

LYG ParaGames Swimming 2026

Entry Information & Rules



Event Overview

Date: Thursday 14th May 2026

Venue: Beckenham Spa Leisure Centre, 24 Beckenham Road, Beckenham, BR3 5JE

Approx. Timings: Registration - 10:00, Event Timings - 10.45-14:30

Contact: emma@londonyouthgames.org

Entry Information

Squad Entry Deadline: Wednesday 29th April at 10pm.

Squad Size: Minimum – 1 & Maximum – 26 per gender.

Competitions: Male & Female (Compete separately).

Eligibility Criteria: All young people in the following impairment groups are eligible to participate.

G1.	Wheelchair user/All four limbs affected
G2A.	Ambulant-upper body limbs affected
G2B.	Ambulant-lower body limbs affected
G3A.	Sensory-Hearing Impairment
G3B.	Sensory-Vision Impairment
G4.	Severe Learning Disability
G5.	Mild Learning Disability

It is the Team Manager's responsibility to ensure competitors are entered into and compete in the correct impairment category. Please see description of impairment groups in full rules below. You can enter, one swimmer, per gender, per impairment group.

Swimmers must be able to swim unaided in on their front or back for a minimum of 25 metres without stopping, (Team Managers are entering swimmers with the knowledge they can confirm swimmers meet this standard).

Age Categories

Age Category	Likely School Years	Oldest DOB	Youngest DOB
17 and under	7.8.9.10.11,12	01/09/2008	31/08/2014

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Replacements: You can make 2 replacements per gender on the day, in a race you have already entered. Replacements are where you can bring an undeclared competitor to replace a registered competitor not attending on the day. Any replacements must be in line with the eligibility criteria. All replacement details must be provided at registration on the day. No additions will be allowed even if a borough does not have the maximum squad number.

Full Rules & Regulations

PGSW 1 The London Youth Games ParaGames Swimming competition will run in accordance to the rules stated below.

PGSW 1.1 It will be at the sole discretion of the Competition Director and LYG personnel, as to the application of these rules, and any subsequent decision made as a result will be final.

PGSW 2 Age Category

PGSW 2.1 The following age groups and respective maximum and minimum date of births will apply to the London Youth Games ParaGames Swimming Competition:

Age Category	Likely School Years	Oldest DOB	Youngest DOB
17 and under	7.8.9.10.11,12	01/09/2008	31/08/2014

PGSW 2.2 This competition is an entry standard competition open to any disabled swimmer who is not classified. Swimmers must have a physical, sensory, or learning impairment to compete and must be able to swim unaided in a recognised stroke on their front or back for a minimum of 25 metres without stopping.

PGSW 2.3 Competitors are not permitted to enter this competition if they are ineligible.

PGSW 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.

PGSW 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.

PGSW 3 Squad Size

Boroughs are permitted to enter a minimum of 1 competitor and a maximum of 26 competitors per gender.

PGSW 3.1 Boroughs can enter 1 swimmer per impairment group per gender for the individual races from the 5 Categories below. Each category will be scored and medalled individually. Races, however, may be combined, dependent on entry numbers.

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PGSW 3.2 Competitors must take part in their correct impairment group, as per the below table

	Impairment	Descriptor
G1.	Wheelchair User/All four limbs affected	-Power chair, manual wheelchair user and/or all four limbs affected.
G2A.	Ambulant-upper body limbs affected	-Standing with 1 or 2 upper limbs affected.
G2B.	Ambulant- lower body limbs affected	-Standing with 1 or 2 lower limbs affected.
G3A.	Sensory-Hearing Impairment	Anyone with a hearing impairment that requires them to wear a hearing aid or implant.
G3B.	Sensory-Vision Impairment	Anyone with a visual impairment which impacts their daily lives. This does not include simply wearing glasses or contact lenses.
G4.	Severe Learning Disability (SLD)	Anyone who has severe difficulties with pattern recognition, sequencing and memory, as well as having slower reaction time. They are likely to need support in communicating their needs and understanding abstract or complex ideas. This category includes Level 3 autism.
G5.	Mild Learning Disability (MLD)	Anyone who has mild difficulties with pattern recognition, sequencing and memory. They may need some support to understand abstract or complex ideas. This category includes Level 2 autism.

PGSW 4 Kit & Equipment Competitors must bring a swimming costume, goggles and a towel. Swimming hats are optional.

PGSW 5 Competition Format There will be individual races followed by relays:

PGSW 5.1 25m Mixed gender freestyle races, in all impairment groups: G1-5 Combined impairment groups of G1/2, G3 & G4/5

PGSW 5.2 4x25m Mixed gender backstroke relay races. Combined impairment groups of G1/2, G3 & G4/5

PGSW 5.3 Each swimmer may swim one individual race and up to two relays.

PGSW 5.4 Teams are drawn into random lanes. If a swimmer cannot go in a lane in the middle of the pool for safety reasons, please highlight this before the competition day by emailing: emma@londonyouthgames.org. If not informed prior to the competition, this must be done at registration.

PGSW 6 Competition Rules The following rules will be enforced

PGSW 6.1 Starts

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PGSW 6.1.1 Swimmers should start in water.

PGSW 6.1.2 Each race should start on a whistle or hand signal for swimmers with a hearing impairment.

PGSW 6.1.3 Swimmers performing a false start will be allowed to swim the race but will be disqualified at the end of the race.

PGSW 6.1.4 25m races will start in the deep end and finish in the shallow end. Relay races will start and finish in the shallow end.

PGSW 6.2 Races

PGSW 6.2.1 Freestyle races: any recognised strokes on the front i.e., front crawl, breaststroke, and butterfly.

