

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. 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 and quarterly 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 his/her 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 his/her 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	4
Boccia	5
Canoe	6
Climbing	7
Cycling	7
Equestrian	8
Goalball	11
Judo	11
Powerlifting	12
Rowing	12
Sailing	13
Shooting	13
Sitting Volleyball	15
Soccer (Blind)	18
Soccer (7-a-side)	18
Surfing	19
Swimming	20
Table Tennis	22
Taekwondo	23
Track and Field (Athletics)	23
Triathlon	26
Wheelchair Basketball	27
Wheelchair Fencing	28
Wheelchair Rugby	28
Wheelchair Tennis	29
Winter Paralympic Sports	30
Alpine Skiing	31
Bobsled & Skeleton	31
Nordic Skiing	32
Sled Hockey	32
Snowboard	33
Wheelchair Curling	33

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

**Summer Paralympic
Sports**

ARCHERY

Contact: Samantha Bauer: para@usarchery.org

VA Monthly Training Allowance Standard

Emerging Athlete Requirements:

- All athletes must be a current member of USA Archery, and
- Emerging athletes must achieve the minimum qualifying score (MQS) at a USA Archery and/or World Archery event sanctioned event within the last 12 months.

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

National Team Athlete Requirements:

- Athlete must be a current member of the USA Archery Para USAT or USAT Team
- 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

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: VAstipend@usopc.org

VA Monthly Training Allowance Standard

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

- Athlete must be classified within an eligible classification within the sport.
- Athlete must be training within the sport of boccia.
- 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 2022 National Boccia Championships in an individual (singles) division and place in the top seven (7) in your classification or compete in the Pairs division and place in the top five (5) in your classification at the competition.

Eligible classifications and play type:

- Individual/Singles:
 - BC1
 - BC2
 - BC3
 - BC4
- Pairs
 - BC3
 - BC4

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
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

CLIMBING

Contact: Rachel Owens

rachel@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 1-3 in their sport class at the most recent USA Climbing Paraclimbing National Championships.
4. Be selected to the US Paraclimbing National Team

Currently, the criteria for Veterans qualifying in Paraclimbing are established for National Team members, but the criterion for Emerging Athletes is still in development. As soon as these standards are finalized, they will be published, and Veterans may qualify as Emerging Athletes in Paraclimbing at that time.

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	02:39.00	H1	04:22.34
H2	01:58.57	H2	02:49.42
H3	01:47.38	H3	02:04.09
H4	01:41.82	H4	02:02.03
H5	01:42.70	H5	02:02.41
C1	01:41.89	C1*	02:12.40
C2	01:36.62	C2	01:59.24
C3	01:36.30	C3	01:48.76
C4	01:33.83	C4	01:48.26
C5	01:29.43	C5	01:41.37
T1	02:11.42	T1	02:48.31
T2	01:59.21	T2	02:17.09
B	01:23.90	B	01:37.86

Track Cycling Standards: Time Per Event

Men's Classification	Men's Emerging Standard	Women's Classification	Women's Emerging Standard
C1 1-Kilometer TT	01:25.75	C1 500-Meter TT	00:58.05
C2 1-Kilometer TT	01:25.25	C2 500-Meter TT	00:47.38
C3 1-Kilometer TT	01:22.27	C3 500-Meter TT	00:49.36
C4 1-Kilometer TT	01:18.66	C4 500-Meter TT	00:43.34
C5 1-Kilometer TT	01:17.94	C5 500-Meter TT	00:44.39
B 1-Kilometer TT	01:11.65	B 1-Kilometer TT	01:19.96
C1 3-Kilometer Pursuit	04:27.28	C1 3-Kilometer Pursuit	05:40.13
C2 3-Kilometer Pursuit	04:18.38	C2 3-Kilometer Pursuit	05:06.30
C3 3-Kilometer Pursuit	04:04.99	C3 3-Kilometer Pursuit	04:47.10
C4 4-Kilometer Pursuit	05:32.05	C4 3-Kilometer Pursuit	04:35.30
C5 4-Kilometer Pursuit	05:17.14	C5 3-Kilometer Pursuit	04:26.01
B 4-Kilometer Pursuit	04:55.20	B 3-Kilometer Pursuit	04:03.57

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_u_pdate11.02.2021_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 “championship team” test score;
 - One “individual” test score;
- The minimum score of any individual or championship test submitted must be 62 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 8422 in the Rules of FEI Para-equestrian Dressage Events 3rd Edition, of 1 January 2011 Updates effective 1 January 2022 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 [https://inside.fei.org/sites/default/files/FEI PE Classification Rules 2020 markup.pdf](https://inside.fei.org/sites/default/files/FEI%20PE%20Classification%20Rules%202020_markup.pdf). To schedule a national or international classification, contact Laureen Johnson at the USEF at 859-225-7693.

