

**TRANSPLANT
ACTIVE**

Westfield Health **BRITISH
TRANSPLANT
GAMES** SHEFFIELD
2026



SPORT RULES & REGULATIONS



Children's 5 – a – side Football	
Date	Saturday 8 th August 2026
Time	Registration: 13:00 – 13:30 Competition: 13:30 – 16:30
Categories	6 - 9yr old transplant athletes and siblings 10 – 13yr old transplant athletes and siblings 14 – 17yr old transplant athletes and siblings
Venue	Woodburn Road Track, Leisure United Sheffield Hallam University City Athletics Stadium 3 Stadium Way Sheffield S9 3HL Location – WHAT THREE WORDS///snacks.employ.liked
Car Parking	Limited onsite parking is available free of charge
Catering	Café available on site
Points	No points allocated – social event
Medal Structure	Participation medals will be awarded to all those taking part
Attire and Equipment	Shin Pads are compulsory. The event organisers will supply an appropriately sized match ball. Bibs shall be provided by the event organisers and shall be worn by the first named team for each match. All players must wear shin pads, and these must be covered by socks. All players must wear suitable footwear. This year the tournament will take place on a grass surface. Jewellery should be removed or taped to the satisfaction of the referee.
Results	The Sports Manager must ensure official results form is handed to the Event Office.
Format	1. There are no gender restrictions in this competition. A team maybe comprised of all male, all female or mixed players. 2. The squad may consist of up to ten players. 3. The competition may be played within the 5-a-side cages on the 3G pitches 4. The start and end of matches will be controlled by a match referees whistle. There will be no injury time. The game will be of two equal halves, time to be decided once number of teams has been established. 5. Teams must be ready of play 2 minutes before kick-off time. The first named team will choose a goal. The second named team will kick off the match. 6. If a team member receives a yellow card, they will enter the sin bin for 3 minutes. 7. If a team member received a red card, they will no longer be able to take part in this competition.

8. The decision of the Sport Manager along with a MLS Team member on the application of these rules will be final.
9. The 'roll-on-roll-off' rule applies to substitutions. The number of rolling substitutions is unlimited. A 'rolling' substitution is one which is made when the ball is dead and with the Outgoing player must leave the field of play before the substitute enters the playing area. The oncoming players are active immediately and can receive the ball. Any player may change places with the goalkeeper, provided that the referee is informed and only during stoppage time. All substitutions must be carried out on the halfway line and at the referee's discretion.
10. After a goal is scored there will be a restart with a centre kick by the team who did not score.
11. All free kicks are direct, as soon as the ball is stationery. Free kicks must be taken where the offence was committed, and opponents must be 5 yards from the ball.
12. Opposition players must be 5 yards away from where corners and under arm throw ins are taken.
13. A one-handed underarm throw and under knee height in a horizontal or downward motion must be used to re-introduce the ball into play from throw-ins, corners and from goalkeepers.
14. Goal keepers are not allowed to kick the ball from their hands to introduce the ball into play.
15. Only the defending goalkeeper is allowed to play the ball inside the goal area and only the goalkeeper may handle the ball in this area.
16. Outfield players are allowed in the goal area.
17. Goalkeepers are allowed out of goal area; however, a free kick can be awarded if the goalkeeper handles the ball outside this area.
18. An outfield player who receives a throw from the goalkeeper cannot pass the ball directly back to the keeper, the ball must be touched by a second player. Such an action would result in a direct kick 5 yards outside the penalty area in line with the infringement.
19. Ball is allowed to go over head height.
20. A goal may be scored from any point within the field of play. The only exception is that goalkeepers may not score against their opponents (except in penalty shoot-outs).
21. In the event of a sudden death penalty shootout, a coin will be tossed, and the winner will decide who goes first or second and this order should be kept throughout.
22. The taking of a penalty will be in line with the one step rule.
23. Abusive language will be penalised at the referee's discretion by awarding a direct free kick.
24. Sliding tackles are not permitted; an infringement of this rule will lead to a free kick being awarded to the opposition.
25. Competition organiser reserves the right to cancel/suspend the event where required by weather/unsafe conditions.

Adult Teams 6 – a – side Football	
Date	Saturday 8 th August 2026
Time	Registration: 09:00 - 09:30 Competition: 09:30 – 13:30
Categories	18+ transplant athletes ONLY
Venue	Steel City Stadium Olympic Legacy Park Worksop Road Sheffield S9 3TL Location - WHAT THREE WORDS///star.rank.rather
Car Parking	Free parking available on site
Catering	Drinks and snacks available for purchase
Points	1 st place – 3 points, 2 nd place – 2 points, 3 rd place – 1 point
Medal Structure	Gold, Silver & Bronze medals awarded
Medal Ceremonies	At the end of the event
Attire and Equipment	Shin Pads are compulsory. The event organisers will supply an appropriately sized match ball. Bibs shall be provided by the event organisers and shall be worn by the first named team for each match. All players must wear shin pads, and these must be covered by socks. All players must wear suitable footwear. This year the tournament will take place on a 4G pitch surface Jewellery should be removed or taped to the satisfaction of the referee.
Results	The Sports Manager must ensure official results form is handed to the Event Office.
Players	1. All players must be 18 years of age or over. The organising committee reserve the right to carry out random checks throughout the tournament, and any team fielding a player under the age of 16 will be withdrawn from the competition. The remaining teams in that group will be awarded an automatic 2-0 win irrespective of when the withdrawal occurs. 2. All players must have had a life enhancing transplant. Individuals with a failed transplant awaiting re-transplantation can also participate. 3. All players must have registered online prior to the event, no entries will be allowed on the day. 4. All players must have filled in a participation form during the registration on the day. 5. Matches will be 6-aside however subject to change based on final numbers. 6. There must be a minimum of 7 players registered per team or 6 for 5-aside. There must be no more than 10 players per team.

	7. All players must register 30 minutes before the fitness test. All players must complete the fitness on the day immediately prior to the competition. Players who fail to turn up or withdraw on the day will forfeit their entrance fee- unless there is extenuating circumstances in which case the committee's decision is final. Any late entries without authority from the committee will not be entered. 8. Players need to indicate on the registration form whether they want to enter individually or part of a team.
Format	1. The competition will follow a round robin format however this is subject to change dependant on number of entries. 2. All matches will follow the FA small, sided rules with the exemption of; No slide tackling, substitutes are to be roll on roll of and can be made at any stoppage. Throw ins can be under arm roll ins or over the head, shooting is not permitted direct from kick off. 3. Match duration will be 10 minutes (subject to change depending on entry numbers) one way for group matches, 12 minutes one way for the semi-finals and 7 minutes each way for the final. The final will have a 2-minute break at half time where teams will swap ends. Semi-final and final matches level at full time will take part in a penalty shoot-out, best of 3 then sudden death. 4. Players must stand at least 5 yards away from a free kick, all kicks are direct. 5. Fouling. A direct free kick is awarded if a player commits any of the following: Kicks or attempts to kick an opponent, Trips or attempts to trip an opponent, Jumps at an opponent, Charges an opponent, even with the shoulder, Strikes or attempts to strike an opponent, Pushes an opponent, Forces a player into the surrounding boards/fence, Holds an opponent, Spits at an opponent, Makes a sliding tackle, Handles the ball deliberately (except for the goalkeeper). 6. The first named team shall take kick off. 7. Kick offs should be taken at the start of play and when a goal is scored. All players must be in their own half of the field. The opponents of the team taking the kick-off are at least 1m from the ball until it is played. The ball must be stationary on the centre mark. The ball can be played forward or back. The kicker may not touch the ball a second time until it has touched another player. 8. Opposition players must stand at least 1 meter away from a throw in. 9. Goalkeepers are allowed out of the goal area in 6-aside matches and players can enter the penalty area, shooting is permitted from

