 UCI Para-cycling Track World Championships (St-Quen en Yvelines, FRA)
 - o 2023 UCI Para-cycling Track World Championships (Glasgow Scotland, UK)
 - o *Note: Para-cycling Track World Championships were not conducted in 2021*
- Track standards are calculated based on the first-place time, per sport class x 103% in each event.
- Track standards are represented as **total event time**, per sport class.

ROAD Standards

- The 2024 road standards are built based on individual time trial results from the following competitions:
 - o 2021 UCI Para-cycling Road World Championships (Cascais, POR)
 - o 2023 UCI Para-cycling Road World Championships (Glasgow Scotland, UK)
 - o *Note: The results from the 2022 Para-cycling Road World Championships were not included due to the extreme terrain at the event.*
- Road standards are calculated based on the 1st-place time in the time trial from each World Championships, per sport class x 103%
- Beginning in 2024, road standards are calculated using a distance-weighted method, as follows:
 - o Total time combined, per class, from both World Championships time trials ÷ Total distance combined, per class, from all three World Championships time trials x 103%
- Road standards are represented as **time per kilometer**, per sport class.

EQUESTRIAN

Contact: Laureen Johnson
lkjohnson@usef.org

VA Monthly Training Allowance Standard

Para-equestrian Dressage Eligibility Requirements

In addition to meeting the required scores, athletes must:

1. Be 17 years or older;
2. Be a U.S. citizen/Veteran;
3. Must be a current member in good standing of United States Equestrian Federation (USEF) at the time that the required scores are achieved;

4. Be medically eligible in accordance with the Fédération Equestre Internationale (FEI) Classification Manual for Para-equestrian Competitions, https://inside.fei.org/sites/default/files/FEI%20Manual%20for%20Classifiers%202020_update11.02.2021_0.pdf; and
5. 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 Grand Prix A test score; AND
 - One Grand Prix B test score; OR
 - One Intermediate A test score; AND
 - One Intermediate B test score; OR
 - One Novice A test score; AND
 - One Novice B 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 62 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 a 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.

NOTE: Please see the Article 8429 in the Rules of FEI Para-equestrian Dressage 4th Edition, effective January 2024 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 contact Laureen Johnson, USEF Director of Para Equestrian at lkjohnson@usef.org, 908-997-3008.

Para-equestrian Driving Eligibility Requirements

In addition to meeting the required scores, athletes must:

1. Be 17 years or older as of December 1 of the current competition year;
2. Be a U.S. citizen;
3. Must be a U.S. Veteran with a permanent, physical disability;

4. Must be a current member in good standing of USEF at the time that the required scores are achieved;
5. 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, contact Laureen Johnson, USEF Director of Para Equestrian at lkjohnson@usef.org, 908-997-3008;
6. Drive independently (without second reins); and
7. 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 USEF or FEI Para-equestrian licensed competitions. FEI PE tests must be scored by a USEF “R” rated judge or above, or a 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.

NOTE: To learn more about national or international classification, contact Laureen Johnson at the USEF at 908-997-3008.

GOALBALL

Contact: Molly Quinn
mquinn@usaba.org

VA Monthly Training Allowance Standard

Athletes must meet the following five (5) criteria:

1. Receive a national or international classification assessment as a B1, B2, or B3 athlete;
2. Be active on a United States Association of Blind Athletes (USABA)-recognized club team’s roster;
3. Meet USABA training requirements with that team on a regular basis;

4. Establish a training and competition plan and submit monthly and quarterly progress reports to the USABA goalball high performance manager; and
5. Compete with that team or as a pool player in at least two USABA regional events AND the USABA national championship tournament.

NOTE: A club team is an organized team of goalball players who participate at least at one USABA-sanctioned regional tournament during the goalball season.

NOTE: Regular training is defined as 4 days a week of goalball practice and/or strength and conditioning sessions during the goalball season timeframe of January to August. Off-season training must include 3 days a week of strength and conditioning sessions. Workout schedule must be provided and approved by the high performance manager.

NOTE: Unlike most other Paralympic team sports, USABA develops a pool of national goalball athletes and selects athletes for competitions from its national player pool on a more fluid basis than other sports that tend to have fixed National Team memberships.

JUDO

Contact: Eddie Liddie
eddie.liddie@usajudo.us or 719-866-4730.

