



LYG Sports Hall Athletics Year 5-6 2023

Entry Information & Rules

Event Overview

Dates & Venues:

Qualifier 1: Tuesday 7th February 2023 – Redbridge Sports Centre, Forest Road, Ilford, IG6 3HD.

Qualifier 2: Wednesday 8th February 2023 – Harrow Leisure Centre, Christchurch Avenue, Harrow, HA3 5BD.

Qualifier 3: Thursday 9th February 2023 – Brentford Fountain Leisure Centre, 658 Chiswick High Road, Brentford, TW8 0HJ.

Qualifier 4: Friday 10th February 2023 – Westcroft Leisure Centre, Westcroft Road, Carshalton, SM5 2TG.

Finals: Tuesday 21st March 2023 – Redbridge Sports Centre, Forest Road, Ilford, IG6 3HD.

Contact: info@londonyouthgames.org

Entry Information

Squad Entry Deadline: Wednesday 11th January 2023.

Submit school representative Deadline: Friday 27th January 2023.

Squad on the Day: Minimum – 18 (9M+9F) & Maximum – 30 (15M+15F).

Competitions: Mixed Competition.

Eligibility Criteria: None.

Age Categories

Age Category	Oldest DOB	Youngest DOB	Likely School Year
9 – 11 year olds	01/09/ 2011	31/08/2013	Year 5 - 6

Full Rules & Regulations

SHA 1 The competition will be run in accordance with the rules laid down by the [Sports Hall Athletics Association](#).

SHA 1.1 Should any rules listed below contradict those outlined by the Sports Hall Athletics Association, these rules will supersede those.

SHA 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.

SHA 1.2.1 Should a teacher/team manager wish to appeal a result, this appeal must be lodged on the day of the event to a member of LYG staff or the Competition Director, and as soon as practically possible following knowledge of the result.



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SHA 1.2.2 Any decision related to the appeal will be at the sole discretion of the Competition Director and/or LYG. No appeals will be accepted once the event has concluded, and no results of local/inter-school competition will be accepted.

SHA 1.3 The Competition Director reserves the right to suspend/cancel the event where required due to unsafe conditions.

SHA 2 Age Category

SHA 2.1 The following age groups and respective minimum/maximum date of births will apply to the London Youth Games Sports Hall Athletics Year 5-6 Competition.

Age Category	Oldest DOB	Youngest DOB	Likely School Year
9 – 11 year olds	01/09/2011	31/08/2013	Year 5 - 6

SHA 2.1. Competitors are not permitted to enter this competition if they are ineligible. No exceptions will be made.

SHA 2.2 It is the responsibility of competitors/parents/teachers/SGOs to ensure all competitors details are entered correctly at the time of submission, and that they are eligible to compete for their school.

SHA 2.2.1 In the instance a competitor is found to be ineligible, the school will be disqualified from the competition entirely.

SHA 3 Squad Size Boroughs are permitted to bring a minimum of 18 competitors (9 per gender) and a maximum of 30 competitors (15 per gender).

SHA 4 Competition Format Qualifiers and finals.

SHA 4.1 8-9 Teams at each qualifier. Top 3 teams from each qualifier progresses to the finals.

SHA 4.2 No seeding in qualifier or finals.

SHA 5 Competition Rules

SHA 5.1 No athlete is permitted in more than 2 track and 2 field events.

SHA 5.2 Track events include:

- 1+1 lap relay (2 athletes per gender)
- 2+2 lap relay (2 athletes per gender)
- 6 lap Paarlauf (2 athletes per gender)
- 4x1 lap relay (4 athletes per gender)
- Over/under relay (4 athletes per gender)
- Obstacle relay (4 athletes per gender)

SHA 5.3 Athletes are not allowed to forward roll in over/under or obstacle relay races. Batons/bean bags should be exchanged. Refer to Sports Hall guidance available here: <https://www.sportshall.org/>.

SHA 5.4 Field events include (each requires 3 athletes per gender):

- Standing long jump



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- Standing triple jump
- Vertical jump
- Chest push
- Foam javelin
- Speed bounce

SHA 6 Overall Scoring Boroughs are awarded points per event at both qualifiers and finals, and teams are placed in order of total points. Points accumulated at qualifiers are not carried through to finals.

SHA 7 Medals and Salvors Boroughs are awarded team medals for 1st, 2nd and 3rd placed teams and a salver awarded to the winners of the competition at the FINALS ONLY.

SHA 8 Borough Allocation

Qualifier 1 (Redbridge Sports Centre): Barking & Dagenham, Enfield, Hackney, Haringey, Havering, Newham, Redbridge, Tower Hamlets and Waltham Forest.

Qualifier 2 (Harrow Leisure Centre): Barnet, Brent, Camden, City of London, Harrow, Hillingdon, Islington and Westminster.

Qualifier 3 (Brentford Fountain Leisure Centre): Ealing, Hammersmith & Fulham, Hounslow, Kensington & Chelsea, Lambeth, Richmond and Wandsworth.

Qualifier 4 (Westcroft Leisure Centre): Bexley, Bromley, Croydon, Greenwich, Kingston, Lewisham, Merton and Sutton.