

USA Wheelchair Rugby
ATHLETE SELECTION PROCEDURES
2022 National Training Squad

1. SELECTION SYSTEM

1. Provide the minimum eligibility requirements for an athlete to be considered for selection to the Team:

1.1. Nationality/Passport requirements:

Athlete must be a national of the United States at the time when named to the Training Squad, see Section 8 (December 5, 2021)

Athlete must hold a valid U.S. passport that will not expire for six months.

1.2. Minimum International Olympic Committee (IOC), International Paralympic Committee (IPC) and/or Panam Sports Organization (Panam Sports) (PAG and PPAG only) standards for participation:

Any competitor in the Olympic, Paralympic, Pan American or Parapan American Games must be a national of the country of the National Olympic Committee (NOC) or National Paralympic Committee (NPC) which is entering such competitor. For additional information regarding an athlete who is a national of two or more countries, has changed his or her nationality or acquired a new nationality, refer to the Olympic Charter (Rule 41), the IPC Handbook (Section 2, Chapter 3.1), or the Panam Sports Constitution (Article 30.5-6).

1.3. Minimum International Federation (IF) and/or Continental Federation (CF) (PAG and PPAG only) standards for participation (if any):

To be eligible the athlete must be classed with a “Confirmed” or “Review” sport class with a review date after 31 December 2021.

1.4. Other requirements (if any):

- Athletes age 18 or older will be required to undergo a background screen in accordance with the current USOPC Background Check Policy.
- Athletes age 18 or older will be required to complete the U.S. Center for Safesport's online training.

- Athletes must be rostered on a 2021-2022 United States Wheelchair Rugby Association (USWRA) team if the season occurs and there is a team in their community.
- The athletes nominated from the 2021 Selection Camp must submit a training plan, approved by USAWR coaching/S&C staff, within 30 days of accepting a slot on the Training Squad after the time of selection {December 5, 2021};
- Any athlete participating in an WWR-sanctioned event as a member of a national team must be a national of the country entering the team. (http://iwrf.com/resources/iwrf_docs/IWRF_Nationality_Policy_20_140401.pdf) The term 'country' refers to any country, state, territory, or part of a territory, which is accepted by WWR as the area of jurisdiction of a member of WWR. An athlete's nationality is determined by the citizenship of the athlete. Proof of citizenship shall generally be that the athlete holds an official passport issued by the country. Evidence of legal residence or domicile will not be accepted as evidence of nationality unless otherwise permitted by any of the terms of this policy.
 - o An athlete who is a national of two or more countries at the same time may choose to represent either one of them. However, after having represented one of the countries in an WWR sanctioned event, the athlete may not represent another country without meeting the conditions for a change of nationality.
- An athlete who has represented one country in an WWR sanctioned event who changes nationality, who acquires a new nationality, or who holds two or more nationalities, may change the country he or she represents to one of his or her other nationalities. The athlete may represent a new country in WWR sanctioned competition after three years have passed since the athlete last represented the former country. This waiting period may be reduced to one year with the agreement of the WWR member for the athlete's former country.
- Candidates must hold an WWR International Classification or a U.S. Wheelchair Rugby Association (USWRA) classification (0.5-3.5) at the time of selection.
- Athlete must be in good standing with the High Performance Management Organization ("HPMO").
- As a condition of participation, all participants will be required to be fully vaccinated against COVID-19 or have received an approved exemption in accordance with the USOPC's vaccine requirement. Participants must have submitted proof of full vaccination or have been granted a medical or religious exemption by December 5, 2021. More information on the USOPC's vaccine requirement and process for submitting required documentation can be found at <https://www.teamusa.org/Coronavirus/Vaccine-Requirement>.

2. Tryout Events:

- 2.1. Provide the event names, dates and locations of all trials, events and camps to be used as part of the selection process.

The 2022 Selection camp will be held 1-5 December 2021 at the Lakeshore Foundation U.S. Olympic and Paralympic Training Site.

The following *mandatory (see explanation below) events will also serve as evaluation opportunities. Dates are subject to change pending approval and could

be cancelled due to budgetary restrictions or residual effects of COVID19 (Notification of any changes will be emailed to individual athletes as well as noted on the website at www.usawr.org at least 45 days prior).

High Performance Training camps:

Dec 1-5, 2021 – 2022 USAWR Selection Camp – Lakeshore Foundation
January 5-9 – Training Camp COS - OPTC
February 16 -20 – Training Camp – Lakeshore Foundation
April 27-May 1 – Training Camp – Lakeshore Foundation
May 24-28 – Training Camp – COS OPTC (Lakeshore if not approved)
June 22-26 – Training Camp – Lakeshore Foundation
July 20-24 – Training Camp – Lakeshore Foundation
August 17-28 – Training Camp – Lakeshore Foundation
September 21-25 – Training Camp – Lakeshore Foundation

Competition Schedule

January 23-30 – 2022 IWRP Americas Championship – Medellin, Colombia
March 14-20 – Four Nations - Lakeshore Foundation
May 30-June 5th – Canada Cup - Vancouver, BC
October 7-17 – WWR 2022 World Championship – Vejle, Denmark

An athlete may be excused from the events listed above under the following extenuating circumstances:

- An immediate death in the family
- Illness/injury approved by USA Wheelchair Rugby (USAWR) ATC
- Hospitalization
- State, federal, or work mandate due to COVID that would prevent the athlete from traveling
- Other approved emergency at the sole discretion of USAWR

2.2. Provide event names, dates, locations and description of how athletes qualify for the trials, events and camps listed above in 1.2.1. (if any).

