



# **Scotland Learning Disability Sport**

## **National Summer Games 2025**

### **Information Pack**

## Important Note

The information in this document is correct at the time of publishing but may be subject to change. Any updates will be communicated to each Team Manager as soon as possible.

## Introduction

Scotland Learning Disability Sport is delighted to be staging its second National Summer Games in Stirling from Friday 25<sup>th</sup> to Sunday 27<sup>th</sup> July 2025 for athletes with a learning disability.

The SLDS NSG 2025 will involve approximately 750 athletes and 350 coaches, volunteers and officials.

## Sports & General Information

### Sports on Offer

#### Friday 25 July

Badminton (9am - 6pm)  
SOMA ( 10.30am – 12.30pm)  
Tennis (1pm – 6pm)  
Indoor Bowls (9am – 6pm)  
Golf (9.30am – 4.30pm)

#### Saturday 26 July

Badminton (9am – 12.30pm)  
Boccia (1.30pm – 6pm)  
Tennis (9am – 6pm)  
Football 7's (9am to 6pm)  
Golf (To be confirmed)  
Athletics (9.30am – 3.30pm)  
Ten Pin (10am – 5pm)  
Swimming ( 1pm – 5pm)

#### Sunday 27 July

Boccia (9am – 5pm)  
Rhy Gymnastics (9.30am – 3.30pm)  
Swimming (9.30am – 5pm)  
Cycling (9.30am – 4pm)  
Rugby (9.30am to 3.30pm)

## Venues

The sports of Athletics, Badminton, Boccia, Cycling, Football 7's, Rhythmic Gymnastics, Rugby, SOMA, Swimming and Tennis will take place on the campus of the University of Stirling.

The sports of Golf, Indoor Bowls and Ten Pin Bowling will take place off campus. The Indoor Bowling will take place at Stirling Indoor Bowling Club, Ten Pin Bowling will take place at Hollywood Bowl, Stirling, Golf course to be confirmed.

## Sports and Event Categories

### Athletics

#### Events Offered

| Track                 | Field                          |
|-----------------------|--------------------------------|
| 50m                   | Softball (less able)           |
| 100m                  | Shot Putt                      |
| 100m walk (less able) | Long Jump                      |
| 200m                  | Standing Long Jump (less able) |
| 400m                  | Turbo Javelin                  |
| 400m walk             | Foam Javelin (less able)       |
| 800m                  |                                |
| 1500m                 |                                |
| 4 x 100m Relay        |                                |
| 4 x 400m Relay        |                                |
|                       |                                |
|                       |                                |

## Registration Instructions

- The last date for submitting **amended** entry scores for athletics will be 31<sup>st</sup> May 2025
- Athletes may enter a maximum of three individual events plus one relay event
- Athletes are not permitted to enter walking and running events. They must select one method of movement
- Athletes must be at least 12 years old to be selected to participate in the shot put
- Please note the following requirements
  - Entries to the softball throw must be less than 20m for females and 24m for males
  - Entries to the standing long jump must be less than 1.20m for females and 1.40m for males
  - Shot Putt weights
  - Male 3kg -7m; 4kg 5-7m; 5kg 5-7m; Open 6.25kg +6m
  - Female 3kg 4.5-6m; Open 4kg
- Relays:
  - Relay teams can be of mixed gender but will be placed in the male relay event
  - Members of a relay team can be any age – there will be no separate events for youths

## Points of Emphasis

- Regions are encouraged to distribute their numbers across all categories. This will ensure equitable representation among the various events

## Divisioning

- Divisions will be produced from submitted athlete entry times/distances
- Male and females will be divisioned separately except where there are insufficient entries to make a viable division. In this case an open division will be made according to ability level and awards given regardless of gender

## Badminton

### Events Offered

- Singles (Male and Female)
- Doubles (Male and Female)
- Mixed Doubles

## Registration Instructions

- Doubles pairs should be no more than two points apart in their rating but if this is not possible the lower rating will be raised to within two points of the higher rating and an average of the athletes new combined rating's will apply for divisioning
- Athletes can enter up to three events but only with a member from their own team

## Points of Emphasis

- Delegations are encouraged to distribute their numbers across all levels. This will ensure equitable representation among the various events

