

Purpose

The aim of these cards are to assist officials when working on the field of play to make correct decisions quickly. They deal with events held under UKA rules. They are not meant to replace the UKA Rule Book. More information on officiating can be found at

[Athletics NI](#)

[England Athletics](#)

[Scottish Athletics](#)

[Welsh Athletics](#)

Start Area Information 1

The Start Coordinator:

- Ensures the rules are observed.
- Organises all start personnel
- Liaises with appropriate management staff
- Liaises with technology providers/operators

Start Area Information 2

THE START

- The starter has authority to warn or disqualify an athlete for committing a false start. The start referee can warn or disqualify an athlete for misconduct
- Ensure the Chief Timekeeper is ready for the race.
- Start all races with the Starting Device, using the commands:
"On Your Marks" "Set" "Gun" for races up to 400m (Including the 4x400m relay) "On Your Marks" "Gun" for all other races.

Start Area Information 3

CHECKLIST AT THE START

- Are the athletes in the correct heat / race / lane?
- Do the athletes have correct hip numbers on the correct hip? (if applicable)
- Assemble the athletes 2-3 metres behind the start line.
- Ensure the athletes start entirely within their lane.
- If a crouch start, are the hands and feet behind the line and knee in contact with the ground?
- Ensure hands, feet, wheelchair (leading wheel) are not touching the start line.
- Ensure relay batons are ready (and are returned after the race).
- Are starting blocks, lane markers and electronic equipment ready & working?

Start Area Information 4

FALSE STARTS 1

Judge false starts together with the Referee (If not appointed, the Start Coordinator). Recall the race if you decide a false start has occurred, or if there has been an unfair start. More than one athlete can be responsible for a false start and be warned or disqualified. In Senior, Junior & Under 18 events - no false starts allowed.

In other age groups, including Masters, Under 16 and Under 14 – an athlete is disqualified if he/she/they makes two false starts.

In a Combined Events competition, in the age groups as described above, any athlete making a false start is warned. An athlete responsible for any further false start shall be disqualified.

Start Area Information 5

FALSE STARTS 2

A false start is committed if a competitor commences the starting motion from the 'set' position before the gun is fired e.g., lost of contact with the ground by the hands or feet.

If the hands and feet do not lose contact with the ground but movement occurs it is deemed a faulty start and a conduct warning is issued –a yellow card is shown for that warning. Two such warnings earn a red card and disqualification.

Unfair or aborted start because of noise or other reason –show a green card. Warning for a false start, when allowed–show a yellow and black card Disqualification – show a red and black card.

Track Information 1

THE TRACK REFEREE

- Allocates duties to judges and umpires. Ensures that the rules are observed.
- Has authority to warn or disqualify an athlete for contravening the rules or for misconduct.
- Rule on places after consultation with the judges (may delegate to Chief Judge).
- Decide on any matters not covered by the rules..
- Has the authority to declare the race void and to be held again later in the day or on a later day.
- Rule on oral protests.
- Under UKA rules the referees decision is final on all issues.

Track Information 2

THE TRACK JUDGE

Chief Judge: Collates the results of races and if judges disagree, adjudicates or refers the matter to the Track Referee. Lap count for any race not finished in lanes if there are no lap scorers.

Judges: Normally located inside the track on a raised platform or steps. Judge when the torso reaches the finish line. Judges places and not lanes.

Track Information 3

THE UMPIRE

- The “Eyes of the Referee”.
- Report whenever you see any rule infringement.
- Be as precise as you possibly can. Note exactly where the infringement happened.

Examples of what to report:

- Athletes running on or over the inside lane lines, whether on the straight or the bend. Athletes who cut in early at the 800-metre break line. Athletes who trail a leg below the top of hurdles or steeplechase barriers. Deliberately knocking down hurdles. Impeding other athletes.

Track Information 4

THE LAP SCORER

- Keep a record of laps for each athlete in races longer than 1500m.
- Change lap board when leading athlete enters the straight and call laps to go to other athletes.
- Ring bell as each athlete enters the final lap.

Timekeeping Information 1

THE CHIEF TIMEKEEPER

- Allocate duties to the timekeeping team.
- Acknowledge the Starter's signal when Judges and timekeepers are ready for the next race to begin.
- Ensure that each athlete has a time for their performance.
- Decide the time to be recorded for each competitor.
- Ensure information is distributed with all due speed.

