

There are seven sports on the CYG programme which is for young athletes between the ages of 14-18 years.

Athletics (Men & Women unless stated)



Maximum athletes per CGA: 2 per event & 1 relay team.

100m, 200m, 400m, 800m, 1500m, 3000m, 110m Hurdles (men), 100m Hurdles (women), 400m Hurdles, 2000m Steeplechase, 10Km Race Walk (men-track), 5 Km Race Walk (women-track), 4 x 100m Relay, Long Jump, High Jump, Triple Jump, Pole Vault, Discus Throw, Javelin Throw, Hammer Throw & Shot Put.

IAAFs Youth age category:

Boys and Girls: 16 – 17 years of age (athletes born in 1994 & 1995)

Badminton (M&W)



Max athletes per CGA: 4 men & 4 women.

Men: Singles & Doubles – 2 men in the Singles, 2 pairs in the Doubles.

Women: Singles & Doubles – 2 women in the Singles, 2 pairs in the Doubles

Mixed Doubles: 2 pairs

The BWF's Junior World Championships age bracket (under 19):

Men and Women: 14 – 18 years of age (athletes born in 1993, 1994, 1995, 1996 & 1997)

Boxing (M)



Max athletes per CGA: 1 per weight division.

46 to 49kg Light Flyweight, Up to 52kg Flyweight, Up to 56kg Bantamweight, Up to 60kg Lightweight, Up to 64kg Light Welterweight, Up to 69kg Welterweight , Up to 75kg Middleweight , Up to 81kg Light Heavyweight.

AIBA's Youth category:

Boys: 17 – 18 years of age (athletes born in 1993 and 1994)

Cycling



Max athletes per CGA: 4 men & 4 women.

Time Trial (approx 15km) – Individual

Road Race (approx 100k for men, 60k for women) – Individual

Criterium (approx 2km lap) – Individual

Note: A team competition for each event, with three to count and an all around competition (based on all three events) will be considered if entries are sufficient.

UCI'S regulation for Junior competition:

Men & Women: 17 – 18 years of age (athletes born in 1993 and 1994)

Gymnastics (M&W)



Max athletes per CGA: 3 men & 3 women.

Artistic – Team (3 to count), Individual All-Around & Individual Apparatus.

FIGs regulations for Junior competition:

Men: 14 – 18 years of age (athletes born in 1993, 1994, 1995, 1996 & 1997)

Women: 13 – 15 years of age (athletes born in 1996, 1997 & 1998)

Rugby 7's



Max athletes per CGA: 1 x squad of 12

Men: 16 – 18 years of age (athletes born in 1993, 1994 & 1995)

Swimming (M&W unless stated)



Max athletes per CGA: 2 per event & 1 relay team.

Backstroke: 50m, 100m, 200m

Breaststroke: 50m, 100m, 200m

Butterfly: 50m, 100m, 200m

Freestyle: 50m, 100m, 200m, 400m, 800m (women only), 1500m (men only)

Individual Medley: 200m, 400m

Freestyle Relay: 4 x 50m

Freestyle Relay: 4 x 100m

Medley Relay: 4 x 100m

FINAs age limit for their World Junior competitions:

Men: 15 – 18 years of age (athletes born in 1993, 1994, 1995 & 1996)

Women: 14 – 17 years of age (athletes born in 1994, 1995, 1996 & 1997)