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, visit the FEI website at <http://www.fei.org/fei/regulations/driving> ;
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 ADS, 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. 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.

NOTE: To schedule a national or international classification, contact Laureen Johnson at the USEF at 859-225-7693.

GOALBALL

Contact: Kevin Brouard
kbrouard@usaba.org or 719-866-3224.

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

Athletes must be currently ranked fifth or higher in their weight class on the U.S. Para judo national ranking list.

POWERLIFTING

Contact: Butch Schovanec
butch.schovanec@logan.edu

VA Monthly Training Allowance Standard

Athletes must achieve a qualifying score at a sanctioned regional event; qualifying events can be found at the following site: www.disabledpowerlifting.com.

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 PD (physical disability) or PR3 PD AK (physical disability, above the knee amputee) are potential candidates for the VA Monthly Training Allowance.

Athletes must compete in one competition or regatta during the program year (competitions may be on-water or indoor, virtual or in person) and submit a verified 2000-meter ergometer score at or faster than the time posted for the athlete's classification:

CLASSIFICATION	TIME STANDARD	CLASSIFICATION	VMAA STANDARD
Men	2000m	Women	2000m
PR3	6:38.6	PR3	7:35.4
PR3 AK	8:14.3	PR3 AK	9:28.7
PR2	7:25.5	PR2	8:39.7
PR1	8:06.9	PR1	8:56.9

For questions about classification, technical assistance, or coaching support, please contact Deb Arenberg, USRowing Adaptive Programs Associate and Freedom Rows Coordinator at Deb.Arenberg@usrowing.org

SAILING

Contact: Kate Drummey

KateDrummey@ussailing.org or 401-342-7935

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, EUROSAF, Continental, or Para Sailing World Championship) annually.

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

SHOOTING

Contact: Alex Szablewski

alex.szablewski@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

		Classification	Qualification Score*
MEN			
R1	10m Air Rifle	SH1	570
R7	50m Free Rifle 3x40	SH1	1066
P1	10m Air Pistol	SH1	519
Women			
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			
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

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.
 - 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 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 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 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 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.

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 no more than two SNTDP 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 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.

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: Kevin Brouard
kbrouard@usaba.org or 719-866-3224.

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 (7-A-SIDE)

Contact: Stuart Sharp
ssharp@ussoccer.org.

VA Monthly Training Allowance Standard

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

Exceptions Effective January 1, 2022: Due to the COVID-19 pandemic, athletes selected to the national team and continue a US Soccer monitored training program will maintain qualifications until the next training camps/national team selection events are conducted or until this provision is rescinded.

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

NOTE: Because currently there is not an active national 5-a-side Paralympic soccer team in the United States, only athletes competing in 7-a-side Paralympic soccer are eligible for the allowance. A national 5-a-side Paralympic soccer program is in development and athletes in 5-a-side Paralympic soccer if the goal of a national team is achieved.

SURFING

Contact: Christiaan Bailey
otter@usasurfing.org

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

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 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

TAEKWONDO

Contact: Adriana Gonzales
agonzales@usatkd.org

VA Monthly Training Allowance Standard

Athletes must meet the following four (4) criteria:

5. Be a current member of USA Taekwondo in good standing and hold a current Global Athlete license.
6. 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.
7. Must hold current K44 or K41 classification with World Taekwondo Para.
8. 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 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>.

Effective July 1, 2021: The COVID-19 pandemic waiver is rescinded.

