

LYG ParaGames Football 2026

Entry Information & Rules



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Event Overview

Date: Wednesday 10th June 2026

Venue: Gunnersbury Park, Popes Lane, London W3 8LQ

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

Contact: roxy@londonyouthgames.org

Entry Information

Squad Entry Deadline: Monday 1st June 2026

Squad Size: Minimum – 5 & Maximum – 12 per gender.

Competitions: Boys & Girls (Compete separately).

Eligibility Criteria:

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

G3A.	Sensory-Hearing Impairment
G5.	Mild Learning Disability

Age Categories

Gender	Age Category	Oldest DOB	Youngest DOB
Boys	10 – 14 year olds	01/09/2011	31/08/2015
Girls	11 – 15 year olds	01/09/2010	31/08/2014

Replacements: Each borough is permitted two replacements per gender. 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

PGFT 1 The London Youth Games Para Football competition will run in accordance with the [FA laws of the Game](#).

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

PGFT 1.2 The decision of the Competition Director and LYG personnel and their application of these rules will be final. The Competition Director and LYG personnel reserve the right to suspend/cancel the event where required by unsafe weather/unsafe conditions.

PGFT 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 tournament, including any matters not covered by the tournament regulations.

PGFT 2 Age Category

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

Gender	Age Category	Oldest DOB	Youngest DOB
Boys	10 – 14 year olds	01/09/2011	31/08/2015
Girls	11 – 15 year olds	01/09/2010	31/08/2014

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

PGFT 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.

PGFT 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.

PGFT 3 Eligibility

PGFT 3.1 The below table outlines the young people that are eligible to compete in the competition.

Group	Impairment	Descriptor
G3A.	Sensory-Hearing Impairment	Anyone with a hearing impairment that requires them to wear a hearing aid or implant.
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.

PGFT 3.2 Any player with a prosthesis leg must have it fully covered with foam cladding.

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PGFT 3.3 Due to safety requirements no player using any form of mobility aid, e.g., wheelchair, walking frames or crutches, will be eligible to play.

PGFT 3.4 Protests (including eligibility): any dispute during a competition should be reported to the Competition Director as soon as possible. For any action to occur this must happen prior to the completion of the final match.

PGFT 3 Squad Size Boroughs are permitted to enter a minimum of 5 competitors and a maximum of 12 competitors.

PGFT 3.1 Boroughs are permitted to bring all 12 competitors entered to the event on the day however only 7 will be able to play per match.

PGFT 4 Kit & Equipment

PGFT 4.1 Shin pads are compulsory.

PGFT 4.2 Moulded boots, trainers or astro boots are permitted. Metal studs are not permitted.

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

PGFT 4.3 Jewellery is to be removed – players may be prevented from playing if it is deemed a healthy and safety risk.

PGFT 4.4 The competition will be played on 3G pitches with the dimensions of approximately 60 x 40 yards. The penalty spot would at 6.5 yards.

PGFT 4.5 Teams should provide contrasting colour kit in case of a clash. The second named team needs to change kit – this can be in the form of bibs.

PGFT 4.6 A size 4 match ball will be used.

PGFT 4.7 Goal size will be 12x6ft.

PGFT 5 Competition Format Boroughs will be placed in random groups of 4-5 boroughs. Top 8 teams will progress to the knockout stages.

PGFT 5.1 The competition is 7-a-side teams with 7 minute matches with no half time. There will be a 4 minute break between group matches.

PGFT 5.2 Teams can start the match with a minimum of 5 players on the pitch.

PGFT 6 Competition Rules

PGFT 6.1 The first named team will choose a goal and the second named team will kick off the match.

PGFT 6.2 If a team is not ready to play their allocated game within 30 seconds of the referee starting the game, then 2 goals will automatically be awarded to the opposition and the game will start when the team arrives and will play for the remainder of the 7 minutes. If both teams are not ready to play their allocated game within 30 seconds of the referee starting

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the game, the game will start as soon as both teams are ready and they will only play for the remainder of the 7 minutes.

PGFT 6.2 Any number of substitutes, without being named, may be used at any time with the permission of the referee. A player who has been replaced may return to the playing area as a substitute for another player.

PGFT 6.3 If a team is not able to play a game at all (e.g., they have left) then, within the round robin stage a 5-0 walk-over will be given to the opposition. If this is within the knockout stage, then the next available team will take their place and points.

PGFT 6.3 All free kicks are direct. Free kicks must be taken from where the offence was committed, opponents must be 7 yards from the ball.

PGFT 6.4 Opponents must be 7 yards away from where corners and throw-ins are taken from. A player will be given another chance if he or she does a foul throw.

PGFT 6.5 Players can move anywhere on the pitch.

PGFT 6.6 In normal play the back pass rule applies. An outfield player who has received a throw or a pass from the goalkeeper cannot pass the ball directly back to the goalkeeper (the ball must be touched by a second outfield player). Such an action would result in awarding a direct free kick, the free kick should be taken from the penalty area line, parallel with the goal line, at the nearest point to the offence.

PGFT 6.7 There is no offside.

PGFT 6.8 Slide tackles are not permitted.

PGFT 6.9 Goalkeepers can only roll the ball under arm to team members.

PGFT 6.10 Any player cautioned (yellow card) will not be allowed to participate in the following match. A second caution (2nd yellow card), at any point in the competition, will result in the player not being allowed to participate further in the competition.

PGFT 6.11 A player dismissed (red card) from the field of play for whatever reason will be expelled from the remainder of the competition. Foul or abusive language will be penalised by the referee at his or her discretion, by awarding a free kick (defenders must stay 7 yards away).

PGFT 6.12 No extra time will be awarded in the knockout stages for a draw. Each team will take 3 penalties each, if the scores are still equal it will go to sudden death penalties. The taking of ANY penalty is subject to the 'one-step' rule.

PGFT 6.13 A match cannot be extended due to illness or injury, any player sustaining an injury causing blood to flow must immediately leave the pitch to receive treatment.

PGFT 6.14 All injuries should be referred to first aiders on site and the Tournament Organisers.

PGFT 7 Overall Scoring Points will be awarded for each game to give a borough's overall score for the event.

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PGFT 7.1 The following points will be awarded:

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

PGFT 7.1.1 Group positions are ranked on:

- Points accrued
- Goal difference
- Number of goals scored
- Record between the two teams
- Sudden death penalty shootout

PGFT 7.2 Final Positions Points allocated based on final positions and group placings – all teams achieving same group position awarded equal position.

PGFT 7.3 Incomplete Competition in the event that the competition is cancelled or suspended, the following steps will be used to calculate a final result:

- The furthest completed stage of competition will be used to countback.
- Any teams tied on position will be separated based on the rules above which determine group position, using averages.
- The minimum competition required to determine a result is a completed stage.

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

PGFT 8.1 Overall Borough medals will be awarded to 1st, 2nd and 3rd placed teams per gender and trophy awarded to the winners of the event for each gender.