

## UKA RULES GROUP

### Rule Change Proposals for the 2024 – 2026 Rule Book

#### Sport Consultation

The Rules Group has considered all rule change proposals received and conducted an initial consultation with National Associations and Groups. A number of proposals have been approved without further consultation and others rejected – proposers will be notified separately about the outcomes. We are now submitting a number of possible changes that are still under consideration for wider consultation in the sport.

Rule Number & Title	Proposal	Comments
TR3 S2(2)(iv) Under 15 Maximum number of track races in 1 day	Amend to read 'more than one race' replacing 'more than one event'	"To prevent Under 15s running heat and final of 1500m on same day. They can't run 800m and 1500m on same day, it is illogical to allow them to run 2 x 1500m races. Events at National level (for them and older athletes) don't have heat and final of 1500 on same day (or even heat and final of 800m) It cannot be in the athletes' interest or welfare to run heat and final on the same day."
TR3 S3(3) U13 Maximum road distance allowed	Reduce the maximum distance allowed in Road Races for the U13 Age Group from 5000m back to 4,000m.	The distance was increased in 2010 at the request of London Marathon as they promoted their Mini Marathon for age groups over a standard distance of 5000m. These races are now held over 1 mile and 2.6 kms. The maximum distance for U13s in Cross Country is 3500m and 1 mile on the track.
TR23 S1 and TR3 S2(2)(v) U15 Steeplechase	Make the U15 Steeplechase an accepted event by deleting the reference to it being a development event.	"Steeplechase has the lowest level of participation in the UKA of all disciplines and needs stimulation. The inclusion of 'developmental' competition for U15's was a good decision aimed at encouraging younger athletes to attempt steeplechase. There is interest in the younger age groups that is not being served. Leagues and County Championships have been dropping steeplechase races from their events for a while and this is leading to an ever decreasing spiral of opportunity. This event needs a broadening of the base of the pyramid to build higher."

Rule Number & Title	Proposal	Comments
All UKA Supplementary and General and Rules where Age Groups are defined or referred to.	<p>The four Home Country Athletics Associations propose the following amendments to the Rules of Competition for implementation from 1st April 2024.</p> <ul style="list-style-type: none"> <li>• Change the age groups from Under 13, Under 15 and Under 17 to Under 12, Under 14 and Under 16, introduce an Under 18 group and amend the Under 20 group accordingly whilst maintaining the 1st September to 31st August cut off dates.</li> <li>• All disciplines with the exception of Hill &amp; Fell and Trail Running align their cut-off date to the 31st of August within the competition year.</li> <li>• This will be the 1st phase of a 2 phase approach to ultimately adjust the age groupings to align with World Athletics.</li> <li>• Delete Rule TR3 S2(2)(iv) which prevents Under 15s from running in more than one event between 600m and 3000m on the same day.</li> </ul>	<p>The Home Country Associations are hosting a series of Webinars in which the proposals will be explained with supporting evidence. Central to the proposals is the application of the determination of membership of age groups for all athletes under the age of 18 to be 31<sup>st</sup> August at the end of the Competition Year for Track &amp; Field, Race Walking, Road Running and Cross Country. For Fell &amp; Hill and Trail Running the applicable date shall be 31<sup>st</sup> December of the calendar year.</p> <p>Note that Under 13 rules would move to separate age groups for Under 12 (subject to review of distances and other factors allowed for Under 13s) and Under 14s, Under 15s would move to Under 16s and Under 17s to Under 18s.</p> <p>The Under 12 age group would be incorporated into UKA Rules and cover school years 5 and 6.</p>
G2 S2(1) Club Affiliation where membership of the club is drawn from across the UK, usually Virtual Clubs	Clubs need only affiliate to one of the four National Associations and that affiliation would grant their members the ability to compete across the UKA.	Members of clubs that recruit members from across the UK would be allowed to enter team competitions appropriate to the National/Area/District/County birth and/or residential qualifications of their members.

Please reply to [rules@uka.org.uk](mailto:rules@uka.org.uk) using the Consultation Template available at [Rules of Competition | UK Athletics](#) by Tuesday October 31<sup>st</sup> 2023