

FREQUENTLY ASKED QUESTIONS

<p>Do the Rules of Competition apply to the new under 10 and under 12 age groups?</p>	<p>No. The Rules apply only to athletes in the under 14 age group and above. However, there is guidance provided and signposting to the HCAF websites where more technical information is available. For under 12s and under 10s.</p>
<p>The Rules allow under 14s to compete against under 16s in some circumstances. Can under 12s compete against under 14s in the same way?</p>	<p>No. Under 12s sit outside the Rules of Competition and whilst there is some guidance for them, it would not be appropriate to permit under 12s to compete against under 14s as the restrictions that would have to apply are not mandated in the Rules Book.</p>
<p>When do these new Rules come into effect?</p>	<p>They come into effect on 1st April 2026.</p>
<p>The contents page and the index are both interactive. Why has this been done?</p>	<p>The long term plan is to encourage users of the Rules Book to move away from the hard copy and rely more on the online version. This added functionality will serve to make the use of the online version far more user friendly.</p>
<p>How often are the Rules of Competition updated?</p>	<p>Traditionally, the book is updated every two years. However, the publishers we are working with will now allow more frequent updates to the online version. We are developing a mechanism that will not only allow World Athletics rule changes to be included in the book more frequently, but also to allow changes to the UK supplements to be made on a more frequent basis.</p>
<p>How can I tell which Rules have changed since the last printed version of the Rules Book back in 2024?</p>	<p>At the start of each section of the Rule Book (Competition, Technical and General Rules) there is a table that details the changes that have been made and when they came into effect. This is for the WA Rules as well as the UK supplements.</p>