



Guide

General rules

En route vers le Défi sportif AlterGo 2021

CONCEPT

The Défi sportif AlterGo team is proud to launch its brand new virtual program entitled *En route vers le Défi sportif AlterGo 2021*, which will begin at the end of January! We invite all young people with functional limitations from Quebec's educational and rehabilitation establishments to participate in the various sports events that will be offered as part of the project.

Taking place over 2 periods between January and April, participants will be asked to perform exercises related to different adapted sports to be performed at a rehabilitation centre at school or at home.

In each period, a more difficult version of each event will be proposed. Athletes will then have the option of training by continuing with the easier challenge from the first level or with those of level 2 or 3 presented during the second period.

The events of the periods will be offered in competitive mode during the virtual portion of the Défi sportif AlterGo that will take place in the spring of 2021. Details concerning the event that will take place from April 26th to 30th will be communicated to you later.

You will be invited to share the results of your athletes performances with us (this is not mandatory). At the end of each period, the athletes' best time results will be posted on the Défi sportif AlterGo website. This will allow participants to see the results of athletes from other establishments.

Schools / rehabilitation centres will accumulate points in both participatory and competitive mode (we rely on the honesty of the educators) in order to determine the school of the year for our new AlterGo sports gala which will be held at the end of the school year. A prize for participation will be awarded at the end of each period as well as at the very end of the project, cumulating all the results. We will encourage participants to send us photos and videos to feed our social media platforms.

Periods

- 1 - from January 25th to February 26th, 2021
- 2 - from March 8th to April 9th, 2021

1 – General regulations

1 – Each athlete may participate in as many events as they wish. An athlete may, in each period, decide to participate in the improved (more difficult) version or choose to improve their time by continuing to practice the events of period 1.

Individual challenges

- Basketball
- CrossFit
- Field hockey
- Wheelchair slalom
- Soccer

Group challenges

- Volleyball

2 – Athletes are divided into two categories: elementary and high school.

- Elementary school: 5 to 12 years old (a 13 year old participant who is still attending a primary institution can obtain a waiver and thus take part in the competition with their classmates).
- High school: 13 to 21 years old.
- The age and division of the athletes is determined according to the year of birth as of January 1st.



Categorie	Level	Age	Birthdate
Novice	Elementary	5 to 8 years	2013 to 2016
Benjamin	Elementary	9 to 12 years	2008 to 2012
Cadet	High school	13 to 15 years	2006 to 2008
Juvenile	High school	16 to 18 years	2002 to 2005
Adulte	High school	19 to 21 years	*1999 to 2001

* An athlete's age is counted as of January 1st. Students born after June 30, 1999 are eligible.

2– Ranking of athletes for individual challenges

For each of the individual events, there will be a classification according to the following categories:

2.1 Without physical disability

Open division, for all athletes without an intellectual disability, regardless of their functional limitations. No assistance (assistant or object) is permitted.

DIL/DIM, division for athletes with a diagnosis of mild to moderate intellectual disability or ASD with DIL/DIM functioning. No assistance (assistant or object) is permitted.

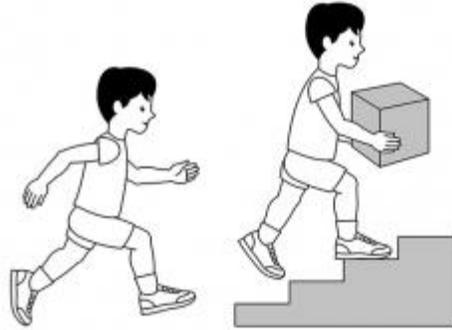
IDS/IPD, division for athletes with a diagnosis of severe to **profound intellectual disability or ASD with IDS/IPD functioning**. These athletes have the ability to move around without mobility aids, but may require assistance with **orientation**.



2.2 With standing physical disability (HP)

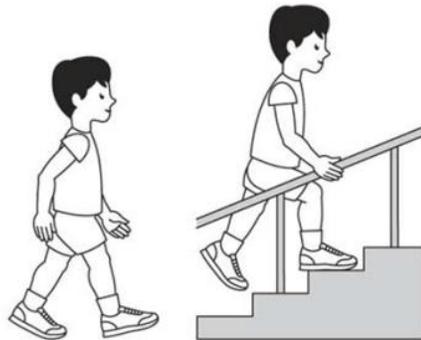
- **Division 1:** The young people walk without difficulty. They can walk up and down the stairs without physical assistance or handrails. They can do global motor activities such as jumping and running, but speed, coordination and balance are affected.

