

Dwarf Sports Association UK

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Our purpose

The Dwarf Sports Association UK (DSAuk) aims to make regular sporting opportunities accessible and enjoyable to anyone with restricted growth in the UK. We promote and develop recreational and competitive sport and physical activity opportunities across the UK.

Who we represent

DSAuk is a membership organisation working at a national and regional level to promote and provide sporting opportunities for people with restricted growth. Through our national office and regional networks, we offer advice and information on physical activity and sports opportunities for people with dwarfism who want to access and participate in sport and recreational activity at a local level. DSAuk also have links with National Governing Bodies of sport (NGBs) and the wider sports sector throughout the country.



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Registered Charity No. 1041961

People with restricted growth conditions

There are over 200 types of restricted growth which can be grouped together as dwarf conditions. The main characteristics being shorter than average arm and leg lengths, both being disproportionate to the torso length. Restricted growth is believed to affect between 3,000 and 6,000 people in the UK, with approximately one in 25,000 babies being born with the most common dwarf condition, Achondroplasia.

Our support

The Dwarf Sports Association UK offers a range of services and support for people with restricted growth and people with dwarfism, we welcome all to become members of DSAuk. We offer individual and family memberships for people with dwarfism, and a group or associate membership for those who wish to support DSAuk. Full member benefits for people with dwarfism include: connection and access to your local DSAuk regional association holding regular events throughout the year, eligibility to take part in annual DSAuk events, a copy of 'Reach Out' DSAuk's magazine published four times a year and advice on finding sport and recreational activities in your area.

We host the annual National Dwarf Games, consisting of two events held over separate weekends, usually in May and October. The Games brings together people with restricted growth to take part and compete in a number of activities. The first event weekend in May, sees DSAuk members compete in athletics, powerlifting, swimming, table tennis, new age curling, cycling, target shooting, hockey, basketball and football along with fun events for the under 9's such as soft archery and balance bike races. The second weekend event in October is for members who want to take part and compete in boccia and badminton. In addition, DSAuk hold a recreational day during the summer for sailing, kayaking and zorbing. Details of all event can be found on the events page of the DSAuk website.

DSAuk have several active regional groups covering the UK, each holding regular events throughout the year. The activities can include soft play and learn to swim for the very young members and swimming, skiing, football, tennis, tag rugby, outdoor pursuits, shooting, athletics, badminton, table tennis as well as many others for older members. Sports taster sessions, introducing new activities, are also organised by the regional groups. Both the National Dwarf Games and regional groups are run with the help of volunteers.

Participation pathways for impairment group

Many dwarf athletes enjoy participating regularly in their chosen activity, developing their skills and reaching their sporting potential. The Dwarf Sports Association UK support and provide further training opportunities and promote access to competition at local, club, national and international level. Every four years the World Dwarf Games, open to all people with dwarfism, is held in a country selected by the International Dwarf Athletic Federation (IDAF) following a host country bidding process. There are also several DSAuk members who regularly represent England and Great Britain at international level in their chosen sport and some members have achieved great success at Paralympic Games.