



# SPORT DESCRIPTIONS



The Warrior Games classification system exists to ensure fair and inclusive competition for all competitors, regardless of impairment type. Classification is based on how an impairment impacts sport performance, not simply on medical diagnosis. Because each sport requires different movements and skills, classifications are sport specific, meaning a competitor may compete under different classifications across multiple sports. Classification is not a measure of athletic ability or performance level, and competitors are not moved classifications simply because they improve through training.

The classification process begins with Service Teams submitting documentation and assigning provisional classifications for each competitor. These classifications are then reviewed and verified by the Lead Classifier during Service Team Training Camps and, when needed, through on-site evaluations and sport specific observation at the Games. Classifiers may observe competitors during training and competition to ensure classifications accurately reflect functional ability within each sport environment, helping maintain fair and equitable competition throughout the Warrior Games.

In this Section of the Media Guide you may find general information on each sport as well as some information on their Classifications. These have been edited down significantly to be easier to digest.



## **Type of Competition**

- Compound
- Recurve
- Visually Impaired (VI) Archery

## **Competition Format**

### **Individual Round**

Shooting Distance - All competitors will shoot from a distance of eighteen (18) meters.  
Qualification Rounds

- Each competitor will shoot two (2), 300-point rounds consisting of ten (10) ends of three (3) arrows shot per end.

### **Team Competition Round**

- Each archery team will consist of three (3) archers in each discipline (Compound/Recurve)
- Teams will have two (2) minutes to shoot six (6) arrows with each competitor shooting two (2) arrows per end. There will be five (5) ends in the round.

Elimination & Medal Rounds – Individual Competitions

- Compound: compound competitors will shoot a head-to-head cumulative score format for five (5) ends of three (3) arrows each.
- Recurve: recurve competitors will shoot a head-to-head set points format for up to five (5) ends of three (3) arrows each. The competitor that wins each end will get two (2) points. The first competitor to earn six (6) points wins the match.

Sport Details

Individual Range Command & Signal

- Two (2) blasts of the whistle will signal archers to the shooting line.
- A single blast ten (10) seconds later will indicate the start of shooting (range is hot).
- Three (3) whistle blasts will indicate time has expired

Team Round Range Command & Signal

- Two (2) blasts of the whistle will signal: "Get ready." A single (1) blast, ten (10) seconds later will indicate the start of the end.

### **Additional Information**

- There are ten (10) rings on a full-size target, if an arrow touches the line between two scoring rings, the arrow scores the higher point value.
- Compound will shoot a vertical three (3) spot target with scoring rings from the inner yellow ten (10) ring to the blade six (6) ring.
- Recurve will shoot on a single (1) spot target with scoring rings from yellow ten (10) to white one (1) ring.
- Seated Chair compound archers may choose a vertical three (3) spot target or a single (1) spot target.
- Visually Impaired competitors, compound and recurve, will shoot a 60cm single-spot target with ten rings.

**Type of Competition**

- Time Trial
- Road Race

**Competition Format****Road Race**

- The road race will begin as a stationary start for all cyclists.
- Each Road Race will be a timed Criterium or "Crit." The Crit is a closed-circuit bike race on an approximately 1-mile circuit.
- Each race is set for a specific duration with 3 laps after that time has lapsed.
- The cyclist to cross the finish line with the most laps wins.

**Time Trial**

- Time Trial will be one lap contested on an approximately 1-mile loop course.
- Each cyclist will start individually in 30 second start intervals.
- Awards are to be based on time and will be separated by gender and cycling classification.

**Sport Details**

- Competitors across multiple classifications may be seen racing, but medals will be awarded based on cycle type and classification categories.
- If competitors from the same gender, cycle type category, and classification category tie, multiple medals of the same placement will be awarded.