VA Monthly Training Allowance Standard

To qualify, athletes:

- Must be a current USA Judo member
- Must be in good standings with USA Judo
- Must be training at a USA Judo club regularly
- Must be ranked 5th or higher on USA Judo's national ranking roster
- Must participate at the USA Judo Senior national Championships or USA Judo President Cup
- Must participate in one USA Judo training camp
- Must participate in one international tournament a year

POWERLIFTING

Contact: Jen Allred, Chief of Programs & Special Projects
jena@lakeshore.org

VA Monthly Training Allowance Standard

Athletes must achieve a qualifying score at a sanctioned regional event or a World Para Powerlifting sanctioned competition; qualifying events can be found at U.S. Paralympics Powerlifting Competition webpage: <https://www.usparapowerlifting.org/competitions>.

Powerlifting qualifying scores follow:

Weight Class (kg)	VMAA Standard (kg)	Weight Class (kg)	VMAA Standard (Kg)
MEN		WOMEN	
49	137	41	85
54	145	45	89
59	162	50	94
65	169	55	109
72	160	61	114
80	187	67	105
88	188	73	116
97	194	79	116
107	203	86	115
107+	201	86+	123

ROWING

Contact: Ellen Minzner, USRowing Para High Performance Director
Ellen.Minzner@usrowing.org

VA Monthly Training Allowance Standard

Athletes with a permanent physical or visual impairment, sufficient for eligibility in one of the three Paralympic rowing disciplines, PR1, PR2, or PR3 VI (visual impairment) PR3 PI (physical impairment) are potential candidates for Para Rowing. In order to be eligible for the VA Monthly Training Allowance for Para Rowing, athletes must be classified. For information about classification, please contact Deb Arenberg at classification@usrowing.org

In order to be eligible, athletes must:

- Have a US or World Rowing Sport Class classification for Para Rowing
- Compete in at least one national-level regatta during the program year

- Meet the minimum 2000-meter ergometer standard for the athlete’s classification as listed below.

Athletes should submit 2000-meter ergometer score using the following form: [USRowing Erg Score Submission Form](#)

All testing must be done on a stationary C2 ergometer. Testing must be verifiable by a coach, and their contact information must be provided on the form.

Revised time standards for February 1, 2025:

Men	VMMA Standard	Women	VMMA Standard
PR3	6:33.6	PR3	7:32.1
PR2	7:26.8	PR2	8:30.6
PR1	7:48.1	PR1	9:02.6

For information about national team programs, please contact Wendy.wilbur@usrowing.org

SAILING

Contact: Kate Drummey

KateDrummey@ussailing.org or 814-248-9433

VA Monthly Training Allowance Standard

Athletes must achieve the following three (3) criteria:

1. Be a member of US Sailing in good standing;
2. Compete internationally in one of the Para Sailing categories as follows:
 - 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

3. Participate in one or more Grade 1 or 2 international competition events (i.e., World Cup, EUROSAP, Continental, or Para Sailing World Championship) annually.

NOTE: Para Sailing qualifying events include both Olympic and Paralympic Sailing competitions.

SHOOTING

Contact: Kimberly Covert

kimberly.covert@usashooting.org

VA Monthly Training Allowance Standard

Athletes must meet the following six (6) criteria:

1. Be a member of USA Shooting;
2. Be International Paralympic Committee (IPC)/World Shooting Para Sport (WSPS) classified;
3. Achieve the standard score on an electronic target at one of the following USA Shooting-approved competitions:
 - a. USA Shooting National Championships
 - b. USA Shooting Selection Matches
 - c. Winter Air
 - d. Robert Mitchell Rifle
 - e. Pistol Spring Selection
 - f. Olympic Training Center Preliminary Tryouts (PTOs)
 - g. Shooting competition monitored by Paralympic Head Coach or designated USA Shooting Assistance Coach, and an IPC WSPS Classifier
 - h. Trap National Championships
 - i. Trap Selection Matches
 - j. Trap PTOs held at the Olympic Training Center
 - k. Trap competitions as approved by USA Shooting certifying official;
4. Compete at a minimum of 2 approved competitions (listed above) per year;
5. Continue to train each month as approved by certifying official; and
6. Sign and adhere to USA Shooting's Code of Conduct

Men's Shooting VA Monthly Training Allowance Standards

Class	Event	Classification	Qualification Score
R1	10m Air Rifle	SH1	570
R7	50m Free Rifle 3x40	SH1	1066
P1	10m Air Pistol	SH1	519

Women's Shooting VA Monthly Training Allowance Standards

Class	Event	Classification	Qualification Score
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

Mixed's Shooting VA Monthly Training Allowance Standards

Class	Event	Classification	Qualification Score
R3	10m Air Prone	SH1	598.1
R4	10m Air Standing	SH2	593.3
R5	10 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

SITTING VOLLEYBALL

Contact: Bill Hamiter or Elliot Blake
Bill.Hamiter@usav.org or 719-228-6800
Elliot.Blake@usav.org

VA Monthly Training Allowance Standard

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

NOTE: Due to the differences between USA Volleyball's resident and non-resident athlete programs, the following information provides information on the athletes' eligibility and activities under the different USA Volleyball programs.

