

LYG Sports Hall Athletics Year 7/8 2026

Entry Information & Rules



Event Overview

Dates & Venues:

| | | |
|--------------------|---|--|
| Qualifier 1 | Tuesday 3rd February 2026 | Redbridge Sports Centre, Forest Road, Ilford, IG6 3HD. |
| Qualifier 2 | Wednesday 4th February 2026 | Harrow Leisure Centre, Christchurch Avenue, Harrow, HA3 5BD. |
| Qualifier 3 | Thursday 5th February 2026 | Harrow Leisure Centre, Christchurch Avenue, Harrow, HA3 5BD. |
| Qualifier 4 | Friday 6th 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 - 09:45, Event - 10:30-13:30.

Contact: abby@londonyouthgames.org

Entry Information

Squad Entry Deadline: Wednesday 21st January 2026.

Squad Size: Minimum – 5 & Maximum – 8 per gender.

Competitions: Year 7 & 8 Boys & Girls (Compete separately).

Eligibility Criteria

Age Categories:

| Age Category | Oldest DOB | Youngest DOB | Likely School Year |
|------------------|------------|--------------|--------------------|
| 11-12 years olds | 01/09/2013 | 31/08/2014 | Year 7 |
| 12-13 year olds | 01/09/2014 | 31/08/2013 | Year 8 |

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 sole discretion of LYG staff and the Competition Director 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 sole discretion of the Competition Director and 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 reserve the right to suspend/cancel the event where required by unsafe condition.

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 7 Competition.

| Age Category | Oldest DOB | Youngest DOB | Likely School Year |
|-------------------|------------|--------------|--------------------|
| 11 – 12 year olds | 01/09/2013 | 31/08/2014 | Year 7 |
| 12 - 13 year olds | 01/09/2014 | 31/08/2013 | Year 8 |

SHA 2.1.1 Competitors are not permitted to enter this competition if they are ineligible. No exceptions will be made.

SHA 2.2 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 2.2.1 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

SHA 3.1.1 Competition Intent: Competitive environment where winning is the measure of success and level of challenge is high, to further the development of young

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athletes. Local qualifiers are encouraged, with the winning school progressing to the London final.

SHA 4 Squad Size Boroughs are permitted to bring a minimum of 5 competitors and a maximum of 8 competitors per gender.

SHA 5 Competition Format Qualifiers and finals.

SHA 5.1 8-9 Teams at each qualifier. Top 3 teams from each qualifier progresses to the finals 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 3 track and 3 field events.

SHA 6.2 Track events include:

- 2 lap individual (2 athletes per gender)
- 4 lap individual (2 athletes per gender)
- 6 lap individual (1 athlete per gender)
- 8 lap Paarlauf (2 athletes per gender)
- Obstacle relay (4 athletes per gender)
- 4 x 2 lap relay (4 athletes per gender)

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 6.4 Field events include (each requires 2 athletes per gender):

- Standing long jump
- Standing triple jump
- Vertical jump
- Shot putt
- Speed bounce

SHA 7 Overall Scoring Boroughs are awarded points per event and teams are placed in order of total points per gender. 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 per gender 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 2 – 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. |