Timekeeping Information 2

THE RACE

The watch should be started on the flash of the gun. It should be stopped when the athlete's torso **REACHES** the finish line. Relax & try not to anticipate the finish – See it, Do it!

WHEELCHAIR ATHLETES and FRAME RUNNING ATHLETES

Finish when the axel of the leading wheel **REACHES** the finish line.

RELAYS (4x400m)

Individual Splits should be taken at each lap. The first 3 splits are timed when the Baton reaches the line. The final split is timed when the Torso reaches the line.

Timekeeping Information 4

Timekeepers may be asked to:

- Time races by position(s).
- Supply intermediate lap times to announcers as required.
- Call lap times to athletes in races of 800m and over.
- Record lap times and leaders' number for record purposes.
- Record individual lap times in 4x400m relay races.

HAND TIMES

Hand times are rounded up to the next 1/10th of a second e.g. 10.01 = 10.1; 10.10 = 10.1; 11.97 = 12.0.

Hand times for races held wholly or partly outside the stadium are rounded to the next full second e.g. 2 hours 09 minutes 16.49 seconds 2:09.17.

Timekeeping Information 5

Unless the Chief Timekeeper is sure a mistake has been made, these rules apply:

If there are three timekeepers and two agree then that is the official time: e.g. 10.2;10.2; 10.6 = 10.2 If all three timekeepers disagree then the middle time is the official time: e.g. 10.2; 10.3; 10.5 = 10.3. If only two times are taken and they differ, the longer (slower) time is official: e.g. 10.2; 10.6 = 10.6

Working with Photo Finish 1

TIMEKEEPERS

As well as giving your times in, in tenths, always record your own hundredths, and also record the photo-finish time in hundredths. You can then analyse your performance later.

TRACK JUDGES

You will know whether or not your result agrees with the majority. Look for the photo-finish result to tell you who was right!

Working with Photo Finish 2

STARTER ASSISTANTS

For photo-finish to work, you need to make sure that they get a signal from you. This means using the electronic starting device and remembering to take the box, starting device and cabling with you to each start.

The Photo-finish Chief will be happy to help you understand what is required.

Photo Finish Information 1

The most important thing is to make sure that you know exactly what the Chief expects you to do. Stadiums, team sizes (and experience) as well as the Chief's preferences can affect what you will need to do in any role. If in doubt –ask!

CAPTURING PHOTO FINISH PICTURES

- Make sure the system is ready before the race.
- Monitor the start of the race, for athletes not starting, and to check you get a start signal.
- Monitor during the race, especially longer ones, to be aware of athletes dropping out or lapping.
- Make sure you are ready to take any lap splits needed, and to capture all the finishers.
- Check with your fellow officials in Photofinish and the track referee

Photo Finish Information 2

READING PHOTO FINISH PICTURES

- Make sure you have the right race and the correct athlete information.
- You should read athletes from first to last. If you can't, make sure the final result is in the correct order. Work together to check with each other.
- Look at other camera pictures if available, to help.
- Use the judges and timekeepers results when available to help with problems, and to crosscheck your decisions.

Photo Finish Information 3

PHOTO FINISH PROBLEMS

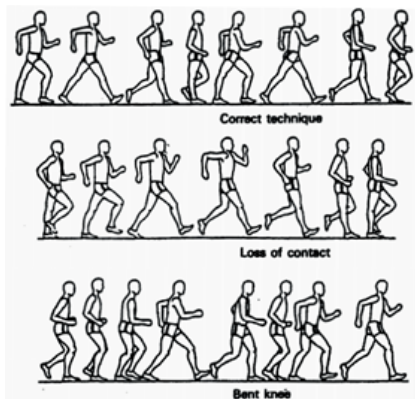
- Make sure the Chief knows about every problem.
- No start –still take a picture, it can still be useful, for example for placings.
- Disqualifications –only timekeepers should be told the potential time.
- Equal fastest losers –the Chief will need times in thousandths, so read accurately in the first place.
- No picture/no file –check carefully, it may be hidden or saved in the wrong place, or wrongly named.

