

LYG ParaGames Athletics 2026

Entry Information & Rules



Event Overview

Date: Thursday 18th June 2026

Venue: Mile End Stadium, E3 4HL

Approx. Timings: Registration: 10:00 & Event: 10:45-14:30

Contact: emma@londonyouthgames.org

Entry Information

Squad Entry Deadline: Wednesday 3rd June at 10pm.

Squad Size: Minimum – 1 Minimum & Maximum 35 per gender (max 70 overall).

Competitions: Boys & Girls (compete separately).

Age Categories:

Impairment Category	Age Category	Oldest DOB	Youngest DOB
G1,2 & 3	11-17 (School Years 7-13)	01/09/2007	31/08/14
G4,5	11-17 years (School Years 7-11)	01/09/2009	31/08/14

Eligibility Criteria: All young people in the following impairment groups are eligible to participate. Please click [here](#) for full information.

Summary of the Groupings is below:

GROUP	IMPAIRMENT	ENGLAND ATHLETICS CLASSIFICATION
G1A.	Wheelchair user-power chair.	31
G1B.	Wheelchair user-manual. Can propel their chair with difficulty.	32-34 or 51-53
G1C.	Wheelchair user-manual. Can propel their chair with ease.	32-34 or 51-54
G2A.	Ambulant-can run with difficulty	35-38 or 42-46
G2B.	Ambulant-can run with minimal difficulty.	35-38 or 42-46
G3A.	Sensory-Hearing Impairment.	
G3B.	Sensory-Vision Impairment.	11-13 & British Blind Sport: B1,2,3

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G4.	Severe Learning Disability.	20
G5.	Mild Learning Disability.	20

Replacements: Each borough is permitted to two replacements per gender, in any event 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.

Events per Impairment Group:

The event offers, 2 field and 2 track events per impairment group, plus one relay.

IMPAIRMENT GROUP	TRACK EVENTS	FIELD EVENTS
G1A. Wheelchair user	Power Chair Dash	Distance Club Height beanbag
G1B. Wheelchair user	100m 200m 800m 4 x 100m relay	Distance Club Height beanbag
G1C. Wheelchair user	100m 200m 800m 4 x 100m relay	Vortex Howler Shot (Girls - 3.25kg; Boys – 4.00kg)
G2A. Ambulant	100m 200m 800m 4 x 100m relay	Vortex Howler Shot (Girls - 3.25kg; Boys – 4.00kg)
G2B. Ambulant	100m 200m 800m 4 x 100m relay	Vortex Howler Shot (Girls - 3.25kg; Boys – 4.00kg)
G3A. Sensory-HI	100m 200m 800m 4 x 100m relay	Long jump Shot (Girls - 3.25kg; Boys – 4.00kg)
G3B. Sensory-VI	100m 200m 800m 4 x 100m relay	Long jump Shot (Girls - 3.25kg; Boys – 4.00kg)
G4. Severe Learning Disability	100m 200m	Standing Long jump

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	800m 4 x 100m relay	Shot (Girls - 3.25kg; Boys - 4.00kg)
G5. Mild Learning Disability	100m 200m 800m 4 x 100m relay	Long jump Shot (Girls - 3.25kg; Boys - 4.00kg)

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.

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 Category	Age Category	Oldest DOB	Youngest DOB
G1,2 & 3	11-17 (School Years 7-13)	01/09/2007	31/08/14
G4,5	11-16 years (School Years 7-11)	01/09/2009	31/08/14

PGAT 2.2 Athletes must compete in the correct below impairment category, as per link below:

[PG Athletics Impairment Groupings Guide 2024](#)

Summary of Groups as below:

GROUP	IMPAIRMENT	EA Classification
G1A.	Wheelchair user-power chair	31
G1B.	Wheelchair user-manual. Can propel their chair with difficulty.	32-34 or 51-53
G1C.	Wheelchair user-manual. Can propel their chair with ease.	32-34 or 51-54

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G2A.	Ambulant-can run with difficulty	35-38 or 42-46
G2B.	Ambulant-can run with minimal difficulty	35-38 or 42-46
G3A.	Sensory-Hearing Impairment	
G3B.	Sensory-Vision Impairment	11-13 & British Blind Sport: B1,2,3
G4.	Severe Learning Disability	20
G5.	Mild Learning Disability	20

PGAT 2.3 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 2.3.1 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 35 competitors per gender.

PGAT 3.1 Boroughs must select one competitor per event, per category on the day e.g. only one individual per team can compete in 100m.

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- In the 100m & 200m there will be heats and finals where they are more than 8 competitors entered per race. In the 800m, there will be heats only-hence if there is more than 1 heat per impairment category, the fastest 3 competitors across the heats will medal.

PGAT 5.3 Events may be combined numbers are low. 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 relay event.

PGAT 6.2 Events for the competition are as follows:

PGAT 6.3 Relays will be scoring.

PGAT 6.3.1 Relays will be combined impairment groups

1. Girls	Race 1: G4 & G5
2. Boys	Race 2: G4 & G5

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3. Mixed Gender	Race 3: G1A/G1B/G1C & G2A/G2B Race 4: G3A & G3B
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PGAT 6.3.2 Athletes with more than one impairment must compete in the relay as per the category competed in during the competition.

PGAT 6.4 Track events take priority over field events.

PGAT 6.5 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 8 Overall Scoring Positions determined by accumulated points across all events and impairment groups. All athletes' results will contribute to your overall team score.

PGAT 8.1 Points awarded for each event as follows: 1st = 33pts, 2nd = 32 pts, 3rd = 31 pts

PGAT 8.2 In the event of equal points scored positions will be decided by the number of higher placings achieved.

PGAT 8.3 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 result.
- 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.