



LYG ParaGames Swimming 2024

Entry Information & Rules

Event Overview

Date: Tuesday 14th May 2024

Venue: Beckenham Spa Leisure Centre, 24 Beckenham Road, Beckenham, BR3 5JE

Contact: emma@londonyouthgames.org

Entry Information

Squad Entry Deadline: Wednesday 1st May

Squad Nomination & Squad on Day Size: Minimum – 1 & Maximum – 24 per gender.

Competitions: Boys & Girls (Compete separately).

Eligibility Criteria: All young people in the following impairment groups are eligible to participate.

G1.	Wheelchair User
G2.	Ambulant
G3A.	Sensory-Hearing Impairment
G3B.	Sensory-Visual Impairment
G4.	Severe Learning Disability
G5.	Mild Learning Disability

Competitors must compete in the correct category. Please see description of impairment groups in full rules below.

Swimmers **must be able to swim unaided in on their front or back for a minimum of 25 metres without stopping**, (Team Managers are entering swimmers with the knowledge they can confirm swimmers meet this standard).

Age Categories

Age Category	Oldest DOB	Youngest DOB
U17	01/09/2006	31/08/2012

Substitutions: You can make 2 substitutions per gender on the day, in a race you have already entered.



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Full Rules & Regulations

PGSW 1 The London Youth Games ParaGames Swimming competition will run in accordance to the rules stated below.

PGSW 1.1 It will be at the sole discretion of the Competition Director as to the application of these rules, and any subsequent decision made as a result will be final.

PGSW 2 Age Category

PGSW 2.1 The following age groups and respective maximum and minimum date of births will apply to the London Youth Games ParaGames Swimming Competition:

Age Category	Oldest DOB	Youngest DOB
U17	01/09/2006	31/08/2012

PGSW 2.2 This competition is an entry standard competition open to any disabled swimmer who is not classified. Swimmers must have a physical, sensory, or learning impairment to compete and must be able to swim unaided in a recognised stroke on their front or back for a minimum of 25 metres without stopping.

PGSW 2.3 Competitors are not permitted to enter this competition if they are ineligible.

PGSW 2.4 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.

PGSW 2.4.1 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.

PGSW 3 Squad Size

Boroughs are permitted to enter a minimum of 1 competitor and a maximum of 18 competitors per gender.

PGSW 3.1 Boroughs can enter up 1 swimmer per impairment group per gender for the individual races from the 5 Categories below. Each category will be scored and medalled individually. Races, however, may be combined, dependent on entry numbers.



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PGSW 3.2 Competitors must take part in their correct impairment group as per below table

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 needs and understanding abstract or complex ideas. This category includes 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 Level 2 autism.

PGSW 4 Kit & Equipment Competitors must bring a swimming costume, goggles and a towel. Swimming hats are optional.

PGSW 5 Competition Format There will be individual races followed by relays:

PGSW 5.1 25m freestyle race (boys and girls) in all impairment groups: G1-5

PGSW 5.2 4x25m backstroke relay boys and girls

PGSW 5.3 25m backstroke race boys and girls in all impairment groups: G1-5

PGSW 5.4 4x25m freestyle relay boys and girls.

PGSW 5.5 Each swimmer may **swim one individual race and up to two relays.**

PGSW 5.6 Teams are drawn into random lanes. If a swimmer cannot go in a lane in the middle of the pool for safety reasons, please highlight this before the competition day by emailing: emma@londonyouthgames.org. If not informed prior to the competition, this must be done at registration.

PGSW 6 Competition Rules The following rules will be enforced

PGSW 6.1 Starts

PGSW 6.1.1 Swimmers should start in water.



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PGSW 6.1.2 Each race should start on a whistle or hand signal for swimmers with a hearing impairment.

PGSW 6.1.3 Swimmers performing a false start will be allowed to swim the race but will be disqualified at the end of the race.

PGSW 6.1.4 25m races will start in the deep end and finish in the shallow end. Relay races will start and finish in the shallow end.

PGSW 6.2 Races

PGSW 6.2.1 Freestyle races: any recognised strokes on the front i.e., front crawl, breaststroke, and butterfly.