	anywhere. This is subject to change depending on the format of the competition and will adhere to The FA standard rules of 5-a-side with the exemption of the named above. 10. Goalkeepers are not permitted to kick the ball direct from their hands or a drop kick. Goal kicks will be taken from the goal line. 11. The scoring system for matches will be as follows: 3 points for a win 1 point for a draw and 0 points for a loss. In the event of two sides finishing on the same points, the team which has scored the most goals will go through. If this also results in a draw it will go on most goals conceded followed by the best of 3 penalties. 12. In the event of a player being booked twice during the competition, a 1 match suspension will be given for the following game. For a sending off a 2-match suspension will apply for the next 2 games. This is ultimately down to referee and the event organisers. If the sending off is deemed to be too severe the player can be removed from the competition. 13. All teams must be pitch side and ready 5 minutes before their designated kick off time. Any team not ready to start the game when the referee arrives will forfeit the game and the opposing team will be awarded the point of a 2-0 win. 14. The offside rule will not apply.
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6+ Sport Stacking	
Date	Friday 7 th August 2026
Time	Registration: 13:00 – 13:30
	Competition: 13:30 – 15:00
Categories	CHILDREN Male & Female Competitions (Points & Medals) 6 – 8 Male & Female Competitions (Medals Only) 9 – 11 12 – 14
Venue	English Institute of Sport (EIS) Coleridge Road Sheffield S9 5DA Location – WHAT THREE WORDS///supper.skills.chew
Car Parking	Limited free onsite parking is available.
Catering	Catering will be available onsite
Points	6-8 - 1 st place – 3 points, 2 nd place – 2 points, 3 rd place – 1 point No points allocated for age 9+ – social event
Medal Structure	Gold, Silver, Bronze.
Medal Ceremonies	At the end of the event
Attire and Equipment	Essential equipment will be provided during the event.
Results	The Sports Manager must ensure official results form is handed or e-mailed to the Event.

Rules	Stacks 6 – 8 1-2-1 Stack. Uses 12 cups. The stacker creates two piles of cups and then put the cups back into one pile. 3-3-3 Stack. Uses 9 cups. The stacker creates three pyramids of 3 cups each and then stack cups back into nested stacks of 3 in the order that they upstacked. 9 – 11 1-2-1 Stack. Uses 12 cups. The stacker creates two piles of cups and then put the cups back into one pile.
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	3-3-3 Stack. Uses 9 cups. The stacker creates three pyramids of 3 cups each and then stack cups back into nested stacks of 3 in the order that they upstacked.
12 – 14	3-3-3 Stack. Uses 9 cups. The stacker creates three pyramids of 3 cups each and then stack cups back into nested stacks of 3 in the order that they upstacked. 3-6-3 Stack. Uses 12 cups. The stacker stacks up three made up of three cups on the left, six cups in the center, and three cups on the right (3-6-3) and downstack it to the three nested stacks. • Sport stacking is done with specially designed plastic cups, made to prevent sticking to one another and with holes in the bottom to allow air to pass through quickly when stacking. They are designed with ribs reinforcing a ledge inside to keep them slightly apart when nested, so they can be quickly separated. • All attempts will be timed by official timekeepers. • Practice tables will be operational for 90 minutes only to allow individuals to practice prior to setting times. • Every competitor has 3 attempts at each stack with the fastest time going forward.

6-11 Children's Long Jump	
Date	Friday 7 th August 2026
Time	Registration: 13:00 – 13:30 Competition: 13:30 – 15:00
Categories	Male and Female Competitions 6-8 Boys & Girls 9-11 Boys & Girls
Venue	English Institute of Sport (EIS) Coleridge Road Sheffield S9 5DA Location – WHAT THREE WORDS///supper.skills.chew
Car Parking	Free onsite parking is available
Catering	Catering facilities On Site
Points	1 st place – 3 points, 2 nd place – 2 points, 3 rd place – 1point
Medal Structure	Gold, Silver, Bronze in each age category for male and female
Medal Ceremonies	At the end of the event
Attire and Equipment	Essential equipment will be provided during the event,
Results	The Sports Manager must ensure official results form is handed to the Event Office.
Format	• Practice jumps allowed prior to main competition. • 3 Jumps each, longest jump counts.

Archery															
Date	Thursday 6 th August 2026														
Time	Registration 09:00-09:30 Competition 09:30-16:30 Experienced groups will shoot first.														
Categories	Beginner (Beginner 0-2 BTG Events & Intermediate 3-4 BTG Events) & Experienced (Advanced 5+BTG Player using own equipment) Male and Female Competitions <table> <tr> <td>Juniors</td><td>15 - 17</td></tr> <tr> <td>Adult</td><td>18 - 29</td></tr> <tr> <td>Senior</td><td>30 - 39</td></tr> <tr> <td>Super Senior</td><td>40 - 49</td></tr> <tr> <td>Veterans</td><td>50 - 59</td></tr> <tr> <td>Super Veterans</td><td>60 - 69</td></tr> <tr> <td>Super Super Veterans</td><td>70 +</td></tr> </table> Live Donors can enter competitively in Male and Female competition.	Juniors	15 - 17	Adult	18 - 29	Senior	30 - 39	Super Senior	40 - 49	Veterans	50 - 59	Super Veterans	60 - 69	Super Super Veterans	70 +
Juniors	15 - 17														
Adult	18 - 29														
Senior	30 - 39														
Super Senior	40 - 49														
Veterans	50 - 59														
Super Veterans	60 - 69														
Super Super Veterans	70 +														
Venue	Woodburn Road Track Sheffield Hallam University City Athletics Stadium 3 Stadium Way Sheffield S9 3HL Location – WHAT THREE WORDS///snacks.employ.liked														
Car Parking	Limited free onsite parking is available. Free parking is also available on surrounding roads														
Catering	Catering is available onsite via the café														
Points	1 st place – 3 points, 2 nd place – 2 points, 3 rd place – 1 point														
Medal Structure	Gold, Silver, Bronze in each age category for male and female competitions for the beginner level. Gold, Silver, Bronze in each age category for male and female competitions for the experienced level.														
Medal Ceremonies	At the end of the event														
Attire and Equipment	Essential equipment will be provided during the event; Own equipment can also be used in the Experienced category Must use re-curve bow. * Flat shoes required; no baggy sleeves, long hair must be tied back. If you are entered in the beginner classes event, you must use the equipment provided. If you intend to use your own equipment, you are automatically classed as Advanced.														

Results	Official Results will be displayed at the end of the event. The Sports Manager will hand the official result to the games office.
Format	<u>Beginner Level</u> • Beginners 0-2 BTG Entries (non-club players / never played) – 10m target, face size 80cm (all 4 archers shoot at the same face) • Intermediate 3-4 BTG Entries – 10m target, face size 80cm (all 4 archers shoot at the same face) • Instruction followed by 30-minute practice for beginners. • 2 dozen arrows in ends of 3 arrows (2 minutes per end) for beginners • Archers shoot 4 to a target in 2 details. <u>Experienced Level</u> • Advanced (player or using own equipment) – 18m target, face size 60cm (2 archers per face) 3 dozen arrows following 15 minutes practice. • All archers • All archers shoot before scoring an end (any arrow bouncing off the scoring area may be reshot – on agreement of the judge) • Archery GB rules of shooting regarding shooting process will be followed.

