

# NATIONAL BOBSLEIGH PROGRAM CARDING CRITERIA

## FOR NOMINATING NATIONAL BOBSLEIGH PROGRAM (NBP) ATHLETES TO THE SPORT CANADA ATHLETE ASSISTANCE PROGRAM (AAP) FOR THE 2026-27 CARDING CYCLES

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### **PREAMBLE**

The Athlete Assistance Program (AAP) is a federal government grant program that provides direct financial assistance to Canadian high-performance athletes and is one of three Sport Canada programs ([Funding-Sport](#)) designed to assist in the development of high-performance sport.

The AAP contributes toward improved Canadian performances at major international sporting events such as the Olympic/Paralympic Games and World Championships.

The AAP recognizes the commitment that athletes make to the National Team training and competitive programs provided by their NSO and seeks to relieve some of the financial pressures associated with preparing for, and participating in, international sport. The AAP financial assistance provides support to athletes in the form of a living and training allowance, plus tuition and supplementary AAP support.

The living and training allowance is intended to offset some, but not all, of the living and training expenses athletes incur as a result of their involvement in high-performance sport, while tuition support is intended to help athletes obtain a post-secondary level education. The AAP is the only Sport Canada program that provides direct financial support to athletes.

Eligible Athletes who are approved for funding and are financially supported through the AAP are referred to as carded athletes. AAP support is also known as carding.

## **1. OVERVIEW & INFORMATION**

### **1.1. Carding Types and Levels**

#### **Senior International Cards (SR1/SR2)**

Senior International Cards are funding for athletes who achieve the [Senior International Performance Standards](#) (SIPS), as set out by Sport Canada, at World Championships (WCh) or the Olympic Winter Games (OWG). The following are the current SIPS:

- 1.1.1.** Finish in the top 8 (eight), counting a maximum of 3 (three) entries per country;  
and
- 1.1.2.** Finish in the top half of the field.

#### **Senior National Cards (SR)**

Senior National Cards are funding for athletes who demonstrate potential to achieve the SIPS.

#### **Development Cards (D)**

Development Cards are funding for younger and or new athletes who demonstrate potential

to achieve the SIPS but are not yet able to meet the Senior International Card or Senior National Card criteria.

## **1.2. Monthly Living and Training Allowance(s)**

Athletes nominated by the High Performance Director (HPD) and approved by Sport Canada will receive a monthly living and training allowance, as applicable, from Sport Canada according to carding status. This allowance is usually paid in advance every two months.

### **Carding Status Monthly Allowance**

Senior International Cards (SR1, SR2) \$2,175

Senior National Cards (SR) \$2,175

Development Cards (D) \$1,305

## **1.3. Only Olympic Program Disciplines Considered**

Athletes in Olympic sports are eligible to be nominated for AAP support based on their participation and training for events that are on the Olympic program. Athletes in Olympic sports competing in World Championship events that are not on the Olympic program are not eligible for carding based strictly on performances in those events.

For the avoidance of doubt, only results from disciplines on the Olympic program are eligible for consideration for nominations to the Sport Canada AAP.

## **1.4. Definition of "Competed"**

For the purposes of this BCS NBP AAP Carding Criteria, athletes are deemed to have competed if they were registered, entered and intended to compete, but were unable to complete the competition because the athlete:

**1.4.1.** was disqualified (DSQ) for any reason other than an Anti-Doping related infraction;

**1.4.2.** did not finish (DNF) because of a crash or other incident; or

**1.4.3.** did not start (DNS) for health, equipment or similarly related reasons.

For the avoidance of doubt, if the athlete DNS because the athlete refuses to compete other than for the reasons set out above or was removed by BCS from the competition because the athlete was not in good standing with BCS, for disciplinary reasons or for having breached BCS policies, then the athlete will not be deemed to have competed.

## **1.5. Process**

The HPD is responsible for nominating eligible athletes to the AAP.

Sport Canada reviews all nominations put forward by the HPD and approves nominations in accordance with the [Sport Canada AAP Policies and Procedures](#) and this published and approved BCS NBP AAP Carding Criteria.

## **2. NBP AAP CARD QUOTA**

The NBP AAP card quota is allocated by Sport Canada on the basis of a number of Senior Cards. For the 2026-27 NBP Carding Cycle (July 1<sup>st</sup> through June 30<sup>th</sup>), the NBP is allocated a quota of **20 Senior Cards**, equivalent to a maximum monetary value of **\$522,000**. Eligible athletes are nominated for Senior International, Senior National and/or Development Cards according to this BCS NBP AAP Carding Criteria, up to the maximum monetary value of the NBP AAP card quota.