Note: All events listed are on the Paralympic Games Tokyo 2021 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	12.68	T53	400m	56.01	F12	Shot	11.96
T12	100m	12.36	T54	400m	53.05	F20	Shot	12.45
T13	100m	12.24	T62(43)	400m	55.90	F32	Shot	8.13
T34	100m	17.68	T33/34	800m	1:57.35	F33	Shot	8.48
T35	100m	13.51	T53	800m	1:50.89	F34	Shot	8.52
T36	100m	13.70	T54	800m	1:44.79	F35	Shot	11.90
T37	100m	12.98	T11	1500m	4:42.38	F36	Shot	11.34
T38	100m	12.65	T12/13	1500m	4:24.18	F37	Shot	10.94
T44	100m	14.42	T20	1500m	4:29.70	F40	Shot	8.26
T45/46/47	100m	12.24	T37/38	1500m	4:39.53	F41	Shot	10.37
T51	100m	22.84	T45/46	1500m	4:28.54	F46	Shot	12.22
T52	100m	19.52	T53/54	1500m	3:16.28	F53	Shot	6.19
T53	100m	16.70	T11	5000m	17:35.02	F54/55	Shot	9.11
T54	100m	15.93	T12/13	5000m	16:45.25	F56/57	Shot	11.08
T63 (42)	100m	14.05	T53/54	5000m	11:28.98	F61/63(42)	Shot	10.90
T62/64	100m	12.41	T11/12	Marathon	2:49.29	F31/32	Club	26.51
T35	200m	27.31	T52/53/54	Marathon	1:36.67	F51	Club	23.39
T37	200m	26.01	T61/63 (42)	High Jump	1.37	F11	Discus	30.45
T51	200m	42.35	T64(44)	High Jump	1.55	F37	Discus	40.57
T64/44	200m	25.40	T11	Long Jump	4.77	F51/52	Discus	15.02
T11	400m	58.81	T12	Long Jump	5.28	F54/55/56	Discus	32.52
T12	400m	55.21	T13	Long Jump	5.28	F63/64 (43/44)	Discus	45.50
T13	400m	56.07	T20	Long Jump	5.34	F12/13	Javelin	48.23
T20	400m	54.98	T36	Long Jump	4.25	F33/34	Javelin	27.83
T36	400m	62.03	T37	Long Jump	4.61	F38	Javelin	41.21
T37	400m	58.01	T38	Long Jump	5.09	F40/41	Javelin	32.51
T38	400m	58.48	T45/46/47	Long Jump	5.51	F45/46	Javelin	48.01
T45/46/47	400m	55.25	T61/63 (42)	Long Jump	5.34	F53/54	Javelin	23.39
T51/52	400m	66.56	T62/64 (43/44)	Long Jump	5.54	F56/57	Javelin	36.70
			F11	Shot	10.20	F61-64 (42-44)	Javelin	49.21

Women's Track & Field (Athletics)

Class	Event	Emerging/ VMAA	Class	Event	Emerging/ VMAA	Class	Event	Emerging/ VMAA
T11	100m	13.97	T37	400m	1:13.39	F32	Shot	5.21
T12	100m	13.92	T38	400m	1:09.20	F33	Shot	5.04
T13	100m	13.87	T45/46/47	400m	65.92	F34	Shot	6.55
T33/34	100m	21.48	T53	400m	64.56	F35	Shot	6.64
T35	100m	16.31	T54	400m	61.53	F37	Shot	10.00
T36	100m	16.63	T33/34	800m	2:20.55	F40	Shot	6.23
T37	100m	15.13	T53	800m	2:03.81	F41	Shot	7.44
T38	100m	14.69	T54	800m	2:00.09	F45/46	Shot	6.93
T45/46/47	100m	14.02	T11	1500m	5:28.42	F54	Shot	5.83
T53	100m	18.95	T12/13	1500m	5:11.27	F56/57	Shot	7.80
T54	100m	18.64	T20	1500m	5:16.64	F64 (42,43, 44,62,63)	Shot	7.10
T61/63(42)	100m	16.93	T53/54	1500m	3:49.86	F11	Discus	27.11
T62/64 (43/44)	100m	14.77	T53/54	5000m	12:53.08	F37/38	Discus	26.72
T11	200m	28.97	T11/12	Marathon	3:39.59	F40/41	Discus	23.39
T12	200m	28.58	T52/53/54	Marathon	1:52.60	F51/52/53	Discus	11.15
T35	200m	34.78	T11	Long Jump	3.68	F54/55	Discus	18.77
T36	200m	35.60	T12	Long Jump	4.12	F56/57	Discus	22.88
T37	200m	31.43	T20	Long Jump	4.16	F62/64(43/44)	Discus	28.39
T45/46/47	200m	28.81	T37	Long Jump	3.44	F12/13	Javelin	29.24
T64 (44)	200m	30.65	T38	Long Jump	3.71	F33/34	Javelin	13.46
T11	400m	66.08	T45/46/47	Long Jump	4.22	F45/46	Javelin	30.23
T12	400m	65.49	T61/63 (42)	Long Jump	3.76	F53/54	Javelin	13.37
T13	400m	63.86	T62/64 (43/44)	Long Jump	4.37	F55/56	Javelin	18.17
T20	400m	66.04	F11/12	Shot	10.29	F31/32	Club	18.55
			F20	Shot	10.55			