Badminton	
Date	Saturday 8th August 2026
Time	Adult's Registration: 08:00-08:30 Adult's Competition: 09.00-12.30 Children's Registration: 12.30-13.00 Children's Competition: 13:30-17:30
Categories	ADULTS Male and Female Competitions Adult 18 - 29 30 - 49 50+ CHILDREN Male and Female Competitions 6 - 8 9 - 11 12 - 14 15 – 17
Venue	Ponds Forge International Sports Centre Sheaf St Sheffield S1 2BP Location- WHAT THREE WORDS/// ///çoğul.uzamak.şaheser
Car Parking	Free limited onsite parking is available
Catering	Catering facilities available onsite
Points	1 st place – 3 points, 2 nd place – 2 points, 3 rd place – 1 point
Medal Structure	Gold Silver Bronze for each age category – adults and children Bronze medals and points for losing semi-finalists
Trophies (Presented at the sport)	Canterbury Badminton Trophy – Adult Men (doubles) Loughborough Sports Trophy—Adult ladies (doubles)
Medal Ceremonies	Throughout the event as age categories are completed.
Attire and Equipment	Non-marking trainers. Competitors MUST supply their own rackets; shuttles will be provided.
Results	The Sports Manager must ensure official results form is handed to the Event Office.

Badminton Children's Guidelines

- Singles competition only
- One game to 15 points in the group stage Rally scoring, one game to 15, extended to 21, two clear points.
- A round robin league system should be used up to find semi-finalists.
- If a high entry this could be to find the quarter finalists.
- Once first pool system is completed only knockout should be used from that point onwards.
- If there are more than 16 entrants within an age category, then a knockout system could be used for that age category.

Badminton Adult Guidelines

Men's Doubles

Ladies Doubles

Registration:

8:00-08:30

All competitors must be registered by 8:30.

Warm Up: between 8:30 – 9:00.

Competition begins at 9:00.

If people have not registered by 8:30 hrs they will be withdrawn from the event.

- One Game to fifteen rally points
- Best of three Games to fifteen in the final.
- **Doubles partners must be submitted on entry or will be allocated by the event and will then stand without any changes.**
- Doubles pairings will play in the competition of the youngest person and will score points towards the overall team awards in this age group.
- If a doubles partner pulls out of the Games in advance of the event, you may not be allocated another partner and cannot play as a single.
- Last year's semi-finalists should be seeded.
- A round robin league system should be used up to find semi-finalists. If a high entry this could be to find the quarter finalists. Once first pool system is completed only knockout should be used from that point onwards. If there are more than 16 entrants within an age category, then a knockout system could be used for that age category.

Crown Green Bowls	
Date	Saturday 8 th August 2026
Time	Registration: 08:30 – 09:00 Competition: 09:00 – 17:30
Categories	Open Mixed
Venue	Hillsborough Park Bowls Club, Hillsborough Park Middlewood Rd, Sheffield S6 4HD What Three Words ///salads.drew.ladder
Car Parking	No available on site, there are local car parks a short walk away
Catering	Cafe available onsite
Points	1 st place – 3 points, 2 nd place – 2 points, 3 rd place – 1 point
Medal Structure	Gold, Silver, Bronze. 2 x Bronze – awarded to losing semi finalists
Trophies (Presented at the Sport)	Harry Thorpe Trophy awarded at the sport to the gold medallist
Medal Ceremonies	At the end of the event.
Attire and Equipment	Flat soled shoes must be worn.
Results	The Sports Manager must ensure official results form is handed or e-mailed to the Event Office.
Rules	• This Competition will be played in groups using the Round Robin format. • The number of groups will be dependent on the total entry. • Each competitor will use two bowls. • Games will consist of 6 ends. 1 trial end will be allowed. Trial Ends may, if agreeable to both sides, be dispensed with in the case of late starts. • In the Group Stages the winner of each game will receive 2 points and if a draw each competitor will receive 1 point. • The winner of the group will be the competitor with the highest point's total. • If after the Group Stages competitors are equal on points, shot difference will apply. If competitors are still equal, aggregate scores will apply. If the winner still cannot be determined, the number of ends won will be considered. • The winner of each group will progress to the next stage. • After the group is completed, a knockout format will be used. • Games will still be contested over 6 ends.

Cycling	
Date	Friday 7 th August 2026
Time	Registration: 10:00-10:30 Competition: 10:30 – 16:00
Categories	9 – 11yrs 1.5km time trial Male competitions by age group 1.5km time trial Female competitions by age group 12 – 14yrs 3km time trial Male competitions by age group 3km time trial Female competitions by age group 15 years + 10.5km road race Male competitions by age group 10.5km road race Female competitions by age group 4.5km time trial Male competitions by age group 4.5km time trial Female competitions by age group Children 9 – 11 Children 12 - 14 Juniors 15 - 17 Adult 18 - 29 Senior 30 - 39 Super Senior 40 - 49 Veterans 50 - 59 Super Veterans 60 - 69 Super Super Veterans 70 +
Venue	Forge Valley School Wood Ln Sheffield S6 5HG What Three Words///woes.fear.return
Car Parking	Free parking available on site
Catering	Not available on site
Points	1 st place – 3 points, 2 nd place – 2 points, 3 rd place – 1 point
Medal Structure	Gold, Silver, Bronze in each age category for male and female competitions.
Trophy (Presented at the sport)	Peter Harrison Foundation – Men To be presented to winner of 10K road race Peter Harrison Foundation – Women To be presented to winner of 10K road race
Medal Ceremonies	At the end of each event
Attire and Equipment	Protective headgear is compulsory and must be supplied by the competitors. Competitors must use their own cycles. The use of Aerobars and TT Helmets are not permitted in the Road Race competition.



Results	The Sports Manager must ensure official results form is handed to the Event Office.
Rules	Separate races must be run for the men and women's events.

Darts	
Date	Friday 7 th August 2026
Time	Registration: 19:00-19:30 Warm Up: 19:30 – 20:00 Competition: 20:00 – 22:30
Categories	Open Male & Open Female
Venue	Canon Medical Arena Olympic Legacy Park Worksop Road Sheffield S9 3TL WHAT THREE WORDS///single.cases.foam
Car Parking	Parking on site is free
Catering	On site catering available
Points	1 st place – 3 points, 2 nd place – 2 points, 3 rd place – 1 point
Medal Structure	1 x Gold, 1 x Silver, 2 x Bronze
<i>Trophies (Presented at the sport)</i>	Jeff Pickavance Trophy – Winner
Medal Ceremonies	At the end of the event
Attire and Equipment	Darts and flights must be provided by the competitors.
Results	The Sports Manager must ensure official results form is handed to the Event Office.
	• All competitors must indicate their standard of play on the entry form. • 301 straight start; Final 501. • Round robin / knockout competition – depending on numbers • Double finish – once both players are playing for a double, if after 3 attempts each neither player has won the game – you will play nearest the bull to determine the winner. The above does not apply in the final where you must finish on a double. • Busting rule • Single matches • Best of 3 – Semi-final and final • Previous years semi-finalists seeded apart if they enter. • Live Draw after registration