## Divisioning

- Details obtained from Player Rating Forms will produce divisions.
- All athletes will be divisioned by ability irrespective of their age
- Male and females will be divisioned separately except where there are insufficient entries to make a viable division, in this case, an open division will be made according to ability level and ratings given regardless of gender

## Boccia

### Events Offered

- Singles (Male and Female)
- Team (Max 4 ends)

## Registration Instructions

- Athletes can enter two events

- A Rating Form (individual and team) must be submitted for each athlete/team
- Both Singles and Team events will be offered at Level 1 to Level 5:
  - **Level 1:** The athlete should take responsibility for their own game in singles and or captain in their pairs event. The athlete should have knowledge about the game, the rules etc
  - **Level 2:** The athlete requires verbal prompts from the referee, in both pairs and singles events
  - **Level 3:** The athlete requires physical and verbal prompts from the referee e.g. colour sequence or names
  - **Level 4:** The athlete requires the assistant coach to take on the role as the captain and prompt the individual to play and on which colour
  - **Level 5:** The athlete uses a ramp. Ramp athletes have their assistants beside them in the box. The assistant must face the athlete and be turned away from the court at all times and must not have any influence on the game. Ramp athletes **MUST** release the ball

### Points of Emphasis

- Regions are encouraged to distribute their numbers across all levels. This will ensure equitable representation among the various events

### Divisioning

- Details obtained from Player Rating Forms will produce divisions
- For singles events male and females will be divisioned separately except where there are insufficient entries to make a viable division. In this case an open division will be made according to ability level and awards given regardless of gender
- In the Team events, divisions will be calculated according to the level of the highest ability athlete within the team

## Bowls (Indoor Rink)

### Events Offered

- Singles (Male and Female)
- Pairs (Male, Female or Mixed Gender)

### Registration Instructions

- Athletes can enter two events
- An athlete must not be entered in more than one pairs event
- An Indoor Bowls Skill Test Form must be submitted for each athlete
- An Indoor Bowls Player Rating Form (Doubles) must be submitted for each pairing

### Points of Emphasis

- Delegations are encouraged to distribute their numbers across all levels. This will ensure equitable representation among the various events

### Divisioning

- Details obtained from the Indoor Bowls Skills Test Forms and the Indoor Player Rating Forms (Pair), as well as previous knowledge of an athletes ability, if applicable, will produce divisions
- Divisions will be calculated according to the level of the highest ability level athlete within the pairs and then as necessary by the combination of the individuals level with the pair
- For singles and pairs events male and females will be divisioned separately except where there are insufficient entries to make a viable division. In this case an open division will be made according to ability level and awards given regardless of gender

# Cycling

## Events Offered

| Cat                        | Event(s) Selection  |
|----------------------------|---|
| All                        | 1 lap pursuit/TT.   |
| Cat 4<br>(Lower ability)   | 1 lap pursuit, 2-lap time trial (incorporating team time trial), 5-10min road race, fun unified 2 up team time trial. (3 scoring events)  |
| Cat 3                      | 2 lap pursuit, 5-lap time trial (incorporating team time trial), 10-15 min road race, fun unified 2 up team time trial, Mini Hill Climb. (4 Scoring events)                                 |
| Cat 2                      | 10-lap time trial (incorporating team time trial), 30min road race, elimination race, fun unified 2 up team time trial, Mini Hill Climb. (4 Scoring events)                                 |
| Cat 1<br>(Highest ability) | elimination pursuit, minimum of a 10-lap time trial (incorporating team time trial), 30 min road race, elimination race, unified 2 up team time trial, Mini Hill Climb. (5 Scoring events). |

- [Cyclo-Cross event to be confirmed](#)

