



Sports Eligibility for U.S. Athletes with Intellectual & Developmental Disability

SPORT CLASS	ELIGIBILITY CRITERIA	EVIDENCE REQUIRED	PARALYMPIC SPORTS	INAS /AWL SPORTS
Inas II-1: Intellectual Disability Paralympic Classes: Athletics T20 Swimming S14 Table Tennis 11 World Taekwondo: Para Class P20	Athletes with Intellectual and Developmental Disabilities who have: <ol style="list-style-type: none"> Full-Scale IQ score of 75 or lower; Significant limitations in adaptive behaviour; and onset before age 18. <p><i>Note: This class includes athletes diagnosed with Autism who have co-occurring intellectual disability.</i></p>	EVIDENCE REQUIRED: <ol style="list-style-type: none"> Weschler WAIS/WISC or Stanford Binet IQ Assessment, Report and Summary of Scores within last 5 years Vineland, ABAS, or AAMR Adaptive Behavior Assessment, Report and Summary of Scores within last 5 years. IQ or other relevant scores or diagnosis from before age 18 referenced in a report. 	<ol style="list-style-type: none"> Athletics (T20) 400m, 1500m Long Jump, Shotput Swimming (S14) 100mFree, 200mFree, 100mBack, 100mBreast, 100mFly, 200mIM, 4x100mFree Relay Table Tennis (11) Singles 	<ol style="list-style-type: none"> Athletics (All Events) Basketball Cycling Equestrian Rowing Skiing Nordic/Alpine Swimming (All Events) Table Tennis (All Events) Taekwondo (Includes Para World Taekwondo P20 Class) Tennis
Inas II-2: Down Syndrome	Athletes with Down Syndrome who have: <ol style="list-style-type: none"> A formal diagnosis of Down Syndrome including type (Trisomy 21, Mosaic, etc), For safety athletes must not have <i>symptomatic</i> Atlantoaxial Instability (AAI) Athletes with Mosaic Down Syndrome must provide evidence they also meet the criteria for II-1 Intellectual Disability. 	EVIDENCE REQUIRED: <ol style="list-style-type: none"> Copy of genetic testing showing a formal diagnosis and type of Down Syndrome (Tri21 or Mosaic) or statement from Physician. AAI status signed by Physician (See Athlete Application Page 3) and copy of AAI exam results if available. Mosaic must also provide evidence described for II-1 Intellectual Disability above. 	There is not a separate class for Down Syndrome in Paralympic sport. <i>Athletes with Down Syndrome who also meet the criteria for II-1 Intellectual Disability may be classified in that class to be eligible for Paralympic events.</i>	<ol style="list-style-type: none"> Athletics/Track & Field Cycling (AWL Only) Equestrian (AWL Only)* Rowing (AWL / National)* Skiing Nordic/Alpine Swimming Table Tennis Taekwondo (AWL Only)* Tennis (AWL Only)*
Inas II-3: High Functioning Autism	Athletes with (High Functioning) Autism who have: <ol style="list-style-type: none"> A Full-Scale score IQ of above 75, OR no diagnosis of intellectual disability, and; A formal diagnosis of Autism, ASD or Aspergers Syndrome <p><i>Note: Athletes with Autism who meet the criteria for II-1 Intellectual Disability will be classified in that class.</i></p>	EVIDENCE REQUIRED: <ol style="list-style-type: none"> A formal diagnosis (or confirmation of previous diagnosis) of Autism, ASD or Asperger's syndrome, carried out by a licensed psychologist, using accepted diagnostic techniques such as ADOS, ASRS, ICD-10 Criteria for Autism, and background history, etc given within the last 5 years. Athletes should include IQ and Adaptive Behavior assessments to determine if they meet criteria for Intellectual Disability. 	There is not a class for High Functioning Autism in Paralympic Sport. <i>Athletes with Autism who also meet the criteria for II-1 Intellectual Disability will be classified in that class and are eligible for Paralympics.</i>	<ol style="list-style-type: none"> Athletics/Track & Field Cycling (AWL Only) Equestrian (AWL Only)* Rowing (AWL / National)* Skiing Nordic/Alpine Swimming Table Tennis Taekwondo (AWL Only)* Tennis (AWL Only)*
Mainstream Sport	Athletes Without Limits works with athletes with intellectual and developmental disability to integrate into their age group in mainstream Triathlon and Ironman events. We ask interested triathletes to complete an eligibility application so that we know if they can potentially compete in individual Inas or Paralympic swimming, cycling or athletic events as well.			<ol style="list-style-type: none"> Triathlon

***INAS recently began piloting two additional eligibility groups II2 & II3 to be recognized at INAS & AWL events. The criteria for these groups and sports offered will be revised/expanded as the project progresses and research data becomes available.**



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Who's Who in Inas & Paralympic Sport?



INAS is the International Federation for Athletes with Intellectual Impairments and is responsible for managing and overseeing the eligibility process for athletes wishing to compete within INAS and Paralympic competition. INAS is a founding member of the International Paralympic Committee (IPC) and hosts World & Regional Championships, Global Games and other International events open to athletes with intellectual impairment in 10 sports from 3 Eligibility Groups: Intellectual Disability, Down Syndrome, and High Functioning Autism.



Athletes Without Limits (AWL) is the sole US Member of INAS and oversees US athletes' applications for Inas & Paralympic sports eligibility for intellectual and developmental disability sports classes. After an athlete's eligibility application is complete and endorsed by our US Eligibility Psychologist, we submit it to the INAS Eligibility Committee for International confirmation. Athletes Without Limits selects and organizes US Teams participating at Inas World & Regional Championships & Global Games and hosts National and INAL International Championships in the U.S.



The International Paralympic Committee (IPC) is responsible for overseeing the Paralympic Games, World Championships and Sports Specific Classification. In 2010 the IPC recognized a class for athletes with Intellectual Disability in select events in three sports: Swimming, Track & Field and Table Tennis.



U.S. Paralympics oversees **US Paralympic Swimming & US Paralympic Track & Field** sports-specific classification, team selection and US held competitions. The first step toward U.S. Paralympic eligibility for athletes with Intellectual Disability is to apply to Athletes Without Limits. After athletes receive eligibility confirmation, Athletes Without Limits will assist those interested in obtaining an IPC License from U.S. Paralympics.



USA Table Tennis (USATT) oversees US Paralympic Table Tennis sports classification, team selection and competitions. The first step toward Paralympic eligibility is to apply for eligibility with Athletes Without Limits.



World Taekwondo has partnered with INAS to manage eligibility for P20 class athletes with intellectual impairment competing in Para World Taekwondo events. Athletes must be confirmed eligible by Athletes Without Limits (and Inas) prior to entering competition. Most events require *Provisional International* or *National Level* as the class develops.)



USA Taekwondo (USAT), the US member of World Taekwondo, is recognized by the The United States Olympic Committee as the National Governing Body (NGB) for the sport of Taekwondo in the United States. The first step toward eligibility for Para Taekwondo Class P20 (Intellectual Impairment) is to apply for eligibility with Athletes Without Limits.