

2018 Hawaii Adaptive Surfing Classification		
Sport Class	Sub-Class	Description
Stand without paddle		Surfers who ride waves in a standing position with or without orthotics and prosthesis. Surfers must be in catching waves and recovering after wave.
Essential Functions		balance, paddling, back extension, range of motion, strength lower extremity/ upper extremity (LE/UE), endurance, coordination
Minimum Eligibility	Must meet 1 of these	No function of one hand/foot or -33% Limb discrepancy??? or 2 SD below average development of extremities.
Objective		Articulation of each joint, Squat. Alternated stairs with and without prosthetic, pop-up, trunk and shoulder MMT
Subjective		Can you stand unsupported with prosthetics donned for more than 5 minutes at a time? Is your range of motion in your hips, knees and ankles limited so you are not able to pop up on the ground in less than 10 seconds? Are you able to balance on one leg (unaffected, or affected) for 5 minutes within a normal range of difficulty?
0-1.49	1	Severe: Surfers that have severely compromised range of motion and motor control in LE. Severely compromised coordination in lower extremities. Surfers that have severely compromised standing balance. Surfers with above the knee limb deficiency and have severely compromised standing balance.
Objective Assessment		See classifier
1.5-2.49	2	Moderate: Surfers that have moderate loss of range of motion in lower extremities and trace active motion in lower extremities. Surfers with below the knee deficiency and moderately compromised standing balance.
Objective Assessment		See classifier
2.5-3	3	Mild: Surfers that have mild weakness and/or limited range of motion in all planes of motion of hips, knees and ankle joints (3/5). Surfers that have mildly compromised standing balance. Surfers that have unilateral upper extremity deficiency or limited strength and range of motion and surf in standing position.

Objective Assessment		See classifier
Kneel		Surfers who ride waves in a tripod, kneeling or high kneeling position at a knee or hip level and are independent in catching waves and recovering from the wave independently and do not surf in standing position.
Essential functions		Sitting balance, trunk strength, dynamic LE high kneel, Hip extension and flexion, Range of motion, coordination
Minimum eligibility		No functional ability to stand on surfboard without prosthesis.
Assessment		High kneeling, short kneel, drop knee kneel, trunk rotation, use of support in kneeling, functional range, coordination in kneeling pop-up
		<p>Do you have paralysis of your core/trunk functions?</p> <p>Do you have any surgical fusions of your joints listed: back, hips, knees or ankles?</p> <p>Are you able to tall kneel unsupported for 5 minutes?</p> <p>Are you able to rotate your trunk with arms out in a kneel position unsupported?</p> <p>What quality is your pop up on land?</p>
	1	Severe: Surfers with severe weakness in knees and hips. Surfers with severely limited RANGE OF MOTION in joints used for surfing (knees, hips, trunk). Surfers that have severely limited coordination and foot/hand reaction time.
	2	Moderate: Surfers with lower body deformity and have compromised RANGE OF MOTION and strength and ride waves in a kneeling position. Surfers that have moderate weakness and limited RANGE OF MOTION in knees, hips and spinal joints. Surfers with above the knee limb deficiency.
	3	Mild: Surfers with mildly compromised lower body strength and range of motion who ride waves in a standing or kneeling position. Surfers with below the knee limb deficiency.
Sit		Surfers who ride waves in a seated position, catching and independent with recovery.
Essential functions		Sitting balance, trunk rotation and flexion/extension, grip strength, Hip extension and flexion, UE strength, range of motion, coordination
Minimum Eligibility		No functional ability to stand unaided on a surfboard.
Assessments		Sitting balance, recovery from front flexion and side flexion, MMT back extension, equipment and strapping,

