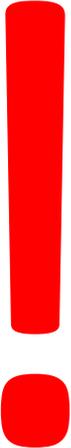




Classification Measurements



Before you continue ...

- Choose “Slide Show” from the menu at the top of the screen
- Choose “From Beginning”

Prepare for Measurements

Athlete

- Sleeveless top
- Shoes off for standing height measure



Helper

- Adult to conduct measurements

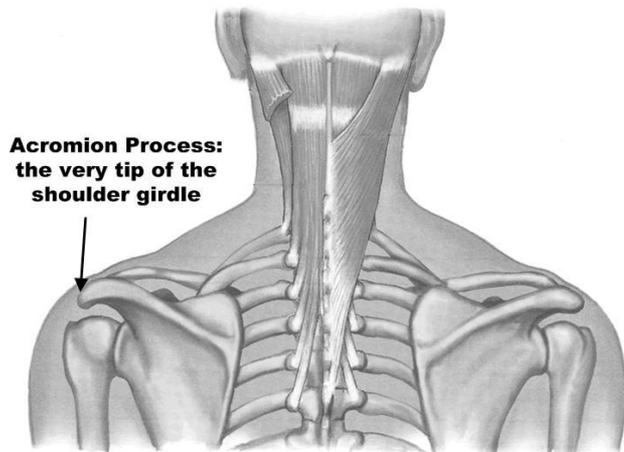
Equipment

- Felt-tipped marker
- Measuring tape marked in centimeters
- Carpenter's square or other object with a right angle
- Bench or stool with a flat, level sitting surface
- Classification worksheet from World Games registration materials
- Pen to record measurements

Mark the Acromion Process

(outside bony tip of the shoulders)

Acromion process
video: [YouTube](#)



- Location of the acromion process is needed for measurements of shoulder height and arm length
- Ask the athlete to touch the bony tip of the shoulder, then feel for the acromion process yourself
- Ask the athlete to raise the arms sideways to confirm the location – muscles will move – the bone will not
- Mark the spot on both right and left sides of the body with a non-permanent marker

Measure Bench Height

- Bench/sitting height video: [YouTube](#)
- Bench/stool height is needed for determination of sitting height, shoulder height, and sitting vertical reach

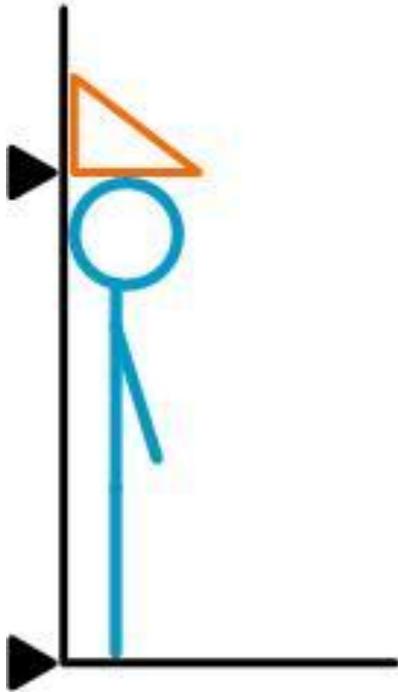


Measure bench/stool height

- Place bench against wall
- Lower a carpenter's square to top of bench
- Mark the wall at that position
- Measure from the floor to the marking
- Measure to the nearest half centimeter
- Record the result

Measure Standing Height

- Standing height video: [YouTube](#)



Athlete

- Shoes off
- Back to the wall
- Stand tall with head erect
- Shoulders back
- Feet together

Measure standing height

- Lower a carpenter's square to the top of the head
- Mark the wall at that position
- Measure from the floor to the marking
- Measure to the nearest half centimeter
- Record the result

Measure Sitting Height

- Sitting height video: [YouTube](#)



Athlete

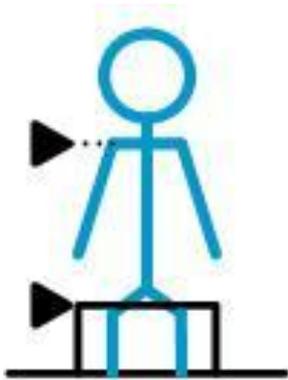
- Sit on bench with back to the wall
- Sit tall with head erect
- Shoulders back

Measure sitting height

- Lower a carpenter's square to the top of the head
- Mark the wall at that position
- Measure from the floor to the marking
- Measure to the nearest half centimeter
- Subtract bench height from measurement
- Record the result

Measure Shoulder Height

- Shoulder height video: [YouTube](#)