To be eligible for an automatic invitation, an athlete must have been a member of one of the following teams; however, the Committee reserves the right to take class change/eligibility, performance or conduct while a member of the team into consideration:

- 2020 Paralympic Games Team and alternates
- 2019 Para pan American Games Teams and alternates
- 2018 World Championship Team and alternates
- 2017 Para pan American Games Team and alternates

If an athlete does not receive an automatic invitation, they may be eligible for an invitation to the 2022 Selection Camp through the following:

- A special invitation from the Selection Committee (see Section 2.3)
- 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

In order to ensure athletes are maintaining a level of fitness and readiness capable of producing a medal winning performance, 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.

3. Provide a comprehensive, step-by-step description of the method that explains how athletes will go through the selection process (include maximum Team size).

Player Invitation

- o A maximum of 40 invitations to participate in the 2022 Selection Camp will be sent, via email, to the athletes that qualify per the criteria listed in Section 1.2.2) by 7 November, 2021.

If invited, and an athlete chooses not to participate in the team selection camp, invitations will be filled based on accepted petitions received by the stated deadline and at the committee's discretion.

- o Athletes must accept or decline the invitation by 14 November, 2021 by contacting the USAWR Chief Program Officer via email at jena@lakeshore.org.

- o The final list of team selection camp participants will be posted (www.lakeshore.org and www.usawr.org) by 16 November, 2021.

- o All athletes accepting the invitation must provide their own transportation to/from the team Selection Camp. Upon arrival to the Camp, athletes will be provided with ground transportation, lodging, meals, and on-site support.

Team Selection Process

- o At the Selection Camp, each candidate will be tested and observed in drills and scrimmages. The Selection Committee (See Section 2.3) will evaluate each player using the skills sheet in (Attachment A) to rank candidates with the same or similar sport classes while considering positional play. The Selection Committee will develop a roster of players that will enable the USA to field a legal variety of lineups in order to maximize the Team competitiveness.

- o In addition to the criteria in Attachment A, the Selection Committee will consider discretionary criteria listed in Section 2.2 when evaluating athletes.

- o At the conclusion of the Selection Camp, the Selection Committee

will select up to 16 (sixteen) athletes who will train as a group, hereby known as the 2022 Training Squad

- o Candidates invited to participate in the Selection Camp who cannot attend or fully participate in the camp due an extenuating circumstance per the criteria listed in Section 1.2.1 may be selected to the 2022 Training Squad of up to 16 (sixteen) if: Athlete has demonstrated significant potential, based on the Selection Committee's evaluation of objective and subjective criteria, in the judged qualities from previous domestic and/or international events (during the Tokyo quad). The Selection Committee has the right to request video footage from the previous six months to help aid in the above mentioned decision. The athlete(s) must provide adequate documentation that will support their reason for absence. This must be sent to the Chief Program Officer jena@lakeshore.org before the beginning of the Selection Camp (no later than 18 November 2021).

Final Selection

- o A final selection for teams that will represent USAWR at competitions including but not limited to the Americas Championships and 2022 WWR World Championship will be named from the Training Squad at least 15 days prior to the departure for each competition

2. DISCRETIONARY SELECTION (if applicable)

2.1. Provide rationale for utilizing discretionary selection (if any):

The sport of wheelchair rugby is not a measured or timed event. In the selection of athletes who will compete together as a Team, it is impossible to make selection decisions based solely upon objective criteria. It is the belief of Lakeshore Foundation that the selection criteria set out above, which includes subjective components in the evaluation of performance and ability, will result in the selection of the very best athletes to comprise the most competitive Team.

2.2. List the discretionary criteria and explain how they will be used (if any):

Wheelchair Rugby is a team sport requiring effective combinations and individual skills. Thus, the following discretionary criteria are considered in the selection of players.

2.2.1 The following criteria will be used to select the 2022 Training Squad:

Physical

- Speed:

- o Full Court Sprint
- Aerobic/Anaerobic Fitness:
 - o Lakeshore Mile or Endurance Sprint
- Agility/Quickness:
 - o Slalom o Up and backs
- Passing:
 - o Passing Skill Test
 - o Inbounding drill Technical
- Athletes will be evaluated on the following technical core skills (positioning/transition, key offense/defense, catch-pass, defense) based on performance in one or more of the events listed in Section 1.2.1
 - Athletes will be evaluated on experience, knowledge of the game, size for role, and ability to play role
 - Athletes will be evaluated on his/her specialist skills (bump/long pass, inbounding, agility, chair skills, hands, communication, speed) but those specific to classifications below
 - o Class 2.5-3.S - ball handling, passing, one on one defense, game management
 - o Class 1.5-2.5 - picking and rolling, playing all offensive roles
 - o Class .5-1.5 - inbounding to free throw line, holding a pick for 4-5 seconds, consistently winning one on ones, both offensively and defensively
- Athlete's projected ability to advance to contribute to the Team's success in 2022 and beyond will be taken into consideration for selection to the 2022 Training Squad

An athlete's future Paralympic Team potential will be judged based on the coaching staff's assessment using the criteria contained in these procedures.