## Registration Instructions

- Riders are racing for race points with a single overall medal presentation per category + some spot fun prizes.
- Athletes are free to enter as many events within their category as they wish.
- Athletes using modified bikes (three-wheelers) are generally restricted to Cat 1 and Cat2 events depending on their performance and may not be free to enter open “group” road race events.
- All athletes must participate in the 1 lap pursuit/TT (2 athletes on circuit at same time) and register a time to confirm their race category. Coaches may adjust an athlete’s allocated category where an athlete has posted a less-than-optimal time. This adjustment can only move an athlete up a category(s) (i.e. to a high ability) and generally cannot relocate a rider to a lower ability category. Riders who are seen to be riding above their allocated category will initially be relocated by the officials to Cat 1 level events until a comparative time can be assessed to determine the rider’s appropriate category.
- At the end of the event if riders have the same number of points, then the final medal placing will be allocated by:
  - Time Trial results,
  - If there is still no clear winner, then the Road Race relative placing to other riders involved will be reviewed.
  - If riders are still tied in points and position, then the result will be declared a draw.
- For the final medal position any athlete who has ridden in all relevant races their lowest score will be deducted from their points total before final point assessment.
- E-bike races may be included if sufficient participants are identified.
- For Cat 4 events only, male / female races may be formed if there are sufficient entries to provide a viable competition.
- The event will be run under the general conditions of the SDS cycle event rules.

## Race Information

- For elimination races
  - A section of the home straight will be designated to be the length of circuit that the riders will be considered as being within the **group**.
  - the last rider within the **group** will be eliminated, riders who have fallen well off or the back, or well ahead, (i.e. outside the designated track length) of the group will also be eliminated.
  - A bell / whistle and a flag will be sounded for each elimination lap.
  - Between the elimination laps the riders will have a random 1 to 3 laps to regroup. If the riders fail to regroup within 3 laps the event will be aborted and no result or points awarded. If enough riders are being seen to regroup the chief official may immediately restart the race continuing with the riders who remained as a group. Riders who have already been eliminated will retain their race position.
  - A unified rider(s) may be included in the event to help coordinate the race, they will continue in the race for as long as possible and potentially eliminated as any other rider. Their final race position will not be included in race placing or points allocation.

- The elimination pursuit will continue throughout the day for as many sessions as required until at least the top 6 riders are placed.
- The team time trial is an extra element to the individual time trial and will not be allocated additional points, this is an additional personal incentive for the team.
  - The final race result is based on the combination of the individual times of the 2 riders.
  - Teams must be formed of riders covering the same distance. However, a team may include a rider from another delegation or category (teams will be given the equivalent category of the highest ability rider).
  - Teams must be formally nominated on the day. A cut-off time for team allocation will be provided in the schedule of events.
  - A nominal spot prize will be awarded to the quickest team per category after the event.
- The fun unified 2 up team trial has no individual point allocation and may include an external unified rider or a rider from another race category. This is a fun event and may be carried out during a break period(s). Marshalls and officials may participate if their key role is not neglected. Official First Aid cover cannot participate. All riders must wear helmets at all times when mounted on a bike, with all bikes being subject to a safety check as required.

### Time Standards

- In the lead into this event regional events will be undertaken, as part of these events representative time standards will be developed. These will be used to assess riders' ability in the lead into Stirling and used to assist in categorising athletes. Currently 4 varying style venues have been identified and available for regional competitions.

## Football

### Events Offered

- 7-a-side Team Competition – Male (Senior) or mixed gender

### Registration Instructions

- Maximum team size for the 7-a-side competition is 12 athletes
- Members of adult teams must all be 16 years old or over
- An athlete cannot be entered in more than one team

### Points of Emphasis

- Teams should contain similar ability level and aged athletes
- The competition will be played on artificial grass one of which is sand based

### Divisioning

- The divisioning Committee will produce divisions

## Golf

### Events Offered

- Level 1 – 18 hole rounds
- Level 2 - 9-hole Rounds
- Level 3 - Individual Skills Competition, Pitch and Putt

### Registration Instructions

- An athlete can register for only one level
- All Level 3 athletes will participate in the Individual Skills Competition. Participation in Pitch and Putt is optional. Games awards will be given for both events
- Athletes must be at least 12 years old (on 8<sup>th</sup> August 2017) to compete at levels 1 and 2
- The following are maximum entry averages for each level of competition:
  - Level 1 (18 hole) – average of 120 or lower
  - Level 2 (9-hole) – average of 70 or lower
  -

### Points of Emphasis

- Regions are encouraged to distribute their entire quota across all levels. This will ensure equitable representation among the various events
- For Level 3 equipment will be provided

