

UKA RULES FOR COMPETITION 2024 - 2026

Summary of Rule Changes

The 2024 – 2026 UKA Rule Book is the fifth edition that we have linked to the World Athletics (WA) rule book and once again we can report that there are no changes to the structure of the book or to rule numbers. UKA Rule changes are summarised in the table below.

Points to note include:

- Rules are divided into Competition and Technical categories and numbered from CR1 and TR1 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). 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 UKA Rule Book.
- Lines down the side of a page indicate where Rule changes have been made.
- World Athletics now update their Rules on two or three occasions during the two year life of the Rule Book. These changes will be made to the UKA Rule Book maintained at Rules of Competition | UK Athletics. It is expected that WA will not produce a hard copy rule book in the future.
- Shoe Rule: WA do not include the shoe rule in the rule book but it is in a separate document 'Athletics Shoe Regulations' alongside the rule book at Book of Rules | Official Documents (worldathletics.org). WA maintain an Approved Shoe List (which is frequently updated) and which can be downloaded at https://worldathletics.org/about-iaaf/documents/technical-information in the 'Athletics Shoes' tab (or navigate from the WA Home page via Library>Technical Information>Athletic Shoes). The UKA guidance previously posted is being reviewed and will be published at Rules of Competition | UK Athletics.
- The UKA Rule Book will continue to be accessible at Rules of Competition | UK Athletics and the hard copy can be purchased at www.neuff.co.uk, email sales@neuff.co.uk and telephone 01752 893742.
- The cover price is now £6.50 (the first price increase since 2002!) with an additional charge for delivery.

Registered Office:
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UKA Supplement Rule Changes

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

Rule Reference	Change
CR35 S1 UKA Records	World Athletics have replaced 'Indoor' with '200m Standard Oval Track (Short Track)' and 'Outdoor' with '400m Standard Oval Track'. UKA has followed the same process. Lists of events for which UKA Records are maintained have been replaced with a table. Note that in line with the latest World Athletics practice Under 23s are no longer treated as a separate category for records.
TR3.3 - 3.6 and TR3 S1(3) Sex Categories and Non-Binary	In line with recent changes made by WA, UKA is in the process of developing its own policy and related rules.
TR3 S1 – S5 and all related Age Group Rules	Young Athlete Age Groups will change from 1st April 2026 with U12, U14, U16 and U18 replacing U13, U15 and U17. Details will be determined over the next 12 months.
TR3 S2(2)(iv) U15 Boys & Girls	No athlete may run in more than one race between 600m and 3000m on the same day. 'Race' replaces 'event'.
TR4 S5 Late arrival at an Event	Where a Call Room isn't operated the Starter will have authority to prevent late comers from competing.
TR4 S2(2) Road Race Entries	Road Race promoters are not now required to publish a list of entries but the list must be provided to the Race Referee if requested.
TR5 S2(1) & (2) Athlete Bibs	The rule has been strengthened to insist that bibs must be worn visibly and not obscured in any way.
TR6 S1 Officials' Assistance	A UKA Supplement has been added to clarify TR6.3.5 which will allow Officials to assist athletes in warm up by indicating take-off points in Long / Triple Jump and Pole Vault in UK domestic competition.
TR9 S1 & TR24 S1 Mixed 4 x 400m Relay	In UK domestic competition the running order for male and female runners may be determined by the Competition Provider or, if not, by each competing team separately.
TR23 S1 & TR3 S2(2)(v) U15 Steeplechase	The condition that U15 Steeplechase races are conducted as development events has been removed.
TR37 S1 Hammer and Discus Cages	The five alternative diagrams indicating possible options for cages in the UK have been deleted and guidance updated to be in line with both World Athletics Rules and current safety practice.

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TR38 S1 700g Javelin	World Athletics have amended the specification for the 700g Javelin and this will come into force from April 1st 2025.
TR55 S6 Pacing in Road Races	A new rule to ban pacing in Road Races has been added to the Road Racing section to reinforce TR6.3.1 which bans pacing generally.
TR57.2, 57.4 & 57.9 Trail Races	Notes have been added to indicate that these World Athletics Rules do not apply to UK Domestic Trail races.
TR57 S1 Trail Races	The rule defining refreshment station requirements has been updated to remove possible ambiguity.
G2 S1 Club Affiliation	Clubs that recruit members from across the UK may enter competitions which require a birth or residential qualification although their club may not be based in that particular location. This is subject to any local conditions or rules that the Competition Provider may apply through Rule G2 S4(6).
G2 S6(5)(ii) Scottish District Championships	Athletes may only compete in the Championships of one District within each of the six month periods commencing 1st April or 1st October.

The new Rule Book will come into force on April 1st 2024, please address any queries to rules@uka.org.uk.

UKA Rules Group
February 2024