**Bike Type**

- Upright Bicycle: traditional bicycle
- Recumbent Cycle: is propelled with the lower body.
- Handcycle: is propelled with the hands, arms and upper body.
- Tandem Recumbent & Tandem Upright Bicycle: is designed for competitors with visual impairments. In this event, the Tandem Pilot is the front participant on the tandem bicycle. The Tandem Stoker, positioned at the rear of the tandem, is the VI competitor and must be actively participatory in pedaling.



**Type of Competition**

- Discus – Standing & Seated
- Shot Put – Standing & Seated
- Club – Seated Only

**Competition Format**

- Competitors will be allowed three (3) measured throws and one (1) practice throw.
- Each ring may have competitors competing from multiple classifications.

**Discus**

- The discus shall be thrown with one (1) hand only. Competitors may spin or stand to throw or use a seated throwing frame.

**Shot Put**

- The shot shall be put (pushed) from the shoulder with one (1) hand only.
- The shot shall touch or be near the neck/chin when the competitor prepares
- Shot weights vary according to class and gender.
- Competitors may spin, glide, or stand to throw, or use a seated throwing frame.

**Club**

- The club is only contested in the 1.0 and 2.0 classifications (an event for competitors that have very limited arm and hand function).
- The club may be thrown either from a position facing the landing sector or from a position facing backwards and throwing overhead or underhand into the landing sector.

**Sport Details****Standing Foul Violations**

- During a put/throw attempt, the competitor touches the top of the throwing circle ring with any part of their body.
- The competitor exits anywhere but the back half of the throwing station after the implement has landed
- The competitor's implement touches or lands outside of the throwing sector.
- Competitor fails to commence the put/throw within one (1) minute of the Field Official calling their name.

**Seated Foul Violations**

- Holding bars are not used correctly. A holding bar is an optional throwing frame attachments for the competitor's safety, support, and stability.
- Lifting - The competitor does not remain in contact with the seat of the throwing frame from the moment the implement is handed to the competitor to the moment the implement strikes the ground.
- The competitor's implement touches or lands outside of the throwing sector.
- The competitor fails to commence a put/throw within one (1) minute of the Field Official handing them their implement.

### Type of Competition

- Male Body Weight Classes (Kilos): < 65 – 72 – 80 – 88 – 97 – 107 – 107+
- Female Body Weight Classes (Kilos) < 55 – 61 – 67 – 73 – 79 – 86 – 86+

### Competition Format

- The Head Referee will give a "start" command.
- The competitor will descend with the bar to the chest in a controlled manner.
- After pausing briefly to ensure a break in motion between the descent and ascent, the competitor will ascend and lock out their arms together, waiting for the referee to say "rack."
- Spotters/loaders will then assist competitors in putting the bar back into the rack.
- Competitors then look to the referees for a decision: if there are at least two (2) white flags, it is a good attempt. If there are at least two (2) red flags, it is a "No Lift/Failed Attempt".
- Competitors will repeat the above steps in each attempt, progressively increasing the weight each round if the attempt is successful.
- They will increase the weight on the bar to try to get into the top three (3) places in their body weight class and gender to medal.

### Sport Details

- The competition bar is loaded progressively, from lightest to heaviest.
- Rounds two (2) and three (3) follow the same pattern, from lightest to heaviest.
- All competitors lift with the feet off the ground to ensure that the competition focuses entirely on the upper body without relying on drive through the legs.
- The difference between powerlifting and weightlifting is that in weightlifting there are three (3) different types of lifts, in powerlifting there is one (1) lift completed three (3) different times.

### Common Errors for a No Lift/Failed Attempt

- Starting before the start command/ending before the rack command.
- Dropping the bar down to the chest in an uncontrolled manner.
- Bouncing/sinking/heaving bar on chest
- Uneven extension when locking out the bar – one (1) arm locks out before the other.