Example:



- **Division 2:** The young people walk with difficulty, but without technical assistance. They must use a handrail or physical assistance to walk up and down the stairs. Motor performance is poor and poorly developed in running and jumping.

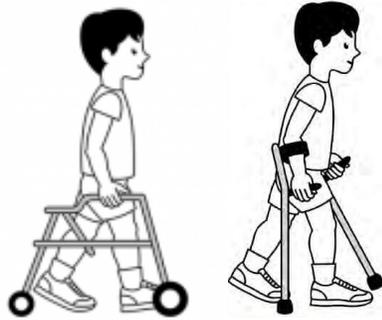
Example:



2.3 With technical assistance for mobility (T.A.)

- **Division 1:** These young people can walk a short distance without technical assistance with precarious balance, but usually require technical walking assistance to move medium and long distances.

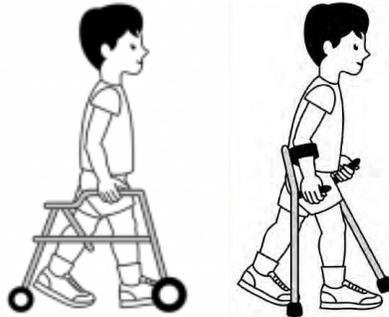
Example:



Illustrations Version 2 © Bill Reid, Kate Willoughby, Adrienne Harvey and Kerr Graham, The Royal Children's Hospital Melbourne

- **Division 2:** These young people use technical assistance at all times and travel without difficulty.

Example:



- **Division 3:** These young people use a technical aid at all times and travel with difficulty.

Example:



2.4 Wheelchair

Division 1: These young people have lower limb impairment, **but demonstrate good upper limb and trunk strength and coordination. Fluid and coordinated chair propulsion.**

- **Division 2:** These young people have lower limb impairment, as well as a disturbance of strength and/or coordination in the upper limbs and/or trunk that affects chair propulsion.
- **Division 3:** These young people have lower limb impairment and poor trunk control requiring positioning elements on the chair. Upper limb coordination and/or strength are greatly affected and **make chair propulsion difficult.**

2.5 Visual impairment

For visually impaired athletes

INSCRIPTIONS

To indicate your interest, please fill out the following form [click here](#).

A link to a personalized *Google Sheet* document for your school will be sent to you to enter your results and the number of athletes participating in the challenges. The data of the athletes registered for the Défi sportif AlterGo 2020 will be transferred in advance to these documents in order to save you the task of entering the names of all your athletes.

The results that you enter in the *Google Sheet* will automatically be sent to the **"En route vers le Défi sportif AlterGo 2021"** project team for the compilation of points.

This points system will be used to determine the best performance in each challenge. Points will be awarded based on performance and a ranking will be done according to different criteria.



The accumulation of points (pts) is possible in three ways: via the school, via the athlete or via allies. A school will collect 500pts, per period, as soon as one of its students participates in a sport. It is possible for a school to collect the 500pts twelve times, as there are six different sports per period and two periods.

For athletes, they will collect points if they finish in the top three in their division. The first athlete will be awarded 450pts, the second 300pts and the third 150pts. Here is an example of a discipline: Basketball (ind.) - Male - Benjamin - Primary - Mobility aid division 1.

Allies will also have an impact on the accumulation of points. In fact, anyone not participating in the project En route vers le Défi sportif AlterGo as an athlete will be able to obtain points and give them to the school/rehabilitation center of their choice. All you have to do is send a proof (email, photo, video) of yourself doing one of the sports challenges to the following email address: enrouteversdsa@gmail.com or share the proof on your social media platforms with the mention @defisportif. Each person with proof of participation will receive 10pts.

Finally, all these points will be added up and after period #2, we will determine the school with the most points during the event.

Faut que ça bouge !
Let's get moving!





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