Race Walks Information 1

Race walking is defined as a progression of steps so taken that the walker makes contact with the ground, so that no visible (to the human eye) loss of contact occurs. The advancing leg must be straightened (i.e. not bent at the knee) from the moment of first contact with the ground until in the vertical upright position.

The Chief Judge should not act as a judge but work on behalf of the other judges, except where there are fewer than three judges in attendance, at relays and at point to point races. Athletes' clothes should ensure the knees are bare, unless specific permission has been granted by the Referee and notified to the Chief Judge.

Race Walks Information 2



Paddle to show for
loss of contact



Paddle to show for
bent knee

Field Event Information 1

THE FIELD REFEREE

- Ensure that the rules are observed.
- If an athlete is hampered in a trial, the referee may offer a substitute trial.
- Decide on any matters not covered by the rules.
- Check all results and sign them off.
- Rule on oral protests.
- Have the authority to move the place of competition at the end of a round if felt to be unsafe.
- Have the authority to warn or disqualify a competitor for misconduct.

Field Event Information 2

MARKERS

Athletes may place up to two markers on the high jump runway, may place markers alongside, but not on the pole vault runway, the long and triple jump runway and the javelin runway. Throwers from a circle may place one marker behind or adjacent to the circle, but must remove it immediately after each throw. No markers may be placed beyond the take-off line or in the throwing sector.

Field Event Information 3

Time allocation for trials: If a competitor delays taking his trial, they risk having that trial disallowed. The following times should not normally be exceeded under UKA rules: The below table is for **individual events only**

NUMBER OF ATHLETES LEFT IN THE COMPETITION	HIGH JUMP	POLE VAULT	OTHER EVENTS
MORE THAN 3	1 MINUTE	1 MINUTE	1 MINUTE
2 OR 3 ATHLETES	1.5 MINUTES	2 MINUTES	1 MINUTE
1 ATHLETE	3 MINUTES	5 MINUTES	-
CONSECUTIVE TRIALS BY THE SAME ATHLETE	2 MINUTES	3 MINUTES	2 MINUTES

Field Event Information 4

Time allocation for trials: If a competitor delays taking his trial, they risk having that trial disallowed. The following times should not normally be exceeded under UKA rules: The below table is for **Combined Events Only**

NUMBER OF ATHLETES LEFT IN THE COMPETITION	HIGH JUMP	POLE VAULT	OTHER EVENTS
MORE THAN 3	1 MINUTE	1 MINUTE	1 MINUTE
2 OR 3 ATHLETES	1.5 MINUTES	2 MINUTES	1 MINUTE
CONSECUTIVE TRIALS BY THE SAME ATHLETE	2 MINUTES	3 MINUTES	-

Field Event Information 5

Seated Throws: A reasonable amount of time is permitted for an athlete's throwing frame to be secured to the circle, before the athlete gets into a seated position on the throwing frame.

The maximum time allowed for athletes to secure themselves in the chair and have as many warm-up throws as time allows is

4 Minutes for classes F32-34 and F54-57

5 Minutes for classes F31 and F51-53

Time begins when the chair is orientated, secured to the platform and made available to the athlete to secure themselves in position.

Field Event Information 6

VERTICAL JUMPS

An athlete fails in the HIGH JUMP if they:

- Take off from two feet.
- Knock the bar from its supports.
- Touch the ground (including the landing area) beyond the vertical plane of the near side of the uprights, either between or outside the uprights, without first clearing the bar. Touching the landing area while in the process of jumping if no advantage is gained is not a failure.

Field Event Information 7

NOTES

- In windy conditions, judges may hold the bar until the athlete is about to clear it.
- The height should be measured at the lowest point of the upper side of the bar, perpendicular to the ground.
- If it is clear the bar was dislodged by something other than the athlete's contact with it, the judge may either award a clearance (if they are sure there was no contact) or award a substitute trial if they are not sure of the cause.