Subjective Assessment		<p>Are you able to sit on a flat surface with legs stretched in front of you for more than 5 minutes?</p> <p>Are you able to sit up in a seated position without using the aid of arms from a forward leaning position?</p> <p>Are you able to do a reverse bench press in a supported seated position with a weight of 15 pounds or more?</p>
Objective Assessment		See Classifier
Sit Paddle		Surfers who ride waves in a seated position and use a paddle to catch and maneuver on wave.
	1	Severe: Surfers that have limited or no trunk function of the lower extremities. They apply force predominantly using the arms and/or shoulders. Surfers that have severe coordination or limited arm function. Severely compromised sitting balance (trunk/ leg function combined).
	2	Moderate: Surfers that have partial leg and/or hip function with good arm strength (UE MMT 5/5). Surfers that have good seated balance and do not use a backrest on the surfboard. Surfers that have moderate coordination or moderately limited range of motion in all essential joints for sit surfing. Moderately compromised sitting balance.
	3	Mild: Surfers that have normal trunk function and partial leg function. They sit in a forward flexed position and do not need a backrest to maneuver and catch waves. Surfers that have mild loss of coordination or mildly limited range of motion and loss in all essential joints for sit surfing. Mild to no compromised sitting balance.
Sit No Paddle		Surfers who ride waves in a seated position and do not use paddles or other equipment to paddle into waves or maneuver on waves. Grip strength not essential. Independent catching and recovering from riding and exiting waves.
	1	Severe: Surfers that have limited or no trunk function and no lower extremity function. They apply force predominantly using the arms and/or shoulders. Surfers that have severe loss of coordination and arm function. Severely compromised sitting balance.
	2	Moderate: Surfers that have partial leg, hip and trunk function with good arm strength. Surfers that have moderate loss of coordination and arm function. Moderately compromised sitting balance.

	3	Mild: Surfers that have trunk function and partial leg function. They sit in a forward flexed position and do not need a backrest to maneuver and catch waves. Mild to no compromised sitting balance.
Prone		Surfers who ride waves in a prone position and can paddle into a wave and recover independently.
Essential functions		Back extension, neck extension, prone push up, UE strength, RANGE OF MOTION, coordination, arm length, paddle strength
Minimum Eligibility		No functional ability to stand or kneel on surfboard.
Assessments		Sitting balance, recovery from front flexion and side flexion, MMT back extension, equipment and strapping, press-up 20 second hold, grip of 10 lbs., plank 20 sec hold, shoulder-internal rotation, deltoids, biceps, triceps,
Subjective Assessments		Can you get into a downward dog position with someone supporting your legs? Are you able to grip a 10 pound dumbbell unaided? Are you able to sit in a kneeling position (feet under sit bones) without assistance?
Objective Assessment		See Classifier
	1	Severe: Surfers that have severely limited paddle strength of the upper extremity and/or range of motion loss. Surfers that have severely limited coordination of the upper extremities and trunk. Surfers with no leg function. Surfers that are severely limited in lifting head and arching back in a prone position. Surfers that are unable to or are severely limited in pushing up in a prone position.
	2	Moderate: Surfers that have moderate loss of trunk function and limited hip and lower extremity strength and coordination. Surfers that have moderate weakness in the upper extremities. Surfers that are moderately limited in pushing up in a back and head arched position.
	3	Mild: Surfers that have mild weakness and coordination in the trunk and hips. Surfers that have slight leg and hip function and can balance in seated position with no hands. Surfers that are able to push trunk up in a back arched position against gravity.
Assist		Surfers who ride waves in any position and require assistance to paddle into waves and exit waves and recovery in the water. Surfers will not be permitted to paddle during competition.
Essential functions		Back extension, neck extension, prone push up UE strength, RANGE OF MOTION, coordination, standing balance, paddling, back arch, joint range, strength LE/UE, endurance