- 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 Sitting National Team Development Program (SNTDP). Once added to the National Team Training Roster or SNTDP, athletes will be eligible for the allowance provided the following conditions are met.
 - All athletes are required to be members of USA Volleyball and to have completed SafeSport Training annually. Athletes invited to the National Team or National Team Training Roster must also pass a USA Volleyball Background Screen annually.
 - USA Volleyball reserves the right to suspend an athlete's participation in a program for failure to maintain USA Volleyball Membership, successfully pass a USA Volleyball Background Screen, and/or be in compliance with the U.S. Center For SafeSport code, to include completion of any required training. Additionally, USA Volleyball reserves the right to suspend an athlete's participation for any suspension levied by the U.S. Anti-Doping Agency (USADA). Upon suspension, the athlete immediately becomes ineligible for the VA Monthly Training Allowance.
- 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

- National Team Resident Athlete
- On-court skill training sessions at least four days a week and conducts strength and conditioning sessions two to four times a week (10 hours total minimum)
- Required to attend all national team training camps and/or competitions, and any SNTDP 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 SNTDP 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 two days (minimum of four hours total) a week and conducts strength and conditioning sessions at least two times a week (minimum of two hours total). Six hours total of training is the minimum requirement.
- Required to attend all national team training camps and competitions, and any SNTDP 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 SNTDP 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 approval 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.

Sitting National Team Development Program Athlete

- New athletes who are identified and recruited to participate in USA Volleyball's Sitting National Team Development Program (SNTDP) 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 more than two SNTDP events of the previous six events held, on an on-going/rolling schedule.
 - USA Volleyball reserves the right decline an athlete's attendance for a training camp at any time. When this occurs, the camp in which the athlete was denied the option to attend will not be counted as part of the last six events held, in which attendance was required for at least four. In this instance, the camp will be skipped, and the counting of camp history will go back further to count six camps in which the athlete was invited to attend.
 - If an athlete's attendance is not accepted for three events in a row, the athlete will be considered dismissed from the program, and participation in the VMAA program will be cancelled. The athlete though may be invited to participate in the future and the athlete would be eligible for reinstatement to the VMAA program after attendance at two events.
 - If an athlete experiences an injury and is unable to play, the athlete will be required to submit doctor's orders restricting participation to continue to receive VMAA. The doctor's orders should include an expected date of recovery, and when the next evaluation of the injury will be. An athlete will be given 30 days from the date of the most recent injury evaluation to provide updated doctor's orders or a clearance to return to play. Any camps that are missed during the restricted period will not be counted towards the athlete's event history of attendance. The count of events to reach the six necessary will go farther back until it is reached.
- 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 within the program's guidelines.
- 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.

- To claim that the cost of air travel is too great to attend a training camp is frowned upon. The annual total of funds received by eligible athletes will easily cover the up and down costs of flight reservations throughout the year.

For questions regarding the VA Monthly Training Allowance standards or to request a tryout, please send an email to sitting.volleyball@usa.org.

SOCCER (Blind)

Contact: Molly Quinn
mquinn@usaba.org

VA Monthly Training Allowance Standard

The U.S. Olympic and Paralympic Committee recently authorized the U.S. Association of Blind Athletes as the initial National Governing Body for Blind Soccer. Contact USABA about the status of Blind Soccer opportunities as this Paralympic sport is under review for the allowance.

SOCCER (Power)

Contact: Stuart Sharp
ssharp@ussoccer.org

VA Monthly Training Allowance Standard

The U.S. Olympic and Paralympic Committee recently authorized U.S. Soccer as the National Governing Body for Power Soccer. The U.S. Power Soccer Association which previously functioned as the NGB for Power Soccer still manages national Power Soccer programs below the National Team level. Contact U.S. Soccer about the status of Power Soccer opportunities as this Paralympic sport is under review for the allowance.