Sport Canada regularly reviews carding quota allocations for all sports; therefore the NBP AAP card quota allocation is subject to change from time to time. If the NBP AAP card quota allocation differs from that mentioned in this document, the HPD will inform the athletes as soon as possible.

## **3. NBP AAP CARDING CYCLES**

Because of the nature and schedule of the sport of bobsleigh, BCS utilizes 2 distinct NBP AAP Carding Phases within the NBP Carding Cycle to nominate athletes to the Sport Canada AAP:

- Pre-Season Carding Phase: July 1<sup>st</sup> – October 31<sup>st</sup>; and
- In-Season Carding Phase: November 1<sup>st</sup> – June 30<sup>th</sup>.

A “Carding Cycle” is defined as July 1<sup>st</sup> – June 30<sup>th</sup>.

An athlete is deemed to be carded for a “Year” if that athlete’s nomination has been approved for funding and the athlete is financially supported through the AAP for four [4] months or more in any Carding Cycle.

## **4. CARDING ELIGIBILITY**

### **4.1. Athlete Eligibility**

To be considered for nomination and to maintain eligibility for AAP carding, athletes must at all material times be current National Bobsleigh Program Athletes (“NBP Athletes”), specifically to be a NBP Athlete, athletes must as of the Carding Cycle start date:

**4.1.1.** be a member in good standing of BCS with current National Team Athlete status having a valid fully executed BCS Athlete Agreement, committed to a BCS approved Individual Performance Plan (IPP), as applicable, paid all outstanding fees owing to BCS and meeting such other associated obligations from time to time;

**4.1.2.** unless a written exemption is requested by the Athlete to, and granted by, the HPD in advance, participate in and have participated in and/or competed in all required events, camps and/or competitions in the 2025-26 and 2026-27 Seasons to which the athlete was selected to participate, including:

- NBP camps;
- Canadian Championships;
- International Competitions (OWG / WCh / WC / NAC and/or EC); and

- Such other mandatory events as may be notified to the athlete from time to time in advance; and  
("Season" means the 12 month period from April 1<sup>st</sup> through March 31<sup>st</sup> annually)

**4.1.3. be eligible:**

- to compete for Canada at applicable international competitions under [IBSF eligibility rules](#); and
- under Section 2.3 (Athlete Eligibility Requirements) of the [Sport Canada AAP Policies and Procedures](#).

## **4.2. Maximum Eligibility Length**

In order to maintain carding at the Senior National Card (in any combination of SR and/or C1) and the Development Card levels, athletes are expected to improve each Season and eventually achieve the SIPS. An athlete may be carded at each of the Senior National Card (in any combination of SR and/or C1) and the Development Card levels, respectively, for a maximum **of 5 Years**.

After the 5 Year maximum, only those athletes who demonstrate Season-to-Season improvement, as well as progression toward, and future potential to achieve, the SIPS, will be considered by BCS for further nomination to the AAP. Sport Canada will review such nomination and, in discussion with BCS, determine whether additional support at the relevant card level is warranted.

Note: In order to ensure equality of opportunity to demonstrate improvement, progression and potential, consideration will be given to athletes who miss significant portions of a Season, WCh or OWG because of reasons encompassed in **section 6.**, whereby the 5 Year maximum may be extended by up to one additional Year at the sole discretion of BCS.

## **5. CARDING NOMINATION CRITERIA**

### **5.1. Pre-Season Carding Phase**

For the Pre-Season Carding Phase, on July 1<sup>st</sup>, 2026, eligible NBP Athletes who:

#### **Senior International Cards**

##### **5.1.1. SR1 Cards**

achieved the SIPS at the 2026 OWG are eligible for nomination at the SR1 level; and

##### **5.1.2. SR2 Cards**

at carding cycle renewal were SR1 carded who did not achieve the SIPS at the 2026 OWG are eligible for nomination at the SR2 level.

#### **Senior National Cards**

##### **5.1.3. SR Cards**

are not eligible for Senior International cards above, who:

**5.1.3.1.** Competed at the 2026 OWG, were ranked in the top 12 but did not achieve the SIPS, are eligible for nomination at the SR level;

**5.1.3.2.** are returning to the NBP from self-directed time away, either for personal or performance related reasons (retirement, injury etc.), who were carded at the Senior International Card level at the time of their self-directed time away, will be considered for nomination at the SR level.