Tactical

- Athletes will be evaluated on tactical awareness in game situations in one or more of the events listed in Section 1.2.1 by national coaching staff which will be taken into consideration for selection. Psychological/Social • Attitude: This applies both on and off the court, respecting those athletes he/she plays with and against, staff, coaches and officials. To act in a sportsmanlike manner consistent with the spirit of fair play and responsible conduct. Respecting the property of others whether personal or public. Past team history, accountability and/or code of conduct issues and standing with the Lakeshore Foundation and the USOPC will also be taken into consideration.

Leadership: Leading by example with a positive influence on all those around him/her.

Teamwork: Cooperative effort to be the best he/she can be, working with their teammates to fulfill one common goal, success.

Coachable: Always open to constructive feedback, embracing new ideas and putting the Team's needs before his/her own.

- **Ambassador:** Acting in a manner that would be pleasing to the program, sport, country, and else affiliated. Doing what is right, even when no one is watching. Refraining from conduct that would detract from their ability or that of their teammates to attain peak performance.

2.3. Provide the name of the committee that will be responsible for making discretionary selections, along with a complete list of the member's 'titles currently serving on the committee:

Selection Committee:

High Performance Manager, USA National Team - while this individual will take part in all committee meetings, they just have a "voice" in the process and will not have a "vote" in the review process

Head Coach

Assistant Coach

Athlete Representative

USWRA Representative - while this individual will take part in all committee meetings, they just have a "voice" in the process and will not have a "vote" in the review process.

2.3.1. Specify the process that will be used to identify and handle any potential conflicts of interest involving a member of the committee.

Any member of the selection committee that has a possible conflict of interest must disclose it. If such conflict exists, the selection committee member must recuse him/herself from committee discussions and voting. Further, the committee member should not otherwise influence other members of the committee in the selection process. However, a committee member who recused him/herself, but who has relevant and necessary information with respect to athlete performance, for example a national team coach or high performance manager, may, if requested by the selection committee, provide such information to the committee so long as such information is provided in a fair and unbiased manner and the committee member who declared the conflict of interest does not vote toward the final decision.

3. REMOVAL OF ATHLETES

- 3.1. Prior to entry by name to the Local Organizing Committee by the USOPC, the NGB/HPMO has jurisdiction over potential nominees.

An athlete who is to be nominated to the Team by the NGB/HPMO may be removed for any of the following reasons, as determined by the NGB/HPMO:

- 3.1.1. Voluntary withdrawal. Athlete must submit a written letter to the NGB/HPMO CEO/Executive Director.
- 3.1.2. Injury or illness as certified by a physician (or medical staff) approved by the NGB/HPMO. If an athlete refuses verification of his/her illness or injury by a physician (or medical staff) approved by the NGB/HPMO, his/her injury will be assumed to be disabling and he/she may be removed.
- 3.1.3. Failure to participate in Mandatory Training and/or Competition as defined in Section 9 of these procedures.
- 3.1.4. Violation of the NGB's/HPMO's Code of Conduct (Attachment B and C).
- 3.1.5. Re-classification by the IF such that the athlete's qualifying performance would not have qualified him or her for the Team.
- 3.1.6. Removal by the IF in the event in which the athlete qualified for the Team from the program. An athlete who is removed from the Team pursuant to this provision has the right to a hearing per the Lakeshore Foundation/USA Wheelchair Rugby (USAWR) Complaint Procedures (Attachment D) and the USOPC's Bylaws, Section 9.

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- 3.2. An athlete may be removed as a nominee to the Team or from the Team for an adjudicated violation of IOC, Panam Sports, IPC, WADA, IF, USADA and/or USOPC anti-doping protocol, policies and procedures, as well as the U.S. Center for SafeSport Code, the USOPC Athlete Safety Policy and NGB/HPMO's SafeSport policies, as applicable.

4. REPLACEMENT OF ATHLETES

- 4.1. Describe the selection and approval process for determining replacement athlete(s) should a vacancy occur:
- 4.1.1. prior to submission of Entries by Name to the Local Organizing Committee, including any applicable group or committee: The Selection Committee listed in Section 2.3 will determine the replacement athlete based on the

criteria in Section 1.3 and 2.2, Team need, and sport class from among the pool of athletes eligible (See Section 1) who participated at the 2022 Selection Camp.

- 4.1.2. after submission of Entries by Name to the Local Organizing Committee, including any applicable group or committee: The Selection Committee listed in Section 2.3 will determine the replacement athlete based on the criteria in Section 1.3 and 2.2, Team need, and sport class from among the pool of athletes eligible who participated (long list) at the 2022 Selection Camp.