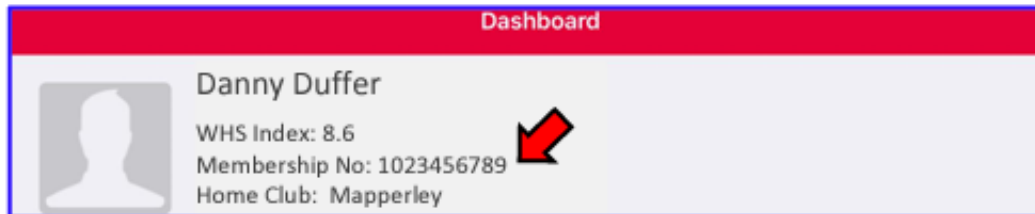
Medal Ceremonies	In the club house on completion of play
Attire and Equipment	Players and visitors must wear smart, conventional golf attire at all times. All players must have their own golf equipment. If you require the use of a golf buggy they must be booked in advance via the pro shop, they can be contacted on 0114 234 9151 opt 3 or proshop@hillsboroughgolfclub.co.uk Please notify BTG@mls.gb.co that you require and have booked a buggy, so that players are drawn where possible with a competitor who also requires and has booked a buggy.
Results	The Sports Manager must ensure official results form is handed to the Event Office.
Rules	• Minimum entry requirement is Novice NOT beginner • 18 holes • Stableford competition • One Round of Golf for all. • At the conclusion of play, score cards signed by the player and counter signed by a marker must be returned to the Registration/Recorders desk. • Competitors will be advised which colour Tees they will play from on the day. Stableford Divisions: Men's Competition (Max handicap 28) 1) Handicap 0 - 9.9 2) Handicap 10 - 19.9 3) Handicap 20 - 28 Women's Competition (Max handicap 36) 1) Handicap 0 – 18 2) Handicap 18+ Junior Men (15-17 yrs) (Max handicap 28) 1) Stableford Junior Women (15 – 17 yrs) (Max handicap 36) 1) Stableford

	Social Golf –A single Stableford competition for all players. • Medals will be awarded in each division. • Certificates of handicap – proof of handicap required. • Players must pick up if they are not going to score on a hole.
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How do I find my CDH number?

In the My England Golf app

Your CDH number is the one that you enter when logging into **My England Golf**. Once logged into the app, it is displayed at the top of the **Dashboard** page:

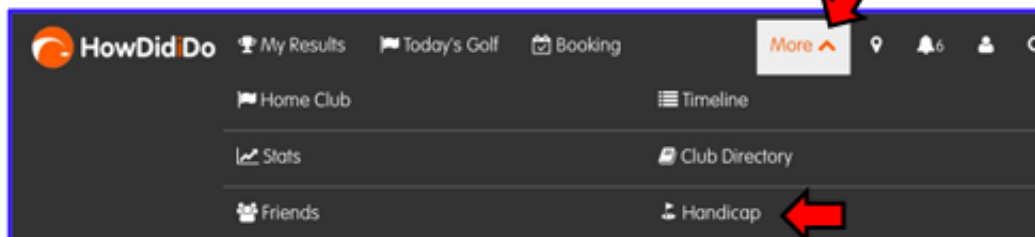


or on the right of the **My Overview** page in the web version:



In HowDidiDo

Select **More**, followed by **Handicap** and **Certificate**:



Mini Tennis		
Date	Friday 7 th August 2026	
Time	Registration: 09:00 – 09:30 Competition: 09:30 – 12:30	
Categories	CHILDREN Male and Female Competitions 6 – 8 – Mini Tennis Red 9 -11 – Mini Tennis Orange	
Venue	Hallamshire Tennis & Squash Club 716 Ecclesall Road Sheffield S11 8TA Location – WHAT THREE WORDS///herbs.incomes.awards	
Car Parking	Extremely limited onsite parking, roadside parking is available in the surrounding area.	
Catering	Café / bar On Site	
Points	1 st place – 3 points, 2 nd place – 2 points, 3 rd place – 1 point	
Medal Structure	Gold Silver Bronze for each age category 2 x Bronze – awarded to losing semi-finalists in each age group	
Medal Ceremonies	At the end of the event	
Attire and Equipment	Sports clothing must be worn with trainers. Rackets will be provided	
Results	The Sports Manager must ensure official results form is handed to the Event Office.	
Rules/Format	Boys Singles Girls Singles	2 boxes, each player plays 7 matches, winner & runner up play for final, subject to number of entries.
	• First to 10 points wins • 2 clear points needed to win • All serves to be underarm • Serve once on spin of racket, followed by two serves alternatively until winner of match. • Winner and runner up of each box play for 1st, 2nd and 3rd place.	

Pétanque	
Date	Sunday 9 th August 2026
Time	Registration: 09:30 – 10:00 Competition: 10:00 – 15:00
Categories	ADULTS – Mixed Open Pairs Mixed Open
Venue	
Car Parking	
Catering	
Points	1 st place – 3 points, 2 nd place – 2 points, 3 rd place – 1 point in each event
Medal Structure	Gold, Silver and Bronze medals will be awarded for each category. Bronze medals will be awarded to both losing semi-finalists.
Medal Ceremonies	Medals to be presented at the end of the event.
Attire and Equipment	Competitors must wear sports clothing and sports shoes. No open toed sandals should be worn. Competitors should provide their own pétanque balls where possible. A small number of balls are available at the Club.
Results	The Sports Manager must ensure official results form is handed to the Event Office
Rules/Format	Round Robin in the elimination rounds to quarter-finals. Matches play first to 13 wins or the score at 40 minutes counts (may change according to entries) The Pétanque tournament will be played by the rules set by the International Pétanque Federation except as modified here in.

Pétanque	
Date	Sunday 9 th August 2026
Time	Registration: 09:30 – 10:00 Competition: 10:00 – 15:00
Categories	ADULTS – Mixed Open Pairs Mixed Open
Venue	English Institute of Sport Coleridge Rd Sheffield S9 5DA What three Words ///hammer.life.little
Car Parking	Onsite parking available
Catering	Catering available in the English Institute of Sport
Points	1 st place – 3 points, 2 nd place – 2 points, 3 rd place – 1 point in each event
Medal Structure	Gold, Silver and Bronze medals will be awarded for each category. Bronze medals will be awarded to both losing semi-finalists.
Medal Ceremonies	Medals to be presented at the end of the event.
Attire and Equipment	Competitors must wear sports clothing and sports shoes. No open toed sandals should be worn. Competitors should provide their own pétanque balls where possible. A small number of balls are available at the Club.
Results	The Sports Manager must ensure official results form is handed to the Event Office
Rules/Format	Round Robin in the elimination rounds to quarter-finals. Matches play first to 13 wins or the score at 40 minutes counts (may change according to entries) The Pétanque tournament will be played by the rules set by the International Pétanque Federation except as modified here in.

Snooker	
Date	Thursday 6 th August 2026
Time	Registration: 13:00 – 13:30 Competition: 13:30 17:00
Categories	Open – Mixed
Venue	Steelers Sports Bar 2A Birley Moor Road Sheffield S12 2AU WHAT3WORDS ///whips.tulip.quench
Car Parking	There is no onsite parking. Some roadside parking is available in the surrounding area.
Catering	Bar available on site, food available for purchase.
Points	Medal Competition – Points Only 1 st place – 3 points, 2 nd place – 2 points, 3 rd place – 1 point
Medal Structure	Medal & Plate events 1 x Gold 1 x Silver 2 x Bronze – awarded to losing semi finalists
Medal Ceremonies	At the end of the event
Attire and Equipment	Cues available if required
Results	The Sports Manager must ensure official results form is handed to the Event Office.
Rules/Format	• Draw will be made prior to the day's plan, to speed up the playing time available. • All matches will be played over 1 frame, up to the Final of the MAIN competition. • The FINAL will be over 2 frames, with both frame scores added together. • All matches will be played over 1 frame in the PLATE competition. • All frames will be played with 6 reds. • There will be a 20-minute time limit on all frames to the final. • There will be a 30-minute time limit on all frames in both FINALS. • The first round losers of the main draw will proceed into the PLATE competition • The match will be regarded as ended on either the completion of the frame or the expiry of 20 minutes. • The player in front on the scoreboard will be adjusted as the winner after 20 minutes' play. • In the event of a re-spotted black with score tied, if the time clock expires, both players will continue to play until the frame is completed.