## **5.2. In-Season Carding Phase**

For the In-Season Carding Phase, upon completion of the 2026-27 NBP Selection Process, eligible NBP Athletes who have been selected to the 2026-27 NBP:

### **Senior International Cards**

#### **5.2.1. SR1 Cards**

are currently SR1 carded, are eligible for nomination at the SR1 level; and

#### **5.2.2. SR2 Cards**

are currently SR2 carded, are eligible for nomination at the SR2 level.

### **Senior National Cards**

#### **5.2.3. SR Cards**

are not eligible for Senior International cards may be eligible for SR Cards if they meet one of the following criteria:

**5.2.3.1.** are currently SR carded, are eligible for nomination at the SR level;

**5.2.3.2.** who have in prior Carding Cycles, been carded at either the SR1, SR2, SR and/or C1 level, in any combination, for more than 2 consecutive or non-consecutive Years within the last 4 years, are eligible for nomination at the SR level;

**5.2.3.3.** are returning to the NBP from self-directed time away, either for personal or performance related reasons (retirement, injury etc.), who were carded at the Senior International Card level at the time of their self-directed time away, are eligible for nomination at the SR level; or

**5.2.3.4.** are transferring to the NBP from other Olympic sports, who were previously carded at the Senior International Card for more than 2 consecutive or non consecutive, Years within the last 4 years, in their previous Olympic sport, are eligible for nomination at the SR level if they are selected to the Senior Bobsleigh Team.

### **Development Cards**

#### **5.2.4. D Cards**

are not eligible for Senior International or Senior National cards above, who:

**5.2.4.1.** have in prior Carding Cycles, been carded at either the SR1, SR2, SR and/or C1 level, in any combination, for 2 or fewer consecutive or non-consecutive Years, are eligible for nomination at the D level; or

**5.2.4.2.** all other Athletes are eligible for nomination at the D level.

### **5.3. Ranking & Nominations**

At the beginning of each Carding Phase, NBP Athletes eligible for nomination to the AAP will be ranked by **Carding Level Priority** (below) and then in accordance with the **NBP AAP Ranking System (Appendix A)** and correspondingly nominations will be made up to the maximum monetary value of the NBP AAP Card Quota as set out in **section 2**.

#### **Carding Level Priority**

- Priority 1 – Senior International Cards
- Priority 2 – Senior National Cards
- Priority 3 – Development Cards

Note that “Health” or “Injury” cards, allocated according to **section 6**., are inclusive in each of the Priority levels above.

For example: a Senior National Card allocated according to **section 6**., is included in Priority 2.

### **5.4. Remaining Funds Following Ranking & Nominations**

If, after nominations are complete in accordance with **section 5.3**., there are remaining funds within the NBP AAP Card Quota, with the approval of Sport Canada, the remaining funds may be allocated to create additional cards and/or be allocated to the top ranked Development (D level) carded athlete(s) as additional months (to a maximum of 12 months) within either the Pre-Season or In-Season Carding Phases. The decision to create new cards or re-allocate the remaining funds will be at the discretion of the HPD depending on factors including but not limited to:

- Level of athletes performance and ability to contribute to high-performance programming
- Team size

**Example 1.** 6 carding months remain in the quota.

The top-ranked D carded athlete already has 8 months of funding allocated.

- This athlete may receive 2 additional months, bringing their total to 10 months.

The remaining 4 carding months can be allocated as follows:

- A new 4-month card can be created for an uncarded athlete, based on performance discretion.
  - This would apply if the athlete demonstrates exceptional potential or significant progression, as determined by BCS.

**Example 2.** 6 carding months remain in the quota.

The two top-ranked D carded athletes already have 8 months of funding each.

The remaining months may be split as follows:

- The top-ranked athlete receives 4 additional months, bringing their total to 12 months (the maximum allowed).
- The second-ranked athlete receives 2 additional months, bringing their total to 10 months.

## **6. ILLNESS, INJURY or PREGNANCY**

In accordance with the [BCS Athlete Agreement](#), this BCS NBP AAP Carding Criteria and the [Sport Canada AAP Policies and Procedures](#), athletes must adhere to the competitive and training program and administrative requirements specified by BCS throughout the Carding Phase(s) for which they are carded and must, at the earliest opportunity, notify the HPD in writing of any illness, injury or pregnancy that may prevent the athlete from maintaining full training and competition commitments and/or participation in the NBP.

