



The Football Association Talent Programme (Disability) Pocket Guide to CP Classification

CLASS 5 – Diplegia/asymmetrical diplegia/double hemi

Lower limbs plus possibly one upper arm involved (triplegic)

Has balance when standing

Noticeable hip and shoulder rotation when walking

Inwardly rotated hips, knees and feet in standing and walking

CLASS 6 – Quadriplegic ataxia/athetosis

All four limbs involved (quadriplegic).

Overall lack of control during movements, often seen in standing still, athetosis/ataxia

Able to walk unaided, but difficulty in balancing

Rolling head movement during running

Difficulty in hopping and skipping

Unable to maintain clapping rhythm

Body movements may be smoother in running than walking

CLASS 7- Hemiplegia

Only one arm and leg involved, same side, hemiplegic

Affected arm swings across chest when running – elbow flexes

Difficulty to hop on affected leg

Flat footed on affected side when running

Often tilts head to one side during exertion

Some have normal throwing action but with increased body movement

Some unable to have two hand release overhead throw

Unaffected side has good functional ability

Asymmetrical size of calf, affected leg length shorter

CLASS 8 – Minimal diplegic/quadriplegic/or hemiplegic, monoplegic

Minimal disability which must be evident without resorting to medical proof

Maybe very minimal hemiplegic, monoplegic, diplegic or quadriplegic

Minimal loss of function caused by inco-ordination

Disability more evident on exertion

Good balance and only slight co-ordination problems

Asymmetrical size of calf, affected leg length shorter

Disdiadokokinesis – the inability to make rapid alternating movements due to cerebella lesions