

RULE TR3 S2 UKA SUPPLEMENT TRACK AND FIELD AND RACE WALKING

Young Athlete Age Groups changed from 1st April 2026 with U14, U16 and U18 replacing U13, U15 and U17. All Young Athlete age groups

will be aligned to age on the 31st August within the Competition Year.

(1) Under 14 Boys and Girls

- (i) Track and Field competitions for Under 14s shall be confined to competitors who are aged 12 or 13 on the 31st August within the Competition Year, as defined above.
- (ii) Other than when competing in a Combined Event Under 14s may compete in a maximum of 4 events on one day of an athletics meeting, and if so doing, one of these must be a relay.
- (iii) Where a walking event is included in the total, the competitors shall be restricted to maximum of 3 running or walking events (including any relay) in one day. The total distance covered shall not exceed the maximum listed in Rule T3 S2(8). If athletes in this age group are competing in a Combined Event, they are not allowed to compete in any other event on the same day. Athletes competing in Track Walks may not compete in any other Track events of 600 metres or greater on the same day.
- (iv) Athletes in this age group may compete in track races not exceeding one mile subject to the restrictions in (v) below – they may compete over 1200m steeplechase.
- (v) No athlete in this age group is allowed to compete in any race at 300 metres and 400 metres, nor in more than one race between 600 metres and one mile inclusive on the same day.
- (vi) Subject in all cases to (iv) and (v) above and (vii) below, and to such limitations, as to standard or otherwise, laid down by the Competition Provider, under 14 athletes may compete in track events against Under 16 Boys and Girls, as appropriate. Except for Open Graded competitions, U14 athletes may not take part in competitions for older athletes other than those in the Under 16 age group.
- (vii) Under 14s may compete against Under 16 Boys or Girls, as appropriate, in field events, provided that, in the case of throwing events, the implements used by them shall be those laid down for the Under 16 age group. They may not take part in competitions for older athletes other than those in the Under 16 age group.
- (viii) No athlete in this age group is allowed to compete in Triple Jump events.

(2) Under 16 Boys and Girls

- (i) Track and Field competitions for Under 16s shall be confined to competitors who are aged 14 or 15 on 31st August within the Competition Year, as defined above.
- (ii) Other than when competing in a Combined Event, under 16s may compete in a maximum of four events on one day of an athletics meeting. However, the maximum number of individual events must be three and, if so doing, the fourth event must be a relay. Where a walking event is included in the total, the competitors shall also be restricted to a maximum of 3 running or walking events (including any relay) in one day. The total distance covered shall not exceed the maximum listed in Rule T3 S2(8). If Under 16s are competing in a Combined Event they are not

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allowed to compete in any other event on the same day. Athletes competing in Track Walks may not compete in any other Track events of 600 metres or greater on the same day.

(iii) No athlete in this age group is allowed to run in any race in excess of 3000 metres.

(iv) No athlete in this age group is allowed to run in more than one different event between 600 metres and 3000 metres inclusive on the same day.

(v) Under 16 athletes may compete in Steeplechase races over 1500m and a hurdle height of 0.762m. An athlete in this age group who will be aged 16 years on 31st December in the year of the competition may compete in 2000m steeplechase races against Under 18 Men and Women, as appropriate, using the equipment specifications set out in Rule TR 23.3 and 23.5.

(vi) Subject in all cases to (iii), (iv) and (v) above and to such limitations, as to standard or otherwise, laid down by the Competition Provider, under 16 athletes may compete in track events against Under 18 Men and Women, as appropriate. Except for Open Graded competitions, 16 athletes may not take part in competitions for older athletes other than those in the Under 18 age group.

(vii) Under 16s may compete against Under 18 Men or Women, as appropriate, in field events, provided that, in the case of throwing events, the implements used by them shall be those laid down for the Under 18 age group. They may not take part in competitions for older athletes other than those in the Under 18 age group.

(viii) National Age Group Leagues and HCAF Championships will provide 300 metres races for the Under 16 age group. Other Competition Providers may use their discretion and include 400 metres for Under 16 athletes within their programmes.

(3) Under 18 Men and Women

(i) Track and Field competitions for Under 18s shall be confined to competitors who are aged 16 or 17 on 31st August within the Competition Year, as defined above.

(ii) Other than when competing in a Combined Event, under 18s may compete in a maximum of four events on one day of an athletics meeting. However, the maximum number of individual events must be three and, if so doing, the fourth event must be a relay. If Under 18s are competing in a Combined Event they are not allowed to compete in any other event on the same day.

(iii) No athlete in this age group is allowed to compete in any track event in excess of 5000 metres, including Graded Events with older age groups.

(iv) Under 18 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.

(4) Under 20 Years Men and Women

(i) Track and Field competitions for Under 20s shall be confined to competitors who are 18 or over on 31st August within the Competition Year, as defined above, but Under 20 on 31st December in the calendar year of competition.

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(ii) Under 20s may not compete in more than five events on the same day of an athletics meeting. If Under 20s are competing in a Combined Event they are not allowed to compete in any other event on the same day.

(iii) Under 20s may only run in track events up to and including 10000 metres.

(iv) Under 20s may run against Seniors in open track events, including National and County Championships, up to and including 10,000 metres.

(v) Under 20s may compete against Seniors in open field event competitions, including National and County Championships, provided that the implements used by them shall be those laid down for Senior competition.

(5) Seniors

A Senior is a competitor who is at least 20 years of age on 31st December in the calendar year of competition.

(6) Masters

Competitions for master's shall be confined to athletes who are at least 35 years of age on the day of competition.

(7) Graded Competitions

The organisers of a Graded Competition may allow competitors in younger age groups to compete against older athletes provided that the conditions do not contravene any rules regarding distances or events which may be contested. The Rule for mixed Graded Competitions is Rule T9 S1.

(8) Race Walking

The maximum permitted distances for Race Walking events (track and off-track) shall be:

Age Group Maximum Distance All Athletes

Under 14 years 3,000 metres

Under 16 years 5,000 metres

Under 18 years 15,000 metres

Under 20 years 20,000 metres

Seniors Unlimited Ages for maximum distances are as of 31st August in the year of competition.

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 TR3 S2(1)(vii), TR3 S2 (2)(vii), TR3 S2(3)(iv) and TR3 S2(4)(v) shall not be applicable.