### Divisioning

- Athletes will be required to provide a verifiable handicap
- Level 1 and 2 players who do not have an Official Handicap must supply a minimum of four scorecards from a local club/competition signed by a club official
- Divisions within each level will be based on submitted handicaps /scores regardless of age and gender

## Rhythmic Gymnastics

### Events Offered

- Individual Hoop
- Individual Ball
- Individual Ribbon
- Individual Clubs
- Individual All – Around (gymnasts competing in all 4 individual apparatus will be eligible)
- Duet Hoop
- Duet Ball

All events will be offered at the following levels, as per British Gymnastics National Development Plan

- Grades 1, 2 & 3 – Routines judged using Basic Code
- Grades 4, 5, 6, 7 & 8 – Isolated elements
- The above events are available in male competition and female competition
- Grades may be combined if required to create suitable numbers for competition

### Registration Instructions

- Athletes should enter at their NDP Grade.
- Athletes can enter 1 – 4 apparatus. Only athletes competing in 4 apparatus will be eligible for All – Around.

### Points of Emphasis

- Judging will use BG Basic Code, NDP Isolated Elements Judging and standard FIG deductions, an additional 0.1 per instance of coach communication up to a maximum of 1.0 will be applicable.
- Regions are encouraged to distribute their numbers across all levels. This will ensure equitable representation among the various events.

### Divisioning

- Previous knowledge of an athletes ability by competition manager and coaches will produce divisions. If feasible, scores from a 2025 competition will contribute to divisioning.
- All athletes will be divisioned within their grade. Grades will be combined if required, and appropriate as per divisioning, to create suitable numbers for competition.

## Rugby

### Event Offered

- Rugby Festival incorporating competition, training and development

### Registration Instructions

- Players and Enablers require to be 18 years old or over

### Points of Emphasis

- As this is a new sport to SLDS, entries are encouraged from all areas and the festival will be devised around the entries
- The competition will be played on grass

- Competition rules and format of the day will follow
- Competition rules and format of the day will follow

## SOMA (Sporting Opportunities for Motor Activities)

### Events Offered

- The SOMA challenge event is about showcasing and celebrating the achievements of the individual athlete in the field of motor skills and activities.
- There will be various sport skills activities on offer i.e. Ball lift, Ball Push, Target Bowling etc
- Level 1 the athlete can achieve the skill with assistance from their coach. Hand on hand or hand to guide athlete complete the skill.
- Level 2 The Coach gives a verbal or gestural prompt to the athlete to assist in completing the skill.
- Level 3 The athlete can complete the skill independently, with the coach standing beside them.
- This unique event is non competitive and shows each athlete's progression in the specific sports skill.

## Swimming

### Events Offered

Time Bands are as follows:-

A swimmer who is faster than 28.00 seconds for 25 metres must swim in a 50 metre race.

| 25 metre Pool | Class | Distance  | From  | To         |
|---------------|-------|-----------|-------|------------|
|               | 1     | 50 metres | Up to | 49.99 secs |
|               | 2     | 50 metres | 50.00 | 56.99 secs |
|               | 3     | 50 metres | 57.00 | 66.99 secs |
|               | 4     | 50 metres | 67.00 | 78.00 secs |
|               | 5.    | 25 metres | 28.00 | 32.99 secs |
|               | 6.    | 25 metres | 33.00 | 37.99 secs |
|               | 7.    | 25 metres | 38.00 | 43.99 secs |
|               | 8.    | 25 metres | 44.00 | 50.99 secs |
|               | 9.    | 25 metres | 51.00 | 57.99 secs |
|               | 10.   | 25 metres | 58.00 | and up     |

| Butterfly | Class | Distance  | From  | To    |
|-----------|-------|-----------|-------|-------|
|           | 1     | 50 metres | Up to | 44.99 |
|           | 2     | 50 metres | 45.00 | 57.00 |
|           | 3     | 25 metres | 28.00 | 32.99 |
|           | 4     | 25 metres | 33.00 | 44.00 |

| 75 Metres Individual Medley | Class | From    | To      |
|-----------------------------|-------|---------|---------|
|                             | 1     | Up to   | 1.29.99 |
|                             | 2     | 1.30.00 | 1.44.99 |
|                             | 3     | 1.45.00 | 1.59.99 |
|                             | 4     | 2.00.00 | 3.00.00 |

### 100 Metres Individual Medley - Open



Available only to swimmers who record a time of less than 28 seconds for 25 metres Butterfly.

