

# LYG Athletics 2023

## Entry Information & Rules



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### Event Overview

**Date:** Saturday 1<sup>st</sup> July 2023.

**Venue:** London Marathon Community Track, Queen Elizabeth Olympic Park, London, E20 2ST.

**Contact:** [info@londonyouthgames.org](mailto:info@londonyouthgames.org)

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### Entry Information

**Squad Entry Deadline:** Friday 16<sup>th</sup> June 2023.

**Squad Nomination Size:** Minimum – 1 & Maximum – 24 per gender.

**Squad on the Day:** Minimum – 1 & Maximum – 16 per gender.

**Competitions:** Boys & Girls (compete separately).

**Para Category Eligibility Criteria:** The competition is for athletes in physical group B and C. Group B athletes have poor strength or control of limbs but are able to propel a manual wheelchair. Some Group B athletes can walk but can never run functionally. The Group B athletes can throw a ball but demonstrates poor grasp and release. Group B athletes have moderately to greatly reduced function in one or both lower limbs, and moderately to greatly reduced function in both upper limbs, so that they can self-propel their manual chair with difficulty. Group C athletes can propel themselves in a wheelchair and may be able to walk with assistance or assistive devices. They may have a good grasp but have poor finger dexterity when releasing implements. Group C have moderately to greatly reduced function in one or both lower limbs but have minimal or no reduction in function in both upper limbs so that they can self-propel their manual chair with ease. Manual Chair users may use a racing chair which is NOT indication of disability, these athletes are training or competing regularly and have access to a racing chair.

### Age Categories

Event	Age Category	Oldest DOB	Youngest DOB
Open Category	11 - 13 year olds	01/09/2009	31/08/2011
Para Category	11 – 16 year olds	01/09/2006	31/08/2011

**Alternates:** Each Borough is permitted TWO substitutions per gender. Additional/late entries will not be accepted.

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### Full Rules & Regulations

**ATH 1** The London Youth Games Athletics competition will run under [UKA rules](#).



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**ATH 1.1** Should any rules listed below contradict those outlined by the UKA, these rules will supersede those.

**ATH 1.2** It will be at the sole discretion of the Competition Director as to the application of these rules, and any subsequent decision made as a result will be final.

**ATH 1.3** The Tournament Organisers reserve the rights to alter or amend the playing schedule if necessary and make decisions on any matters arising during the tournament, including any matters not covered by the tournament regulations.

### ATH 2 Age Category

**ATH 2.1** The following age groups and respective maximum and minimum date of births will apply to the London Youth Games Athletics Competition:

Event	Age Category	Oldest DOB	Youngest DOB
Open Category	11 - 13 year olds	01/09/2009	31/08/2011
Para Category	11 – 16 year olds	01/09/2006	31/08/2011

**ATH 2.3** Competitors are not permitted to enter this competition if they are ineligible. No exceptions will be made.

**ATH 2.4** It is the responsibility of competitors/parents/team managers/local authority staff to ensure all competitors details are entered correctly at the time of submission, and that they are eligible to compete for their borough under the [London Youth Games Games Rules](#), and in accordance with the age groups outlined for the competition.

**ATH 2.4.1** In the instance a competitor is found to be ineligible, they will be disqualified from the competition entirely, and the borough will receive a points penalty as per the Games Rules.

**ATH 2.5 Para Category Eligibility Criteria: The competition is for athletes in physical group B and C. Group B athletes have poor strength or control of limbs but are able to propel a manual wheelchair. Some Group B athletes can walk but can never run functionally. The Group B athletes can throw a ball but demonstrates poor grasp and release. Group B athletes have moderately to greatly reduced function in one or both lower limbs, and moderately to greatly reduced function in both upper limbs, so that they can self-propel their manual chair with difficulty. Group C athletes can propel themselves in a wheelchair and may be able to walk with assistance or assistive devices. They may have a good grasp but have poor finger dexterity when releasing implements. Group C have moderately to greatly reduced function in one or both lower limbs but have minimal or no reduction in function in both upper limbs so that they can self-propel their manual chair with ease. Manual Chair users may use a racing chair which is NOT indication of disability, these athletes are training or competing regularly and have access to a racing chair.**

**ATH 3 Squad Size** Boroughs are permitted to enter a minimum of 1 competitor and a maximum of 16 competitors.

**ATH 3.1** Teams can only select one competitor per event per gender on the day e.g., only one individual per gender can compete in 100m. Please indicate each athlete's event on the squad submission sheet prior to the day.