TRIATHLON

Contact: Tim Bosn

Tim.Bosn@usatriathlon.org

VA Monthly Training Allowance Standard

Athletes must achieve the below standards based on performance at any World Triathlon, Americas Triathlon, or any USA Triathlon sanctioned sprint triathlon in the calendar year

Sport Class	Average World Championship Finishing Time	Qualifying Standard
Male PTWC	1:00:46	1:18:59
Male PTS2	1:09:23	1:30:13
Male PTS3	1:11:16	1:32:39
Male PTS4	1:03:22	1:22:23
Male PTS5	59:59	1:17:59
Male PTVI	1:03:25	1:22:26
Female PTWC	1:16:02	1:38:51
Female PTS2	1:21:56	1:46:31
Female PTS3	1:22:53	1:47:46
Female PTS4	1:17:22	1:40:35
Female PTS5	1:09:59	1:30:59
Female PTVI	1:11:31	1:32:58

NOTE: 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.

NOTE: The chart above 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 2017/2018/2019 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 USA Triathlon National A, B, or Emerging Teams has also achieved the military standard. The criteria for these teams can be found at www.usaparatriathlon.org.

NOTE: World Triathlon or Americas Triathlon sprint distance triathlon events can be found at www.triathlon.org The list of USA Triathlon events can be found at www.usatriathlon.org

NOTE: 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 is top talent 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 Veterans to achieve race results is also a vitally **important so expanding the number of opportunities and reduce barriers to races is an** important in our programs evolution.

WHEELCHAIR BASKETBALL

Contact: Brandon McBeain
brandonmcbeain@nwba.org or 719-266-4082 ext. 108

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.

Exceptions Effective January 1, 2022: Due to ongoing COVID-19 pandemic effects, athletes selected to a development team or higher will maintain qualifications until the next national team tryouts are conducted or until this provision is rescinded.

WHEELCHAIR FENCING

Contact: Cat Bouwkamp

c.bouwkamp@usafencing.org or 719-219-8357

VA Monthly Training Allowance Standard

Athletes must achieve the following four (4) criteria:

1. Be a member of USA Fencing;
2. Retain a coach or training partner to guide training;
3. Submit a monthly training log and progress report, signed by the athlete's coach/training partner, to the National office; and
4. 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).

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 IWRF 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 Robert Gordon
Joanne.wallen@usta.com or 914-536-0654 / Robert.gordon@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 following two (2) criteria:

1. Have National (U.S. Ski and Snowboard – USSS) and International (World Para Alpine Skiing – WPAS) license for the current season; and,
2. Achieve a Top-45 WPAS World Ranking.

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

Athletes must achieve the following five (5) criteria:

1. Be a member of United States Bobsled and Skeleton Federation in good standing;
2. Meet the US Bobsled and Skeleton Para Sliding Sports National Team Selection Criteria;
3. Meet the minimum classification requirements in one of the following categories:
 - Para Bobsled Seated
 - Para Bobsled Push
 - Para Skeleton
4. Participate in two or more International Bobsleigh & Skeleton Federation (IBSF) or American Para Cup Competition events; and
5. Achieve the performance standard through one of the two following methods:
 - Be the gold medalist in one discipline (Bobsled Seated, Bobsled Push or Skeleton) at the most current season's American Para Cup Seated National Championship;
 - or

- Be one of the top three finishers in the most current US Para National Team Seated selections or be one of the top two finishers in the US Para National Team Push or Skeleton selections; and also 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.

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 three 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: Kevin Erlenbach
KevinE@usahockey.org or 719-538-1113

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 following three (3) criteria:

1. Have National U.S. Ski & Snowboard (USSS) and International World Para Snowboard (WPSB) license for the current season;
2. Compete and score in a minimum of two WPSB races; and
3. Achieve over 150 WPSB points in a discipline.

NOTE: Athletes are allocated WPSB points based on gender.

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 traditional Wheelchair Curling National Team and the new National Wheelchair Curling Mixed Doubles Team.