



# LYG ParaGames Swimming 2024

## Entry Information & Rules

---

### Event Overview

**Date:** Tuesday 14<sup>th</sup> May 2024

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

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

---

### Entry Information

**Squad Entry Deadline:** Wednesday 1<sup>st</sup> May, 5pm.

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

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

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

<b>G1.</b>	<b>Wheelchair User</b>
<b>G2.</b>	<b>Ambulant</b>
<b>G3A.</b>	<b>Sensory-Hearing Impairment</b>
<b>G3B.</b>	<b>Sensory-Visual Impairment</b>
<b>G4.</b>	<b>Severe Learning Disability</b>
<b>G5.</b>	<b>Mild Learning Disability</b>

**Competitors must compete in the correct 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

<b>Age Category</b>	<b>Oldest DOB</b>	<b>Youngest DOB</b>
U17	01/09/2006	31/08/2012

# LYG ParaGames Swimming 2024

## Entry Information & Rules



**Substitutions:** You can make 2 substitutions per gender on the day, in a race you have already entered.

---

## 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 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	Oldest DOB	Youngest DOB
U17	01/09/2006	31/08/2012

**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 18 competitors per gender.

# LYG ParaGames Swimming 2024

## Entry Information & Rules



**PGSW 3.1** Boroughs can enter up 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.

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

	Impairment	Descriptor
<b>G1.</b>	<b>Wheelchair User</b>	Power chair or manual wheelchair user.
<b>G2.</b>	<b>Ambulant</b>	-Standing with 4 limbs affected. -Standing with 1 or 2 lower limbs affected. -Standing with 1 or 2 upper limbs affected.
<b>G3A.</b>	<b>Sensory-Hearing Impairment</b>	Anyone with a hearing impairment that requires them to wear a hearing aid or implant.
<b>G3B.</b>	<b>Sensory-Visual Impairment</b>	Anyone with a visual impairment which impacts their daily lives. This does not include simply wearing glasses or contact lenses.
<b>G4.</b>	<b>Severe Learning Disability (SLD)</b>	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.
<b>G5.</b>	<b>Mild Learning Disability (MLD)</b>	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 freestyle race (boys and girls) in all impairment groups: G1-5

# LYG ParaGames Swimming 2024

## Entry Information & Rules



**PGSW 5.2** 4x25m backstroke relay boys and girls: Combined impairment groups of G1/2, G3 & G4/5

**PGSW 5.3** 25m backstroke race boys and girls in all impairment groups: G1-5

**PGSW 5.4** 4x25m freestyle relay boys and girls: Combined impairment groups of G1/2, G3 & G4/5

**PGSW 5.5** Each swimmer may swim one individual race and up to two relays.

**PGSW 5.6** 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](mailto: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

**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.

# LYG ParaGames Swimming 2024

## Entry Information & Rules



**PGSW 6.5** There will be separate boys and girls relay each requiring 4 swimmers to compete.

**PGSW 6.6** You can enter one swimmer, per impairment group per gender in the 6 groupings, G1,G2,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 -Boys
Race 2	25m Freestyle Race-G5 MLD Girls
Race 3	25m Freestyle Race G4 SLD – Boys
Race 4	25m Freestyle Race G4 SLD – Girls
Race 5	25m Freestyle Race G3A Hearing Impairment – Boys
Race 6	25m Freestyle Race G3A Hearing Impairment – Girls
Race 7	25m Freestyle Race G3B Visual Impairment – Boys
Race 8	25m Freestyle Race G3B Visual Impairment – Girls
Race 9	25m Freestyle Race G2 Ambulant– Boys
Race 10	25m Freestyle Race G2 Ambulant– Girls
Race 11	25m Freestyle Race G1 Wheelchair User– Boys
Race 12	25m Freestyle Race G1 Wheelchair User– Girls
Races 13	4x25m Backstroke Relay – Boys (G1/2, G3 & G4/5)- 3 races
Race 14	4x25m Backstroke Relay – Girls (G1/2, G3 & G4/5)-3 races
Race 15	25m Backstroke Race-G5 MLD -Boys
Race 16	25m Backstroke Race-G5 MLD Girls
Race 17	25m Backstroke Race G4 SLD– Boys
Race 18	25m Backstroke Race G4 SLD – Girls
Race 19	25m Backstroke G3A Hearing Impairment – Boys

# LYG ParaGames Swimming 2024

## Entry Information & Rules



Race 20	25m Backstroke G3A Hearing Impairment – Girls
Race 21	25m Backstroke G3B Visual Impairment – Boys
Race 22	25m Backstroke G3B Visual Impairment – Girls
Race 23	25m Backstroke G2 Ambulant - Boys
Race 24	25m Backstroke G2 Ambulant - Girls
Race 25	25m Backstroke G1 Wheelchair User-Boys
Race 26	25m Backstroke G1 Wheelchair User-Girls
Race 27	4x25m Freestyle Relay – Boys (G1/2, G3 & G4/5)
Race 28	4x25m Freestyle Relay – Girls (G1/2, G3 & G4/5)
Race 29	<b>Mixed Freestyle Relay—non-scoring, all impairment groups can compete.</b> <i>If participants 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. 1<sup>st</sup> = 33 pts, 2<sup>nd</sup> = 32 pts, 3<sup>rd</sup> = 31 pts, 4<sup>th</sup> = 30 pts, 5<sup>th</sup> = 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 1<sup>st</sup> place race finishers will be the deciding factor, then 2<sup>nd</sup> 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:



# LYG ParaGames Swimming 2024

## Entry Information & Rules

**PGSW 8.1** Individual medals per impairment group awarded after the 4<sup>th</sup> race has been completed and the 10 minutes period for Team Managers to check results has passed.

**PGSW 8.2** Overall Borough medals will be awarded to 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> 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.

CATEGORY	Individual Races		Freestyle Relay	Backstroke Relay
<b>G1. Wheelchair user</b>	25m Freestyle	25m Backstroke	4 x 25m	4 x 25m
<b>G2. Ambulant</b>	25m Freestyle	25m Backstroke		
<b>G3A. Sensory-HI</b>	25m Freestyle	25m Backstroke	4 x 25m	4 x 25m
<b>G3B. Sensory-VI</b>	25m Freestyle	25m Backstroke		
<b>G4. Severe Learning Disability (SLD)</b>	25m Freestyle	25m Backstroke	4 x 25m	4 x 25m
<b>G5. Mild Learning Disability (MLD)</b>	25m Freestyle	25m Backstroke		