SOCCER (7-a-side)

Contact: Stuart Sharp
ssharp@ussoccer.org

VA Monthly Training Allowance Standard

Athletes selected to camps/events for the national 7-a-side Paralympic soccer team in a calendar year will be considered for the allowance.

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

NOTE: Although US Soccer is partnered in the 5-a-side Paralympic soccer initiative, US Soccer oversees only athletes competing in Power Soccer and 7-a-side Paralympic soccer that are eligible for the allowance.

SURFING

Contact: Kevin Olenick

kolenick@msn.com

VA Monthly Training Allowance Standard

Athlete must achieve the following seven (7) criteria:

1. Be a United States citizen;
2. Be classified in an International Surfing Association (ISA) Adaptive Surfing Classification Division;
3. Be a member of USA Surfing and/or one of USA Surfing's five (5) affiliate organizations (Western Surfing Association, National Scholastic Surfing Association, Hawaiian Surfing Association, Eastern Surfing Association, or Texas Gulf Surfing Association);
4. Adhere to the USA Surfing Athlete Code of Conduct;
5. Not be under a disciplinary review by USA Surfing or any of its affiliate organizations;
6. 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; and,
7. Rank in the Top 5 in USA Surfing or Top 3 in their affiliate organization.

NOTE: Athletes are ranked by classification division. Please contact Classification@isasurf.org with any questions related to classification.

SWIMMING

Contact: VAStipend@usopc.org

Athletes must achieve standards in LCM (Long Course Meters).

VA Monthly Training Allowance Standard

Men's Swimming VA Monthly Training Allowance Standards

Class	Event	Emerging / VMAA	Class	Event	Emerging / VMAA	Class	Event	Emerging / VMAA
S3	50 Free	00:57.44	S13	400 Free	05:08.11	SB11	100 Breast	01:30.77
S4	50 Free	00:47.65	S1	50 Back	01:33.59	SB12	100 Breast	01:22.20
S5	50 Free	00:39.06	S2	50 Back	01:14.34	SB13	100 Breast	01:21.50
S7	50 Free	00:34.99	S3	50 Back	00:57.07	SB14	100 Breast	01:22.39
S9	50 Free	00:31.49	S4	50 Back	00:54.06	S5	50 Fly	00:40.00
S10	50 Free	00:29.37	S5	50 Back	00:41.73	S6	50 Fly	00:39.71
S11	50 Free	00:32.97	S1	100 Back	03:10.10	S7	50 Fly	00:36.67
S13	50 Free	00:29.79	S2	100 Back	02:33.42	S8	100 Fly	01:19.04
S4	100 Free	01:48.69	S6	100 Back	01:34.67	S9	100 Fly	01:15.67
S5	100 Free	01:28.50	S7	100 Back	01:27.60	S10	100 Fly	01:12.08
S6	100 Free	01:21.81	S8	100 Back	01:23.86	S11	100 Fly	01:21.50
S8	100 Free	01:13.41	S9	100 Back	01:17.70	S12	100 Fly	01:12.34
S10	100 Free	01:04.31	S10	100 Back	01:16.62	S13	100 Fly	01:11.40
S12	100 Free	01:06.79	S11	100 Back	01:27.03	S14	100 Fly	01:11.13
S2	200 Free	05:19.94	S12	100 Back	01:16.59	S3	150 IM	03:51.96
S3	200 Free	04:14.91	S13	100 Back	01:14.83	S4	150 IM	03:20.66
S4	200 Free	03:43.10	S14	100 Back	01:14.96	SM6	200 IM	03:21.61
S5	200 Free	03:18.26	SB2	50 Breast	01:17.84	SM7	200 IM	03:09.47
S14	200 Free	02:24.47	SB3	50 Breast	01:01.65	SM8	200 IM	02:56.91
S6	400 Free	06:21.05	SB4	100 Breast	02:05.25	SM9	200 IM	02:51.44
S7	400 Free	05:48.69	SB5	100 Breast	01:51.26	SM10	200 IM	02:44.24
S8	400 Free	05:35.59	SB6	100 Breast	01:41.37	SM11	200 IM	03:05.55
S9	400 Free	05:16.92	SB8	100 Breast	01:28.10	SM13	200 IM	02:43.49
S11	400 Free	05:43.61	SB9	100 Breast	01:25.08	SM14	200 IM	02:42.40