### 100 Metres Free Style - Open

All swimmers who record a time of less than 42 seconds for 50 metres free style must be entered for 100 metres freestyle only.

**Swimmers may only be entered over one distance in any stroke e.g. 25 metres, 50 metres or 100 metres.**

There will be open 100m events for all swimmers that meet the timing guidelines as follows:

- 50 metres freestyle
- 50 metres backstroke
- 50 metres breaststroke
- 50 metres butterfly
- 100 metres freestyle *(able to swim 50 metres < 42 secs)*
- 100 metres backstroke *(able to swim 50 metres < 42 secs)*
- 100 metres breaststroke *(able to swim 50 metres < 42 secs)*
- 100 metres butterfly open *(able to swim 50 metres < 45 secs)*
- 100 metres Individual Medley *(able to swim 25 metres butterfly < 28 secs)*
- 200 metres freestyle
- 400 metres freestyle

### Registration Instructions

- Athletes may only participate in one event for each stroke
- Relay teams can be of mixed gender but will be placed in the male relay event
- There will be no separate races for youths/seniors

### Points of Emphasis

- The facility is two 6 lane 25m training pools separated by a boom wall
- Events 100mts and over will take place on the **Saturday** afternoon with all other events taking place on the **Sunday**
- Spectator numbers will be limited to 2 supporters per swimmer, and the spectator area will be cleared at the end of each session – seats will not be reserved for the full day – access will only be given to those supporting swimmers in each session. Regions will be asked to complete a spectator registration form.

### Divisioning

- Divisions will be produced from submitted athlete entry times/distances
- Male and females will be divisioned separately but maybe swum at the same time
- Divisions maybe merged to make a viable competition

## Ten Pin Bowling

### Events Offered

| Cat   | Event(s) Selection  |
|-------|---|
| Cat 1 | Singles - (Male & Female)<br>Singles – Ramp unassisted (M&F)<br>Singles – Ramp Assisted (M&F) |
| Cat 2 | Doubles – (Male & Female)<br>Doubles – (Mixed)  |
| Cat 3 | Team – Team of 4 (mixed or male & female)   |
| Cat 4 | Unified Doubles – M&F or mixed (Fun Event)  |

## Registration Instructions

- An athlete can enter a maximum of four events
- An athlete must not be entered into more than one team
- Unified Doubles will consist of one athlete and one family member/volunteer/coach

## Points of Emphasis

- Regions are encouraged to distribute their numbers across all levels. This will ensure equitable representation among the various events

## Divisioning

- All events are finals
- Athletes will be divisioned based on the average of 10 of their most recent scores. (average score – for example 10 overall scores added together then divided by 10)
- Doubles/Team events will be divisioned as per the doubles/team average score
- Male and Female may be divisioned together
- Unified Doubles will be divisioned on the day

## Tennis

### Events Offered

- Singles ( Male & Female)
- Doubles ( Male & Female)
- Mixed Doubles

All events will be offered at the following levels:

- Level 3 – Orange Ball – Tennis Rating of 3.0 – 3.9
- Level 4 – Green Ball – Tennis Rating of 4.0 – 4.9
- Level 5 – Yellow Ball – Tennis Rating of 5.0 – 8.0

### Registration Instructions

- Athletes can enter a maximum of two events but one of these events must be the singles event
- For doubles events where possible, pairings should be of a similar rating but if the playing ability levels are different, an average of their rating will apply.

### Points of Emphasis

- Regions are encouraged to distribute their numbers across all levels. This will ensure equitable representation among the various events

### Divisioning

- Previous knowledge by the Competition Manager of an athletes ability will produce divisions.
- All athletes will be divisioned by ability irrespective of their age

## Sports Information

Athletes may participate in up to three sports as long as the competition schedule allows.

Each athlete can represent only one Region.

In team sports, doubles/pairs events and relays, athletes from different Regions are not permitted to combine to form a team/pairing without the approval of SLDS Games Organising Committee.