## Type of Competition

- Air Rifle-Prone
- Air Rifle-Standing
- Air Pistol

## Competition Format

- Qualification match Course of Fire (COF) consists of twenty (20) record fire shots.
- The top 8 competitors in qualifications will move on to the elimination rounds.
- Finals consist of 24 shots total. The first 10 shots are fired in two 5-shot series. The remaining shots are fired one at a time. Once the single shot series begin, the lowest-scoring competitor is eliminated after every two shots, until the winner is determined.

## Sport Details

- Male and female competitors will compete against each other for medals within their official shooting classification categories.
- Single-decimal scoring is used for all air rifle qualification matches and finals.
- Integer (whole ring scoring) is used for all air pistol qualification matches. Decimal scoring is used for all air pistol finals.
- In decimal scoring, each target ring is broken into 10 more rings. A perfect shot in decimal scoring is worth 10.9 points. A shot that touches the outer edge of the 10-ring is scored as 10.0 points.



## Type of Competition

- One-Minute Sprint – Individual
- Four-Minute Endurance Race – Individual
- Team Relay

## Competition Format

### Individual

- All indoor rowing races are run as finals; there will be no preliminary heats.
- Competitors may compete in just one (1) or both individual indoor rowing races.

### Team Relay

- The Indoor Rowing Event features three (3) relay races:
- Race with twenty-three (23) classification points
- Race with twenty (20) classification points
- Open race
- The Team race consists of four (4) competitors completing a one (1) minute row.
- The team with the highest combined distance will be declared the winners.
- Points are calculated using the classification categories as numbers.
- Women drop by one (1) point, and VI athletes are calculated as five (5) points.
- The open race has no gender or classification category restrictions.
- Competitors may compete in only one of the three (3) team races.

### Sport Details

- A rowing flight could have competitors racing from different genders, classifications, and/or weight classes.
- Results will be separated by gender, classification, and weight class with finishing place being determined by distance rowed.
- A false start will result in a yellow card, with the race paused and restarted. A second false start by the same competitor will result in another yellow card and disqualification from the individual race.



# ◀◀ SITTING VOLLEYBALL

EVENT DATE: 06.19.26 - 06.20.26

## **Type of Competition**

· Pool Play -> Bracket Tournament

## **Competition Format**

· All matches played will be the best of three sets format.

· For Pool Play & Semi-Finals: To win either Set 1 or Set 2, a SVB team must earn twenty-one (21) points and have a two-point advantage over their opponent.

· For Medal Matches: To win either Set 1 or Set 2, a SVB team must earn twenty-five (25) points and have a two-point advantage over their opponent.

· When a third set is required, a SVB team must earn fifteen (15) points and have a two-point advantage over their opponent; there are no tied games in SVB.

· The teams will be seeded from the results of the round robin. The top four (4) teams will advance to the semifinal games. The two (2) winners of the semi-final games will play for the Gold Medal, and the two (2) semi-final losers will play for the Bronze Medal.

## **Sport Details**

· The court has a smaller dimension, with a lower net than standing volleyball.

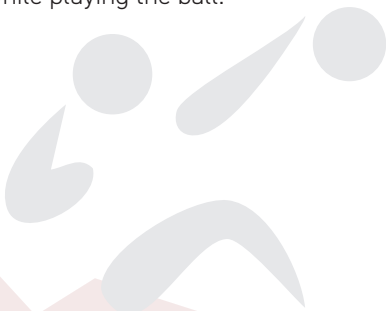
· Positioning: A player's position on the court is determined by the location of their buttocks. When judging rotation, it's the buttocks not the feet that matter. When judging line faults like serving or back row attacks, both butt cheeks must be behind the line. Location of feet, legs, and hands is irrelevant.

· Centerline Flexibility: When playing the ball at the net, players' legs and feet are permitted to go under the net into the opponent's space as long as they don't interfere with the opponent.

· Butt Lifting: A "lifting" fault is called if a player's torso between the buttocks and shoulders loses contact with the floor while executing an attack-hit or block. A short loss of contact is permitted during defensive actions (such as diving for a ball in the front or back zones), provided the ball is not entirely higher than the top of the net at the moment of contact. Anytime the ball is completely above the height of the net, the torso of the player contacting the ball must remain in contact with the court.