**ATH 3.2** Each borough must bring 1 helper aged 18 or over across all competitions.



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**ATH 4 Kit & Equipment** Competitors can wear running spikes.

**ATH 5 Competition Format** Track and field events

**ATH 5.1** Field events – best performance

**ATH 5.2** Track events – heats and finals (800m and 1500m run as time trials)

**ATH 5.3** The Para Category will be non-scoring.

**ATH 6 Competition Rules**

**ATH 6.1** Each athlete is limited to one track event, one field event and one relay event. Boroughs may only enter one athlete per borough per event per gender.

**ATH 6.2** Track events include: 100m, 200m, 800m and 1500m.

**ATH 6.3** Field events include: high jump (3 consecutive failures and out), long jump (3 attempts), 3kg shot put (3 attempts) and 400g Javelin (3 attempts).

**ATH 6.4** Para Category events include: 100m, 200m, Shot Put and 400g Javelin.

**ATH 6.4.1** The weight for shot put will depend on the athlete's age.

**ATH 6.5** Relay events includes 4x100 metres.

**ATH 6.6** 100 metres and 200 metres A and B final

**ATH 6.6.1** Winner of each heat and next fastest qualify to A final (total of 8 competitors).

**ATH 6.6.2** The next fastest 8 times qualify for B final (medals are not awarded). The points will be calculated in the positions of the finals and then placings from the 17<sup>th</sup> best downwards (those not in the final) will be calculated on time only.

**ATH 6.6.3** If an athlete drops out of a final, they will be awarded points for the last place of that race (for example – 8<sup>th</sup> place in 100m).

**ATH 6.6.3.1** In the event there is a withdrawal, the next fastest runner will be offered this place in the final.

**ATH 6.7 Seeding:**

**ATH 6.7.1** The lane draws for the A and B final in the 100m and 200m will be seeded in the following, lanes 3, 4,5,6 – 4 fastest qualifying times and drawn randomly in what is known as preferred lanes.

**ATH 6.7.2** Lanes 1,2,7,8 – 4 slower qualifying times and drawn randomly.

**ATH 6.8** Time trials only for 800m and 1500m.

**ATH 6.9** Heats drawn at random prior to the day (and subject to any withdrawals changes).

**ATH 7 Overall Scoring** Each team is allocated points for each event (1<sup>st</sup> = 33 points, 2<sup>nd</sup> = 32 points etc) and their total will decide the winning team per gender. The Para Category will be non-scoring.

**ATH 7.1 Incomplete competition:** if the competition is cancelled or suspended, results from all completed events are combined and used to identify the overall winner.



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**ATH 7.1.1** As a minimum requirement, a completed event must have all heats/attempts completed. To determine a result for the competition 3 event must be completed.

**ATH 7.1.2** Tied teams will not be separated once scores from events are combined, except if the top 3 teams have the same number of points, then the highest number of first place event finishers will be the deciding factor, then second place event finishers and so on.

**ATH 7.1.3** If a borough has entered the competition but not an event that is used in the scoring calculations, they will be placed one lower than the last position.

**ATH 8 Medals & Trophies** Medals and trophies will be awarded as follows:

**ATH 8.1** Overall Borough medals will be awarded to 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> placed teams per gender.

**ATH 8.2** Medals awarded for individual track (A Finals) and field events and relays.

**ATH 8.3** Borough trophy is awarded for the overall winner for each gender.