



Girls Football Year 3-4 2026

Entry Information & Rules

Event Overview

Date: Tuesday 17th March 2026

Venue: Redbridge Sports Centre, Forest Road, Ilford IG6 3HD

Timings: 9:30am Registration & 10am – 2:30pm

Transport: Fairlop Tube (approx. 5 minutes' walk)/Parking available on site.

Contact: ali@londonyouthgames.org

Entry Information

Squad Entry Deadline: Wednesday 4th March 2026

Squad on the Day: Minimum – 7 & Maximum – 10.

Competition: Girls Only.

Eligibility Criteria

Competition Tier: Compete

Competition Intent: Highly competitive environment where winning is the measure of success and level of challenge is high, in order to further the development of young athletes. Local qualifying events are encouraged, with the winning school progressing to the county final.

Player Eligibility: Aimed at children and young people who enjoy competition and may regularly access training and coaching outside of the school environment. Participants are used to competing in sport inside and outside of school, have a higher skill ability and understand tactics and strategies in competitive game play situations.

Age Categories

Age Category	Oldest DOB	Youngest DOB	Likely Year Group
7–9 years old	01/09/2016	31/08/2018	Year 3 - 4

Full Rules & Regulations

SGFT 1 The School Games Girls Competition will run in accordance with [The FA Laws of the Game](#).



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SGFT 1.1 Should any rules listed below contradict those outlined by the FA, these rules will supersede those.

SGFT 1.1.1 The London Youth Games Girls Football competition will follow the [Football Association Policy on Trans People in Football](#).

SGFT 1.2 It will be at the discretion of the event referee and LYG personnel as to the application of these rules, and any subsequent decision made as a result will be final.

SGFT 1.3 The Tournament Organisers reserve the rights to alter or amend the playing schedule if necessary and make decisions on any matters arising during the competition, including any matters not covered by the competition regulations.

SGFT 2 Age Category

SGFT 2.1 The following age groups and respective maximum and minimum date of births will apply to the School Games Girls Football Competition:

Age Category	Oldest DOB	Youngest DOB	Likely School Year
7-9 years old	01/09/2016	31/08/2018	Year 3 - 4

SGFT 2.2 Competitors are not permitted to enter this competition if they are ineligible. No exceptions will be made.

SGFT 2.3 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.

SGFT 2.3.1 In the instance a competitor is found to be ineligible, their team may be disqualified from the competition entirely.

SGFT 3 Eligibility Criteria

Competition Tier: Compete

Competition Intent: Highly competitive environment where winning is the measure of success and level of challenge is high, in order to further the development of young athletes. Local qualifying events are encouraged, with the winning school progressing to the county final.

Player Eligibility: Aimed at children and young people who enjoy competition and may regularly access training and coaching outside of the school environment. Participants are used to competing in sport inside and outside of school, have a higher skill ability and understand tactics and strategies in competitive game play situations.

SGFT 4 Squad Size Schools are permitted to enter a minimum of 7 competitors and a maximum of 10 competitors.

SGFT 5 Kit & Equipment

SGFT 5.1 Shin pads are compulsory.

SGFT 5.2 Moulded boots, trainers or astro boots are permitted. Metal studs are not permitted.

Players without the correct footwear may not be permitted to play.



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SGFT 5.3 Jewellery should be removed.

SGFT 5.4 The competition will be played on grass pitches with the dimensions of 30 x 40 yards. The penalty spot will be at 6.5 yards.

SGFT 5.5 A size 3 match ball will be used. Schools should provide their own balls for warm up.

SGFT 5.6 Goal size will be 12x6ft.

SGFT 6 Competition Format The games will be 5-a-side and teams starting the match must have a minimum of 4 outfield players on the pitch.

SGFT 6.1 Each match will be 8 minutes with no half time. There will be a 2-minute break between matches.

SGFT 6.2 Group size and group number will depend on entry numbers. The winner of each group and best runner(s) up will progress to the knockout stage. If time permits, the remaining teams will be offered additional games in a knockout or round robin format.

SGFT 7 Competition Rules

SGFT 7.1 Teams must be ready to play within two minutes before scheduled kick off time. The first named team will choose a goal and the second named team will kick off the match.

SGFT 7.2 You can make as many substitutions as needed with the permission of the referee. A player who substituted can come back as a substitute for another player.

SGFT 7.3 All free kicks are direct (meaning the player can score/shoot directly from them). Free kicks must be taken from where the foul was committed; opponents must be 5 yards from the ball.

SGFT 7.4 Opponents must be 5 yards away from where corners and throw-ins are taken from. If a player takes a throw-in incorrectly, they will be given a second chance to take it correctly.

SGFT 7.5 Players can move anywhere on the pitch.

SGFT 7.6. In normal play the back pass rule applies. If an outfield player who has received the ball and passes back to the goalkeeper, the goalkeeper cannot pick up the ball. Such an action would result in awarding a in-direct free kick.

SGFT 7.7 There is no offside.

SGFT 7.8 No player is allowed to deliberately header the ball.

SGFT 7.8.1 Deliberately heading the ball will be a foul and an indirect free kick will be awarded to the other team. An indirect free kick means the player must pass the ball to a teammate before they can shoot at the goal.

SGFT 7.8.2 The indirect free kick is taken from where the ball was deliberately headed, except: Where a player deliberately heads the ball within their own penalty area, the referee will stop the game and restart with an indirect free kick to the opposition from the nearest side line of the penalty area where the offence took place.

SGFT 7.9 The goalkeeper can only start play from either rolling the ball or playing it from the floor (passing it on the ground).



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SGFT 7.10 When the goalkeeper takes a goal kick, the other team must stay in their half of the field until the ball is kicked out of the penalty area.

SFT 7.11 Slide tackles are not permitted. A slide tackle is where a player slides on the ground to take the ball from an opposing player.

SGFT 7.12 All team members should receive equal playing time where possible, with a best practice recommendation of at least 50% per player for each game.

SGFT 8 Overall Scoring Points will be awarded for each game to give a schools group position.

SGFT 8.1 The following points will be awarded:

- 3 points for a win
- 1 point for a draw
- 0 points for a loss

SGFT 8.1.1 Group positions are ranked on:

- Points accrued
- Goal difference
- Number of goals scored

SGFT 9 Medals & Salvors Medals and salver will be awarded as follows:

SGFT 9.1 Medals awarded to 1st, 2nd and 3rd places teams with a trophy presented to the winner of the competition.