

## **Measurement of athletes wearing bilateral prostheses at a competition**

In 2020, World Para Athletics (WPA) is allowing the Clerks in the Call room to verify that athletes are competing at or under their allowable height. Classifiers determine the height for each athlete who is wearing bilateral prosthetics (double leg amputees) who has been in a WPA event. This is called the Maximum Allowable Standing Height (MASH). It is the effort of the WPA to ensure fairness in the playing field. To be eligible for World or American records or entry into any international or national competition, bilateral prosthetics athletes (double leg amputees) must have a MASH height and not exceed it.

### **Where do you find an athletes MASH height?**

The WPA Athletics Classification Report has the athletes MASH height listed in the last column labelled MSH. This report is by country and you can sort by country to find athletes measurements. USA is at:

<https://db.ipc-services.org/sdms/web/cml/at/pdf/season/S20/npc/USA/status/REG>

The measurement will be given in centimeters (e.g., 179.4 or 5'8").

### **How to measure the athlete for verification of MASH height?**

To determine whether athletes wearing prostheses remain within the MASH, have the athlete wear the prostheses and measure their standing height as follows: Athlete stands with back against a rigid pole with feet shoulder width apart, in the most upright position possible. Methods for achieving the most upright position possible are presented in Figure 4 and described below:

1. The athlete should be positioned so that they have contact with the pole at the following points:

- Head (if possible)
- Shoulder girdle
- Buttocks

To achieve contact at all three points, the most posterior aspect of the blade of the prosthesis may need to be positioned behind the pole.

2. Joint position should be as close as possible to: Neck in neutral (not extension or flexion). In some athletes, this may mean that the head is not in contact with the wall;



**Figure 4: Athlete in the most upright position possible**

- Pelvis in neutral (no anterior or posterior pelvic tilt);
- Hips in neutral (not in flexion);
- Knee extension

It may be difficult for athletes to maintain their balance while in this position and consequently the athlete should be provided with the support necessary to maintain balance using their arms (e.g., tall chair or an assistant). The support should be high enough so the athlete does not have to stoop to reach it (see figure 4).

The height measurement obtained should be less than or equal to the MASH.

Note that the athlete in figure 4 is positioned against a rigid pole (rather than a wall) which allows the most posterior part of the prosthesis to be positioned behind the pole if required.