



# LYG Kayak Sprint 2026

## Entry Information & Rules

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### Event Overview

**Date:** Sunday 7<sup>th</sup> June 2026.

**Venue:** Fairlop Outdoor Activity Centre, Forest Road, Barkingside IG6 3HN

**Approx. Timings:** 9.30am-5pm

**Contact:** [sharon@londonyouthgames.org](mailto:sharon@londonyouthgames.org)

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### Entry Information

**Entry Deadline:** Wednesday 20<sup>th</sup> May 2026 at 10pm.

**Squad Size:** Each borough can name a minimum of 1 & a maximum of 8 competitors (one competitor per age category and gender), alongside any additional non-scoring para-paddlers, and any non-scoring Team Event participants.

**Competitions:** Mixed (races separated by age/gender, but all results combined).

**Eligibility Criteria:** All competitors must have independent experience on water or equivalent to the '[New Discover Award](#)'. For the 200m races, boroughs/team managers should use the [Sprint Racing Community guidance for Intermediate Class](#) to determine whether their participant should compete at this level.

\*Young people with the following impairments are eligible for the LYG Para Categories.

Group	Impairment	Descriptor
G1.	Wheelchair User	Power chair or manual wheelchair user.
G2.	Ambulant	-Standing with 4 limbs affected. -Standing with 1 or 2 lower limbs affected. -Standing with 1 or 2 upper limbs affected.
G3A.	Sensory-Hearing Impairment	Anyone with a hearing impairment that requires them to wear a hearing aid or implant.
G3B.	Sensory-Visual Impairment	Anyone with a visual impairment which impacts their daily lives. This does not include simply wearing glasses or contact lenses.
G4.	Severe Learning Disability (SLD)	Anyone who has severe difficulties with pattern recognition, sequencing and memory, as well as having slower reaction time. They are likely to need support in communicating their



# LYG Kayak Sprint 2026

## Entry Information & Rules

		needs and understanding abstract or complex ideas. This category includes high needs, Level 3 autism.
G5.	Mild Learning Disability (MLD)	Anyone who has mild difficulties with pattern recognition, sequencing and memory. They may need some support to understand abstract or complex ideas. This category includes lower needs, Level 2 autism.

### Age Categories

Race:	Age Category	Oldest DOB	Youngest DOB*	Likely School Year
50m Male	U14	01/09/2011	N/A	Year 9 and under
50m Female	U14	01/09/2011	N/A	Year 9 and under
50m Male	U17	01/09/2008	N/A	Year 12 and under
50m Female	U17	01/09/2008	N/A	Year 12 and under
200m Male	U14	01/09/2011	N/A	Year 9 and under
200m Female	U14	01/09/2011	N/A	Year 9 and under
200m Male	U17	01/09/2008	N/A	Year 12 and under
200m Female	U17	01/09/2008	N/A	Year 12 and under
Team Event (non-scoring)	Mixed	01/09/2008	N/A	Year 12 and under

\*Competitors are permitted to race in whichever age group they wish, so long as they meet the eligibility criteria outlined, and are of the appropriate ability and experience to do so.

**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.

## Full Rules & Regulations

**KYK 1** The London Youth Games Kayak Sprint competition will run in according to the rules listed below.

**KYK 1.1** 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.



# LYG Kayak Sprint 2026

## Entry Information & Rules

**KYK 1.2** The tournament organisers reserve the rights to alter or amend the running schedule if necessary and make decisions on any matters arising during the tournament, including any matters not covered by the tournament regulations.

**KYK 1.3** The London Youth Games Kayak Slalom competition will follow the transgender guidance outlined here: **Current Paddle UK guidance is that “following the recent Supreme Court ruling, Paddle UK has withdrawn and suspended its Transgender Competitions Policy. The Policy will be reviewed and revised in line with the ruling, to ensure that the female category is restricted to individuals whose biological sex is female at birth, where regulatory and statutory interpretation are binding.”**

### KYK 2 Age Category

**KYK 2.1** The following age groups and respective maximum date of births will apply to the London Youth Games Kayak Sprint Competition:

Race:	Age Category	Oldest DOB	Youngest DOB*	Likely School Year
50m Male	U14	01/09/2011	N/A	Year 9 and under
50m Female	U14	01/09/2011	N/A	Year 9 and under
50m Male	U17	01/09/2008	N/A	Year 12 and under
50m Female	U17	01/09/2008	N/A	Year 12 and under
200m Male	U14	01/09/2011	N/A	Year 9 and under
200m Female	U14	01/09/2011	N/A	Year 9 and under
200m Male	U17	01/09/2008	N/A	Year 12 and under
200m Female	U17	01/09/2008	N/A	Year 12 and under
Team Event (non—scoring)	Mixed	01/09/2008	N/A	Year 12 and under

*\*Competitors are permitted to race in whichever age group they wish, so long as they meet the eligibility criteria outlined, and are of the appropriate ability and experience to do so.*

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

**KYK 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.



# LYG Kayak Sprint 2026

## Entry Information & Rules

**KYK 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.

**KYK 3 Squad Size** Boroughs are permitted to bring 1 competitor per individual race, per gender (8 competitors) on the day of the event.