5. SUPPORTING DOCUMENTS

Lakeshore Foundation/USAWR will retain the approved Selection Procedures and all supporting documents, including scouting or evaluation forms, etc., and data from the selection process for six months past the date of the 2022 World Championships

6. REQUIRED DOCUMENTS

In addition to the USOPC Code of Conduct, the following documents are required to be signed by an athlete as a condition of nomination to the 2022 Training Squad and are included as attachments:

- Lakeshore Foundation/USAWR Code of Conduct (Attachment 'B')
- Lakeshore Foundation/USAWR Team Rules, Addendum to the Code of Conduct (Attachment "C")
- Team training and competition schedule (Attachment "E")

7. PUBLICITY/DISTRIBUTION OF PROCEDURES

The USOPC approved Selection Procedures (complete and unaltered) will be posted/published by Lakeshore Foundation/USAWR in the following location(s):

- 7.1. NGB/HPMO Web site:

These procedures will be posted as soon as possible, but not more than five business days following notice of approval by the USOPC.

- 7.2. Other:

8. DATE OF NOMINATION

Up to 16 athletes will be named to the 2022 Training Squad named on 5 December, 2021

* Removal and replacement procedures, per Sections 3 and 4 apply, to the Roster of 16

9. MANDATORY TRAINING AND/OR COMPETITION

Specify the location, schedule and duration of mandatory training and/or competition with all dates posted on the USAWR website www.usawr.org

High Performance Training camps:

Dec 1-5, 2021 – 2022 USAWR Selection Camp – Lakeshore Foundation

January 5-9 – Training Camp – COS OPTC

February 16 -20 – Training Camp – Lakeshore Foundation

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Competition Schedule

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March 14-20 – Four Nations - Lakeshore Foundation

May 30-June 5th – Canada Cup - Vancouver, BC

October 7-17 – IWRF 2022 World Championship – Vejle, Denmark

10. ANTI-DOPING REQUIREMENTS

Athletes must adhere to all IOC, IPC, Panam Sports, WADA, IF, USADA and USOPC anti-doping protocols, policies and procedures, as applicable. This includes participation in Out-of-Competition Testing as required by the IOC, IPC, Panam Sports, WADA, IF, USADA and USOPC rules, as applicable.

11. DEVELOPMENT OF SELECTION PROCEDURES

The following committee/group (include names and titles) was responsible for creating these Selection Procedures:

- Joe Delagrave - USAWR Captain, 2021 National Team
- Chuck Melton - USAWR Captain, 2021 National Team
- James Gumbert – 2021 National Team Head Coach
- Sue Tucker – 2021 National Team Assistant Coach
- Chad Cohn – Athlete Representative
- Chuck Aoki - AAC Representative
- Jeff Underwood - President, Lakeshore Foundation
- Jen Allred - Chief Program Officer, Lakeshore Foundation
- Jim Murdock, ATC Medical Coordinator
- Bob Murray, USAWR staff

12. NGB/HPMO BYLAWS AND GRIEVANCE PROCEDURES

The Lakeshore Foundation Bylaws and Grievance Procedures can be found at:

www.lakeshore.org

www.usawr.org

13. INTERNATIONAL DISCLAIMER

These procedures are based on IOC, IPC, Panam Sports, as applicable, and/or your IF rules and regulations as presently known and understood. Any change in the selection procedures caused by a change in IOC, IPC, Panam Sports, as applicable, and/or your IF rules and regulations will be distributed to the affected athletes immediately. The selection criteria are based on the latest information available to Lakeshore Foundation. However, the selections are always subject to unforeseen, intervening circumstances, and realistically may not have accounted for every possible contingency.

If any force of nature, or force majeure, should cause the alteration or cancellation of any of the selection events listed in this document, these selection procedures will be revised, pursuant to their resubmission to the USOPC.

14. ATHLETE OMBUDS OFFICE

The Athlete Ombuds Office provides cost-free, independent and confidential advice regarding athlete rights, grievance procedures and any other related guidance pertaining to selection procedures and can assist in mediating disputes between athletes and their NGB/HPMO.

To contact the Athlete Ombuds Office:


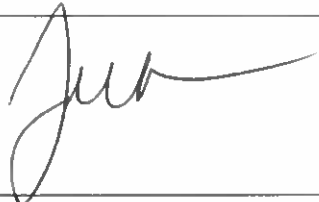

PHONE: (719) 866-5000

EMAIL: ombudsman@usathlete.org

WEBSITE: www.usathlete.org

15. NGB/HPMO SIGNATURES

I certify that I have read and understand the standards/criteria set by our IF and/or CF (PAG/PPAG only) and incorporated those standards/criteria into our Selection Procedures. I further certify that the information provided herein regarding Athlete Selection Procedures represents the method approved by NGB/HPMO.

Position	Print Name	Signature	Date
Lakeshore Foundation President or CEO/Executive Director	JEFF CHIDESTER		10.29.21
Nat. Team Coach, Head Coach, or Nat. Program Director	Jim Allrad		11-4-21
USOPC Athletes' Advisory Council Representative*	Charles Akki		11/4/21

* If the USOPC AAC Representative has delegated authority to the Alternate AAC Representative to sign the Selection Procedures, attach a letter from the AAC Representative indicating the reason he/she has delegated authority.

* Signature by the Athlete Representative constitutes that he/she has read and understands the Selection Procedures. If the Athlete Representative reads and does not agree with the Athlete Selection Procedures being submitted by the NGB/HPMO, he/she may submit those reasons in writing to his/her Sport Performance Team.