### **6.1. Short-term Curtailment of Training and Competition for Health-Related Reasons Within a Carding Cycle**

Carded athletes who are unable to maintain full training and competition commitments for 4 months or fewer because of illness or injury will continue to receive 100 percent of the AAP financial support to which they would otherwise be entitled, on the condition that the athlete:

- 6.1.1.** provides without delay, in writing from the athlete's physician, to the HPD and BCS Team Physician, a positive prognosis with anticipated timeline for the athlete's return to full training and/or competition;
- 6.1.2.** undertakes in writing, to return to full high-performance training and competition at the earliest date possible following the illness or injury; and
- 6.1.3.** at all material times throughout the carding cycle(s), rehabilitate(s) and/or train(s) under the supervision of BCS and/or its designate for the period of time for which the athlete is unable to fulfil the training and competition commitments described in the [BCS Athlete Agreement](#).

### **6.2. Long-term Curtailment of Training and Competition for Health-Related Reasons Within a Carding Cycle**

Carded athletes who are unable to maintain full training and competition commitments for longer than 4 months because of injury, illness or pregnancy will continue to receive 100 percent of the AAP financial support to which they would otherwise be entitled, provided the conditions are met according to Section 9.1.2 (Long-term Curtailment of Training and Competition for Health-related Reasons) of the [Sport Canada AAP Policies and Procedures](#).

### **6.3. Failure to Meet Renewal Criteria for Health-related Reasons**

A carded athlete, who at the end of the Carding Cycle or Carding Phase, as applicable, has not achieved the eligibility requirements for the renewal of carding status because of strictly health related reasons, may be considered for re-nomination for the upcoming Carding Cycle or Carding Phase, as applicable, provided the conditions are met as set out in section 9.1.3 (Failure to Meet Renewal Criteria for Health-related Reasons) of the [Sport Canada AAP Policies and Procedures](#).

## **7. CARDING WITHDRAWAL**

### **7.1. Voluntary Withdrawal from the AAP or Declining AAP Support**

The policy and procedures associated with Voluntary Withdrawal from the AAP or Declining AAP Support are described in Section 10 (Voluntary Withdrawal from the AAP or Declining AAP Support) of the [Sport Canada AAP Policies and Procedures](#).

### **7.2. Withdrawal of Carded Status**

Carded Athletes may have their carded status withdrawn under the following conditions:

- Failure to meet training or competition commitments;
- Violation of the [BCS Athlete Agreement or other BCS Policies](#);
- Failure to meet athlete responsibilities outlined in the [Sport Canada AAP Policies and Procedures](#);
- Gross breach of discipline;
- Investigation for cause; and
- Violations of anti-doping rules.

In most cases, BCS makes the recommendation that carded status be withdrawn; however, Sport Canada may also withdraw carded status without a recommendation from BCS. These situations are described in Section 11 (Withdrawal of Carded Status) of the [Sport Canada AAP Policies and Procedures](#).

## **8. APPEAL PROCESS**

Appeals of a BCS AAP nomination decision or of a BCS recommendation to withdraw carding may only be pursued through the [BCS Appeals Policy](#).

Appeals of an AAP Decision made under the [Sport Canada AAP Policies and Procedures](#) Section 6 (Application for and Approval of Cards) or Section 11 (Withdrawal of Carded Status) may be pursued through Section 13 (Appeals Policy) of the [Sport Canada AAP Policies and Procedures](#).



## **APPENDIX A – NBP AAP RANKING SYSTEM**

The NBP AAP Ranking System utilizes the combination of a **Competition Score** and a **Selection Score**, as applicable, in order to rank NBP Athletes within the **Carding Level Priority** for the purposes of nominations to the AAP.

### **Carding Level Priority**

- Priority 1 – Senior International Cards (including Injury)
- Priority 2 – Senior National Cards
- Priority 3 – Development Cards

Note that "Health" or "Injury" cards, allocated according to **section 6.**, are inclusive in each of the Priority levels above.

For example: a Senior National Card allocated according to **section 6.**, is included in Priority

### **1. COMPETITION SCORE**

The Competition Score is calculated based on the athlete's 2025-26 Season results using their WCh/OWG results and the points achieved from their highest single scoring IBSF race, adjusted relative to the competitive field in each race and/or discipline, as per **Table 1**.