Women's Swimming VA Monthly Training Allowance Standards

Class	Event	Emerging / VMAA	Class	Event	Emerging / VMAA	Class	Event	Emerging / VMAA
S4	50 Free	00:51.06	S13	400 Free	05:44.84	SB12	100 Breast	01:40.39
S6	50 Free	00:41.75	S2	50 Back	01:29.44	SB13	100 Breast	01:34.61
S8	50 Free	00:38.96	S3	50 Back	01:11.29	SB14	100 Breast	01:37.01
S10	50 Free	00:35.14	S4	50 Back	01:02.04	S5	50 Fly	00:53.80
S11	50 Free	00:37.24	S5	50 Back	00:54.35	S6	50 Fly	00:46.04
S13	50 Free	00:33.84	S2	100 Back	03:15.67	S7	50 Fly	00:42.90
S3	100 Free	02:17.04	S6	100 Back	01:41.45	S8	100 Fly	01:41.16
S5	100 Free	01:43.04	S8	100 Back	01:38.19	S9	100 Fly	01:25.54
S7	100 Free	01:28.84	S9	100 Back	01:28.94	S10	100 Fly	01:24.89
S9	100 Free	01:19.24	S10	100 Back	01:26.80	S13	100 Fly	01:22.32
S10	100 Free	01:15.85	S11	100 Back	01:36.22	S14	100 Fly	01:23.12
S11	100 Free	01:23.20	S12	100 Back	01:26.48	SM4	150 IM	03:36.56
S12	100 Free	01:15.31	S13	100 Back	01:23.11	SM5	200 IM	04:34.38
S5	200 Free	03:39.62	S14	100 Back	01:24.91	SM6	200 IM	03:43.86
S14	200 Free	02:41.91	SB3	50 Breast	01:17.00	SM7	200 IM	03:48.89
S6	400 Free	06:39.59	SB4	100 Breast	02:18.46	SM8	200 IM	03:30.79
S7	400 Free	06:29.86	SB5	100 Breast	02:09.51	SM9	200 IM	03:14.55
S8	400 Free	06:10.99	SB6	100 Breast	02:00.07	SM10	200 IM	03:04.82
S9	400 Free	05:49.15	SB7	100 Breast	01:58.78	SM11	200 IM	03:27.01
S10	400 Free	05:41.50	SB8	100 Breast	01:45.96	SM13	200 IM	03:04.90
S11	400 Free	06:24:45	SB9	100 Breast	01:36.99	SM14	200 IM	03:06.51
			SB11	100 Breast	01:48.77			

TABLE TENNIS

Contact: Jasna Rather

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:

	MEN'S ITTF Para World Rating Points	WOMEN'S ITTF Para World Rating Points
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

or

	Men— USATT Rating Points	Women— USATT Rating Points
Class 1	700	600
Class 2	800	700
Class 3	1000	900
Class 4	1100	1000
Class 5	1200	1100
Class 6	1400	1300
Class 7	1500	1400
Class 8	1600	1500
Class 9	1700	1600
Class 10	1800	1700
Class 11	1600	1500

In addition, each calendar year, the Veteran must at least play:

- One National tournament sanctioned by USATT with 4-5 star with at least one event closest to player's rating.
- One International tournament in calendar year.

TAEKWONDO

Contact: Eric Wininger
ewininger@usatkd.org

VA Monthly Training Allowance Standard

Athletes must meet the following four (4) criteria:

1. Be a current member of USA Taekwondo in good standing and hold a current Global Athlete license.
2. Either be ranked 14th or higher in the most recent World Taekwondo Para Rankings or finish fifth place or higher at the most recent USA Taekwondo National Championships.
3. Must hold current K44 or K41 classification with World Taekwondo Para.
4. Must be in a USA Taekwondo approved training program.

TRACK & FIELD (Athletics)

Contact: VAstipend@usopc.org

VA Monthly Training Allowance Standard

Must compete in a World Para Athletics approved competition and submit results to VAstipend@usopc.org from a competition that you have met the standards below.

Note: All events listed are on the Paralympic Games Paris 2024 program. Only events contested in Tokyo are eligible for VA Monthly Training Allowance funding.

