

RULE 141 S 2 UKA SUPPLEMENT TRACK AND FIELD AND RACE WALKING

(1) Under 13 Boys and Girls (School Years 6 and 7)

- . (i) Track and Field competition for Under 13s shall be confined to competitors who are aged 11 or 12 on the 31st August within the Competition Year, as defined above.
- . (ii) Other than when competing in a combined event Under 13s may compete in a maximum of 4 events on one day of an athletics meeting, and if so doing, one of these must be a relay. Where a walking event is included in the total, the competitors shall be restricted to maximum of 3 running or walking event (including any relay) in one day. The total distance covered shall not exceed the maximum listed in Rule 141 S2(8). If athletes in this age group are competing in a combined event they are not allowed to compete in any other event on the same day.
- . (iii) Athletes in this age group may compete in track races not exceeding one mile subject to the restrictions in (iv) below. No Under 13 athlete is allowed to compete in any steeplechase event.
- . (iv) No athlete in this age group is allowed to compete in any race at 300 metres and 400 metres, nor in more than one race between 600 metres and one mile inclusive on the same day.
- . (v) Under 13s may run against Under 15 Boys or Girls, as appropriate, in track events not exceeding one mile, subject to any limitations as to standard laid down by the Competition Provider. They may not take part in competitions for older athletes other than those in the Under 15 age group
- . (vi) Under 13s may compete against Under 15 Boys or Girls, as appropriate, in field events, provided that the implements used by them shall be those laid down for the Under 15 age group. They may not take part in competitions for older athletes other than those in the Under 15 age group.

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(vii) No athlete in this age group is allowed to compete in Triple Jump events.

(2) Under 15 Boys and Girls (School Years 8 and 9)

- . (i) Track and Field events for Under 15s shall be confined to competitors who are aged 13 or 14 on 31st August within the Competition Year, as defined above.
- . (ii) Other than when competing in a combined event Under 15s may compete in maximum of 4 events on one day of an athletics meeting, and if so doing, one of these must be a relay. Where a walking event is included in the total, the competitors shall also be restricted to a maximum of 3 running or walking events (including any relay) in one day. The total distance covered shall not exceed the maximum listed in Rule 141 S2(8). If Under 15s are competing in a combined event they are not allowed to compete in any other event on the same day.
- . (iii) No athlete in this age group is allowed to run in any race in excess of 3000 metres.
- . (iv) No athlete in this age group is allowed to run in more than one different event between 600 metres and 3000 metres inclusive

on the same day.

- . (v) With effect from 1st April 2016 Under 15 athletes may compete in Steeplechase races over 1500m and a hurdle height of 0.762m on the understanding that this will be a development event until publication of the 2020 – 2022 Rule Book.
- . (vi) Under 15 athletes may compete against Under 17 Men and Women, as appropriate, in track events not exceeding 1 mile (but not steeplechase), subject to any limitations as to standard laid down by

the Competition Provider. They may not take part in competitions for older athletes other than those in the Under 17 age group.

- . (vii) Under 15s may compete against Under 17 Men or Women, as appropriate, in field events, provided that the implements used by them shall be those laid down for the Under 17 age group. They may not take part in competitions for older athletes other than those in the Under 17 age group.
- (viii) National Age Group Leagues and Home Country Championships will provide 300 metres races for the Under

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15 age group. Other Competition Providers may use their discretion and include a 400 metres for Under 15 athletes within their programmes.

(3) Under 17 Men and Women (School Years 10 and 11)

- . (i) Track and Field events for Under 17s shall be confined to competitors who are aged 15 or 16 on 31st August within the Competition Year, as defined above.
- . (ii) Other than when competing in a combined event, Under 17s may compete in maximum of four events on one day of an athletics meeting, and if so doing, one of these must be a relay. If Under 17s are competing in a combined event they are not allowed to compete in any other event on the same day.
- . (iii) No athlete in this age group is allowed to run in any track event in excess of 5000 metres.
- . (iv) Under 17 athletes may compete against Under 20s or Seniors in track events, including National and County Championships, in events not exceeding 3000 metres (including steeplechase), subject to any limitations as to standard laid down by the Competition Provider.
- . (v) Under 17s may compete against Under 20s or Seniors in field events, provided the implements to be used are those laid down for the older age group.

(4) Under 20 Years Men and Women

- . (i) Track and Field events for Under 20s shall be confined to competitors who are 17 or over on 31st August within the Competition Year, as defined above, but Under 20 on 31st December in the calendar year of competition.
- . (ii) Under 20s may not compete in more than five events on the same day of an athletics meeting. If Under 20s are competing in a combined event they are not allowed to compete in any other event on the same day.
- . (iii) Under 20s may only run in track events up to and including 10000 metres.
- . (iv) Under 20s may run against Seniors in open track events, including National and County Championships, up to and including 10,000 metres.
- . (v) Under 20s may compete against Seniors in open field event competitions, including National and County Championships,

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provided that the implements used by them shall be those laid down for Senior competition.

(5) Seniors

A Senior is a competitor who is at least 20 years of age on 31st December in the calendar year of competition.

(6) Masters

Events for Masters shall be confined to athletes who are at least 35 years of age on the day of competition.

(7) Graded Events

The organisers of a graded competition may allow competitors in younger age groups to compete against older athletes provided that the conditions do not contravene any rules regarding distances or events which may be contested. The Rule for Mixed Graded Competitions is Rule 147 S1.

RULE 147 S 1 UKA SUPPLEMENT MIXED COMPETITION

For competitions held entirely within the stadium, mixed events between male and female athletes shall be permitted in field events and mixed graded track races shall be permitted for all age groups, subject to any limitations regarding distances that may be permitted.

Note: Performances achieved in mixed track races will not be valid as qualifying times for major events and Championships, nor National Records identified in Rule 264 S1.

Mixed road walking competitions between male and female participants of the same age group shall be permitted for Club, Inter-Club and open events. Mixed competitions may also be held in National or UKA Championships but only where the number of participants make it