

UKA RULES FOR COMPETITION 2022 - 2024

Summary of Rule Changes

The 2022 – 2024 UKA Rule Book is the fourth edition that we have linked to the World Athletics (WA) rule book and for the first time we can report that there are no changes to the structure of the book or to rule numbers. Rule changes are summarised in the table below.

Points to note include:

- Rules are divided into Competition and Technical categories and numbered from C1 and T1 respectively.
- Where rules apply to competition in the UK but are not incorporated in World Athletics we have placed them in a UKA General section, which follows the Competition and Technical sections and is numbered from G1. The full set of WA rules can be found at [Book of Rules | Official Documents \(worldathletics.org\)](https://www.worldathletics.org).
- WA continue to omit an index, but, to assist the user in finding the appropriate Rule or UKA Supplement, we have included a comprehensive index at the back of the Rule Book.
- Lines down the side of a page indicate where Rule changes have been made.
- An additional paper summarising the changes made to WA Rules was issued to Technical Officials in 2021 following the introduction of the new WA Rule Book on November 1st. Copies are available from rules@uka.org.uk.
- Shoe Rule: World Athletics did not include the latest shoe rule in the book and have instead placed it separately in the link given above within Book C Competition. UKA has prepared a separate paper which is available at [Rules of Competition | UK Athletics](https://www.uka.org.uk). It should be noted that, despite World Athletics now indicating that their updated Shoe Regulations will be applicable to competitions at which World ranking Points are obtained (see “Applicable Competition” under Specific Definitions), the guidance given previously at <http://www.uka.org.uk/wp-content/uploads/2021/05/UKA-World-Athletics-Shoe-Rule-FAQs-June-2021.pdf> regarding application to UK domestic competition should continue to be followed.
- The UKA Rule Book will continue to be accessible at [Rules of Competition | UK Athletics](https://www.uka.org.uk) and the hard copy can be purchased at www.neuff.co.uk, email sales@neuff.co.uk and telephone 01752 893742. The cover price remains at £5.50 with an additional charge for delivery.

The new Rule Book will come into force on April 1st, please address any queries to rules@uka.org.uk.

UKA Supplement Rule Changes

Changes to World Athletics Rules are summarised in a World Athletics document that has been issued to all Technical Officials.

New Rule Ref	Change
Definitions Open Graded Competition	A definition is provided to assist Competition Providers wishing to promote mixed competition and for guidance regarding instances of U15 and U17 athletes wishing to compete in races at 3000m and 5000m respectively (see amendments to T3 S2), as well as the application of the False Start rule as set out in T16 S2 (as amended).
C1 S2 Competition Licensing	Amended to allow the National Association Licensing Authority to require Competition Providers to charge an additional unattached entry fee at Track & Field and Fell & Hill competitions.
C35 S1 Records	The rule has been updated to correspond with WA records, ensure that the same events apply to both Men and Women, add Road events and remove events that are rarely, if ever, promoted.
TR3 S1(3) Non-Binary Competition	Competition Providers may offer a third non-binary competition category within Endurance Running events.
T3 S2(2)(iii) U15 Track Maximum Distances	The maximum distance allowed for U15s in all competitions (except Steeplechase) is 3000m subject to any limitations, as to standard or otherwise, set by the Competition Provider
T3 S2(2)(iv) U15 Track Maximum Distances	Under 15 athletes may take part in competitions for older athletes, including Graded Competitions and other competitions (but not steeplechase) subject to such limitations, as to standard or otherwise, laid down by the Competition Provider and subject always to (iii) above.
T3 S2(3)(iii) U17 Track Maximum Distances	The maximum distance allowed for U17s in all competitions (except Steeplechase) is 5000m subject to any limitations, as to standard or otherwise, set by the Competition Provider.
T3 S2(3)(iv) U17 Track Maximum Distances	Under 17 athletes may take part in competitions for older athletes, including Graded Competitions and other competitions subject to such limitations, as to standard or otherwise, laid down by the Competition Provider and subject always to (iii) above.
T3 S2 New Note	It is accepted that competition timetabling constraints may mean that the same field events for different age groups are held concurrently at the same event site. Where those are treated as separate competitions and that is made clear in the timetable or when entries are taken, the provisions of T3 S2 (1) (vii), T3 S2 (2) (vii), T3 S2 (3) (v) and T3 S2 (4) (v) shall not be applicable.
T3 S3(1) Cross Country U13 Age Group	Athletes must be 11 on August 31 st prior to the start of the Competition Year rather than 11 on the day of the race. This means that year 6 pupils cannot compete against years 7 and 8 pupils, and follows extensive consultation. It is hoped that Competition Providers will continue more towards offering appropriate Cross Country competition to U11 athletes.

T3 S4 Paired Fell & Hill Races	Amended for when an Under 18 runner is competing, he / she may be accompanied by someone who is not the parent or guardian, on condition that the parent or guardian has given permission.
T16 S1 Starts for Hearing Impaired Athletes	A note has been added to all starters to use methods other than a gun for athletes with a hearing impairment. This corresponds with WPA Rules and supplements a note in WA Rules.
T16 S2 previously T16 S1 The Start	Athletes in U13, U15, U17 Schools events and in Open Graded Competitions will continue to receive a warning rather than immediate disqualification if causing a false start. This Supplement has been redrafted primarily in order to give greater clarity and to help to ensure consistent application with regard to Senior, U20 and U17 athletes who are competing in races within Open Graded Competitions.
T39 S1(7) Combined Events Timing	Amended to adopt the World Athletics principle of adjusting times by 0.24 secs and 0.14 secs in competitions for World Athletics age groups. The adjustments will not be made for UKA age group younger than Under 18.
TR55 S6 Wheelchairs and Frame Runners in Open Road Races	The limitation on wheelchairs in races has been relaxed to allow them, subject to clearance through the event's risk assessment process. Frame Runners have been added to the rule to allow their participation.
G2 S2(4) Composite Teams	Composite Teams for Track & Field League competition must be registered with the Competition Provider by 30 th September in the preceding year.

UKA Rules Group
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