Minimum Eligibility		No functional ability to paddle in forward motion on surfboard and recover from water onto board independently.
Assessment		Style assessments, recovery back to board, rescue, grip, shoulder MMT, pop-up coordination
Subjective assessment		<p>Are you able to catch a wave independently?</p> <p>Are you able to recover on your board independently?</p> <p>Are you able to change direction on a wave independently?</p> <p>Are you able to extend your neck in a prone position, off the ground for more than 5 minutes?</p> <p>Are you able to paddle with forward momentum for 20 seconds straight?</p>
Upright		Surfers who ride waves in upright stand/kneel position and need assistance to paddle into waves and paddle to exit waves and water recovery.
	1	Severe: Surfers that have severely compromised range of motion in lower extremity joints and/or no active motion in all lower extremities. Severely compromised coordination in lower extremities. Surfers with severely compromised standing balance on a board and cannot catch waves independently. Severely compromised endurance.
	2	Moderate: Surfers that have moderate range of motion in lower extremity joints and moderate active motion in lower extremities (LE MMT 3+). Surfers with above the knee deficiency. Surfers with moderately compromised standing balance on a board and cannot catch waves independently. Surfers with bilateral limb deficiency and/or limited development of extremities or severe bilateral upper extremity weakness. Moderately compromised endurance.
	3	Mild: Surfers that have mild weakness and mild limited RANGE OF MOTION in all planes of motion of hips, knees and ankle joints. Surfers with below the knee deficiency. Surfers with mild compromised balance on a board and cannot catch waves independently. Mildly compromised endurance.
Prone		Surfers who ride waves in prone position and need assistance to paddle into waves and paddle to exit waves and recover.
	1	Severe: Surfers that have severely limited paddle strength of the upper extremity and range of motion loss. Surfers that have severely limited coordination of the upper extremities and trunk. Surfers with no leg function. Surfers that are severely limited in lifting head and arching back in a prone position. Surfers that are unable to or are severely limited in pushing up in a prone position. Severely limited endurance.
	2	Moderate: Surfers that have moderate trunk function and limited hip and lower extremity strength and coordination. Surfers that have moderate weakness in the

		upper extremities. Surfers that are moderately limited in pushing up in a back and head arched position. Moderately limited endurance.
	3	Mild: Surfers that have mild weakness and coordination in the trunk and hips. Surfers that have slight leg and hip function and can balance in seated position with no hands. Surfers that are able to push trunk up in a back arched position against gravity. Mildly limited endurance.
Mixed		Surfers that do not meet the above classification criteria or do not have enough registered surfers for a full heat.
Essential Functions		Back extension, neck extension, prone push up UE strength, RANGE OF MOTION, coordination, standing balance, paddling, back arch, joint range, strength LE/UE, endurance
	1	Severe: Surfers severely limited in all functional tasks of surfing such as paddling, balance, vision and coordination. Or Surfers that do not meet the above classification criteria or do not have enough registered surfers for a full heat.
	2	Moderate: Surfers moderately limited in all functional tasks of surfing such as paddling, balance, vision and coordination. Or Surfers that do not meet the above classification criteria or do not have enough registered surfers for a full heat.
	3	Mild: Surfers mildly limited in all functional tasks of surfing such as paddling, balance, vision and coordination. Or Surfers that do not meet the above classification criteria or do not have enough registered surfers for a full heat.
Wounded Warrior		Surfers that are active duty or veteran military service members that are wounded, injured or battling illness.
Essential Functions		Back extension, neck extension, prone push up UE strength, RANGE OF MOTION, coordination, Standing balance, paddling, back arch, joint range, strength LE/UE, endurance
Physical (A)		Wounded warriors that have a diagnosed physical disability.
	1	Severe: Surfers that experience weakness, reduced RANGE OF MOTION and incoordination that severely affects all essential functions of WW surfing.
	2	Moderate: Surfers that experience weakness, reduced RANGE OF MOTION and incoordination that moderately affects 5 or more essential functions of WW surfing.
	3	Mild: Surfers that experience weakness, reduced RANGE OF MOTION and incoordination that mildly affects 2-4 essential functions of WW surfing.
Psychosocial (B)		Wounded warriors that have a diagnosed mental illness, or other non-physical disability.
	1	Severe: Surfers that experience signs and symptoms of mental illness that severely affects all essential functions of WW surfing.

	2	Moderate: Surfers that experience signs and symptoms of mental illness that moderately affects essential functions of WW surfing.
	3	Mild: Surfers that experience signs and symptoms of mental illness that mildly affects essential functions of WW surfing.
Vision		Surfers who have a visual impairment. Classification is still in the research and development phase to properly classify visually impaired divisions.
Deaf		Surfers who are medically diagnosed mild hearing loss, moderate hearing loss, severe hearing loss and/or profound hearing loss.