Rules regarding technical infractions will be enforced. Regions are encouraged to enter athletes into events that are appropriate for their level of training

There will be no classification event for divisioning purposes in the majority of sports, so to ensure a fair and equitable competition for all, it is vital that accurate up to date scores/times/distances/assessments are submitted for each athlete

SLDS reserve the right to withdraw a sport or event if there are insufficient athletes entered. In this case the relevant regions will be notified as soon as possible and the athlete will be given the opportunity to change to another event or sport for which they have trained in or to withdraw from the SLDSNSG2025 without financial penalty

## Rules

The games will run in accordance with National Governing Body (NGB) Rules.

## Eligibility

For athletes to be eligible to participate in the SLDSNSG2025, they must

- Have a Learning Disability
- Be at least 8 years of age on 25 July 2025
- Currently be following a coaching programme in the relevant sport

## Athletes/Teams

Athletes will be representing their Scottish Regions or from invited clubs/areas.

## Health Information Forms

Team Managers and Head Coaches must ensure they have up to date health information concerning all members of their delegation with them at the games.

## Cost & Making Payments

The Athlete entry fee is required to be

One Sport - £50

Two/Three Sports - £60

A non refundable deposit of £30 is required along with the regional entry form by Friday 31<sup>st</sup> January 2025.

The final payment of £20 or £30 (if two/three sports) will be required by Friday 30<sup>th</sup> May 2025.

Each Team Manager is responsible for coordinating the payment from your region and forwarding in a single payment to Scotland Learning Disability Sport. It is appreciated if the payment deadlines are met as this has a knock on effect in all areas of planning.

Payment through electronic banking is preferred:

Bank Account Details for payment are: Bank of Scotland - Sort code 80-08-80 and Account No: 00283134

Reference SLDS NSG – add in region name i.e. (SLDS NSG – Tayside)

### **What's included in the cost?**

Athlete's competition entry  
Venue Costs  
Insurance  
Equipment Hire  
Medals  
First Aid  
Volunteer Costs

### **What's not included in the cost?**

Transport to and from games & venues  
Food/Refreshments  
Accommodation if staying over

## Entry Form Deadline

It would be appreciated if all entry forms could be completed by Friday 31<sup>st</sup> January 2025. Amendments/replacements will be accepted up to 27<sup>th</sup> June 2025.

Entry forms to be returned to Laura Smith at [Laura.ap.smith@angusalive.scot](mailto:Laura.ap.smith@angusalive.scot)

## Food & Refreshments

All venues will have full catering facilities.

## Medical Services

First Aid services will be provided on site at all venues and the nearest Medical Services are available at

Stirling Health & Care Village which has a minor injuries unit which is open from 9am to 9pm, 7 days a week.

Forth Valley Hospital in Larbert is the state of the art hospital which provides accident and emergency, range of inpatient and outpatient services.

## Accommodation

Accommodation will not be supplied at the games but if your Region wishes to stay over then there is accommodation available on campus.

A discounted rate will be supplied by the University of Stirling and will be confirmed by 5<sup>th</sup> December 2024. There is a minimum stay of 2 nights. Bookings can be made by calling the University of Stirling Venues office once we have the discounted quoting reference.

There is also alternative accommodation within hotels in the surrounding area.

## Photos/Videos

If permission for photos/videos has not been given for any athlete, it is the responsibility of the Head Coach to notify the Competition Manager in advance so that appropriate action can be taken. Photo permission will be available at registration to complete for anyone wishing to take photos.

## Team Manager

It is the responsibility of the Team Manager to ensure that all information concerning the games is disseminated to the clubs within their regions and that all information is submitted to SLDS by the deadlines highlighted.

All queries or questions concerning the games from within your region must come through the Team Manager. Team Manager's will be kept up to date with all detailed information.

## Insurance

Scotland Learning Disability Sport will always put the safety of the participants first and will have in place all insurance required for an event of this size. The insurance coverage starts from the moment each region arrives in Stirling and expires at the end of play on Sunday 27 July 2025.

## Families/Friends

SLDS welcomes all families/friends to the National Summer Games.

## We look forward to seeing you all in Stirling