Measure bench height as in earlier slide

Athlete

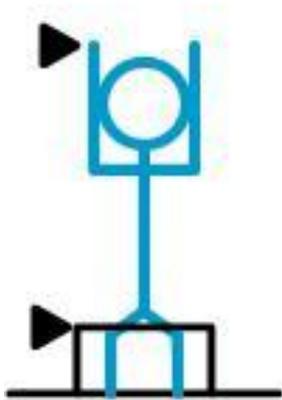
- Sit on bench with back to the wall
- Sit tall with head erect
- Shoulders back and relaxed
- Arms at sides

Measure shoulder height

- Lower a carpenter's square to the outside tip of the acromion process (the bony tip of the shoulder)
- Mark the wall at that position
- Measure from the floor to the marking
- Measure to the nearest half centimeter
- Subtract bench height from measurement
- Record the result
- Repeat on other shoulder

Measure Sitting Vertical Reach

- Sitting vertical reach video: [YouTube](#)



Measure bench height as in earlier slide

Athlete

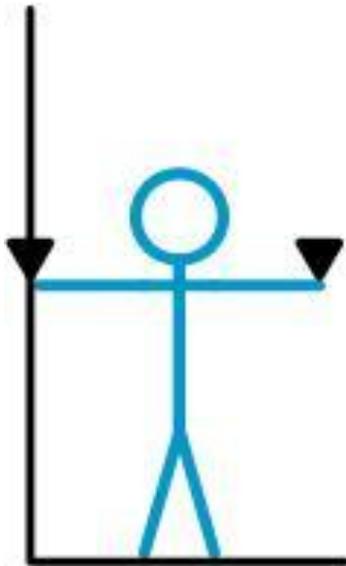
- Sit on bench with back to the wall
- Sit tall with head erect
- Shoulders back
- Both arms raised as far as possible over same side shoulder

Measure sitting vertical reach

- Lower a carpenter's square to the top of the longest finger
- Mark the wall at that position
- Measure from the floor to the marking
- Measure to the nearest half centimeter
- Subtract bench height from measurement
- Record the result
- Repeat for other arm

Measure Arm Span

- Arm span video: [YouTube](#)



Athlete

- Stand in corner of room
- Back to the wall
- Feet shoulder width apart
- Arms horizontal, hands at shoulder height, thumbs up
- Fingertips of one hand touching side wall

Measure arm span

- Mark the back wall at the point of farthest reach
- Measure from corner/side wall to the marking
- Measure to the nearest half centimeter
- Record the result

Measure Half Arm Span

- Half arm span video: [YouTube](#)



Athlete

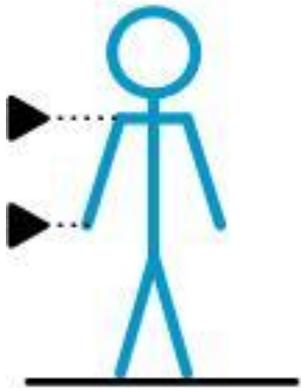
- Stand erect
- Back to the wall
- Feet shoulder width apart
- Arms horizontal, hands at shoulder height, thumbs up
- Fingertips of one hand touching side wall

Measure half arm span

- Measure from the sternal notch (the dent at the top of the breastbone) to the tip of the longest finger
- Measure to the nearest half centimeter
- Record the result
- Repeat with the other arm

Measure Arm Length

- Arm length video: [YouTube](#)



Athlete

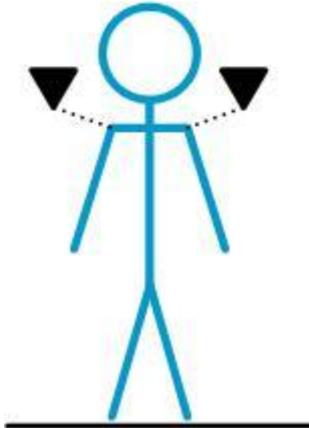
- Stand erect
- Feet shoulder width apart
- Arms at sides, about 15 centimeters (6 inches) away from torso

Measure arm length

- Measure from the acromion process (bony tip of the shoulder) to the tip of the longest finger
- Measure to the nearest half centimeter
- Record the result
- Repeat with the other arm

Measure Shoulder Width

- Shoulder width video:
[YouTube](#)



- Shoulder width is measured from acromion process to acromion process using a tool called an anthropometer
- **Athletes are not required to submit shoulder width measurements**; however, shoulder width may be measured when athletes arrive at the 2013 World Dwarf Games

Determine Athlete Classification

- Every athlete, including Junior Division athletes, must submit classification measurements
- Submit the athlete's measurements with other registration data
- The World Dwarf Games staff will use your measurements to determine upper body and lower body classifications
- Measurements will also be used to refine the classification system for future dwarf sports competitions
- Refer to the IDAF rules for more information

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