The **Adjusted WCh/OWG Relative Rank (A)** is based on the athlete's result in the specified WCh/OWG competition, relative to the competitive field, by discipline. The number of WCh/OWG Competitors is considered to be the total number of athletes who were ranked in the race. Should the athlete have competed in more than 1 discipline at the WCh/OWG, the result from the discipline netting the highest Adjusted WCh/OWG Relative Rank (A) score shall be used for the purposes of calculating the Competition Score.

The **Adjusted Relative IBSF Highest Score (B)** is based on the points achieved by the athlete's highest single scoring IBSF race in the specified season, relative to the number of athletes on the respective IBSF Overall ranking list by discipline. The number of IBSF Overall Competitors is considered to be the total number of athletes who appear on the IBSF Overall Ranking summary, by discipline, with a point total greater than zero.

The Competition Score (I) is the sum total points of A and B.

COMPETITION SCORE (I) - LEGEND						
WCH/OWG RANK	WCH/OWG COMPETITORS	ADJUSTED WCH/OWG RELATIVE RANK (A)	IBSF HIGHEST SCORE	IBSF OVERALL COMPETITORS	ADJUSTED RELATIVE IBSF HIGHEST SCORE (B)	SUB TOTAL (I) (A+B)
Final race rank achieved at the WCh/OWG. Ex. 8th	Number of competitors at the WCh/OWG who received a rank. Ex. 30	$1 - (8/30)$ = 0.77	Highest single scoring IBSF race achieved by the close of the previous season. Ex. 225 points	Number of athletes on the IBSF Overall Ranking list, in the discipline of the highest scoring single IBSF race, with a point total > 0. Ex. 82	$(225/82)/10$ = 0.27	Sub Total (I) $0.77 + 0.27$ = 1.04

Table 1

## **APPENDIX A – NBP AAP RANKING SYSTEM**

### **2. SELECTION SCORE**

Points are assigned, according to **Table 2**, to each athlete based on their respective **Physical Performance Score (C)**, the team to which they have been selected to aka **Team Selection (D)**

The Selection Score (II) is the sum total points of (C and D) divided by a factor of 10.

SELECTION SCORE (II) - LEGEND		
PHYSICAL PERFORMANCE SCORE (C)	TEAM SELECTION (D)	SUB TOTAL (II) (C+D)
Appendix D	Senior Team = 2 points	Sub Total (II)
	Development Team = 1 point	

**Table 2**

### **3. NBP AAP RANKING**

Within each Carding Level Priority, athletes are ranked, whereby the athlete with the greatest point total ranks the highest, referred to as the NBP AAP Ranking, based on the following:

- a) for the purposes of Pre-season Carding Phase nominations, according to the Competition Score (I); and
- b) for the purposes of In-season Carding Phase nominations, according to the sum total of the Competition Score (I) and Selection Score (II), as applicable.

In the event of a tie in NBP AAP Ranking, the tie will be broken by the respective athlete's most recent APE Score, with the higher APE score deemed to be ranked higher.

## **APPENDIX B – ATHLETIC PERFORMANCE EVALUATION (APE) TABLES**

### **1. APE TABLE – BOBSLEIGH – WOMEN**

NATIONAL BOBSLEIGH PROGRAM  
ATHLETIC PERFORMANCE EVALUATION POINTS TABLE - WOMEN



### **NATIONAL BOBSLEIGH PROGRAM ATHLETIC PERFORMANCE EVALUATION POINTS TABLE - WOMEN**

Power (40%)				Speed (60%)					
CMJ (cm)		Loaded CMJ-25kg (cm)		30m (sec)		45m (sec)		15-45m Fly (sec)	
55	100	45	100	3.90	100	5.55	100	3.30	100
54.25	99	44.25	99	3.91	99	5.56	99	3.31	99
53.5	98	43.5	98	3.92	98	5.57	98	3.32	98
52.75	97	42.75	97	3.93	97	5.58	97	3.33	97
52	96	42	96	3.94	96	5.59	96	3.34	96
51.25	95	41.25	95	3.95	95	5.60	95	3.35	95
50.5	94	40.5	94	3.96	94	5.61	94	3.36	94
49.75	93	39.75	93	3.97	93	5.62	93	3.37	93
49	92	39	92	3.98	92	5.63	92	3.38	92
48.25	91	38.25	91	3.99	91	5.64	91	3.39	91
47.5	90	37.5	90	4.00	90	5.65	90	3.40	90
46.75	89	36.75	89	4.01	89	5.66	89	3.41	89
46	88	36	88	4.02	88	5.67	88	3.42	88
45.25	87	35.25	87	4.03	87	5.68	87	3.43	87
44.5	86	34.5	86	4.04	86	5.69	86	3.44	86
43.75	85	33.75	85	4.05	85	5.70	85	3.45	85
43	84	33	84	4.06	84	5.71	84	3.46	84
42.25	83	32.25	83	4.07	83	5.72	83	3.47	83
41.5	82	31.5	82	4.08	82	5.73	82	3.48	82
40.75	81	30.75	81	4.09	81	5.74	81	3.49	81