**KYK 3.1** Boroughs are also permitted to bring additional squad members above and beyond the 8 allowed if they are non-scoring para-paddlers (KYK 6.2), or participants for the Team Event only.

**KYK 3.2** Competitors are only permitted to compete in one individual event, i.e. only a 50m race OR only a 200m race. This does not include the team event.

**KYK 3.3** Competitors are only permitted to enter one age category within the individual Sprint competition e.g. an U14 may enter the U17 category but not both the U14 and U17.

### KYK 4 Kit & Equipment

**KYK 4.1** For the 50m races, sit-on kayaks will be provided. For 200m races, sit-in kayaks will be provided.

**KYK 4.2** Buoyancy aids and safety helmets must always be worn by all competitors whilst on or adjacent to the water, failure to do so could lead to disqualification.

**KYK 4.2.1** There will be a small selection of buoyancy aids, helmets and paddles available, however, we encourage competitors to bring their own.

### KYK 5 Competition Format

**KYK 5.1** Race distances will be over 50m and 200m in the age categories listed below;

Race:	Age Category:
50m Male	U14
50m Female	U14
50m Male	U17
50m Female	U17
200m Male	U14
200m Female	U14
200m Male	U17
200m Female	U17
200m Team Event	U17

**KYK 5.2** As per rules 'KYK 2 Age Category' and 'KYK 3.3' competitors are permitted to race in whichever age group they wish, so long as they meet the eligibility criteria outlined.

# LYG Kayak Sprint 2026

## Entry Information & Rules



**KYK 5.2.1** Boroughs/Team managers should ensure any participant possesses the required skill level to compete in the older age group. LYG will not accept responsibility for any participant of a younger age group being injured if racing up.

**KYK 5.2.2** Competitors will only be eligible for final positions and medals in the race for which they have entered.

**KYK 5.3** All races will be time trial format, with as many heats as required for each competitor to lodge a time.

**KYK 5.4** Time trial heats are drawn at random with published start time/programme.

**KYK 5.5 Finals** The competitors who gain the top 12 fastest times will proceed to A and B finals.

**KYK 5.5.1** The 'A final' will consist of the top 6 fastest times across the heats and competitors will compete for positions 1-6 (dependent on number of lanes).

**KYK 5.5.2** The 'B' final will consist of the next respective 6 fastest times across the heats and competitors will compete for positions 7-12. No medals will be awarded for B finals.

**KYK 5.6 Team Event** A 200m KataKanu sprint, consisting of a mixed team of 6 participants, and must include:

- At least two female competitors
- At least two U14 competitors

**KYK 5.6.1** Boroughs may join together on the day to enter a combined team if a borough does not have all 6 participants to allow participation.

## KYK 6 Competition Rules

**KYK 6.1** Each competitor must be clearly identified with the correct number on their kayak. These will be provided on the day.

**KYK 6.2** ParaGames Paddle-Ability entries:

**KYK 6.2.1** This competition welcomes athletes with a disability to race in the medal's events listed above.

**KYK 6.2.2** Borough teams are invited to nominate these athletes as scoring (part of the maximum 8 on the day, 1 per event) or as non-scoring (1 addition per event).

**KYK 6.2.3** If the athlete enters as non-scoring they will race in the medal event with non-disabled athletes, yet medal separately.

**KYK 6.2.4** Support craft or paddlers can follow competitors down the course to give paddling guidance if required (notify organiser on the day).

**KYK 6.3** The same competitor from the time trial heats must compete in the respective final.



# LYG Kayak Sprint 2026

## Entry Information & Rules

**KYK 6.4** No external footage will be taken into consideration to determine the finishing positions in each race other than that of the Race Judge and Competition Director.

**KYK 6.5** The following rules will apply in regard to lane discipline;

**KYK 6.5.1** All competitors are required to line up on the start line with control over their boat, in a straight line.

**KYK 6.5.2** Lane clashes may result in a penalty. Penalties will be issued at the discretion of the Lane Judge or Official in the case that a competitor is judged to have materially impeded another competitor by deviating from their lane and/or clashing with another boat or paddle.

**KYK 7 Scoring** The winning borough will be the one with the lowest points combined across their best 6 races. The rank of each competitor will determine the points e.g. 1<sup>st</sup> = 1 point, 5<sup>th</sup> = 5 points etc.

**KYK 7.1** The Team Event is non-scoring and will not contribute towards the overall scoring.

**KYK 7.2 Incomplete competition:** if the competition is cancelled or suspended, the results from all completed races are combined and used to identify the overall winner.

**KYK 7.2.1** At a minimum, three races must be completed to determine overall borough results.

**KYK 7.2.2** 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 1<sup>st</sup> place finishers will be the deciding factor, then 2<sup>nd</sup> place event finishers and so on.

**KYK 7.2.3** If a borough has entered the competition but not an event that is used in the scoring calculation they will be placed in last position.

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

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

**KYK 8.2** Medals awarded for 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> placed competitor in each event (A finals only).

**KYK 8.3** Borough trophy awarded to the overall winner.