Field Event Information 8

RESOLVING A TIE IN A FIELD EVENT

Vertical Jumps:

1. The athlete with the lowest number of trials at the height last cleared at which the tie occurs shall be awarded the higher place.
2. If the tie still remains, the athlete with the lowest total of failures throughout the competition up to and including the height last cleared shall be awarded the higher place. If the tie still remains.
3. If the tie still remains and it concerns first place and (1) and (2) have already been applied, then, if agreed in advance by the relevant Referee and the Meeting Organiser, the following may be applied:

Field Event Information 9

RESOLVING A TIE IN A FIELD EVENT (cont)

If the event organiser has stated a jump-off will take place in the event of a tie for 1st place. Otherwise, the tie for 1st place shall remain.

The jump off will start at the next height after the height last cleared by the athletes concerned in the tie for 1st place. Competitors tying shall have one attempt at each height, if both athletes clear the bar, the bar is raised by 2cm or lowered by 2cm if both fail that height. The jump off continues until one athlete clears a height and the other(s) fail at the same height. If athletes decline to jump/vault at any height they automatically forfeit any claim to a higher place. If the tie concerns any other place, the athletes shall be awarded the same place in the competition.

Field Event Information 10

RESOLVING A TIE IN A FIELD EVENT (cont)

Horizontal Jumps and Throws:

In the event of a tie, the second best performance of the athletes tying shall determine the result. If the tie remains, the third best performance will be determine and so on. If a tie still remains, the athletes are awarded the same placing.

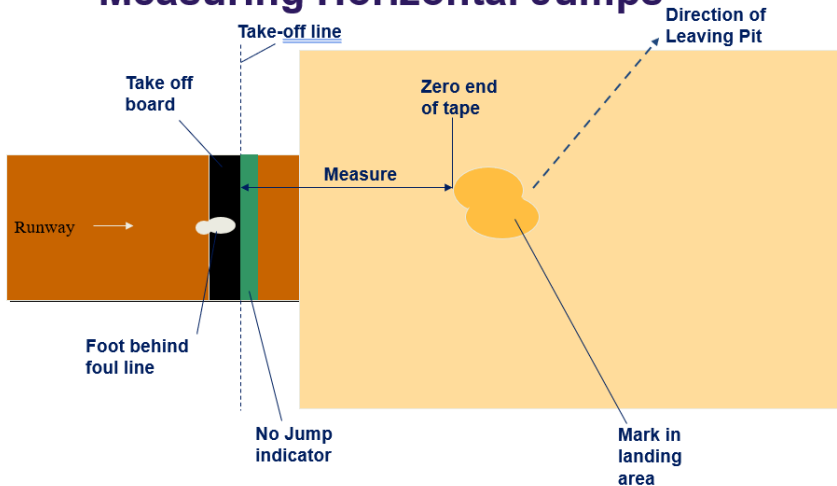
Field Event Information 11

HORIZONTAL JUMPS

- The zero end of the tape always goes into the pit, touching the spike.
- Measurement is taken from the nearest mark made by the athletes' body or anything attached to it, to the take-off line or take-off line extended.
- Measurement is taken perpendicular to the line or its extension.
- All measurements are taken to the nearest full centimeter below the actual measurement.

e.g. 7.265m is recorded as 7.26 metres; 8.050m is measured as 8.05m

Measuring Horizontal Jumps



Field Event Information 12

HORIZONTAL JUMP FAILURES 1

- The athlete touches the ground beyond the take-off line.
- Takes off outside the board, whether beyond the take-off line or before it.
- Touches the ground between the take-off line and the landing area.
- Employs any sort of somersault during the run-up or the jump.
- Touches the ground outside the landing area closer to the take-off line than the break in the sand to which the measurement would have been made.
- Before leaving the landing area after a completed jump, walks back through the landing area.

Field Event Information 13

HORIZONTAL JUMP FAILURES 2

- When leaving the landing area, makes contact with the ground outside the landing area closer to the take-off line than the nearest break in the sand made on landing. This would also include any break made on overbalancing on landing which is completely inside the landing area but closer to the take-off line than the initial break made on landing.
- In the Triple Jump, if an athlete lands in the pit on the 'step' this is a no jump or a failed attempt. The athlete must perform a HOP, a STEP and a JUMP.
- It is not a foul if the trailing leg touches the ground.