* If, for some reason, a sport does not have an elected USOPC AAC Representative, the NGB/HPMO must designate an athlete from that sport to review and sign the Selection Procedures.

Attachment "A"

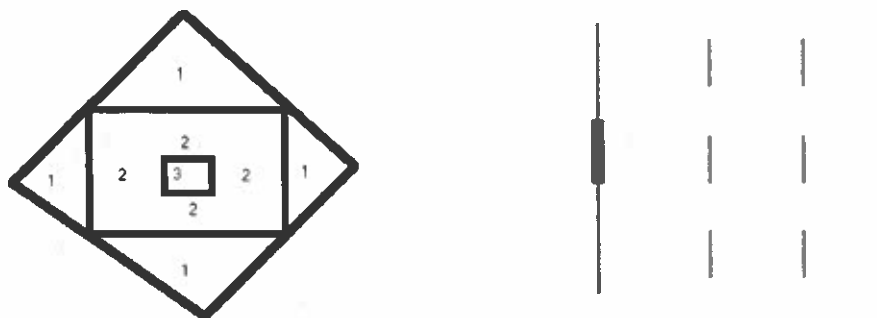
USA Wheelchair Rugby Skill Assessment

A variety of skills will be assessed for all the athletes attending tryouts; passing, sprint speed, agility, endurance, and quickness. The athletes will be given three trials each for each skill (except the Lakeshore Mile) and these skills will be scored, and then averaged to give some objective data to assess the athletes. Subjective skills that will be assessed are the following; communication, playing their respective role properly, positioning, transitioning, attitude, contribution to team chemistry, coach ability, leadership, endurance, and other intangibles (desire, heart, determination, etc.).

Lakeshore Mile:

Directions: The athletes will complete 8 laps around the Lakeshore Foundation track as fast as possible. Athletes will be timed. The coach will start the watch on the whistle. Split times will be recorded upon completion of each lap. Athletes will do a mile clockwise and counter clockwise. One mile will be completed prior to the tests listed below and the other mile will be completed at the end of the tests listed below.

Passing Skill Test:



Dimensions: Rectangle 24" wide X 18"high, Center Square 6" X 6", Outside Diamond to intersect with rectangle.

Directions: Athletes will throw the ball at a target from three different positions (left, straight, and right) Low pointers (.5-1.5) will throw or bump from 10 and 15 feet, High pointers (2.0-3.5) will throw or bump from 15 and 20 feet. The right and left passes will be six feet from center; athletes will be expected to throw or bump the ball with the hand on that respective side. Each athlete will get 5 passes from each of the spots and score according to the location on the target in which they hit. The center square will score 3

points; the rectangle will score 2 points, and in the diamond will score one point. When the ball hits a line it will score for the inside score, missing the target or misfiring the ball will score 0 points.

Full Court Sprint:

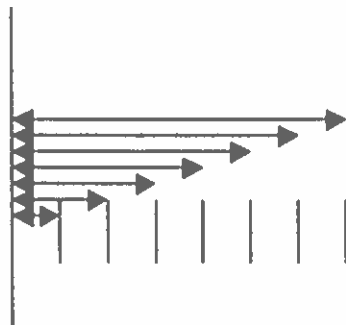
Directions: Athletes will sprint from a stationary position to the opposite baseline. Athletes will start from a stationary position on the mark on the baseline. The coach will ask the athlete when they are ready. The athlete after acknowledged by the coach can begin their sprint. Upon initial movement, timing lights will begin recording athlete's time. When the front casters cross the opposite baseline the coach will stop the watch. Three trials will be attempted for each athlete.

Endurance Sprint:

Directions: Athletes will sprint from a stationary position starting at the half-court line around the rugby cones at the baseline all the way around the other end of the court and finishing where the athlete started. Three trials will be attempted for each athlete going clockwise and counter clockwise. This includes three times to the right and three times to the left.

Up and Backs

Directions: Athletes will start from a stationary position from the baseline to 7 lines measure 36" apart, and the first line will be 40". The athlete will pass two wheels over each line and then reverse direction back to the baseline each time. After completing the final line at the baseline the time will stop.



Slalom

Directions: Athletes will start from a stationary position from the baseline on the left side of the cones. The athlete will weave through 7 cones measured 48" apart. Trials will be with and without a ball and trials for each will start from both the right and the left. For each cone hit one second will be added to time, and for the trial with the ball the, you

ATTACHMENT "B"
LAKESHORE FOUNDATION/USA WHEELCHAIR RUGBY
CODE OF CONDUCT
2021-2022

I pledge to uphold the spirit of the Lakeshore Foundation (Lakeshore) Code of Conduct (the "Code"), which offers a guide to my conduct as a member of the United States Wheelchair Rugby National Team (the "Team"). I acknowledge that I have a right to a hearing if my opportunity to compete is denied or if I am charged with a violation of this Code.

I have familiarized myself with the Code and understand that acceptance of its provisions is a condition of my selection to the 2021-2022 United States Wheelchair Rugby National Team.

