

Activity	Restrictions and allowances
Acrobatic Gymnastics	
Amateur Boxing	
Association football	Cannot be five-a-side
Athletics	
Badminton	
Basketball	
Blind Cricket	
BMX	Racing only (not trick)
Boccia	
Camogie	
Canoeing	
Cricket	
Cross Country running	
Cycling	Track or road cycling only
Dance	
Diving	Platform diving
Equestrian	
Figure Skating	
Futsal	
Gaelic football	
Goal Ball	
Golf	
Gymnastics	Floor routines and apparatus only.
Handball	
Hockey	Must be field hockey
Hurling	
Ice Hockey	
Inline Roller Hockey	
Kayaking	
Lacrosse	

Activity	Restrictions and allowances
Netball	
Polybat	
Powerchair football	
Rock Climbing	Can be indoor or outdoor
Rowing	
Rugby League	Cannot be tag rugby
Rugby Union	Can be assessed as sevens or fifteen a side. Cannot be tag rugby
Sailing	Candidates must be assessed within full competitive situations as the helmsperson in one of the following Royal Yachting Association (RYA) sailing boat classifications: Individual - Single hander <ul style="list-style-type: none"> • ILCA 6 (Laser Radial) • ICLA 7 (Laser Standard) Team - Double hander <ul style="list-style-type: none"> • 29ER • 420 • Nacra 15
Sculling	
Skiing	Must take place on snow, can be indoor or outdoor
Snowboarding	Must take place on snow, can be indoor or outdoor
Squash	
Swimming	Not synchronised swimming, personal survival or lifesaving
Table Cricket	
Table Tennis	
Tennis	
Trampolining	
Triathlon	Sprint only
Volleyball	
Water Polo	
Wheelchair basketball	
Wheelchair rugby	
Windsurfing	Candidates must be assessed within full competitive situations in one of the following Royal Yachting Association Windsurfing classifications: <ul style="list-style-type: none"> • IQ Foil • RS:X 8.5