



LYG Girls Football 2026

Entry Information & Rules

Event Overview

Dates:

Year 7&8 – Saturday 13th June 2026

Year 9&10 – Sunday 14th June 2026

Venue: Jack Carter Pavilion, Oakfield Playing Fields, Fairlop, IG6 2JL

Approximate Timings: 08:30 – 17:00.

Contact: abby@londonyouthgames.org

Entry Information

Entry Deadline: Wednesday 3rd June 2026, 10pm.

Squad Size: Minimum – 7 & Maximum – 15

Competitions: Girls Only.

Age Categories

School Year	Oldest DOB	Youngest DOB
Year 7 & 8	01/09/2012	31/08/2014
Year 9 & 10	01/09/2011	31/08/2012

Replacements: Each borough is permitted two replacements per gender. No additions will be allowed even if a borough does not have the maximum squad number. Replacements are where you can bring an undeclared competitor to replace a registered competitor not attending on the day. All replacement details must be provided at registration on the day.

Full Rules & Regulations

GFT 1 The London Youth Games Girls Football competition will run in accordance with the [FA Laws of the Game](#).

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

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



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GFT 1.2 It will be at the discretion of the event referee and LYG personnel in conversation with the Competition Director as to the application of these rules. Any subsequent decision made by LYG personnel or the Event Referee as a result will be final.

GFT 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.

GFT 2 Age Category

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

School Year	Oldest DOB	Youngest DOB
Year 7 & 8	01/09/2012	31/08/2014
Year 9 & 10	01/09/2011	31/08/2012

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

GFT 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.

GFT 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.

GFT 3 Squad Size Boroughs are permitted to enter a minimum of 7 competitors and a maximum of 15 competitors.

GFT 4 Kit & Equipment

GFT 4.1 Shin pads are compulsory.

GFT 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.

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

GFT 4.4 The U13 and will be played on 3G pitches with the dimensions of approximately 40 x 60 yards.

The penalty spot will be at 8 yards.

GFT 4.5 The U15 competition will be played on 3G pitches with the dimensions of approximately 40 x 60 yards. The penalty spot will be at 8 yards.

GFT 4.5 Teams must 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.

GFT 4.6 A size 4 match ball will be used.



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GFT 4.7 U13 and U15 goal size will be 6x12ft.

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

GFT 5.1 The competitions will be 7-a-side for each age group, with 10-minute matches and no half time. There will be a 2-minute break between group matches.

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

GFT 6 Competition Rules

GFT 6.1 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.

GFT 6.2 Maximum number of substitutes is 8, 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.

GFT 6.3 All direct/indirect free kicks are direct. Free kicks must be taken from where the offence was committed; opponents must be 7 yards from the ball.

GFT 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 she does a foul throw.

GFT 6.5 Players can move anywhere on the pitch.

GFT 6.6 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.

GFT 6.7 There is no offside.

GFT 6.8 Slide tackles are not permitted.

GFT 6.9 When the goalkeeper collects the ball from an opposition (shot/corner/pass etc) - The goalkeeper can introduce the ball into play via any of the following: drop kicks, long balls, short passes, and throws. Goal kicks will remain as standard normal playing rules.

GFT 6.10 The following rules will apply if players are given cards during play;

GFT 6.10.1 Yellow card – if a player receives 2 yellow cards in a match they will be sent off and will miss the remainder of the competition.

GFT 6.10.2 Red card – if a player receives a red card they will be sent off and will miss the remainder of the competition.

GFT 6.10.3 Free Kicks – A direct free kick will be awarded to the opposing team if a player commits an action that is deemed to be careless, reckless or uses excessive force (such as pushes an opponent, holds an opponent or deliberate handball etc).

GFT 6.10.4 Foul or abusive language will be penalised by the referee by way of a red card (- Using offensive, insulting or abusive language and/or gestures)



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GFT 6.11 No extra time 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.

GFT 7 In the case that injury occurs:

GFT 7.1 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.

GFT 7.2 All injuries should be referred to first aiders on site and the Tournament Organisers.

GFT 8 Overall Scoring Points will be awarded for each game to give a borough's overall score for the event.

GFT 8.1 The following points will be awarded:

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

GFT 8.1.1 Group positions are ranked on:

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

GFT 8.2 Final Positions Points allocated based on final positions and group placings – all teams achieving same group position awarded equal position.

GFT 8.3 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.

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

GFT 9.1 Overall Borough medals will be awarded to 1st, 2nd and 3rd placed teams and trophy awarded to the winners of the competition.