40	80	30	80	4.10	80	5.75	80	3.50	80
39.25	79	29.25	79	4.11	79	5.76	79	3.51	79
38.5	78	28.5	78	4.12	78	5.77	78	3.52	78
37.75	77	27.75	77	4.13	77	5.78	77	3.53	77
37	76	27	76	4.14	76	5.79	76	3.54	76
36.25	75	26.25	75	4.15	75	5.80	75	3.55	75
35.5	74	25.5	74	4.16	74	5.81	74	3.56	74
34.75	73	24.75	73	4.17	73	5.82	73	3.57	73
34	72	24	72	4.18	72	5.83	72	3.58	72
33.25	71	23.25	71	4.19	71	5.84	71	3.59	71
32.5	70	22.5	70	4.20	70	5.85	70	3.60	70

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## APPENDIX B – ATHLETIC PERFORMANCE EVALUATION (APE) TABLES

### 2. APE TABLE – BOBSLEIGH – MEN

NATIONAL BOBSLEIGH PROGRAM  
ATHLETIC PERFORMANCE EVALUATION POINTS TABLE - MEN



### NATIONAL BOBSLEIGH PROGRAM ATHLETIC PERFORMANCE EVALUATION POINTS TABLE - MEN

Power (40%)				Speed (60%)					
CMJ (cm)		Loaded CMJ-25kg (cm)		30m (sec)		45m (sec)		15-45m Fly (sec)	
65	100	55	100	3.55	100	4.95	100	2.90	100
64.25	99	54.25	99	3.56	99	4.96	99	2.91	99
63.5	98	53.5	98	3.57	98	4.97	98	2.92	98
62.75	97	52.75	97	3.58	97	4.98	97	2.93	97
62	96	52	96	3.59	96	4.99	96	2.94	96
61.25	95	51.25	95	3.60	95	5.00	95	2.95	95
60.5	94	50.5	94	3.61	94	5.01	94	2.96	94
59.75	93	49.75	93	3.62	93	5.02	93	2.97	93
59	92	49	92	3.63	92	5.03	92	2.98	92
58.25	91	48.25	91	3.64	91	5.04	91	2.99	91
57.5	90	47.5	90	3.65	90	5.05	90	3.00	90
56.75	89	46.75	89	3.66	89	5.06	89	3.01	89
56	88	46	88	3.67	88	5.07	88	3.02	88
55.25	87	45.25	87	3.68	87	5.08	87	3.03	87
54.5	86	44.5	86	3.69	86	5.09	86	3.04	86
53.75	85	43.75	85	3.70	85	5.10	85	3.05	85
53	84	43	84	3.71	84	5.11	84	3.06	84
52.25	83	42.25	83	3.72	83	5.12	83	3.07	83
51.5	82	41.5	82	3.73	82	5.13	82	3.08	82
50.75	81	40.75	81	3.74	81	5.14	81	3.09	81
50	80	40	80	3.75	80	5.15	80	3.10	80
49.25	79	39.25	79	3.76	79	5.16	79	3.11	79
48.5	78	38.5	78	3.77	78	5.17	78	3.12	78
47.75	77	37.75	77	3.78	77	5.18	77	3.13	77
47	76	37	76	3.79	76	5.19	76	3.14	76

46.25	75	36.25	75	3.80	75	5.20	75	3.15	75
45.5	74	35.5	74	3.81	74	5.21	74	3.16	74
44.75	73	34.75	73	3.82	73	5.22	73	3.17	73
44	72	34	72	3.83	72	5.23	72	3.18	72
43.25	71	33.25	71	3.84	71	5.24	71	3.19	71
42.5	70	32.5	70	3.85	70	5.25	70	3.20	70
41.75	69	31.75	69	3.86	69	5.26	69	3.21	69
41	68	31	68	3.87	68	5.27	68	3.22	68
40.25	67	30.25	67	3.88	67	5.28	67	3.23	67
39.5	66	29.5	66	3.89	66	5.29	66	3.24	66
38.75	65	28.75	65	3.90	65	5.30	65	3.25	65

