

## UKA RULE BOOK 2026 - 2028

### Invitation to Submit Proposals for Rule Changes

Dear all,

We are pleased to provide you with an opportunity to submit proposals to amend the UKA Rules for Competition.

UK Athletics will be re-issuing the UKA Rules for Competition with effect from 1st April 2026. We will continue with the principle of combining the UKA and World Athletics rule books into one publication and providing the opportunity for amending UKA Domestic Rules arising from proposals from the sport.

World Athletics no longer produce a hard copy rule book. However they have very recently commenced their process of revising their rules and we will be mindful of these as part of the UK review process.

In the UK, there has been a significant amount of consultation around the changes to the age categories for young athletes. The implementation of these changes has been overseen by an Age Group Change Implementation Task Group (AGCITG) formed by the Home Country Athletic Federations (HCAFs), with sub-groups comprising stakeholders from across our sport. The work of those groups has been further informed by surveys and webinars organised by the HCAFs. The current technical changes proposed by the AGCITG can be viewed on the England Athletics website through this link <https://www.englandathletics.org/about-us/age-group-changes/age-group-changes-transition/>. Their final proposals will be submitted to the UKA Rules Advisory Group, who will incorporate the resulting necessary changes into the UKA 2026-2028 Rule Book.

The Rules Group's process and timeline for inviting proposals for rule changes will incorporate the work of the AGCITG to ensure that duplication does not take place. There has already been significant consultation in relation to these changes. However, in order to allow athletes and coaches for events impacted by the changes to begin preparation with confidence for competition under the Rules coming into effect in April 2026, the Rules Group will seek earlier approval of those technical details from the UKA Board during summer 2025.

Outside of the age group changes proposals, the following timeline sets out the process that will be applied. Proposals must be submitted through the electronic form available at <https://www.uka.org.uk/rules-for-competition>

### TIMELINE

**April 2025:** Proposals for changes to Rules invited.

**27th June 2025:** Final date for submission of potential changes from:

1. UKA Members
2. UKA Board
3. CEO Forum
4. Performance/Coach Development
5. National Associations (the HCAFs)
6. UKA Technical Advisory Group
7. UKA Competition Working Group
8. UKA Licensing Sub-Group

Issued March 2025 **Please address any questions to [rules@uka.org.uk](mailto:rules@uka.org.uk)**

9. UKA Officials' Working Group
10. UKA Coaches' Working Group
11. UKA Endurance Group
12. UKA Eligibility Group
13. UKA Development Working Group
14. UKA Talent and Performance Working Group
15. RunEvents
16. Regional Officials' Bodies
17. Athletes' Commission
18. Clubs or Associations (individuals attached to a Club must have support from the organisation)
19. Affiliated Competition Providers
20. NUTS

**July / August 2025:** Following receipt of proposals, the Rules Group will produce a document summarising proposals that the Group deems worthy of consideration, and this will be circulated to appropriate groups for internal consideration and feedback.

**August / September 2025:** Proposals will be reviewed by the four National Associations and the appropriate UKA Advisory Groups.

**12th September 2025:** A document listing approved rule proposals will be posted to the UKA website for further comments by the organisations listed above. A template response page will be available on the UKA website. A press release or direct contact email will be published to advise that the process is open. Potentially controversial changes will be submitted to the UKA Standards, Ethics and Rules Group for further consideration.

**31st October 2025:** Deadline for all responses to the September / October consultation.

**14th November 2025:** The exact wording for proposed rule changes will be written and agreed by the Rules Group and notified to the four National Associations and the other UKA Advisory Groups.

**December 2025:** Final proposals submitted to UKA Board for their consideration and sign off.

**13th February 2026:** Planned publication date and publication of a summary of changes and guidance notes.

**Any proposals which are not submitted to this timetable will not be accepted.**

**Consultation with key user groups has indicated a desire to retain a hard copy of the UKA Rule Book. However, in line with the stance taken by World Athletics and to move to a more environmentally friendly way of affording access to the Rule Book, users are encouraged to use an online version of the book, and a reduced number of hard copies will be printed for the 2026 edition. Looking further ahead, there is the potential that the 2028 Rule Book may be delivered only in digital format.**