

LYG Sports Hall Athletics Year 5-6 2026

Entry Information & Rules



Event Overview

Dates & Venues:

Qualifier 1	Tuesday 3 rd February 2026	Redbridge Sports Centre, Forest Road, Ilford, IG6 3HD.
Qualifier 2	Wednesday 4 th February 2026	Harrow Leisure Centre, Christchurch Avenue, Harrow, HA3 5BD.
Qualifier 3	Thursday 5 th February 2026	Harrow Leisure Centre, Christchurch Avenue, Harrow, HA3 5BD.
Qualifier 4	Friday 6 ^h February 2026	Westcroft Leisure Centre, Westcroft Road, Carshalton, SM5 2TG.
FINALS	Tuesday 17th March 2026	Redbridge Sports Centre, Forest Road, Ilford, IG6 3HD.

Approx. Timings: Registration - 13:00, Event - 13:30-16:30.

Contact: abby@londonyouthgames.org

Entry Information

Squad Entry Deadline: Wednesday 21st January 2026

Squad Size: Minimum – 18 (9B+9G) & Maximum – 30 (15B+15G).

Competition: Mixed Gender Competition.

Eligibility Criteria

Age Categories:

Age Category	Oldest DOB	Youngest DOB	Likely School Year
9 – 11 year olds	01/09/ 2014	31/08/2016	Year 5 - 6

Competition Tier: Compete

Competition Intent: Highly competitive environment where winning can be the measure of success and level 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.

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Full Rules & Regulations

SHA 1 The competition will be run in accordance with the rules laid down by the [Sports Hall Athletics Association](#).

SHA 1.1 Should any rules listed below contradict those outlined by the Sports Hall Athletics Association, these rules will supersede those.

SHA 1.2 It will be at the discretion of the Event Referee and LYG staff as to the application of these rules, and any subsequent decision made as a result will be final.

SHA 1.2.1 Should a teacher/team manager wish to appeal a result, this appeal must be lodged on the day of the event to a member of LYG staff or the Competition Director, and as soon as practically possible following knowledge of the result.

SHA 1.2.2 Any decision related to the appeal will be at the discretion of the Competition Director and/or LYG. No appeals will be accepted once the event has concluded, and no results of local/inter-school competition will be accepted.

SHA 1.3 The Competition Director and LYG staff reserves the right to suspend/cancel the event where required due to unsafe conditions

SHA 2 Age Category

SHA 2.1 The following age groups and respective minimum/maximum date of births will apply to the London Youth Games Sports Hall Athletics Year 5-6 Competition.

Age Category	Oldest DOB	Youngest DOB	Likely School Year
9 – 11 year olds	01/09/2014	31/08/2016	Year 5 - 6

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

SHA 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 for their school.

SHA 2.3.1 In the instance a competitor is found to be ineligible, the school will be disqualified from the competition entirely.

SHA 3 Eligibility

SHA 3.1 Competition Tier: Compete

Competition Intent: Competitive environment where winning is the measure of success and level of challenge is high, to further the development of young athletes. Local qualifiers are encouraged, with the winning school progressing to the London final.



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SHA 4 Squad Size Boroughs are permitted to bring a minimum of 18 competitors (9 per gender) and a maximum of 30 competitors (15 per gender).

SHA 5 Competition Format Qualifiers and finals.

SHA 5.1 8-9 Teams at each qualifier. The top 3 teams from each qualifier progresses to the finals, taking place on **Tuesday 17th March** at Redbridge Sports Centre.

SHA 5.2 No seeding in qualifier or finals.

SHA 6 Competition Rules

SHA 6.1 No athlete is permitted in more than 2 track and 2 field events.

SHA 6.2 Track and field events include:

Track Events	Field Events (3 boys + 3 girls per event)
1+1 lap relay (2 boys + 2 girls)	Standing long jump
2+2 lap relay (2 boys + 2 girls)	Standing triple jump
6 lap Paarlauf (2 boys + 2 girls)	Vertical jump
4x1 lap relay (4 boys + 4 girls)	Chest push
Over/under relay (4 boys + 4 girls)	Foam javelin
Obstacle relay (4 boys + 4 girls)	Speed bounce

SHA 6.3 Athletes are not allowed to forward roll in over/under or obstacle relay races. Batons/bean bags should be exchanged. Refer to Sports Hall guidance available here: <https://www.sportshall.org/>.

SHA 7 Overall Scoring Boroughs are awarded points per event at both qualifiers and finals, and teams are placed in order of total points. Points accumulated at qualifiers are not carried through to finals.

SHA 8 Medals and Salvers Boroughs are awarded team medals for 1st, 2nd and 3rd placed teams and a salver awarded to the winners of the competition at the **FINALS ONLY**.

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SHA 9 Borough Allocation

Qualifier 1- Redbridge Sports Centre	Qualifier 2- Harrow Leisure Centre	Qualifier 3 Harrow Leisure Centre	Qualifier 4 – Westcroft Leisure Centre
Barking & Dagenham Enfield Hackney Haringey Havering Newham Redbridge Tower Hamlets Waltham Forest.	Barnet Brent Camden City of London Harrow Hillingdon Islington Westminster.	Ealing Hammersmith & Fulham Hounslow Kensington & Chelsea Lambeth Richmond Wandsworth.	Bexley Bromley Croydon Greenwich Kingston Lewisham Merton Sutton.