As a Member of the Team, I hereby promise and agree that I:

- Will abide by all rules related to the Team selection procedures as approved by LAKESHORE;
- will abide by all Bylaws, rules, regulations, policies, and procedures of USAWR including, but not limited to, its SafeSport Policy;
- will abide by all rules, regulations, policies, and procedures of the U.S. Center for SafeSport, and submit without reservation to the jurisdiction of the U.S. Center for SafeSport;
- Have acted and will act in a sportsmanlike manner consistent with the spirit of fair play and responsible conduct;
- Will maintain a level of fitness and competitive readiness, in compliance with the strength and conditioning coach, that will permit my performance to be at the maximum of my abilities;
- Will not commit a doping violation as defined by the Olympic/Paralympic Movement Anti-Doping Code (OMADC), World Anti-Doping Agency (WADA), the United States Anti-Doping Agency (USADA), the United States Olympic and Paralympic Committee (USOPC) or the World Wheelchair Rugby (WWR) rules;
- Am not currently serving a doping violation and/or do not have a pending or unresolved doping charge;
- Will not engage in any conduct that is criminal under any laws applicable to me, including, but not limited to laws governing the possession and use of drugs and alcohol and providing of drugs to any person and of alcohol to minors;
- Am eligible to compete under the rules of WWR;
- Will refrain from conduct detracting from my ability or that of my teammates to attain peak performance;
- Will respect the property of others whether personal or public;

- Will respect members of my Team, other teams, spectators and officials, and engage in no form of discriminatory behavior or verbal, physical or sexual harassment or abuse;
- Will follow my Team's rules, including by way of example, rules regarding curfew and required attendance at team meetings;
- Am aware that United States Olympic and Paralympic Committee (USOPC) and LAKESHORE sponsors, suppliers and licensees provide critical support for the Team and, in recognition of this fact, I will wear designated USOPC and LAKESHORE apparel at all official Team functions and events;
- Will not conceal or cover-up any USOPC and/or LAKESHORE sponsor, supplier or licensee brand or other identification appearing on my USOPC and/or LAKESHORE apparel;
- Agree to be filmed and photographed by the official photographer(s) and network(s) of USOPC and/or LAKESHORE under conditions authorized by USOPC and/or LAKESHORE and give event organizers and USOPC and/or LAKESHORE the right to use my name, picture, likeness, and biographical information before, during and after the period of my participation in these activities to promote the activity in which I participate or to promote the success of the team on which I compete; in no event may USOPC and/or LAKESHORE or the event organizers use or authorize the use of my name, picture, likeness, voice and biographical information for the purpose of trade, including any use in a manner that would imply an endorsement of any company, product, or service, without my written permission;
- Will not use or authorize the use of photographs, films or videos of myself in my USOPC and/or LAKESHORE apparel or equipment or the use of the USOPC and/or LAKESHORE logo for the purpose of trade, without the prior written consent of the USOPC and/or LAKESHORE (which consent shall not be unreasonably withheld);
- Will act in a way that will bring respect and honor to myself, my teammates, USOPC and/or LAKESHORE and the United States; and
- Will remember that at all times I am an ambassador for my sport, my country and the Paralympic Movement.
- Understand that USAWR may mirror any sanctions imposed on me by the U.S. Center for SafeSport, USADA, WADA, IPC, USOPC, or WWR.

LAKESHORE FOUNDATION/USA WHEELCHAIR RUGBY
CODE OF CONDUCT
2021-2022

PARTICIPANTS' AFFIRMATION

I have read and accept this addendum to the Code of Conduct. I agree to the rules, guidelines, jurisdiction and procedures stated in this document as a condition of being selected to participate as a member of the USA Wheelchair Rugby program. By signing this addendum, I also acknowledge that if I fail to follow the above standards and the USA Wheelchair Rugby/Lakeshore Foundation Code of Conduct, there will be disciplinary consequences. I am subject, but not limited to, the potential consequences; warning, probationary period, removal from a competition squad and/or removal of playing time, removal of my DAS stipend, or removal from the program.

Athletes may contact the USOPC Athlete Ombudsman for independent, cost-free advice regarding the opportunity to participate in protected competition, or for further information regarding their rights under this Code. The Athlete Ombudsman can be reached at 1-800-ATHLETE, 719-866-5000, via email: athlete.ombudsman@usoc.org or visit www.athleteombudsman.org for more information.

Signature Date

NGB Name Sport

PARENT/GUARDIAN CERTIFICATION
(For Participants Under the Age of 18 as of Date of Signature)

Signature Date
Relationship (Parent or Guardian)

ATTACHMENT "C"

USA Wheelchair Rugby

Team Rules

Addendum to the Code of Conduct

-2021-2022 Season

As a member of the USA Wheelchair Rugby Program, I agree to the following:

