

# LYG Athletics 2026

## Entry Information & Rules



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### Event Overview

**Date:** Sunday 21<sup>st</sup> June 2026

**Venue:** Hillingdon Sports Centre Gatting Way Uxbridge UB8 1ES

**Contact:** Rebecca Williams – [rebecca@londonyouthgames.org](mailto:rebecca@londonyouthgames.org)

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### Entry Information

**Squad Entry Deadline:** Wednesday 10<sup>th</sup> June 2026.

**Squad Size:** Minimum – 1 & Maximum – 20 per gender.

**Competitions:** Boys & Girls (compete separately).

### Age Categories

Age Category	Oldest DOB	Youngest DOB
11 - 13-year-olds	01/09/2012	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.

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### Full Rules & Regulations

**ATH 1** The London Youth Games Athletics competition will run under [UKA rules](#).

**ATH 1.1** Should any rules listed below contradict those outlined by the UKA, these rules will supersede those.

**ATH 1.1.1** The London Youth Games Athletics competition will follow the [Transgender Eligibility in Athletics](#) outlined by UK Athletics.

**ATH 1.2** It will be at the discretion of the event referee and LYG personnel as to the application of these rules, and any subsequent decision made as a result will be final.

**ATH 1.3** The Tournament Organisers reserve the rights to alter or amend the schedule if necessary and make decisions on any matters arising during the tournament, including any matters not covered by the tournament regulations.

### ATH 2 Age Category

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**ATH 2.1** The following age groups and respective maximum and minimum date of births will apply to the London Youth Games Athletics Competition:

Age Category	Oldest DOB	Youngest DOB
11 - 13-year-olds	01/09/2012	31/08/2014

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

**ATH 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.

**ATH 2.4** 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

**ATH 3 Squad Size** Boroughs are permitted to enter a minimum of 1 competitor and a maximum of 20 competitors per gender.

**ATH 3.1** Teams can only select one competitor per event per gender on the day e.g., only one individual per gender can compete in 100m. Please indicate each athlete's event on the squad submission sheet prior to the day.

**ATH 3.2** Each borough must bring 1 helper aged 18 or over across all competitions.

**ATH 4 Kit & Equipment** Competitors can wear running spikes. Athletes are not permitted to compete using their own equipment – all equipment will be provided by London Youth Games.

**ATH 5 Competition Format** Track and field events

**ATH 5.1** Field events – best performance.

**ATH 5.2** Track events – heats and finals (800m, 1500m will run as time trials).

**ATH 6 Competition Rules**

**ATH 6.1** Each athlete is limited to one track event, one field event and one relay event. Boroughs may only enter one athlete per borough per event per gender.

**ATH 6.2** Track and field events are as follows:

Track Events (one athlete per gender)	Field Events (one athlete per gender)
100m	High Jump (3 consecutive failures and out)
200m	Long Jump (3 attempts)
800m (time trial)	Shot Put (3 attempts) (2.75kg shot put for girls and 3kg shot put for boys)

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1500m (time trial)	Javelin (3 attempts) (400g javelin for boys and girls)
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**ATH 6.3** Relay events includes 4x100 metres.

**ATH 6.4** 100 metres and 200 metres A and B final

**ATH 6.5** Winner of each heat and next fastest qualify to A final (total of 8 competitors).

**ATH 6.5.1** The next fastest 8 times qualify for B final (medals are not awarded). The points will be calculated in the positions of the finals and then placings from the 17<sup>th</sup> best downwards (those not in the final) will be calculated on time only.

**ATH 6.5.2** If an athlete drops out of a final, they will be awarded points for the last place of that race (for example – 8<sup>th</sup> place in 100m).

**ATH 6.5.2.1** In the event there is a withdrawal, the next fastest runner will be offered this place in the final.

**ATH 6.6 Seeding:**

**ATH 6.6.1** The lane draws for the A and B final in the 100m and 200m will be seeded in the following, lanes 3, 4,5,6 – 4 fastest qualifying times and drawn randomly in what is known as preferred lanes.

**ATH 6.6.2** Lanes 1,2,7,8 – 4 slower qualifying times and drawn randomly.

**ATH 6.7** Time trials only for 800m, 1500m and 2600m.

**ATH 6.8** Heats drawn at random prior to the day (and subject to any withdrawals changes).

**ATH 7 Overall Scoring** Each team is allocated points for each event (1<sup>st</sup> = 33 points, 2<sup>nd</sup> = 32 points etc) and their total will decide the winning team per gender.

**ATH 7.1 Incomplete competition:** if the competition is cancelled or suspended, results from all completed events are combined and used to identify the overall winner.

**ATH 7.1.1** As a minimum requirement, a completed event must have all heats/attempts completed. To determine a result for the competition 3 event must be completed.

**ATH 7.1.2** Tied teams will not be separated once scores from events are combined, except if the top 3 teams have the same number of points, then the highest number of first place event finishers will be the deciding factor, then second place event finishers and so on.

**ATH 7.1.3** If a borough has entered the competition but not an event that is used in the scoring calculations, they will be placed one lower than the last position.

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

**ATH 8.1** Overall Borough medals will be awarded to 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> placed teams per gender.

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**ATH 8.2** Medals awarded for individual track (A Finals) and field events and relays.

**ATH 8.3** Borough trophy is awarded for the overall winner for each gender.