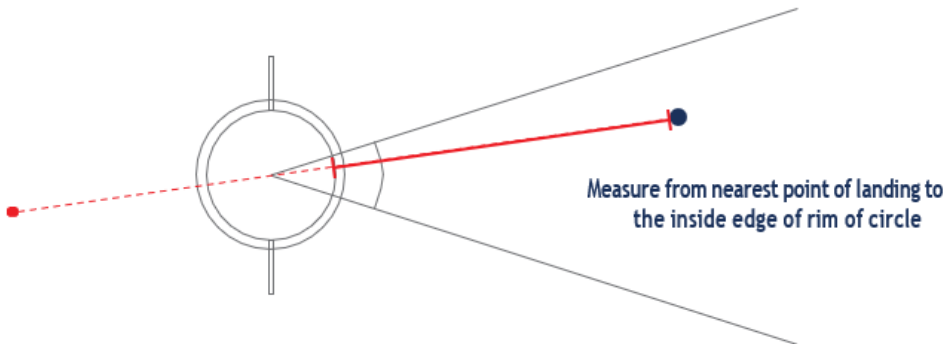
Field Event Information 14

THROWS

- The zero end of the tape always goes out into the field, attached through loop/tape.
- Measurement is made from the nearest point of the landing of the shot, discus, club, and the head of the hammer to the inside of the rim of the circle/arc through the centre of the circle or the 8 metre point on the javelin runway.
- It should be read at the point where it crosses the inner edge of the rim, the stop board or the arc.
- All measurements are taken to the nearest full centimeter below the actual measurement. e.g. 76.987m is recorded as 76.98m; 43.980m is recorded as 43.98m.

Field Event Information 15

THROWS

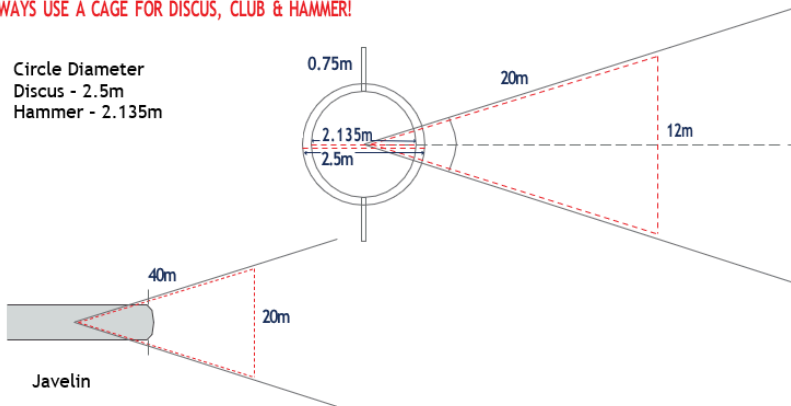


Field Event Information 16

THROWS - Checking the sector

ALWAYS USE A CAGE FOR DISCUS, CLUB & HAMMER!

Circle Diameter
Discus - 2.5m
Hammer - 2.135m



Field Event Information 17

THROW FAILURES 1

- After stepping into the circle / runway and commencing to throw, touches the top of the stop board (shot), the arc (javelin) or rim (shot, hammer & discus-see Note in Rule 32.14.2) or the ground outside.
- Throwing the shot with two hands.
- Not putting the shot from the shoulder or holding it in close proximity to the neck or chin.
- Hand drops behind the line of the shoulder in shot.
- Cartwheeling in the shot.

Field Event Information 18

THROW FAILURES 2

- Not leaving the circle from the rear half or the javelin area from behind the arc or its extensions, except that seated throwers using holding devices may do so.
- The implement landing on or outside the sector line (note –hammer head & javelin tip are what matters).
- Leaving the circle or javelin area before the implement lands. (passing behind the 4m line is not illegal during flight)
- Running outside the javelin runway.
- Not holding the javelin at the grip.

Field Event Information 19

THROW FAILURES 3

- Not throwing the javelin from over the shoulder or upper arm (not hurling or slinging).
- Not facing the landing area until the javelin is released.
- The discus or head of the hammer strikes the far side of the cage (it is not a failure if the wire of the hammer strikes- TR 32.14.4) e.g., left-hand side for a right handed thrower when facing the landing sector, or the right-hand side for a left-handed thrower.

NOTE: It is not a foul if the hammer head touches the ground in or outside the circle or on the rim. The athlete may stop and begin again, provided no rules are broken and time permits.

