



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 other international competition.

Athlete eligibility

Eligible impairments within INAS competition include:

II1 - Intellectual Impairment

The American Association on Intellectual and Developmental Disability (AAIDD, 2010) definition of intellectual disability, which is consistent with that of the World Health Organisation (WHO, ICD-10 and ICF,2001) states that 'Intellectual Disability is a disability characterised by significant limitation both in intellectual functioning and in adaptive behaviour as expressed in conceptual, social and practical adaptive skills. This disability originates before the age of 18'. Limitations in adaptive behaviour affect both daily life and the ability to respond to life changes and environmental demands.

Based upon this definition, the INAS Eligibility Criteria for athletes with an intellectual impairment is:

1. Significant impairment in intellectual functioning which is defined as a Full-Scale IQ score of 75 or lower, and;
2. Significant limitations in adaptive behaviour as expressed in conceptual, social, and practical adaptive skills. This is defined as performance that is at least 2 standard deviations below the mean of, either:
 - a. One of the following 3 types of adaptive behaviour: conceptual, social, or practical skills.
 - b. An overall score on a standardised measure of conceptual, social and practical skills, and;
3. Intellectual disability must be evident during the developmental period, which is from conception to 18 years of age.

Athletes must meet all 3 elements of the criteria to be eligible for consideration for intellectual disability sport.

II2 - Athletes with a more significant impairment

Athletes who have an intellectual impairment (as above) and a significant additional impairment. In the first stage of this trial, this will be restricted to athletes with Down Syndrome.

WHO defines Down Syndrome as 'an intellectual impairment 'caused by extra genetic material in chromosome 21'.

Based upon this definition, the INAS Eligibility Criteria for athletes with Down Syndrome is:

1. A formal diagnosis of Down Syndrome, and;
2. A statement that the athlete is clear of symptomatic Atlantoaxial Instability (AAI) - a common orthopaedic problem seen in people with Down Syndrome.

Note: Athletes with Mosaic Down Syndrome must meet both the intellectual disability and Down Syndrome criteria above.



The criteria for this group will be revised and expanded as the project progresses/research data becomes available.

II3 – Athletes with High Functioning Autism

Autism or Autism Spectrum Disorder (ASD) as it is now commonly known, is defined by the World Health Organisation (WHO) as 'a group of complex brain development disorders. This umbrella term covers conditions such as autism and Asperger syndrome. These disorders are characterised by difficulties in social interaction and communication and a restricted and repetitive repertoire of interests and activities' (WHO Autism Q&R Factsheet, 2016 (<http://www.who.int/features/qa/85/en/>)).

Based upon this, the INAS eligibility criteria for athletes with autism is:

1. A Full-Scale score of IQ of above 75, or no diagnosis of intellectual disability, and;
2. A formal diagnosis of Autism, ASD or Asperger's syndrome, carried out by a qualified practitioner, using accepted diagnostic techniques.

INAS wishes to advise that these criteria are subject to change.