PGSW 6.2.1.1 Freestyle – swimmers are permitted to choose any stroke for freestyle. Some part of the swimmer’s body must touch the wall to finish. Swimmers may touch the bottom part-way through the race but are not permitted to walk.

PGSW 6.2.2 Backstroke races: any recognised strokes on the back ie.back crawl.

PGSW 6.2.2.1 Backstroke – swimmers should remain on their back throughout the race and finish on their back. Swimmers should grip the side with both hands, where this is not possible, one hand is permitted.

PGSW 6.3 Swimmers can be assisted with their start where required.

PGSW 6.4 Swimmers with a visual impairment can be tapped on approach to the wall.

PGSW 6.5 There will be separate boys and girls relay each requiring 4 swimmers to compete.

PGSW 6.6 The races will commence in the following order:

Race Number	Race Name
Race	25m Freestyle Race-MLD -Boys
Race	25m Freestyle Race-MLD Girls
Race	25m Freestyle Race SLD – Boys
Race	25m Freestyle Race SLD – Girls
Race	25m Freestyle Race Sensory Impairment – Boys
Race	25m Freestyle Race Sensory Impairment – Girls
Race	25m Freestyle Race Physical Impairment – Boys
Race	25m Freestyle Race Physical Impairment – Girls
Race	25m Backstroke Race-MLD -Boys



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Race	25m Backstroke Race-MLD Girls
Race	25m Backstroke Race SLD– Boys
Race	25m Backstroke Race SLD – Girls
Race	25m Backstroke Sensory Impairment – Boys
Race	25m Backstroke Sensory Impairment – Girls
Race	25m Backstroke Physical Impairment - Boys
Race	25m Backstroke Physical Impairments - Girls
Race	4x25m Freestyle Relay – Boys (G1/2, G3 & G4/5)
Race	4x25m Freestyle Relay – Girls (G1/2, G3 & G4/5)
Race	4x25m Backstroke Relay – Boys (G1/2, G3 & G4/5)
Race	4x25m Backstroke Relay – Girls (G1/2, G3 & G4/5)
Race	Mixed Freestyle Relay—non-scoring, all impairment groups can compete.

PGSW 6.7 Races may be combined if entries are low.

PGSW 7 Overall Scoring Points will be awarded for each race as well as team composition points which will contribute to the overall borough score

PGSW 7.1 In each race (individual and relay) points are allocated according to place finished per impairment group i.e. 1st = 33 pts, 2nd = 32 pts, 3rd = 31 pts, 4th = 30 pts, 5th = 29 pts and below, continue this pattern.

PGSW 7.2 Incomplete competition: if the competition is cancelled or suspended, the following steps will be used to calculate the final result:

- Results from all completed events are combined and used to identify the overall winner.
- Race types: individual and relays.
- Minimum requirements: to determine a completed event all heats must take place. To determine a result for the competition 1 race must be completed.
- Tied teams: will not be separated once scores from races are combined, except if the top 3 teams have the same number of points, then the highest number of 1st place race finishers will be the deciding factor, then 2nd place finishers.
- Borough entry: if a borough has entered the competition but not a race that is used in the scoring calculation, they will be placed in last position.

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

PGSW 8.1 Individual medals per impairment group awarded after the 4th race has been completed and the 10 minutes period for Team Managers to check results has passed.



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PGSW 8.2 Overall Borough medals will be awarded to 1st, 2nd and 3rd placed teams per gender and trophy awarded to the winner of the competition for each gender.

Please see below Event Entry Grids. This can be used for girls and boy

CATEGORY	Individual Races		Freestyle Relay	Backstroke Relay
G1. Wheelchair user	25m Freestyle	25m Backstroke	4 x 25m	4 x 25m
G2. Ambulant	25m Freestyle	25m Backstroke		
G3A. Sensory-HI	25m Freestyle	25m Backstroke	4 x 25m	4 x 25m
G3B. Sensory VI	25m Freestyle	25m Backstroke		
G4. Severe Learning Disability (SLD)	25m Freestyle	25m Backstroke	4 x 25m	4 x 25m
G5. Mild Learning Disability (MLD)	25m Freestyle	25m Backstroke		