Health and Safety Guidance - Throws Events

- Officials must always face the cage/runway/circle
- All sector judges must acknowledge the warning horn/wave
- Event Leader must not let the athlete enter the cage/runway/circle, until all sector judges have acknowledged the warning horn/wave
- Officials must not take their eyes off the implement until after it has landed and stopped.
- If an implement is coming towards you, move away 90 degrees to the implement e.g., left or right.
- Never turn your back on the cage/circle/runway at any time

Long Throw Protocol (Discus/Hammer/Club)

- Call up the athlete(s) e.g., Joe Bloggs followed by Tim Smith
- Head to the front of the cage, blow the warning horn and signal/wave to all judges in/around the throws sector
- Make sure each sector judge waves/acknowledges the warning horn (Do not move to the next step until acknowledgement has been received by all)
- If a judge does not acknowledge the warning horn, blow the warning horn again or if you are out in the throws sector, politely remind your fellow official to acknowledge the warning horn
- Lift the cone
- Indicate to the athlete they can now enter the cage and proceed with their throw
- Take a quick look back to the throwing sector, to make sure it is safe to throw

Long Throw Protocol (Javelin)

- Call up the athlete(s) e.g., Joe Bloggs followed by Tim Smith
- Head to the centre of the arc, blow the warning horn and signal/wave to all judges in/around the throws sector
- Make sure each sector judge waves/acknowledges the warning horn
(Do not move to the next step until acknowledgement has been received by all)
- If a judge does not acknowledge the warning horn, blow the warning horn again or if you are out in the throws sector, politely remind your fellow official to acknowledge the warning horn
- Lift the cone
- Indicate to the athlete they can proceed with their throw

Shot Put Protocol

- Call up the athlete(s) e.g., Joe Bloggs followed by Tim Smith
- Stand to the side of the circle and signal to the judges in/around the throws sector
- Make sure each sector judge waves/acknowledges the hand signal
(Do not move to the next step until acknowledgement has been received by all)
- If a judge does not acknowledge the hand signal, maintain eye contact and the hand signal until the judge acknowledges this.
- If you are in the sector, gently/politely remind your fellow official to acknowledge the chief/event leaders' hand signal.
- Do not let the athlete enter the circle until the judges have acknowledged the signal
- Lift the cone
- Indicate to the athlete they can now enter the circle
- Take a quick look into the throwing sector, to make sure it is safe to throw

Hints and Tips!

- If you need to watch an athlete in a race, answer a call etc, let the chief know and a replacement can be identified
- Do not use any electronic devices including smart watches or mobile phones whilst judging
- Just because you can, doesn't mean you should.' Only go into the sector if you absolutely need to
- If you see that something is not right, it is okay to call a temporary "STOP" before a throw begins
- If accident or near-miss takes place, all information should be communicated to the referee and meeting manager (if applicable) immediately
- Validity of the Javelin – position yourself about 5 metres outside of sector - do not lay down horizontally on the grass!

Hints and Tips!

- Adjust position accordingly – use the warm-up as a guide on how far each thrower throws
- As the spiker – use the warm-up as a guide to the approximate distance of each thrower
- On circle duties around the cage, remember to stand 2-3 metres back from the netting
- Avoid congregating during throws events and standing too close to fellow officials. This reduces ability to react if implement is approaching
- Where possible, warm-up should be in competition order

Specifications - Shot

Age Group	Weight (kg)	Diameter (mm)	
		min	max
U12 Boys	2 to 2.72*	80	110
U14 Boys	3	85	110
U16 Boys	4	95	110
U18 Men	5	100	120
U20 Men	6	105	125
U23, Senior Men	7.26	110	130
U12 Girls	2 to 2.72*	80	110
U14 Girls	2.72	85	110
U16 Girls	3	85	110
U18 Women	3	85	110
U20, U23, Senior Women	4	95	110

* Up to event organisers to decide.