- **I will fully participate in all assigned Athlete Services, including, but not limited to**
 - **Complete all in/out of camp Hudl assignments**
 - **Participate in all online webinars and phone conferences as assigned, providing adequate advanced notice has been provided. (Adequate being defined as at least 7 days)**
 - **Follow a designated and mandatory strength and conditioning plan designed by the S&C coordinator. Communication with between the athlete and S&C coordinator will be a mutually agreed upon plan strength and conditioning coach, USA WR coaches, athletes will have a monthly meeting regarding work out plan. USAWR staff will meet regularly regarding athletes performance.**
 - **Immediately report all illness/injuries to the USA Wheelchair Rugby Athletic Trainer, Head Coach and Program Manager. I will also cooperate with the USA Wheelchair Rugby Athletic Trainer when it becomes necessary for additional communication with my personal physician. Failure to do the above is a code of conduct violation.**
 - **Attend and fully participate in all Team and Individual Sport Psychology**
 - **Attend and fully participate in all Team and Individual Sport Nutrition sessions**
 - **Participate in sport science testing coordinated by USA Wheelchair Rugby and Lakeshore Foundation**
 - **Participate in all online webinars and phone conferences as assigned**

- **I understand the following:**
 - **I must be rostered on a USWRA club team, if/when the season resumes in ~~2021~~. 2022**
 - **I accepted the nomination to be a part of the USAWR training squad and in doing so, I understand what it means to be actively practicing and training in order to maintain my fitness and health as an elite level athlete**

- I must submit a training plan, approved by USAWR coaching/S&C staff, within 30 days of accepting nomination; which will prepare me to win a medal at the 2022 Americas Championship.
- All camps and competitions are mandatory. I understand that failure to adhere to this guideline could result in my dismissal from the program, unless I am sick, injured or have a family/personal emergency. I agree to contact the appropriate staff (head coach, program manager and the athletic training staff) immediately, should such a situation arise.
- I must always be an ambassador for USA Wheelchair Rugby
- Players/staff desiring to participate (play, teach, instruct, or coach) with other international teams may only do so if those countries are outside of the WWR top 12 rankings. Additionally, this must be conducted outside of the international season (September-April). This would include playing in other leagues besides USWRA, playing in other competition/events outside the USA while named on the USAWR team, or working at clinics for international teams within the WWR top 12. Each athlete/staff must have prior approval from USA Wheelchair Rugby while still meeting the guidelines in the Code of Conduct.

USA Wheelchair Rugby

Team Rules

Addendum to the Code of Conduct

2021-2022 Season

Participant's Affirmation:

I have read and accept this addendum to the Code of Conduct. I agree to the rules, guidelines, jurisdiction and procedures stated in this document as a condition of being selected to participate as a member of the USA Wheelchair Rugby program. By signing this addendum, I also acknowledge that if I fail to follow the above standards and the USA Wheelchair Rugby/Lakeshore Foundation Code of Conduct, there will be disciplinary consequences. I am subject, but not limited to, the potential consequences; warning, probationary period, removal from a competition squad and/or removal of playing time, removal of my DAS stipend, or removal from the program.

Athletes may contact the USOPC Athlete Ombudsman for independent, cost-free advice regarding the opportunity to participate in protected competition, or for further information regarding their rights under this Code. The Athlete Ombudsman can be reached at 1-800-ATHLETE, 719-866-5000, via email: athlete.ombudsman@usoc.org or visit www.athleteombudsman.org for more information.

Signature

Date

NGB Name

Sport

PARENT/GUARDIAN CERTIFICATION

(For Participants Under the Age of 18 as of Date of Signature)

Signature

Date

Relationship (Parent or Guardian)

ATTACHMENT "D"
Lakeshore Foundation
COMPLAINT PROCEDURES
FOR
NATIONAL OR U.S. PARALYMPIC TEAMS

Section 1. Jurisdiction.

These Complaint Procedures are applicable to those Paralympic sports in which the USOPC has not recognized a National Governing Body or a Paralympic Sport Organization to govern the sport. Only matters concerning those Paralympic sports fall within the jurisdiction of these Complaint Procedures.

Section 2. Designation of Complaints.

The following kinds of complaints may be filed with the Lakeshore Foundation and/or the USOPC:

- a. **Administrative Grievance.** Any aggrieved individual may file a complaint pertaining to any matter relating to the cognizance of the Lakeshore Foundation and/or the USOPC, including but not limited to any alleged violation of or grievance concerning any Lakeshore Foundation rule, regulation or code of conduct.
- b. **Right to Compete.** Any athlete, coach, trainer, manager, administrator or official may file a complaint pertaining to any alleged denial, or alleged threat to deny, of that individual's opportunity to compete in a Lakeshore Foundation or USOPC sponsored competition.

Section 3. Manner of Filing.

The complainant shall file the complaint with the Lakeshore Foundation Chief Executive Officer. The complaint shall set forth in clear and concise language, preferably in numbered paragraphs: (i) the alleged violation, grievance, denial or threat to deny and (ii) the remedy requested. The complainant shall sign the complaint.

Section 4. Statute of Limitations.

A complaint filed under these Complaint Procedures shall be filed within one hundred and eighty (180) days of the occurrence of the alleged violation, grievance, denial or threat to deny.

Section 5. Field of Play Decisions.

The final decision of a referee during a competition regarding a field of play decision (a matter set forth in the rules of the competition to be within the discretion of the referee) shall not be reviewable through the procedures for, or the subject of, Administrative Grievances or Right to Compete Complaints unless the decision is: (i) outside the authority of the referee to make or (ii)

the product of fraud, corruption, partiality or other misconduct of the referee. For purposes of this Section, the term "referee" shall include any individual with discretion to make field of play decisions.