Men's Track & Field (Athletics)

Class	Event	Emerging / VMAA	Class	Event	Emerging / VMAA	Class	Event	Emerging / VMAA
T11	100m	12.74	T53	400m	56.18	F12	Shot	11.76
T12	100m	12.49	T54	400m	53.16	F20	Shot	12.35
T13	100m	12.36	T62	400m	55.99	F32	Shot	7.91
T33/34	100m	17.69	T33/34	800m	1:58.34	F33	Shot	8.37
T35	100m	14.00	T53	800m	1:52.88	F34	Shot	8.52
T36	100m	13.83	T54	800m	1:45.74	F35	Shot	11.53
T37	100m	13.05	T11	1500m	4:43.99	F36	Shot	11.46
T38	100m	12.73	T12/13	1500m	4:33.60	F37	Shot	10.90
T44	100m	13.86	T20	1500m	4:30.99	F40	Shot	8.21
T45/46/47	100m	12.38	T37/38	1500m	4:41.14	F41	Shot	10.04
T51	100m	23.76	T45/46	1500m	4:30.99	F45/46	Shot	11.70
T52	100m	20.39	T53/54	1500m	3:17.14	F53	Shot	6.20
T53	100m	17.06	T11	5000m	17:34.21	F54/55	Shot	9.01
T54	100m	15.93	T12/13	5000m	17:15.16	F56/57	Shot	11.09
T63 (42)	100m	14.03	T53/54	5000m	11:56.34	F61/63(42)	Shot	10.57
T62/64	100m	12.44	T11/12	Marathon	2:50.13	F31/32	Club	27.32
T35	200m	28.26	T45/46/47	High Jump	1.74	F51	Club	23.45
T37	200m	26.46	T63 (42)	High Jump	1.54	F11	Discus	28.92
T51	200m	43.82	T64(44)	High Jump	1.72	F37	Discus	39.07
T64/44	200m	26.11	T11	Long Jump	5.23	F51/52	Discus	14.28
T11	400m	59.20	T12	Long Jump	6.01	F54/55/56	Discus	32.27
T12	400m	55.92	T13	Long Jump	5.91	F62/64 (43/44)	Discus	41.81
T13	400m	56.33	T20	Long Jump	6.05	F12/13	Javelin	45.35
T20	400m	54.79	T36	Long Jump	4.81	F33/34	Javelin	28.11
T36	400m	62.86	T37	Long Jump	5.09	F38	Javelin	38.89
T37	400m	59.50	T38	Long Jump	5.65	F40/41	Javelin	31.31
T38	400m	58.34	T45/46/47	Long Jump	6.12	F45/46	Javelin	48.52
T45/46/47	400m	55.80	T61/63 (42)	Long Jump	5.95	F53/54	Javelin	20.72
T51/52	400m	1:09.45	T62/64 (43/44)	Long Jump	6.13	F56/57	Javelin	36.47
			F11	Shot	9.90	F61-64 (42-44)	Javelin	48.63

Women's Track & Field (Athletics)

Class	Event	Emerging/ VMAA	Class	Event	Emerging/ VMAA	Class	Event	Emerging/ VMAA
T11	100m	14.06	T37	400m	1:12.50	F32	Shot	4.92
T12	100m	14.29	T38	400m	1:11.08	F33	Shot	5.00
T13	100m	13.94	T45/46/47	400m	66.75	F34	Shot	6.07
T33/34	100m	21.75	T53	400m	63.77	F35	Shot	6.54
T35	100m	16.64	T54	400m	61.94	F37	Shot	9.69
T36	100m	16.93	T33/34	800m	2:24.30	F40	Shot	6.42
T37	100m	15.07	T53	800m	2:05.51	F41	Shot	7.17
T38	100m	14.66	T54	800m	2:01.29	F45/46	Shot	8.57
T45/46/47	100m	14.10	T11	1500m	5:30.48	F54	Shot	5.68
T53	100m	18.84	T12/13	1500m	5:12.09	F56/57	Shot	7.84
T54	100m	18.65	T20	1500m	5:15.26	F64 (42,43, 44,62,63)	Shot	8.12
T63(42)	100m	16.91	T53/54	1500m	3:56.19	F11	Discus	27.24
T62/64 (43/44)	100m	14.96	T53/54	5000m	12:52.96	F37/38	Discus	26.06
T11	200m	28.79	T11/12	Marathon	3:39.54	F40/41	Discus	22.34
T12	200m	28.91	T11	Long Jump	4.12	F51/52/53	Discus	10.68
T35	200m	35.22	T12	Long Jump	4.49	F54/55	Discus	18.28
T36	200m	35.54	T20	Long Jump	4.65	F56/57	Discus	22.87
T37	200m	31.25	T37	Long Jump	3.96	F62/64(43/44)	Discus	28.38
T45/46/47	200m	29.34	T38	Long Jump	4.06	F12/13	Javelin	27.61
T64 (44)	200m	31.07	T45/46/47	Long Jump	4.79	F33/34	Javelin	12.89
T11	400m	66.52	T61/63 (42)	Long Jump	4.21	F45/46	Javelin	29.67
T12	400m	67.17	T62/64 (44)	Long Jump	4.74	F53/54	Javelin	12.20
T13	400m	65.95	T11/12	Shot	9.94	F55/56	Javelin	17.69
T20	400m	66.67	F20	Shot	10.21	F31/32	Club	18.21