Specifications - Hammer

Age Group	Weight (kg)	Hammer cable length (mm)	Weight diameter (mm)	
			min	max
U12 Boys	2	119.5	80	90
U14 Boys	3	119.5	85	100
U16 Boys	4	119.5	95	110
U18 Men	5	120	100	120
U20 Men	6	121.5	105	125
U23, Senior Men	7.26	121.5	110	130
U12 Girls	2	119.5	80	90
U14 Girls	2.72	119.5	80	90
U16 Girls	3	119.5	85	100
U18 Women	3	119.5	85	100
U20, U23, Senior Women	4	119.5	95	110

Specifications - Javelin

Age Group	Implement weight (g)	Length of javelin (mm)		Length of metal head (mm)		Tip of head to CoG (mm)		Diameter of thickest point (mm)		Whipcord width (mm)	
		min	max	min	max	min	max	min	max	min	max
U12 Boys	400	1700	1950	200	300	700	850	19	24	130	140
U14 Boys	500	2000	2100	220	270	780	880	20	24	135	145
U16 Boys	600	2200	2300	250	330	800	920	20	25	140	150
U18 Men	700	2400	2500	250	330	850	990	23	28	150	160
U20 Men	800	2600	2700	250	330	900	1060	25	30	150	160
U23, Senior Men	800	2600	2700	250	330	900	1060	25	30	150	160
U12 Girls	400	1700	1950	200	300	700	850	19	24	130	140
U14 Girls	400	1700	1950	200	300	700	850	19	24	130	140
U16 Girls	500	2000	2100	220	270	780	880	20	24	135	145
U18 Women	500	2000	2100	220	270	780	880	20	24	135	145
U20, U23, Senior Women	600	2200	2300	250	330	800	920	20	25	140	150

Specifications - Discus

Age Group	Implement weight (kg)	Outer diameter of metal rim (mm)		Diameter of metal plates (mm)		Thickness of centre (mm)		Rim thickness at 6mm from edge (mm)	
		min	max	min	max	min	max	min	max
U12 Boys	0.75	145	170	50	57	25	35	10	11
U14 Boys	1	180	182	50	57	37	39	12	13
U16 Boys	1.25	180	182	50	57	37	39	12	13
U18 Men	1.5	200	202	50	57	38	40	12	13
U20 Men	1.75	210	212	50	57	41	43	12	13
U23, Senior Men	2	219	221	50	57	41	43	12	13
U12 Girls	0.75	145	170	50	57	25	35	10	11
U14 Girls	0.75	145	170	50	57	25	35	10	11
U16 Girls	1	180	182	50	57	37	39	12	13
U18 Women	1	180	182	50	57	37	39	12	13
U20, U23, Senior Women	1	180	182	50	57	37	39	12	13

Specifications - Hurdles (Men) Outdoor

Event	Male age group	Hurdle height (cm)	Hurdles per race	Mark colour on track	Toppling weight (kg)	Start to first hurdle (m)	Hurdle spacing (m)	Last hurdle to finish (m)
60mH	U10 unisex*	45-60	5	None	n/a	10	6.5	9.72
75mH	U12	68.5	8	Orange	2.7	11.5	7.5	11
80mH	U14	76.2	8	Black	2.7	12	8	12
100mH	U16	84.0	10	Yellow	2.7	13	8.5	10.5
110mH	U18	91.4	10	Blue	3.6	13.72	9.14	14.02
110mH	U20	99.1	10	Blue	3.6	13.72	9.14	14.02
110mH	Senior, U23	106.7	10	Blue	3.6	13.72	9.14	14.02
200mH	U14	76.2	5	Green	2.7	20	35	40
300mH	U16	76.2	7	Green	2.7	50	35	40
400mH	U18	84.0	10	Green	3.6	45	35	40
400mH	Senior, U23, U20	91.4	10	Green	3.6	13.72	35	40

* Adapted hurdles such as Sportshall hurdles can be used.
Focus should be on fun and progressive introduction.

Specifications - Hurdles (Men) Indoor

Event	Male age group	Hurdle height (cm)	Hurdles per race	Mark colour on track	Toppling weight (kg)	Start to first hurdle (m)	Hurdle spacing (m)	Last hurdle to finish (m)
60mH	U10 unisex*	45-60	5	None	n/a	10	6.5	9.72
60mH	U12	68.5	5	Orange	2.7	11.5	7.5	9.72
60mH	U14	76.2	5	Black	2.7	12	8	9.72
60mH	U16	84.0	5	Yellow	2.7	13	8.5	13
60mH	U18	91.4	5	Blue	3.6	13.72	9.14	16
60mH	U20	99.1	5	Blue	3.6	13.72	9.14	18.5
60mH	Senior, U23	106.7	5	Blue	3.6	13.72	9.14	24

* Adapted hurdles such as Sportshall hurdles can be used.
Focus should be on fun and progressive introduction.

