



LYG ParaGames Athletics 2023

Entry Information & Rules

Event Overview

Date: Tuesday 6th June 2023.

Venue: Linford Christie Outdoor Sports Centre, Du Cane Road, London W12 0DF.

Contact: info@londonyouthgames.org

Entry Information

Squad Entry Deadline: Wednesday 24th May 2023.

Squad Nomination Size: Minimum – 1 & Maximum – 40 per gender.

Squad on the Day: Minimum – 1 & Maximum – 20 per gender.

Competitions: Boys & Girls (compete separately).

Eligibility Criteria: Competitors must have a physical, sensory or learning impairment and attend either a special needs school, a unit within a mainstream school or have a recognised/registered disability.

Age Categories

Impairment Group	Age Category	Oldest DOB	Youngest DOB
Mild Learning Disability	11 – 15 years	01/09/2007	31/08/2011
Severe Learning Disability	11 – 17 years	01/09/2005	31/08/2011
Physically Impaired/Visually Impaired/Hearing Impaired	11 – 18 years	01/09/2004	31/08/2011

Alternates: Each borough is permitted TWO substitutions per gender. Additional/late entries will not be accepted, and substitutions must be in the same age and gender as the original entry. All substitution details must be provided at registration on the day of the event.

Full Rules & Regulations

PGAT 1 The London Youth Games ParaGames Athletics will be run in accordance with [UK Athletics rules](#).

PGAT 1.1 Should any rules listed below contradict those outlined by UK Athletics, these rules will supersede those.

PGAT 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.



LYG ParaGames Athletics 2023

Entry Information & Rules

PGAT 2 Age Category and Eligibility

PGAT 2.1 The following age groups and respective maximum and minimum date of births will apply to the London Youth Games ParaGames Athletics Competition;

Impairment Group	Age Category	Oldest DOB	Youngest DOB
Mild Learning Disability	11 – 15 years	01/09/2007	31/08/2011
Severe Learning Disability	11 – 17 years	01/09/2005	31/08/2011
Physically Impaired/Visually Impaired/Hearing Impaired	11 – 18 years	01/09/2004	31/08/2011

PGAT 2.2 Each participant must have a physical, sensory or learning impairment and must attend either a special needs school, a unit within mainstream school or have a recognised/registered disability.

PGAT 2.2.1 Athletes with several impairments are only eligible to compete in one disability category. It is at the discretion of the team manager which group they enter. Please refer to the [LYG classification guide](#)

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

PGAT 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.

PGAT 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.

PGAT 3 Squad Size Boroughs are permitted to enter a minimum of 1 competitor and a maximum of 40 competitors per gender.

PGAT 3.1 Boroughs are permitted to bring 20 competitors per gender from their squad on the day of the event.

PGAT 3.2 Boroughs must select one competitor per event on the day e.g. only one individual can compete in 100m. Please indicate each athlete's event on the squad submission sheet prior to the day.

PGAT 4 Kit & Equipment All equipment will be provided.

PGAT 5 Competition Format Track and field events

PGAT 5.1 Field events – best performance.

PGAT 5.2 Track events – heat declared winner (athlete recording the fastest time across all heats).

PGAT 5.3 Events may be combined due to low numbers. Medals and points will be separate.

PGAT 6 Competition Rules

PGAT 6.1 Each athlete can compete in a maximum of 2 individual events and one non-scoring relay event.