	Slow Play • There will be a qualified official referee in attendance who will adjudicate on deliberate slow play. • Any player found guilty of deliberate slow play will be warned on the 1st occasion and then disqualified on the 2nd occasion. • The qualified official referee's decision is final. Miss Rule The MISS rule will be used during the tournament, but will have restrictions: • The MISS cannot be called when the opponent fails to get out of a snooker. • The MISS can be called if the opponent fails to hit a ball which is on. • A maximum of 3 misses can only be called.
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Squash	
Date	Thursday 6 th August 2026
Time	Registration: 13:00 – 13:30 Competition: 13:30 – 17:00
Categories	Male and Female competitions Juniors 15 - 17 Adults 18 - 29 Seniors 30 - 39 Super Seniors 40 - 49 Veterans 50 - 59 Super Veterans 60 - 69 Super Super Veterans 70 +
Venue	Hallamshire Tennis & Squash Club 716 Ecclesall Road Sheffield S11 8TA WHAT THREE WORDS///herbs.incomes.awards
Car Parking	Extremely limited onsite parking available. There is roadside parking available on surrounding streets.
Catering	On site catering
Points	1 st place – 3 points, 2 nd place – 2 points, 3 rd place – 1 point
Medal Structure	Gold Silver Bronze for each age category – adults and children 2 x Bronze – awarded to losing semi finalists
Trophies (Presented at the sport)	McFaddon Quaich Trophy awarded at the sport to winning adult male.
Medal Ceremonies	At the end of the event
Attire and Equipment	STRICTLY Squash shoes or non-marking training shoes. Competitors with incorrect footwear will not be allowed to compete. Competitors MUST supply their own racquets
Results	The Sports Manager must ensure official results form is handed to the Event Office.
Rules/Format	Men's Singles Ladies Singles
	• One set match to semi-final. • Best of 3 sets in Final, subject to number of entries. • First to 9 points • Last year's semi-finalists should be seeded

	• A round robin league system should be used up to the semi-final stage. If there are more than 16 entrants within an age category, then a knockout system could be used for that age category, this will be dependent on facility time and resource available. • Finals will be 1 or 3 sets dependent on the number of entries i.e., if only 2 entries in an age category a straight final of 3 sets will be played, in a pool of 4 it will be 1 set throughout.
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Swimming	
Date	Saturday 8 th August 2026
Time	Children's Swimming Arrival: <u>09:00</u> Children's Swimming Competition: 09:30 – 12:30 Adults Swimming Arrival: <u>13:00</u> Adults Swimming Competition: 13:30 – 17:30
Categories	ADULTS Adults 18 - 29 Seniors 30 - 39 Super Seniors 40 - 49 Veterans 50 - 59 Super Veterans 60 - 69 Super Super Veterans 70 + CHILDREN 9-11 12-14 15-17 Live Donor Your age category is based form your age on 30 th June 2026
Venue	Ponds Forge International Sports Centre Sheaf Street Sheffield S1 2BP Location – WHAT THREE WORDS///enable.slave.slot
Car Parking	Limited onsite parking. Additional parking available at Q park Castlegate.
Catering	On site catering.
Photography	The venue does not allow photography, there will be an official photographer. Unauthorised use of mobile phones for taking photos & videos & image capturing devices on poolside, in the sports hall & changing rooms/village is strictly prohibited. Any person found to be in contravention of this will be required to leave the venue and may face disciplinary action by the venue.
Points	1 st Place – 3 points, 2 nd place – 2 points, 3 rd place – 1 point
Medal structure	Gold Silver Bronze for each age event – adults and children
Trophy (Presented at the at the pool)	John Kelly Trophy – Relay team Lyndsey Ward Trophy – Children's Relay Team
Medal Ceremonies	Interspersed throughout the programme

Attire and Equipment	Ideally, swimming hats should be worn by all competitors. If not, long hair should be tied back. Goggles are also encouraged but not mandatory.
Results	1 x official results forms should be taken to the Results Office 1 x official results forms should be taken to the announcer from the results office once results have been processed. The Sports Manager must ensure official results form is handed to the Event Office.
Rules/Format	A schedule will be available to Competitors at the Games.
Adult Swim Programme <i>Heat Declared winner format</i> <u>25m Short Course</u>	
50 Metres Freestyle	- Timed Heats, in a heat declared winner format. - At least one Female Swimmer per team for relays
100 Metres Freestyle	
200 Meters Freestyle	
50 Metres Breaststroke	
100 Metres Breaststroke	
50 Metres Backstroke	
50 Metres Butterfly	
4 x 50 Freestyle Relay	- Units that enter 4 or more athletes into the relay will only be allowed to enter full relay teams. e.g. 5 Athletes = 1 team, 6 Athletes = 1 team, 7 Athletes = 1 team, 8 Athletes = 2 teams. - Units cannot enter more than 8 athletes in total. - Units that have less than 4 athletes will be placed by the event into teams. No individual relay entries will be accepted on the day. - All Relay teams must be confirmed on the event day. - Teams must be identified on the day and those units with spare athletes can make changes due to injury etc. - NO points are awarded to team scores or individual scores. Medals are awarded (to all four members of the team) that finish in the first three positions.

Children's Swim Programme

Heat Declared winner format

25m Short Course

Boys 9 – 11 years	25m Freestyle
Girls 9 –11 years	25m Freestyle
Boys 12-14 years	25m Freestyle
Girls 12-14 years	25m Freestyle
Boys 15 - 17 years	25m Freestyle
Girls 15 – 17 years	25m freestyle
Boys 12 – 14 years	50m Freestyle
Girls 12-14 years	50m Freestyle
Girls 15-17 years	50m Freestyle
Boys 15-17 years	50m Freestyle
Girls 15 – 17 years	100m Freestyle
Boys 15 – 17 years	100m Freestyle
Boys 9 – 11 years	25m Breaststroke
Girls 9 – 11 years	25m Breaststroke
Boys 12 – 14 years	25m Breaststroke
Girls 12 – 14 years	25m Breaststroke
Boys 15 - 17 years	50m Breaststroke
Girls 15 -17 years	50m Breaststroke
Boys 12 – 14 years	50m Breaststroke
Girls 12 – 14 years	50m Breaststroke
Boys 9 – 11 years	25m Backstroke
Girls 9 – 11 years	25m Backstroke
Boys 12 – 14 years	25m Backstroke
Girls 12 – 14 years	25m Backstroke
Boys 12 – 14 years	50m Backstroke
Girls 12 – 14 years	50m Backstroke
Boys 15 - 17 years	50m Backstroke
Girls 15 - 17 years	50m Backstroke
Boys 12 – 14 years	25m Butterfly
Girls 12 – 14 years	25m Butterfly
Boys 15 – 17 years	50m Butterfly
Girls 15 – 17 years	50m Butterfly
Open age 9 +	Relay – 4X25m

- Units that enter 4 or more athletes into the relay will only be allowed to enter full relay teams. e.g. 5 Athletes = 1 team, 6 Athletes = 1 team, 7 Athletes = 1 team, 8 Athletes = 2 teams.
- Units that have less than 4 athletes will be placed by the event into teams. No individual relay entries will be accepted on the day.
- All Relay teams must be confirmed on the event day.
- Teams must be identified on the day and those units with spare athletes can make changes due to injury etc.
- NO points are awarded to team scores or individual scores. Medals are awarded (to all four members of the team) that finish in the first three positions.

