

UKA Rule Book Amendments

Regarding the New 2026 Age Groups

KEY INFORMATION

**for athletes, clubs, team managers, event
officials, coaches and competitions organisers.**

This is effective from 1st April 2026



WELSH ATHLETICS
ATHLETAU CYMRU

TRACK SPRINT DISTANCES PERMITTED BY MALE AGE GROUP

Age Group	School Year	50m	60m (Indoor)	75m	100m	150m	200m	300m	400m	60m H (Indoor)	Sprint Hurdles	200m Hurdles	300m Hurdles	400m hurdles
U10	3 & 4				X	X	X	X	X			X	X	X
U12	5 & 6						X	X	X			X	X	X
U14	7 & 8	X						X	X				X	X
U16	9 & 10	X		X		X						X		
U18	11 & 12	X		X		X						X	X	
U20	13 & 14	X		X		X						X	X	

	Permitted-std		Optional	X	Not Permitted
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TRACK ENDURANCE DISTANCES PERMITTED BY MALE AGE GROUP

Age Group	School Year	400m	600m	800m	1200m	1500m	3000m	5000m	400m Walk	600m Walk	1000m Walk	1200m Walk	2000m Walk	3000m Walk	5000m Walk
U10	3 & 4		X	X	X	X	X	X		X	X	X	X	X	X
U12	5 & 6					X	X	X					X	X	X
U14	7 & 8	X					X	X	X	X	X	X		X	X
U16	9 & 10	X	X		X			X	X	X	X	X			X
U18	11 & 12	X	X		X				X	X	X	X	X		
U20	13 & 14	X	X		X				X	X	X	X	X	X	

	Permitted-std		Optional	X	Not Permitted
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TRACK SPRINT DISTANCES PERMITTED BY FEMALE AGE GROUP

Age Group	School Year	50m	60m (Indoor)	75m	100m	150m	200m	300m	400m	60m H (Indoor)	Sprint Hurdles	200m Hurdles	300m Hurdles	400m hurdles
U10	3 & 4				X	X	X	X	X			X	X	X
U12	5 & 6						X	X	X			X	X	X
U14	7 & 8	X						X	X				X	X
U16	9 & 10	X		X		X						X		
U18	11 & 12	X		X		X						X	X	
U20	13 & 14	X		X		X						X	X	

	Permitted-std		Optional	X	Not Permitted
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TRACK ENDURANCE DISTANCES PERMITTED BY MALE AGE GROUP

Age Group	School Year	400m	600m	800m	1200m	1500m	3000m	5000m	400m Walk	600m Walk	1000m Walk	1200m Walk	2000m Walk	3000m Walk	5000m Walk
U10	3 & 4		X	X	X	X	X	X		X	X	X	X	X	X
U12	5 & 6					X	X	X					X	X	X
U14	7 & 8	X					X	X	X	X	X	X		X	X
U16	9 & 10	X	X		X			X	X	X	X	X			X
U18	11 & 12	X	X		X				X	X	X	X	X		
U20	13 & 14	X	X		X				X	X	X	X	X	X	

	Permitted-std		Optional	X	Not Permitted
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TRACK RELAYS PERMITTED BY AGE GROUP

Age Group	School Year	30 to 50m	8 x 50m	4 x 100m	4 x 200m	4 x 300m	4 x 400m	4 x 800m	Medley 100m, 200m 300m, 400m
U10	3 & 4			X	X	X	X	X	X
U12	5 & 6				X	X	X	X	X
U14	7 & 8	X				X	X	X	X
U16	9 & 10	X	X				X		X
U18	11 & 12	X	X						
U20	13 & 14	X	X						

	Permitted-std		Optional	X	Not Permitted
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COMBINED EVENTS PERMITTED BY AGE GROUP

Age Group	School Year	Quadrathlon	Pentathlon	Heptathlon (F)	Octathlon (M)	Decathlon (M)	Pentathlon Indoor (F)	Heptathlon Indoor (M)	Triathlon
U10	3 & 4		X	X	X	X	X	X	
U12	5 & 6		X	X	X	X	X	X	
U14	7 & 8								
U16	9 & 10								
U18	11 & 12		X						
U20	13 & 14		X	X	X				