Section 6. Hearing Panel.

Upon the filing of a complaint, the Lakeshore Foundation Chief Executive Officer shall appoint a hearing panel consisting of three (3) individuals to hear the complaint. The Chief Executive Officer shall also appoint a chair of the hearing panel from among the three individuals appointed. At least one member of the hearing panel shall be an athlete. At least one member of the hearing panel shall be an athlete. Any member of the hearing panel that has a possible conflict of interest must disclose it. If such conflict exists, the hearing panel member must recuse him/herself from discussions and decisions and an additional panel member will be named.

In the event that a complaint is filed against the CEO, Lakeshore Foundation's Board Chair shall appoint and convene a hearing panel that is free from a conflict of interest.

The Hearing Panel shall be responsible to ensure that all complaints are heard in a timely, fair and impartial manner.

Fair notice of charges, requested remedy and opportunity for a hearing will be provided to any athlete coach, staff member, administrator or official in writing prior to declaring an individual ineligible.

Section 7. Administration.

The General Counsel of the Lakeshore Foundation shall generally administer and oversee all administrative grievances and right to compete matters filed with the Lakeshore Foundation.

Section 8. Conduct of the Proceeding.

The hearing panel shall rule on all motions and other matters raised in the proceeding. If the complaint is not dismissed, the hearing panel shall hold a hearing on the complaint. The hearing panel shall set such timelines and other rules regarding the proceeding and the conduct of the hearing as it deems necessary. The hearing shall be informal, except that testimony shall be taken under oath.

The hearing may be conducted by teleconference, if necessary or convenient to the parties. Each party shall have the right to appear personally or through a legal representative. All parties shall be given a reasonable opportunity to present and examine evidence, cross-examine witnesses and to present argument. Members of the hearing panel shall have the right to question witnesses or the parties to the proceeding at any time.

Any party may have a record made of the hearing. A court reporter may be present at the hearing at the request of a party. The court reporter shall be paid for by the party requesting the court reporter, or if mutually agreed, the cost may be equally divided. Any transcript shall be paid for by the party requesting the transcript.

Section 9. Expedited Procedures.

Upon the request of a party, and provided that it is necessary to expedite the proceeding in order to resolve a matter relating to a competition that is so scheduled that compliance with regular procedures would not be likely to produce a sufficiently early decision to do justice to the affected parties, the Lakeshore Foundation Chief Executive Officer is authorized to order that the complaint be heard and decided within forty-eight (48) hours of the filing of the complaint. In such a case, the hearing panel is authorized to hear and decide the complaint pursuant to such procedures as are necessary, but fair to the parties involved.

Section 10. Complaints Involving Selection to Participate in a Competition.

Where a complaint is filed involving selection of an individual to participate in a competition, the complainant shall include with the complaint a list of all other individuals, together with their contact information, that may be adversely affected by a decision rendered on the complaint. The hearing panel shall determine which additional individuals must receive notice of the complaint. The complainant shall then be responsible for providing appropriate notice to these individuals. Any individual so notified then shall have the option to participate in the proceeding as a party. If an individual is notified of the complaint, then that individual shall be bound by the decision of the hearing panel even though the individual chose not to participate as a party.

Section 11. Decision.

A decision shall be determined by a majority of the hearing panel. The hearing panel's decision shall be in writing, shall state the reasons for the decision and shall be distributed to the parties.

Section 12. Arbitration.

Any party may appeal a decision of the hearing panel to the American Arbitration Association. The arbitrator appointed by the American Arbitration Association shall have the authority to hear the matter anew or if requested by a party to render a decision on a more limited review. Either party may submit the decision of the hearing panel to the arbitrator for the arbitrator's consideration. The arbitrator may give whatever weight or authority to the hearing panel's decision as the arbitrator deems appropriate.

Attachment E

2021-2022 Competition and Training Schedule

High Performance Training camps:

Dec 1-5, 2021 – 2022 USAWR Selection Camp – Lakeshore Foundation
January 5-9 – Training Camp COS OPTC
February 16 -20 – Training Camp – Lakeshore Foundation
April 27-May 1 – Training Camp – Lakeshore Foundation
May 24-28 – Training Camp – COS OPTC (Lakeshore if not approved)
June 22-26 – Training Camp – Lakeshore Foundation
July 20-24 – Training Camp – Lakeshore Foundation
August 17-28 – Training Camp – Lakeshore Foundation
September 21-25 – Training Camp – Lakeshore Foundation

Competition Schedule

January 23-30 – 2022 IWRF Americas Championship – Medellin, Colombia
March 14-20 – Four Nations - Lakeshore Foundation
May 30-June 5th – Canada Cup - Vancouver, BC
October 7-17 – IWRF 2022 World Championship – Vejle, Denmark

By accepting my nomination to be a part of the 2021-2022 USA Wheelchair Rugby National Training Squad, I acknowledge that my presence at the above noted camps and competitions are additional observation events and mandatory, unless otherwise directed by the administration. Failure to do so will be an automatic code of conduct violation.

Athlete Name _____

Signature _____

Date _____