Table Tennis	
Date	Thursday 6 th August 2026 (Children's) Friday 7 th August 2026 (Adults)
Time	Children's Registration: 13:00 – 13:30 Children's Competition: 13:30 – 17:30 Adults Registration: 09:00 – 09:30 Adults Competition: 09:30 – 15:00
Categories	ADULTS Male and Female Competitions Adults 18 - 29 Seniors 30 - 39 Super Seniors 40 - 49 Veterans 50 - 59 Super Veterans 60 - 69 Super Super Veterans 70 + CHILDREN Male and Female Competitions 6 - 8 9 - 11 12 -14 15 –17
Venue	English Institute of Sport (EIS) Coleridge Road Sheffield S9 5DA Location – WHAT THREE WORDS///supper.skills.chew
Car Parking	Limited free parking is available onsite.
Catering	On site catering
Points	1 st place – 3 points, 2 nd place – 2 points, 3 rd place – 1 point. Competitors will umpire their own games during the group stages.
Medal Structure	Gold Silver Bronze for each age category – adults and children 2 X Bronze – awarded to losing semi finalists
Trophies (Presented at the sport)	David Higgins Cup – Adult Men David Higgins Cup – Adult Women
Medal Ceremonies	At the end of the event
Attire and Equipment	Non marking trainers White clothing NOT to be worn Balls will be provided Competitors MUST provide their own ITTF approved bats
Results	The Sports Manager must ensure official results form is handed to the Event Office.

Table Tennis Adult Guidelines	
Men's Singles Ladies Singles	
• Best of 3 games of 11 points • Last year's semi-finalists should be seeded • A round robin league system should be used up to the semi-final stage. • If there are more than 16 entrants within an age category, then a knock out system could be used for that age category, this will be dependent on facility time and resource available.	
Table Tennis Children's Guidelines	
• Best of 3 games of 11 points • A round robin league system should be used up to the semi-final stage. • If there are more than 16 entrants within an age category, then a knock out system could be used for that age category, this will be dependent on facility time and resource available.	

Ten Pin Bowling	
Date	Friday 7 th August 2026 10:00 – 14:30
Time	The competition is split into 2 groups with separate registration times for each group. Times will be sent to competitors in advance of the competition.
Categories	Male and Female Competitions Juniors 15 – 17 Adult 18 - 29 Senior 30 - 39 Super Senior 40 - 49 Veterans 50 - 59 Super Veterans 60 - 69 Super Super Veterans 70 + Mixed Gender Wheelchair Competition Junior 15 – 17 Adult 18 +
Venue	Hollywood Bowl Sheffield Leisure Park Valley Centertainment Broughton Ln Sheffield S9 2EP What Three Words ///comeet.perky.format
Car Parking	Parking available onsite.
Scheduled	The competition is split into 2 groups with separate registration times for each group. Times will be sent to competitors in advance of the competition.
Catering	Onsite catering available. Only food purchased on site is allowed to be consumed.
Points	1 st place – 3 points, 2 nd place – 2 points, 3 rd place – 1 point
Medal Structure	Gold Silver Bronze for each age category – adults and children
Medal Ceremonies	At the end of the event
Attire and Equipment	Bowlers may bring their own equipment i.e gloves, shoes or balls but the venue can accept no liability for any damage or loss. Shoes can be provided.
Results	The Sports Manager must ensure official results form is handed to the Event Office.

Rules/Format	• Games will be played to independent rules as agreed by the Transplant sport UK sport committee. • The competition will be played in groups of 5 bowlers with the highest aggregate score for each age group determining the medal positions. • Detail of the oil pattern on the lane can be obtained from the Games office. • There will be a maximum of 5 players per lane.
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Tennis		
Date	Friday 7 th August 2026 (Children's) Sunday 9 th August 2026 (Adults)	
Time	Children's Registration: 13:00 – 13:30 Children's Competition: 13:30 – 16:30 Adults Registration: 09:00 – 09:30 Adults Competition: 09:30 – 16:30	
Categories	CHILDREN Male and Female Competitions Juniors 12 – 14 Juniors 15 – 17 ADULTS Male and Female Competitions Adults 18 - 29 Seniors 30 - 39 Super Seniors 40 - 49 Veterans 50 - 59 Super Veterans 60 - 69 Super Super Veterans 70 +	
Venue	Hallamshire Tennis & Squash Club 716 Ecclesall Road Sheffield S11 8TA Location – WHAT THREE WORDS///herbs.incomes.awards	
Car Parking	Limited onsite Car Parking available. Roadside parking is also available on surrounding streets.	
Catering	Café On Site	
Points	1 st place – 3 points, 2 nd place – 2 points, 3 rd place – 1 point	
Medal Structure	Gold Silver Bronze for each age category 2 x Bronze – awarded to losing semi-finalists in each age group	
Trophies	Sandoz Trophy awarded at the sport to the winning male adult	
Medal Ceremonies	At the end of the event	
Attire and Equipment	Sports clothing must be worn with trainers. Competitors must supply their own rackets	
Results	The Sports Manager must ensure official results form is handed to the Event Office.	
Rules/Format	Men's Singles Ladies Singles	One set match to semi-final. Best of 3 in Final, subject to entries.

	Last year's semi-finalists should be seeded	
	• To be played under LTA rules • A round robin league system should be used up to the semi-final stage. If there are more than 16 entrants within an age category, then a knockout system could be used for that age category, this will be dependent on facility time and resource available. • Sets will be tie break sets (6 all) the Games will be played with 1 point at deuce. Receiver chooses side of court to receive at deuce. • Finals will be 1 or 3 sets dependent on the number of entries i.e., if only 2 entries in an age category a straight final of 3 sets will be played, in a pool of 4 it will be 1 set throughout. • All players responsible for line calls.	

Track and Field	
Date	Sunday 9 th August 2026
Time	Children's Competition: 09:00 – 15:30 Adults Competition: 09:00 – 17:30
Categories	ADULTS Adults 18 - 29 Seniors 30 - 39 Super Seniors 40 - 49 Veterans 50 - 59 Super Veterans 60 - 69 Super Super Veterans 70 + Live Donor CHILDREN 5 and under 6 - 8 9 - 11 12 - 14 15 - 17 Open category for Wheelchair users in the Ball Throw Under 17 18 +
Venue	Saturday 8th August – Discus / Javelin Herringthorpe Athletics Stadium Middle Ln S Herringthorpe Rotherham S65 2ED Sunday 9th August - English Institute of Sport (EIS) Coleridge Road Sheffield S9 5DA WHAT THREE WORDS///supper.skills.chew
Car Parking	Limited onsite parking available
Catering	Catering will be available onsite
Points	1 st place – 3 points, 2 nd place – 2 points, 3 rd place – 1 point
<i>Trophies (Presented at the sport)</i>	Carl Whittaker Trophy - Fastest 60m Lauren Leach Cup – Children's Track Relay Matthew Thomas Trophy – 12-13 years Long Jump
Medal Structure	Gold Silver Bronze for each individual event for each individual age category – adults and children Gold, Silver and Bronze in relay events to each team member