· Attacking/Blocking the Serve: Unlike standing volleyball, players are allowed to block or attack the opponent's serve.

· Net Faults: It is a net fault to contact the top band of the net between the antenna while playing the ball.



**Type of Competition**

- 50M Freestyle
- 50M Backstroke
- 50M Breaststroke
- 100M Freestyle
- 200M Team Relay

**Competition Format****Individual Events**

- Each heat may include competitors across multiple classifications; however competitors' results will be only amongst the competitors within their gender/classification.

**Team Relay**

- Five (5) relay races (all 200M relays):
- Twenty-three (23) point race (one Male, one Female)
- Eighteen (18) point race (one Male, one Female)
- Open race
- Male and female relay team composition is points-based; points are calculated using the classification categories as numbers
- Each Service Team may have only one (1) team in each relay race
- There are no gender or classification category restrictions in composition for the open relay team.
- Competitors may compete in only one (1) of the five (5) relay races.

**Sport Details**

- Tied Results Procedures: If competitors of the same gender, competition, and classification category have tied race finish times, multiple medals of the same placement will be awarded.



## **Type of Competition:**

- 1500M
- 100M
- 200M
- 400M
- 800M
- 4x100 Relays

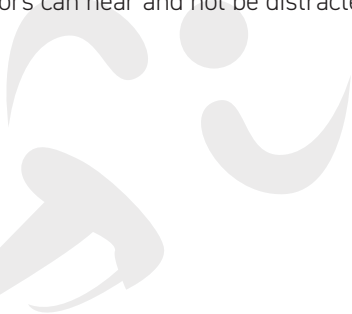
## **Competition Format**

- Competitors must stay in their lanes except for the distance races and may not interfere with another competitor during the course of the race. If a violation occurs, the official(s) will raise a yellow flag and record it on a form for the referee to review.
- For ambulatory athletes (non-wheelchair competitors) the torso determines the finish, not the head or neck. For wheelchair athletes, it is the center of the front wheel hub.
- For competitors with visual impairments and using a guide, the competitor must finish the race ahead of the guide. If this does not occur, the competitor is disqualified.

## **Sport Details**

- If competitors move prior to the start signal, it is a false start, and the competitor is disqualified. The starter will use a red card in the lane of the competitor who false starts to indicate disqualification.
- Racing Wheelchairs do not have gears and steering is done by use of a compensator. It is a screw on either side of the chair and is set for the turn and the straight. Look for an competitor to use (Hit) the compensator going into and coming out of the curve onto the straightaway in every race but the 100m.
- Each heat on the track could include competitors across multiple classifications. The competitors' results will only be compared to the competitors within their gender/classification.
- There may be multiple heats within the same gender and classification. Final results for the gender/classification cannot be determined until all heats have finished.

\* We request SILENCE when the starter is giving commands and firing the gun, so that competitors can hear and not be distracted.\*



## Type of Competition

- Pool Play -> Bracket Tournament

## Competition Format

- The teams will be seeded from the results of the round robin. The top four (4) teams will advance to the semi-final games. The two (2) winners of the semi-final games will play for the Gold Medal, and the two (2) semi-final losers will play for the Bronze Medal.
- Pool Play & Semi-Finals: Each game will be four (4) 8-minute quarters with a 1-min intermission. Halftime is 5 minutes.
- Medal Rounds: Each game will be four (4) 10-minute quarters with a 1-min intermission. Halftime is 8 minutes.