TRIATHLON

Contact: Hans Ernst
hans.ernst@usatriathlon.org

VA Monthly Training Allowance Standard

The importance of having true sprint distance triathlons (750m swim, 20k bike, and a 5k run) being the gold standard in determining someone's competitive eligibility is vitally important in determining who top talent are in paratriathlon. The sprint distance is the Paralympic distance and the one being contested at all international competitions as well as the Paralympic Games. Additionally, having access for our military veterans to achieve race results is also a vitally **important so expanding the number of opportunities and reduce barriers to races is an** important next step in our programs evolution.

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

- Any World Triathlon or Americas Triathlon sprint distance triathlon in the 2025 calendar year
The list of events can be found at www.triathlon.org
-
- Any USA Triathlon sanctioned sprint triathlon in the 2025 calendar year Athletes must ensure that the race is a true sprint distance event – 750m swim, 20k bike, and a 5k run. No exceptions will be made to these distances.
- The list of events can be found at www.usatriathlon.org

The chart below shows the finishing time an athlete needs to complete at the events above, to achieve the qualifying standard. For the qualifying standard, this calculation is 30% behind the average of the 2022/2023/2024 World Triathlon World Champion finishing time. ***If an event is shortened to a duathlon, then the race is void as a qualifier.***

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

Sport Class	Average World Championship Finishing Time	Qualifying Standard
Male PTWC	0:58:31	1:16:04
Male PTS2	1:07:56	1:28:19
Male PTS3	1:08:35	1:29:09
Male PTS4	1:59:55	1:17:53
Male PTS5	0:58:03	1:15:27

Male PTVI	0:58:35	1:16:09
Female PTWC	1:08:57	1:29:39
Female PTS2	1:17:43	1:41:02
Female PTS3	1:16:53	1:39:57
Female PTS4	1:13:36	1:35:41
Female PTS5	1:05:31	1:25:10
Female PTVI	1:07:06	1:27:13

WHEELCHAIR BASKETBALL

Contact: Brandon McBeain

brandonmcbeain@nwba.org or 719-266-4082 ext. 108

Contact for the Puerto Rico Wheelchair Basketball Federation (FEBASIRU); Dilka Benítez

febasiru@gmail.com

VA Monthly Training Allowance Standard

Athletes will be considered for the allowance when they participate in the National Wheelchair Basketball Association (NWBA) evaluation process and are selected for one of the following:

1. Veteran Emerging Athlete Pool
2. NWBA Development Pool
3. NWBA High Performance Pool
4. NWBA Junior or Senior National Team

NOTE: Athletes must attend or receive an invitation to camps, clinics and national team tryouts to allow evaluations to be conducted by NWBA High Performance Staff and recommendations made by NWBA coaches.

WHEELCHAIR FENCING

Contact: Beth Mahr

b.mahr@usafencing.org or 719-866-4652

VA Monthly Training Allowance Standard

Athletes will be considered for the allowance when they participate in the USA Fencing evaluation process and are identified as one of the following:

1. Elite/National Team
2. Emerging/Development Athlete Pool
3. 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).

Athletes must maintain the criteria for their pipeline designation as outlined by USA Fencing throughout the season.

WHEELCHAIR HANDBALL

Contact: Ford Dyke

fd0001@auburn.edu

VA Monthly Training Allowance Standard

Athletes must be a member in good standing of USA Team Handball and will be considered for the allowance when they participate in the USA Team Handball Wheelchair National Team evaluation process and are selected to one of the following:

1. US National Team High Performance Pool (Not more than 25 athletes)
2. Emerging Athlete//Developmental Pool (Not more than 10 athletes)

Athletes must attend or receive an invitation to camps or tryouts to allow evaluations to be performed by USATH Wheelchair Handball High Performance Staff and recommendations made by Wheelchair Handball National Team Coaches

WHEELCHAIR RUGBY

Contact: Jen Allred, Chief of Programs & Special Projects

jena@lakeshore.org

VA Monthly Training Allowance Standard

Athletes must be selected to a development team or higher by Lakeshore Foundation/USAWR to be considered for the allowance.