## **APPENDIX B – ATHLETIC PERFORMANCE EVALUATION (APE) TABLES**

### **3. NBP APE SCORE CALCULATION EXAMPLE**

<u>WOMEN'S ATHLETE A</u>			<u>MEN'S ATHLETE B</u>		
<b><u>Power (P) - 40%</u></b>					
CMJ:	55cm = 100 points		CMJ:	60.5cm = 94 points	
Loaded CMJ:	45cm = 100 points		Loaded CMJ:	50.5cm = 94 points	
$P = \frac{((100+100) \times 0.4) \times (500/200):}{}$	<u>200 points</u>		$P = \frac{((94+94) \times 0.4) \times (500/200):}{}$	<u>188 points</u>	
<b><u>SPEED (S) – 60%</u></b>					
30m:	3.97sec = 93 points		30m:	3.66sec = 89 points	
45m:	5.61sec = 94 points		45m:	5.11sec = 84 points	
15-45m Fly:	3.36sec = 94 points		15-45m Fly:	3.01sec = 89 points	
$S = \frac{((93+94+94) \times 0.6) \times (500/300):}{}$	<u>281 points</u>		$S = \frac{((89+84+89) \times 0.6) \times (500/300):}{}$	<u>262 points</u>	
<b><u>APE Score (P+S)</u></b>					
APE Score = (200+281):	<b><u>482 Points</u></b>		APE Score = (188+262):	<b><u>451 Points</u></b>	

## **APPENDIX C – NBP STANDARDS TABLES**

### **1. NBP PUSH STANDARD TABLE**

NBP Push Standard - Pilots		NBP Push Standard - Crew	
DISCIPLINE	ICE HOUSE PUSH TIME	DISCIPLINE	ICE HOUSE PUSH TIME
Men:	≤ 5.20 sec	Men:	≤ 5.15 sec
Women:	≤ 5.60 sec	Women:	≤ 5.55 sec

**Table 1**

## **APPENDIX D – PHYSICAL PERFORMANCE SCORE**

The Physical Performance Score is calculated utilizing the athlete's current Season Physical (Push & Athletic) testing results as follows:

### **1. PUSH STANDARD DIFFERENTIAL**

– the amount of time between an athlete's single best individual push testing result, recorded during Push Testing, and their respective NBP Push Standard (**Appendix C**). This is multiplied by a factor of 10.

Note: a + value indicates an individual push testing result which faster than the respective NBP Push Standard and a – value indicates an individual push testing result which is slower than the respective NBP Push Standard.

### **2. APE SCORE**

– calculated, in accordance with the athlete's respective APE Scoring Table (**Appendix B**), from the athlete's single best individual athletic testing results. This is divided by a factor of 100.

**Table 1** below outlines example calculations for the Physical Performance Score metric.

<b>ATHLETE NAME</b>	<b>NBP PUSH STANDARD DIFFERENTIAL*10 (A)</b>	<b>APE SCORE/1 00 (B)</b>	<b>PHYSICAL PERFORMANCE SCORE (A + B)</b>
<b>Athlete A</b>	+1.5	6.67	<b>8.17</b>
<b>Athlete B</b>	+1.8	6.12	<b>7.92</b>
<b>Athlete C</b>	+1.3	6.18	<b>7.48</b>
<b>Athlete D</b>	+0.9	5.87	<b>6.77</b>
<b>Athlete E</b>	+0.1	6.36	<b>6.46</b>
<b>Athlete F</b>	+0.7	5.54	<b>6.24</b>



<b>Athlete G</b>	+0.4	5.66	<b>6.06</b>
<b>Athlete H</b>	+0.0	6.01	<b>6.01</b>
<b>Athlete I</b>	+0.1	5.67	<b>5.77</b>
<b>Athlete J</b>	-1.0	5.98	<b>4.98</b>
<b>Athlete K</b>	-0.3	4.89	<b>4.59</b>
<b>Athlete L</b>	-0.5	4.79	<b>4.29</b>
<b>Athlete M</b>	-1.7	4.37	<b>2.67</b>

**Table 1**