PGSW 6.2.1.1 Freestyle – swimmers are permitted to choose any stroke for freestyle. Some part of the swimmer's body must touch the wall to finish. Swimmers may touch the bottom part-way through the race but are not permitted to walk.

PGSW 6.2.2 Backstroke races: any recognised strokes on the back ie.back crawl.

PGSW 6.2.2.1 Backstroke – swimmers should remain on their back throughout the race and finish on their back. Swimmers should grip the side with both hands, where this is not possible, one hand is permitted.

PGSW 6.3 Swimmers can be assisted with their start where required.

PGSW 6.4 Swimmers with a visual impairment can be tapped on approach to the wall.

PGSW 6.5 There will be mixed gender, each requiring 4 swimmers to compete (2 boys & 2 girls).

PGSW 6.6 You can enter one swimmer, per impairment group per gender in the 7 groupings, G1,G2a,G2b,G3a,G3b,G4,G5.

PGSW 6.7 The races will commence in the following order:

Race Number	Race Name
Race 1	25m Freestyle Race-G5 MLD -Male
Race 2	25m Freestyle Race-G5 MLD Female
Race 3	25m Freestyle Race G4 SLD – Male
Race 4	25m Freestyle Race G4 SLD – Female
Race 5	25m Freestyle Race G3A Hearing Impairment – Male
Race 6	25m Freestyle Race G3A Hearing Impairment – Female

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Race 7	25m Freestyle Race G3B Vision Impairment – Male
Race 8	25m Freestyle Race G3B Vision Impairment – Female
Race 9	25m Freestyle Race G2A Ambulant– Male
Race 10	25m Freestyle Race G2A Ambulant– Female
Race 11	25m Freestyle Race G2B Ambulant– Male
Race 12	25m Freestyle Race G2B Ambulant– Female
Race 13	25m Freestyle Race G1 Wheelchair User– Male
Race 14	25m Freestyle Race G1 Wheelchair User– Female
Races 15	4x25m Backstroke Relay – Mixed Gender (2 girls & 2 boys) * boroughs may enter 2 scoring teams per relay. i)G1/G2 ii) G3 iii)G4/G5
Race 16	25m Backstroke Race-G5 MLD -Male
Race 17	25m Backstroke Race-G5 MLD Female
Race 18	25m Backstroke Race G4 SLD– Male
Race 19	25m Backstroke Race G4 SLD – Female
Race 20	25m Backstroke G3A Hearing Impairment – Male
Race 21	25m Backstroke G3A Hearing Impairment – Female
Race 22	25m Backstroke G3B Vision Impairment – Male
Race 23	25m Backstroke G3B Vision Impairment – Female
Race 24	25m Backstroke G2A Ambulant – Male
Race 25	25m Backstroke G2A Ambulant – Female
Race 26	25m Backstroke G2B Ambulant - Male
Race 27	25m Backstroke G2B Ambulant – Female
Race 28	25m Backstroke G1 Wheelchair User-Male
Race 29	25m Backstroke G1 Wheelchair User-Female
Races 30	4x25m Freestyle Relay – Mixed Gender (2 female and 2 male swimmers) * teams can enter 2 scoring teams.

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	i) G1/2 ii) G3 iii) G4/5
Race 31	Open Freestyle Relay-mixed gender Teams must be made up of 2 boys and 2 girls from a minimum of 3 separate impairment categories. Eg, G2a, G3a & G5. <i>If swimmers have already competed in 3 races, they cannot take part.</i>

PGSW 6.7 Races may be combined if entries are low.

PGSW 7 Overall Scoring Points will be awarded for each race, which will contribute to the overall borough score

PGSW 7.1 In each race (individual and relay) points are allocated according to place finished per impairment group i.e. 1st = 33 pts, 2nd = 32 pts, 3rd = 31 pts, 4th = 30 pts, 5th = 29 pts and below, continue this pattern.

PGSW 7.2 Incomplete competition: if the competition is cancelled or suspended, the following steps will be used to calculate the result:

- Results from all completed events are combined and used to identify the overall winner.
- Race types: individual and relays.
- Minimum requirements: to determine a completed event all heats must take place. To determine a result for the competition 1 race must be completed.
- Tied teams: will not be separated once scores from races are combined, except if the top 3 teams have the same number of points, then the highest number of 1st place race finishers will be the deciding factor, then 2nd place finishers.
- Borough entry: if a borough has entered the competition but not a race that is used in the scoring calculation, they will be placed in last position.

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

PGSW 8.1 Individual medals per impairment group for 1st, 2nd and 3rd will be awarded. Following the results being published, Team Managers will have 10 minutes to query any results.

PGSW 8.2 Overall Borough medals will be awarded to 1st, 2nd and 3rd placed teams per gender and a trophy awarded to the winner of the competition for each gender.

Please see below Event Entry Grid for all scoring events.

You can enter 1 swimmer, per gender, per impairment group.

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CATEGORY	Individual Races		Freestyle Relay	Backstroke Relay
G1. Wheelchair user/ All four limbs affected	25m Freestyle	25m Backstroke	4 x 25m	4x 25m
G2A. Ambulant- upper body	25m Freestyle	25m Backstroke		
G2B. Ambulant- lower body	25m Freestyle	25m Backstroke		
G3A. Sensory-HI	25m Freestyle	25m Backstroke	4 x 25m	4 x 25m
G3B. Sensory-VI	25m Freestyle	25m Backstroke		
G4. Severe Learning Disability (SLD)	25m Freestyle	25m Backstroke	4 x 25m	4 x 25m
G5. Mild Learning Disability (MLD)	25m Freestyle	25m Backstroke		