## Sport Details

- The wheelchair is considered a part of the competitor's body. The rules of contact in traditional basketball (blocking, charging, etc.) apply to the wheelchair in a basketball game. A competitor cannot contact an opponent or opponent's wheelchair with their hand unless the contact is incidental in an attempt to play the ball.
- A competitor can move their wheelchair while bouncing the ball continuously. If the competitor picks up the ball or places it in their lap, they are only allowed to push their wheelchair two (2) times before they must dribble, shoot, or pass the ball. Failing to dribble, shoot or pass the ball every two (2) pushes will result in a traveling violation.
- When an offensive player in control of the ball throws the ball off a defensive player or their wheelchair and goes out of bounds, it is a violation on the offense; the ball will be awarded out of bounds to the defensive team.



# WHEELCHAIR RUGBY

EVENT DATE: 06.17.26 - 06.18.26

## Type of Competition

- Pool Play -> Bracket Tournament

## Competition Format

- The teams will be seeded from the results of the round robin. The top four (4) teams will advance to the semi-final games. The two (2) winners of the semi-final games will play for the Gold Medal, and the two (2) semi-final losers will play for the Bronze Medal.
- Pool Play & Semi-Finals: Each game will be four (4) 7-minute quarters. Halftime is 5 minutes
- Medal Rounds: Each game will be four (4) 8-minute quarters. Halftime is 8 minutes.

## Sport Details

- Players compete in teams of four (4) to carry the ball across the opposing team's goal line, scoring a goal when a player successfully carries the ball over the line.
- Contact between wheelchairs is permitted and is in fact an integral part of the sport as players use their chairs to block and hold opponents. No player contact is allowed. Only contact with the ball or contact between chairs is allowed.
- The ball can be passed, thrown, batted, rolled, dribbled or carried in any direction. The players must dribble or pass the ball within ten (10) seconds. The ball must cross the center line within twelve (12) seconds. The ball must not cross back across the center line. If a team does not score within forty (40) seconds, they lose possession of the ball. A player whose team has possession of the ball may not remain in the opponent's key area for more than ten (10) seconds. After a goal has been scored, or after any stoppage in play, a player has ten (10) seconds to inbound the ball.
- If a player does not comply with the rules, he or she can be placed in the penalty box to serve a one (1) minute penalty or until the opponent scores their next goal.
- It is played indoors on a regulation sized basketball court, with a ball like a volleyball.
- Wheelchair rugby players compete in manual wheelchairs specifically designed for the sport.



**Type of Competition**

- Pool Play -> Bracket Tournament
- Open Division & Hybrid Division

**Competition Format**

- All matches will be best of three.
- Games will be played to 11 points with a win by 2 rule.
- The teams will be seeded from the results of the round robin. The top four (4) teams will advance to the semi-final games. The two (2) winners of the semi-final games will play for the Gold Medal, and the two (2) semi-final losers will play for the Bronze Medal.

**Sport Details**

- Pickleball is a fast-growing paddle sport that blends elements of tennis, badminton, and table tennis.
- It's played on a small court with a solid paddle and a perforated plastic ball (similar to a wiffle ball)

**Serve**

- Must be underhand and below waist level.
- The ball must land diagonally in the opponent's service box.
- Only the serving team can score.
- Serves alternate between teammates in doubles until a fault occurs.

**After the Serve**

- A return must bounce before being hit.
- The serving team's next shot must also bounce.
- Only after these two bounces can players volley.
- The area near the net on each side is the Non-Volley Zone, commonly called the "Kitchen".
- Players cannot volley (hit the ball in the air) while standing in the kitchen.
- Wheelchair Players/Limited Mobility Standing Players:
  - The ball is allowed to bounce twice before being returned.
  - First bounce must land in bounds.
  - Second bounce may occur inside or outside the court.
  - Players may return after either the first or second bounce.

**Scoring**

- Doubles scoring uses three numbers: serving team score, receiving score, server number (1 or 2).
- Ex: "8-6-2" – serving team has 8, receiving team 6, second server.

**Hybrid Play**

- When wheelchair and standing players compete together.
- Wheelchair rules apply to the chair player only (including two bounces).
- A standing player follows standard one-bounce rules (unless determined before the match that the standing player has very limited mobility and is allowed two bounces).