	Permitted-std		Optional		X	Not Permitted
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FIELD EVENTS PERMITTED BY AGE GROUP

Age Group	School Year	High Jump	Pole Vault	Long Jump	Triple Jump	Shot Put	Discus	Hammer	Javelin
U10*	3 & 4	X	X	**	X	**	X	X	**
U12	5 & 6				X	2.72kg	0.75kg	2.00kg	400g
U14	7 & 8				X	2.72kg (F) 3.00kg (M)	0.75kg (F) 1.00kg (M)	2.00kg (F) 3.00kg (M)	400g (F) 500g (M)
U16	9 & 10					3.00kg (F) 4.00kg (M)	1.00kg (F) 1.25kg (M)	3.00kg (F) 4.00kg (M)	500g (F) 600g (M)
U18	11 & 12					3.00kg (F) 5.00kg (M)	1.00kg (F) 1.50kg (M)	3.00kg (F) 5.00kg (M)	500g (F) 700g (M)
U20	13 & 14					4.00kg (F) 6.00kg (M)	1.00kg (F) 1.75kg (M)	4.00kg (F) 6.00kg (M)	600g (F) 800g (M)

	Permitted-std	Optional	X	Not Permitted
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****U10 USE SPORTSHALL – PUSH THROW & HOWLER STANDING LONG JUMP**

OUTDOOR HURDLES FOR MALE ATHLETES

Event	Age Group	School Year	Hurdle Height	Hurdles Per Race	Track Mark Colour	Topple Weight	Distance To First Hurdle	Spacings	Distance to Finish
60m***	U10	3 & 4	45-60cm	5	None	0	10m	6.5m	24m
75m	U12	5 & 6	68.5cm	8	Orange	2.7kg	11.5m	7.5m	11m
80m	U14	7 & 8	76.2cm	8	Black	2.7kg	12m	8m	12m
100m	U16	9 & 10	84.0cm	10	Yellow	2.7kg	13m	8.5m	10.5m
110m	U18	11 & 12	91.4cm	10	Blue	3.6kg	13.72m	9.14m	14.02m
110m	U20	13 & 14	99.1cm	10	Blue	3.6kg	13.72m	9.14m	14.02m
110m	SEN/U23		106.7cm	10	Blue	3.6kg	13.72m	9.14m	14.02m
200m	U14	7 & 8	76.2cm	5	Green	2.7kg	20m	35m	40m
300m	U16	9 & 10	76.2cm	7	Green	2.7kg	50m	35m	40m
400m	U18	11 & 12	84.0cm	10	Green	3.6kg	45m	35m	40m
400m	SEN/U23/U20		91.4cm	10	Green	3.6kg	45m	35m	40m

***Sportshall Hurdles

OUTDOOR HURDLES FOR FEMALE ATHLETES

Event	Age Group	School Year	Hurdle Height	Hurdles Per Race	Track Mark Colour	Topple Weight	Distance To First Hurdle	Spacings	Distance to Finish
60m***	U10	3 & 4	45-60cm	5	None	0	10m	6.5m	24m
70m	U12	5 & 6	68.5cm	8	Pink	2.7kg	11.5m	7.5m	10m
75m	U14	7 & 8	68.5cm	8	Orange	2.7kg	11.5m	7.7m	11m
80m	U16	9 & 10	76.2cm	8	Black	2.7kg	12m	8m	12m
100m	U18	11 & 12	76.2cm	10	Yellow	3.6kg	13m	8.5m	10.5m
110m	SEN/U23/U20	13 & 14	84.0cm	10	Yellow	3.6kg	13m	8.5m	10.5m
200m	U14	7 & 8	68.5cm	5	Green	2.7kg	20m	35m	40m
300m	U16	9 & 10	76.2cm	7	Green	2.7kg	50m	35m	40m
400m	U18	11 & 12	76.2cm	10	Green	3.6kg	45m	35m	40m
400m	SEN/U23/U20	13 & 14	76.2cm	10	Green	3.6kg	45m	35m	40m