Medal Ceremonies	FIELD EVENTS Presented at the field event. Ensure all medals are removed from packaging and presented around athlete's necks. TRACK EVENTS U5's, & 6-8 – medallists of each race to be taken to the medal presentation area for immediate presentations. All other Medal award ceremonies will be continuously interspersed in the Programme and presented at a dedicated presentation area approximately 20 mins after the event.
Attire and Equipment	Running shoes with spikes (6mm) are permitted. Tracksuits can be worn while competing.
Results	1 x official results forms should be taken to the Results Office 1 x official results forms should be taken to the announcer 1 x official results forms should be displayed in public area. The Sports Manager must ensure official results form is handed to the Event Office.
Adult Male Guidelines	
TRACK	
Heat winners plus fastest losers to make up the final. (Limited to track size) 60 Metres 200 Metres 400 Metres Straight Finals 800 Metres 1500 Meters	
FIELD	
Shot Putt – Max 3 attempts	Weights: 15-17 5.0kg - Adult 7.25kg - Senior 7.25kg - Super Senior 5.0kg - Veterans 5.0kg - Super Veterans 3.0kg - Super Super Veterans 3.0kg
Cricket Ball Throw	Max 3 attempts
Long jump	Max 3 attempts
High jump	3 consecutive failures = Out of the competition. - Minimum Height: 80cm. - Opening height in consultation on the day with officials and competitors.
Discus– Max 3 attempts	Weights 15-17 1.5kg - Adult 2.0kg - Senior 2.0kg - Super Senior 2.0kg

	• Veterans 1.0kg • Super Veterans 1.0kg • Super Super Veterans 1.0kg
Javelin – Max 3 attempts	Weights • 15-17 700g • Adult 800g • Senior 800g • Super Senior 800g • Veterans 600g • Super Veterans 600g • Super Super Veterans 500g
Adult Female Guidelines	
TRACK	
Heat winners plus fastest losers to make up the final. (Limited to track size) 60 Metres 200 Metres 400 Metres Straight Finals 800 Metres 1500 Meters	
FIELD	
Shot putt – Max 3 attempts	Shot Weights: • 15-17 3.0kg • Adults 4.0 kg • Seniors 4.0 kg • Super Seniors 4.0 kg • Veterans 3.0 kg • Super Veterans 3.0 kg • Super Super Veterans 3.0 kg
Cricket Ball Throw	• Max 3 attempts
Long Jump	• Max 3 attempts
High Jump	• 3 consecutive failures = Out of the competition. • Minimum Height: 80cm. • Opening height in consultation on the day with officials and competitors.
Discus	• Max 3 throws - All age groups use 1 Kg discus

Javelin – Max 3 attempts	Weights 15-17 500g - Adult 600g - Senior 600g - Super Senior 600g - Veterans 400g - Super Veterans 400g - Super Super Veterans 400g
ADULT OPEN EVENTS	
Track Relay	- At least one female athlete per team. No child athletes are allowed in the adult relay teams. - Teams that enter 4 or more athletes into the relay will only be allowed to enter full relay teams. e.g. 5 Athletes = 1 team, 6 Athletes = 1 team, 7 Athletes = 1 team, 8 Athletes = 2 teams. - Teams that have less than 4 athletes will be placed by the judiciary into teams. No individual relay entries will be accepted on the day. - All Relay teams must be confirmed on the event day. - Teams must be identified on the day and those teams with spare athletes can make changes due to injury etc. - NO points are awarded to team scores or individual scores. Medals are awarded (to all four members of the team) in the relay final that finish in the first three positions.
Live Donor Events	60m - Ball Throw (Friday with Children's Ball throw) - Long Jump (Friday with Children's Long Jump)

Road Race & Walk		
Saturday 8th August		
Girls	Children 2K Walk (Herringthorpe Athletics Stadium) 9-11, 12-14	Straight Final
Girls	3K Walk (Herringthorpe Athletics Stadium) 9-11, 12-14	Straight Final
Ladies	5K Road Race (Sheffield City Centre) 15-17, 18 – 29, 30-39, 40-49 50-59, 60-69, 70+	Straight Final
Ladies	3K Walk (Herringthorpe Athletics Stadium) 15-17, 18 – 29, 30-39, 40-49 50-59, 60-69, 70+	Straight Final
Boys	Walk (Herringthorpe Athletics Stadium) 9-11, 12-14	Straight Final
Boys	3K Walk (Herringthorpe Athletics Stadium) 9-11, 12-14	Straight Final
Men	5K Road Race (Sheffield City Centre) 15-17, 18 – 29, 30-39 40-49, 50-59, 60-69 70+	Straight Final
Men	5K Walk (Herringthorpe Athletics Stadium) 15-17, 18 – 29, 30-39 40-49, 50-59, 60-69 70+	Straight Final
During the Walk - running is not permitted. Running will lead to disqualification from the event.		

Children's Track and Field Guidelines	
	Runs Heat declared winners (Limited due to track size) Best of three 3 throws in a row
5 and under	• 25 m dash • Obstacle race (FRI) • Ball throw (FRI) • Any competitor taking part as non-wheelchair athlete in any other sport will not be permitted to enter any wheelchair event.
6-8 years	• 60 m dash • Obstacle race (FRI) • Ball Throw (FRI) • Long Jump (FRI) (standing jump from edge of pit) • Any competitor taking part as non-wheelchair athlete in any other sport will not be permitted to enter any wheelchair event.
9-11 years	• 60m • Long Jump (FRI) • Ball Throw (FRI) • Obstacle race (FRI) • Walk (SAT) • Road Race (SAT) • Any competitor taking part as non-wheelchair athlete in any other sport will not be permitted to enter any wheelchair event.
12-14 years	• 60m • Long jump • Ball Throw (FRI) • Obstacle race (FRI) • Walk (SAT) • Road Race (SAT) • Any competitor taking part as non-wheelchair athlete in any other sport will not be permitted to enter any wheelchair event.
15-17 years	• 60m • 200m • Long Jump • Ball Throw (FRI) • Road Race (SAT) • Walk (SAT) • High Jump • Shot Putt • Any competitor taking part as non-wheelchair athlete in any other sport will not be permitted to enter any wheelchair event.
Track Relay (4x100m)	• At least one female athlete per team. No child athletes are allowed in the adult relay teams.

OPEN AGE GROUP 12+	- Teams that enter 4 or more athletes into the relay will only be allowed to enter full relay teams. e.g. 5 Athletes = 1 team, 6 Athletes = 1 team, 7 Athletes = 1 team, 8 Athletes = 2 teams. - Teams that have less than 4 athletes will be placed by the judiciary into teams. No individual relay entries will be accepted on the day. - All Relay teams must be confirmed on the event day. - Teams must be identified on the day and those teams with spare athletes can make changes due to injury etc. - NO points are awarded to team scores or individual scores. Medals are awarded (to all four members of the team) in the relay final that finish in the first three positions.
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NOTES:

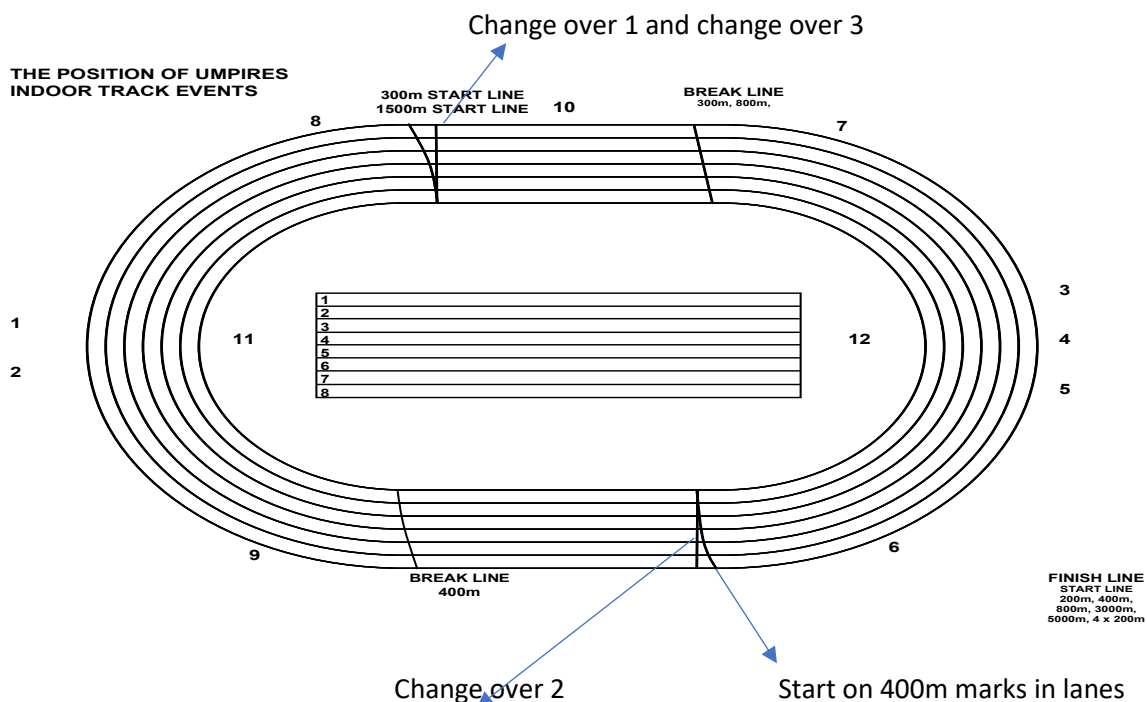
In both Javelin and Discus, if field officials deem the competitor incompetent at either event the competitor will be immediately disqualified.

All non-competitors MUST stay off the inside field.

Tug of War will be run at the Track and Field event for all child competitors who have not received a medal at the Games.

British Transplant Games Protocol for 4 x 100m relay at EIS Sheffield

- First leg runners will be allocated a lane and start on the 400m line. They will remain in their allocated lane through to change over 2
- Change over 1 is at the 1500m start area. Athletes will be in the allocated lane for their team. They must remain in lanes until they cross the break line entering the home straight. This is marked by green flags adjacent to the track and orange cones placed in between each lane. They may then break out of lanes.
- Change over 2 is at the start line and athletes will be placed in the order that their team left change over 1. Placing from the inside of the track outwards. Once placed in that order by the Officials they cannot change the order. These athletes are not in lanes and may use the inside lane.
- Change over 3 is at the 1500m line and athletes will be placed in the order of the teams leaving changeover 2. Once placed in this order by the Officials they cannot change the order.



Under 5 Bean Bag Archery	
Date	Saturday 8 th August 2026
Time	Registration: 10:30 – 11:00 Competition: 11:00 – 12:30
Categories	0-5 Male and Female Competitions
Venue	Ponds Forge International Sports Centre – Skyline Suite Sheaf Street Sheffield S1 2BP Location – WHAT THREE WORDS///enable.slave.slot
Car Parking	Limited onsite parking. Additional parking available at Q Park Castlegate.
Catering	Catering will be available onsite
Points	1 st place – 3 points, 2 nd place – 2 points, 3 rd place – 1point
Medal Structure	Gold, Silver, Bronze in each age category for male and female competitions.
Medal Ceremonies	At the end of the event
Attire and Equipment	Essential equipment will be provided during the event
Results	The Sports Manager must ensure official results form is handed to the Event Office.
Format	• 3 Practice throws allowed prior to main competition • 3 throws each, with the scores added together to produce final score.

5 & Under Sport Stacking	
Date	Saturday 8 th August 2026
Time	Registration: 10:30 – 11:00 Competition: 11:00 – 12:30
Categories	CHILDREN Male & Female Competitions (Points & Medals) 0-5 Male & Female Social Entries (Medals Only) 0-5
Venue	Ponds Forge International Sports Centre Sheaf Street Sheffield S1 2BP Location – WHAT THREE WORDS///enable.slave.slot
Car Parking	Limited onsite parking. Additional parking available at Q park Castlegate.
Catering	Catering will be available onsite
Points	0-5 (Competition Entries Only) - 1 st place – 3 points, 2 nd place – 2 points, 3 rd place – 1 point
Medal Structure	Gold, Silver, Bronze.
Medal Ceremonies	At the end of the event
Attire and Equipment	Essential equipment will be provided during the event.
Results	The Sports Manager must ensure official results form is handed or e-mailed to the Event.
Rules	Stacks 0 – 5 1-2-1 Stack. Uses 12 cups. The stacker creates two piles of cups and then put the cups back into one pile. • Sport stacking is done with specially designed plastic cups, made to prevent sticking to one another and with holes in the bottom to allow air to pass through quickly when stacking. They are designed with ribs reinforcing a ledge inside to keep them slightly apart when nested, so they can be quickly separated. • All attempts will be timed by official time keepers. • Practice tables will be operational for 90 minutes only to allow individuals to practice prior to setting times. • Every competitor has 3 attempts at each stack with the fastest time going forward.

Volleyball	
Date	Thursday 6 th August 2026
Time	Registration: 11:30 – 12:00 Competition: 12:00 – 16:00
Categories	Open Mixed
Venue	Canon Medical Arena Olympic Legacy Park Worksop Road Sheffield S9 3TL WHAT THREE WORDS///single.cases.foam
Car Parking	Free onsite parking
Catering	On site catering
Points	1 st place – 3 points, 2 nd place – 2 points, 3 rd place – 1 point for each team member
Medal Structure	Gold Silver Bronze for winner of 3rd v 4th place playoff Medals awarded to each team member
Trophies	McGregor Cargo Access Trophy – Winning Team
Medal Ceremonies	At the end of the event
Attire and Equipment	Non marking trainers Jersey and shorts in team colours desirable, tracksuits acceptable Team captains must wear an identifiable arm band Shoes must be light, non – marking and pliable without heels.
Results	The Sports Manager must ensure official results form is handed to the Event Office.
Rules/Format	Playing Area and Equipment: As per National Volleyball Rules Net Height: 2.43 Metres
	Players: • Each team is composed of six and a maximum of two substitutes. • At least one team member must be a woman. • At least one woman must be on the court at all times. • If a team does not have a woman you can't replace her with a male – you should play with just 5 men.

	Teams: • Each team has a nominated Captain. The Team Captain is the only player allowed to speak to Officials during play. • Teams will be made up from a single unit. If a unit has too few competitors for a full team and has team members who wish to play volleyball, the names of these competitors may be submitted to the games. • Organisers who in conjunction with the judiciary Committee will allocate these competitors to a Team. • Teams are not permitted to recruit players from other units. • No player may compete for more than one team Substitution: • Rolling substitutions throughout the whole game are allowed. Duration of Play: • Games will be played over a timed period which must be a minimum of 10 minutes. Match time is suggested to be 15 minutes in length. Time-out is not used, unless at the discretion of the referee. • 5 minutes change over in between matches. • Semi-finals and finals to be played over 20 minutes
	Scoring: • Scoring is in accordance with National Rules but in timed competition, the winning team is the Team who scores the most points (not stopping at 15). Point's difference is taken into account in league Competitions. • Regarding the overall points scheme for the Games (3 for win, 2 for 2nd and 1 for 3rd) each member of the including substitutes, will gain these points. • Team Points – 2 points for a win, 1 point for a draw, and 0 points for a loss. Format • Preliminary rounds are in a round robin format. • Air horn to sound start and finish of each game. • Any rally in progress to be played to its conclusion. • During the round robin stage, teams equal on points at the end of a match will be deemed to have drawn. A draw will award each team 1 point. • During knockout stage, the next team to score a point will be deemed the winner of the match. In the event of a draw, the team with (a) most points gained and (b) least points conceded will be the winner. • Semi-finals and finals – if scores are equal at the end of the next match, next team to score a point wins.