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| Individual Activities | |
| Amateur Boxing |  |
| Athletics | One event from either Track or Field |
| Badminton | Cannot be assessed as doubles |
| BMX Cycling |  |
| Canoeing | Cannot be assessed with kayaking, rowing or sculling |
| Cycling | Track or road cycling only |
| Dance | Can only be used for one activity |
| Diving | Platform diving |
| Figure Skating | Cannot be assessed in pairs or groups |
| Golf |  |
| Gymnastics | Floor routines and apparatus only |
| Equestrian | Show jumping, cross country or dressage |
| Kayaking | Cannot be assessed with canoeing, rowing or sculling |
| Rock Climbing | Can be indoor or outdoor |
| Rowing | Cannot be assessed with sculling, canoeing or kayaking. This can only be used for one activity |
| Sailing |  |
| Sculling | Cannot be assessed with canoeing, kayaking or rowing |
| Skiing | Outdoor or indoor on snow; cannot be assessed with snowboarding. Must not be dry slopes |
| Snowboarding | Outdoor or indoor on snow; cannot be assessed with skiing. Must not be dry slopes |
| Squash | Cannot be assessed with doubles |
| Swimming | Not synchronised swimming |
| Table Tennis | Cannot be assessed with doubles |
| Tennis | Cannot be assessed with doubles |
| Trampolining |  |
| Windsurfing |  |
| Team Activities | |
| Association Football | Cannot be 5-a-side or futsal |
| Badminton | Cannot be assessed as singles |
| Basketball | Cannot be street basketball |
| Camogie | Cannot be assessed with hurling |
| Cricket |  |
| Dance | Ballet, ballroom, contemporary/modern, hip-hop, Irish, Indian, jazz, Latin, folk, street |
| Figure Skating | Cannot be assessed singles |
| Futsal |  |
| Gaelic Football |  |
| Handball |  |
| Hockey | Must be field hockey |
| Hurling | Cannot be assessed with camogie |
| Ice Hockey |  |
| Lacrosse |  |
| Netball |  |
| Rowing | Cannot be assessed with sculling, canoeing or kayaking. This can only be used for one activity |
| Rugby League | Cannot be assessed with rugby union or rugby sevens – cannot be tag rugby |
| Rugby Union | Can be assessed as sevens, or 15-a-side. Cannot be assessed with rugby league |
| Sailing |  |
| Squash | Cannot be assessed singles |
| Table Tennis | Cannot be assessed singles |
| Tennis | Cannot be assessed with singles |
| Volleyball |  |
| Water Polo |  |