***Sportshall Hurdles

INDOOR HURDLES FOR MALE ATHLETES

Event	Age Group	School Year	Hurdle Height	Hurdles Per Race	Track Mark Colour	Topple Weight	Distance To First Hurdle	Spacings	Distance to Finish
60m***	U10	3 & 4	45-60cm	5	None	0	10m	6.5m	24m
60m	U12	5 & 6	68.5cm	5	Orange	2.7kg	11.5m	7.5m	11m
60m	U14	7 & 8	76.2cm	5	Black	2.7kg	12m	8m	12m
60m	U16	9 & 10	84.0cm	5	Yellow	2.7kg	13m	8.5m	10.5m
60m	U18	11 & 12	91.4cm	5	Blue	3.6kg	13.72m	9.14m	14.02m
60m	U20	13 & 14	99.1cm	5	Blue	3.6kg	13.72m	9.14m	14.02m
60m	SEN/U23		106.7cm	5	Blue	3.6kg	13.72m	9.14m	14.02m

***Sportshall Hurdles

INDOOR HURDLES FOR FEMALE ATHLETES

Event	Age Group	School Year	Hurdle Height	Hurdles Per Race	Track Mark Colour	Topple Weight	Distance To First Hurdle	Spacings	Distance to Finish
60m***	U10	3 & 4	45-60cm	5	None	0	10m	6.5m	24m
60m	U12	5 & 6	68.5cm	5	Pink	2.7kg	11m	7m	21m
60m	U14	7 & 8	68.5cm	5	Orange	2.7kg	11.5m	7.5m	18.5m
60m	U16	9 & 10	76.2cm	5	Black	2.7kg	12m	8m	16m
60m	U18	11 & 12	76.2cm	5	Yellow	3.6kg	13m	8.5m	13m
60m	SEN/U23/U20	13 & 14	84.0cm	5	Yellow	3.6kg	13m	8.5m	13m

***Sportshall Hurdles

MALE STEEPLECHASE

Event	Age Group	School Year	Barrier Height	Barriers Per Race	Water Jumps
1200m	U14 Boys	7 & 8	76.2cm	10	0
1500m	U16 Boys	9 & 10	76.2cm	13	3
2000m	U18Men	11 & 12	76.2cm	18	5
3000m	U20 Men	13 & 14	83.8cm	28	7
3000m	U23M, SENM		91.4cm	28	7

FEMALE STEEPLECHASE

Event	Age Group	School Year	Barrier Height	Barriers Per Race	Water Jumps
1200m	U14 Girls	7 & 8	76.2cm	10	0
1500m	U16 Girls	9 & 10	76.2cm	13	3
2000m	U18 Women	11 & 12	76.2cm	18	5
3000m	U20W, U23W, SENW	13 & 14	83.8cm	28	7

IMPLEMENTS & WEIGHTS MALE ATHLETES

Age Group	School Year	Shot Put	Discus	Hammer	Javelin
U12	5 & 6	2.00kg	0.75kg	2.00kg	400g
U14	7 & 8	3.00kg	1.00kg	3.00kg	500g
U16	9 & 10	4.00kg	1.25kg	4.00kg	600g
U18	11 & 12	5.00kg	1.50kg	5.00kg	700g
U20	13 & 14	6.00kg	1.75kg	6.00kg	800g
U23M/SENM		7.26kg	2.00kg	7.26kg	800g

IMPLEMENTS & WEIGHTS FEMALE ATHLETES

Age Group	School Year	Shot Put	Discus	Hammer	Javelin
U12	5 & 6	2.00kg	0.75kg	2.00kg	400g
U14	7 & 8	2.72kg	0.75kg	2.00kg	400g
U16	9 & 10	3.00kg	1.00kg	3.00kg	500g
U18	11 & 12	3.00kg	1.00kg	3.00kg	500g
U20W, U23W, SENW	13 & 14	4.00kg	1.00kg	4.00kg	600g

Under 10 athletes not permitted to use any of the above weights

Important Dates

New Age Group Rules

Start 1st April 2026

Competition Year

Starts 1st October

Ends 30th September



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ATHLETAU CYMRU