NOTE: 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 the next Selection Camp:
 - 2017 Americas Championship Team and alternates
 - 2018 IWRP World Championship Team and alternates
 - 2019 Parapan American Games Team and alternates
 - 2020 Paralympic Games Team and alternates

- If an athlete does not receive an automatic invitation, they may be eligible for an invitation to the next 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 and www.lakeshore.org.
 - Athletes selected to the emerging athlete pool or higher will be considered for the allowance.

NOTE: 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 Evan Enquist

Joanne.wallen@usta.com or 914-536-0654 / evan.enquist@usta.com

VA Monthly Training Allowance Standard

Athletes must achieve the following three (3) criteria:

1. Be a member of U.S. Tennis Association (USTA);

2. Meet wheelchair tennis criteria set out in Rule IV, 2 of International Tennis Federation Regulations for Wheelchair Tennis 2014 which can be found at: <https://www.itftennis.com/media/166080/166080.pdf>; and
3. Be in the top 50 percent of the B Division, any of the A Division or Open Division.

NOTE: 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

VA Monthly Training Allowance Standard

All athletes must meet the objective criteria below and be in good standing with the Safe Sport, USADA and US Ski & Snowboard:

1. Athletes must currently be training regularly and actively pursuing Paralympic Team status by attending races, camps, etc. (Coach recommendation may be required.); and,
2. 450 points or less in any discipline (FIS [International Ski and Snowboard Federation] points).

NOTE: Athletes are designated to WPAS World Rankings based on gender.

BIATHLON

See Nordic Skiing

BOBSLED & Skeleton

Contact: Kim Seevers

Kim.seevers@usabs.com or 518-429-8038

VA Monthly Training Allowance Standard

Para Bobsled and Skeleton Athletes must achieve the following:

Be a 2025-2026 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 Skeleton

AND

- Be the gold medalist in the 2025 American Para Cup Seated National

Championships,

or

- Be one of the top five male or top five female finishers in the most current season's US Para National Team Seated selections or be one of two top finishers in the most current season's US Para National Team Push or Skeleton selections and
- Participate in three or more International Bobsleigh and Skeleton Federation (IBSF) (Seated) or two or more American Para Cup (Push or Skeleton) competition events during the 2025-2026 season.

NOTE: For performance standards, athletes are divided in different categories based on gender; therefore, there is a top three for both male and female athletes.

NOTE: United States Bobsled and Skeleton Para Sliding Sports National Team selection criteria area available at: <https://www.teamusa.org/USA-Bobsled-Skeleton-Federation/Resources/For-Athletes/Criteria>

NOTE: For performance standards, athletes are divided in different categories based on gender; therefore, there is a top five for both male and female athletes.

NORDIC SKIING

(Biathlon & Cross Country)

Contact: VAStipend@usopc.org

VA Monthly Training Allowance Standard

Athletes must achieve one of the following two (2) criteria:

1. Achieve a 180 World Para Nordic Skiing (WPNS) race points (or lower) in any WPNS sanctioned race; or,
2. For standing athletes, achieve a calculated 400 points (or lower) in any U.S. Ski and Snowboard Association (USSA) race.

SLED HOCKEY

Contact: Maureen Thompson-Siegel
mthompson-siegel@aahahockey.org

VA Monthly Training Allowance Standard

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

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

SNOWBOARD

Contact: VAStipend@usopc.org

VA Monthly Training Allowance Standard

All athletes must meet the objective criteria below and be in good standing with the Safe Sport, USADA and US Ski & Snowboard:

1. Athletes must currently be training regularly and actively pursuing Paralympic Team status by attending races, camps, etc. (Coach recommendation may be required.); and,
2. 50 points or more in any discipline (FIS [International Ski and Snowboard Federation] points).

WHEELCHAIR CURLING

Contact: Marc Deperno
mdeperno@sitrin.com or 315-737-2459

VA Monthly Training Allowance Standard

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

NOTE: Players are invited to tryouts and national team selection based on coach's evaluation of athletes. There are two national teams consisting of the Wheelchair Curling National Team and the National Wheelchair Curling Mixed Doubles Team.