PGAT 6.2 Events for the competition are as follows;

LYG ParaGames Athletics 2023

Entry Information & Rules



Impairment Group	Track Events	Field Events
MLD	<ul style="list-style-type: none"> • 100m • 200m • 4x100m relay 	<ul style="list-style-type: none"> • Long Jump • Javelin • Shot Put (3.25kg)
SLD	<ul style="list-style-type: none"> • 100m • 200m • 4x100m relay 	<ul style="list-style-type: none"> • Standing Long Jump • Vortex Howler throw • Shot Put (3.25kg)
Wheelchair Group A		<ul style="list-style-type: none"> • Distance Club • Bean bag Throwing Tri (precision beanbag, rainbow throw, wall throw)
Wheelchair Group B	<ul style="list-style-type: none"> • 100m • 200m • 4x100m relay 	<ul style="list-style-type: none"> • Distance Club • Bean bag Throwing Tri (precision beanbag, rainbow throw, wall throw)
Wheelchair Group C/D/E	<ul style="list-style-type: none"> • 100m • 200m • 4x100m relay 	<ul style="list-style-type: none"> • Vortex Howler throw • Shot Put (3.25kg)
Ambulant Group D/E	<ul style="list-style-type: none"> • 100m • 200m • 4x100m relay 	<ul style="list-style-type: none"> • Vortex Howler throw • Shot Put (3.25kg)
Visual Impairment/Hearing Impairment	<ul style="list-style-type: none"> • 100m • 200m • 4x100m relay 	<ul style="list-style-type: none"> • Long Jump • Shot Put (3.25kg)

PGAT 6.4 Relays will be non-scoring however medals will be awarded.

PGAT 6.4.1 Teams must comprise of 2 boys and 2 girls.

PGAT 6.4.2 Relays will be as follows:

MLD Relay	Team must comprise of 2 boys and 2 girls.
SLD Relay	Team must comprise of 2 boys and 2 girls.
Ambulant Relay	Ambulant groups D and E combined. Team must comprise of 2 boys and 2 girls from these 2 groups.
Wheelchair Relay	Wheelchair groups B and C combined. Team must comprise of 2 boys and 2 girls from these 2 groups.
Sensory Relay	Visually impaired and hearing impaired combined. Team must comprise of 2 boys and 2 girls from these 2 groups.

PGAT 6.4.3 Athletes with more than one impairment must compete in the relay as per the category competed in during the competition.

PGAT 6.5 Track events take priority over field events.



LYG ParaGames Athletics 2023

Entry Information & Rules

PGAT 6.6 Participants must compete independently. It is recognised that some athletes may need assistance in getting to the event, picking up equipment etc.

PGAT 7 Early and late arrivals

PGAT 7.1 If arriving late please call LYG.

PGAT 7.1.1 Track events: if a race has been run, or is lined up on the track, a borough arriving late cannot be involved in this event.

PGAT 7.1.2 Field events: any athletes running late will enter the event at the current round.

PGAT 7.2 If leaving early please inform LYG, no points will be awarded for missed events.

PGAT 8 Overall Scoring Positions determined by total points scored over the best 10 events.

PGAT 8.1 Points awarded for each event as follows: 1st = 10pts, 2nd = 8 pts, 3rd = 7 pts, 4th = 6 pts, 5th = 5 pts, 6th = 4 pts, 7th = 3 pts, 8th = 2 pts, all entries = 1 pt.

PGAT 8.1.1 Maximum 2 events per impairment group are added together for the overall score e.g., max 2x MLD events, 2x SLD events, 2x physical A,B,C events, max 2x physical D,E events, max 2x VI, HI events.

PGAT 8.3 In the event of equal points scored positions will be decided by the number of higher placings achieved.

PGAT 8.4 Incomplete competition: if the competition is cancelled or suspended, the following steps will be used to calculate a final result:

- Results from all completed events are combined and used to identify the overall
- Minimum requirements: to determine a completed event all heats must be completed. If there are fewer completed events than the required best 10, then all events should be counted (maximum 2 events per impairment group).

PGAT 9 Medals & Trophies Medals and trophies will be awarded as follows:

PGAT 9.1 Overall Borough team medals will be awarded to 1st, 2nd and 3rd placed teams per gender.

PGAT 9.2 Medals awarded for individual track and field events per impairment group and relays.

PGAT 9.3 Borough trophy is awarded for the overall winner, per gender.