

2e. Skills criteria for practical activities – ‘Individual

Individual Activity	Restrictions and allowances
Amateur boxing	
Athletics	
Badminton	Cannot be assessed with doubles.
Boccia	
Canoeing	Cannot be assessed with kayaking, rowing or sculling.
Cross Country running	Cannot be assessed with Athletics.
Cycling	Track or road or BMX (racing, not tricks) only.
Dance	Cannot be used as both a Team and Individual activity.
Diving	Platform diving.
Equestrian	
Figure Skating	This can only be used for one activity. Cannot be assessed with Dance.
Golf	
Gymnastics	Floor routines and apparatus only.
Kayaking	Cannot be assessed with sculling, canoeing or rowing.
Polybat	
Rock climbing	Can be indoor or outdoor
Sailing	Royal Yachting Association recognised sailing boat classes only. The list can be found online at: https://www.rya.org.uk/racing/youth-junior/info/Pages/recognised-classes.aspx . This can only be used for one activity.
Sculling	Cannot be assessed with kayaking, canoeing or rowing. Cannot be assessed with team sculling.
Skiing	Must take place on snow, but can be indoor or outdoor. Cannot be assessed with snowboarding.
Snowboarding	Must take place on snow, but can be indoor or outdoor. Cannot be assessed with skiing.
Squash	Cannot be assessed with doubles.
Swimming	Cannot be synchronised, personal survival or lifesaving.
Table Tennis	Cannot be assessed with doubles.
Tennis	Cannot be assessed with doubles.
Trampolining	
Windsurfing	

For the activities of Badminton, Dance, Figure Skating, Sailing, Sculling, Squash, Table Tennis and Tennis please see the skills criteria on the page indicated within the ‘team activity’ list.