



LYG Squash 2026

Entry Information & Rules

Event Overview

Dates and Venues:

Qualifiers -Saturday 24th January 2026 at Sobell Leisure Centre, N7 7NY

Finals - Saturday 7th March 2026 at Harrow Leisure Centre, HA3 5BD

Contact: emma@londonyouthgames.org

Entry Information

Squad Entry Deadline: Wednesday 14th January 2026 10pm

Squad Size: Minimum 5 (minimum 2 girls) – Maximum 10 (minimum 4 girls).

Competitions: Mixed team competition.

Eligibility Criteria: Any player who has represented at county level (or higher) at U15 or U17, up to the date of the finals, is not eligible for this competition.

Age Categories

Age Category	Oldest DOB	Youngest DOB	Likely School Year
U17s	01/09/2008	31/08/2014	Year 12 & Under

Replacements: Each borough is permitted two replacements. 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

SQU 1 The London Youth Games Squash competition will run in accordance with rules of [England Squash](#).

SQU 1.1 Should any rules listed below contradict those outlined by England Squash, these rules will supersede those.

SQU 1.1.1 The London Youth Games Squash competition will follow the [Transgender Guidelines](#) as outlined by England Squash.

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



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SQU 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.

SQU 2 Age Category

SQU 2.1 The following age groups and respective maximum and minimum date of births will apply to the London Youth Games Squash competition:

Age Category	Oldest DOB	Youngest DOB	Likely School Year
U17s	01/09/2008	31/08/2014	Year 12 & Under

SQU 3 Eligibility Criteria

SQU 3.1 Any player who has represented at county level (or higher) at U15 or U17, up to the date of the finals, is not eligible for this competition.

SQU 3.2 Competitors are not permitted to enter this competition if they are ineligible. No exceptions will be made.

SQU 3.2.1 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 Rules](#), and in accordance with the age groups outlined for the competition.

SQU 3.2.2 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.

SQU 4 Squad Size Boroughs are permitted to bring a minimum of 5 competitors to the event of which a minimum of 2 must be girls.

SQU 5 Kit & Equipment

SQU 5.1 Eye protection is compulsory. Players will not be permitted to compete without appropriate eye protection.

SQU 5.2 Single yellow dot squash balls will be used throughout the competition.

SQU 5.3 Squash rackets will be available if needed but best to bring your own.

SQU 6 Competition Format All five players will compete as ONE borough team. Each match will consist of 5 rubbers (each played by a different player).

SQU 6.1 Players are not permitted to compete in more than one rubber per match.

SQU 6.2 Any player from the squad declared on the day can play in any match, as long as players are ranked in order of merit, and in line with **SQU 6.1**.

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SQU 6.2.1 Once a Borough has commenced playing a match there may be no substitution even in case of injury. However, any player from the squad declared on the day may play in subsequent matches in place of an injured player.

SQU 6.3 Teams must register on the day of the competition with 5 players to be considered a complete team and allowed to compete.

SQU 6.4 Once commenced, if a team loses a player through injury or illness and has less than five players – those playing will fit the top available positions, those unfilled being conceded.

SQU 6.5 Match scoring will be point-a-rally to 11 points (win by 2 points if score is 10 all);

SQU 6.5.1 Number of games depend on the number of entries – confirmed after squad submission deadline (may change on the day if withdrawals).

SQU 6.6 Draw Format:

- Draws will be depend on final number of entered teams, but every effort will be made to ensure all teams play as many matches as possible on the day. Draws will either be round robin, monrad or inclusive.
- Round Robin groups (number and size of group may be changed on day if withdrawals).
- Top 8 teams to progress to quarter finals – first in each pool + best runners up as needed (subject to entries).
- Finals will be played after completion of Round Robin Groups.

SQU 7 Competition Rules

SQU 7.1 The competition will be run in accordance with the rules of the [England Squash](#).

SQU 7.2 Service The server will be decided at the beginning of the match by a racket spin.

SQU 7.2.1 The server continues to serve until they lose the point – the opponent then becomes the server.

SQU 7.2.2 At the beginning of each game and each rally, the server has the choice of serving from either service box and should then alternate for as long as they are serving.

SQU 7.2.3 The ball must be served direct onto the front wall between the service line (middle line) and the out line (top line) so that on its return, unless volleyed, its first bounce lands within the back quarter of the court opposite to the server's box.

SQU 7.2.4 A service is a fault:

- If at the time of striking the ball the Server fails to have at least one foot in contact with the floor within the service box, and no part of that foot touching the line surrounding the service box (called a foot-fault).
- If after releasing the ball the Server fails to strike it before the ball falls to the floor, touches a wall, or touches anything the server wears.

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- If the Server fails to strike the ball directly onto the front wall between the service and the out lines.
- Unless volleyed by the Receiver, the first bounce of the ball on the floor is not in the quarter court opposite the serves box.
- If the Server serves the ball out.

SQU 7.3 Play After a good serve has been delivered, players must return the ball between the bottom line and the top line on the front wall, alternately until one or the other fails to make a good return, or the ball otherwise ceases to be in play.

SQU 7.3.1 A return is good if the ball, before it has bounced twice on the floor, is returned by the striker onto the front wall, without touching the floor or any part of the striker's body or clothing.

SQU 7.3.2 If any part of the ball touches the out lines the ball is deemed out, or if the ball hits the tin or the floor on its second bounce the ball is deemed out.

SQU 7.4 Lets Any service or stroke deemed a let shall not count and the server shall serve again from the same box.

SQU 7.4.1 A Let may be allowed if:

- The striker refrains from hitting the ball owing to a reasonable fear of injuring the opponent.
- The striker, on the way to playing the ball, incurs sufficient interference to impede their access to the ball when the striker would have otherwise played a good shot.
- The referee is asked to decide an appeal and is unable to do so.
- If the receiver is not ready, and does not attempt to take the service.
- The ball breaks during play.
- An otherwise good return has been made, but the ball goes out on its first bounce.
- The ball touches a receiver, then the ball is effectively 'not up'.

SQU 7.5 Points A player wins a stroke if:

- The server fails to make a good serve.
- The opponent fails to make a good return of the ball in play.
- The ball in play touches the opponent or anything carried or worn by the opponent whilst on the way to the front wall.
- A player drops the racket, or calls out or in any other way distracts the opponent, and the referee considers this to cause the opponent to lose the stroke.
- The ball hits the ceiling or any object outside of the court.



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SQU 8 Overall Scoring Points will be awarded for each game to give a borough's round robin placing.

SQU 8.1 The following points will be awarded:

- 2 points for a win.
- 1 point for a loss.

SQU 8.2 Group positions are ranked on:

- Points accrued (2 for a win, 1 for a loss)
- If teams are drawn = head-to-head.
- If 3-way tie = count back the points.

SQU 8.3 Final Positions Points allocated based on final positions and group placings – all teams achieving same group position awarded equal position.

SQU 8.4 Incomplete competition: If 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 positions, using averages.
- The minimum competition required to determine a result is a completed stage.

SQU 9 Qualification, Medals & Trophies Medals and trophies will be awarded at the final as follows:

SQU 9.1 Overall Borough medals will be awarded to 1st, 2nd and 3rd placed teams.

SQU 9.2 A salver will be awarded to the overall winning borough.

SQU 9.3 The top eight teams from the qualifier will go through to the final on 7th March 2026 at Harrow Leisure Centre.