Specifications - Hurdles (Women) Outdoor

Event	Female age group	Hurdle height (cm)	Hurdles per race	Mark colour on track	Toppling weight (kg)	Start to first hurdle (m)	Hurdle spacing (m)	Last hurdle to finish (m)
60mH	U10 unisex*	45-60	5	None	n/a	10	6.5	24
70mH	U12	68.5	8	Pink	2.7	11	7	10
75mH	U14	68.5	8	Orange	2.7	11.5	11	11
80mH	U16	76.2	8	Black	2.7	12	8	12
100mH	U18	76.2	10	Yellow	3.6	13	8.5	10.5
100mH	Senior, U23, U20	84.0	10	Yellow	3.6	13	8.5	10.5
200mH	U14	68.5	5	Green	2.7	20	35	40
300mH	U16	76.2	7	Green	2.7	50	35	40
400mH	U18	76.2	10	Green	3.6	45	35	40
400mH	Senior, U23, U20	76.2	10	Green	3.6	45	35	40

* Adapted hurdles such as Sportshall hurdles can be used.
Focus should be on fun and progressive introduction.

Specifications - Hurdles (Women) Indoor

Event	Female age group	Hurdle height (cm)	Hurdles per race	Mark colour on track	Toppling weight (kg)	Start to first hurdle (m)	Hurdle spacing (m)	Last hurdle to finish (m)
60mH	U10 unisex*	45-60	5	None	n/a	10	6.5	24
60mH	U12	68.5	5	Pink	2.7	11	7	21
60mH	U14	68.5	5	Orange	2.7	11.5	7.5	18.5
60mH	U16	76.2	5	Black	2.7	12	8	16
60mH	U18	76.2	5	Yellow	3.6	13	8.5	13
60mH	Senior, U23, U20	84.0	5	Yellow	3.6	13	8.5	13

* Adapted hurdles such as Sportshall hurdles can be used.
Focus should be on fun and progressive introduction.

Specifications - Steeplechase

Event	Age Group	Barrier Height (cm)	Barriers per race	Water barriers per race	Mark colour on the track
1200m	U14 Boys, U14 Girls	76.2cm	10	0	Blue
1500m	U16 Boys, U16 Girls	76.2cm	13	3	Blue
2000m	U18 Women	76.2cm	18	5	Blue
2000m	U18 Men	83.8cm	18	5	Blue
3000m	U20, U23, Senior Women	76.2cm	28	7	Blue
3000m	U20 Men	91.4cm	28	7	Blue
3000m	U23 Men, Senior Men	91.4cm	28	7	Blue

Specifications - Steeplechase

- For specifications for tracks with an outside water jump, check the UKA Rule Book.
- Only Seniors, Under 20's, Under 18's, Under 16's and Under 14's can contest any steeplechase event.
- For Under 14's there are no water barriers in this event.
- The top bar of the barrier should overlap the infield by approximately 30cm.
- The depth of the water closest to the barrier, shall be 50cm deep for 1.2m and then slope to the track level.
- Athletes must go through or over the water and not step to the side on landing.
- Athletes will be disqualified if they run around a hurdle or trail a leg around the side.

Forbidden Items on the Field of Play

- Coaches, Team Members and Parents
- Mobile Phones and other Devices
- Cameras and Video Cameras
- Personal Implements except those handed into Equipment Officer/Technical Manager
- Training Implements
- Spare Spikes and Spike Keys
- Glass Containers and metal cans
- Clothing, bags or towels with illegal advertising

Combined Events Competitions

- Decathlon & Heptathlon are both held over two days. Younger age groups have similar events that maybe over one or two days. Check the Rule Book. Disability athletes have a Pentathlon, held over one day, but with different events, depending on the groups involved.
- Score tables are available for each type of competition.
- There should be a minimum of thirty minutes between events (including warm-up for next event).
- In field events for distance athletes have three trials each.
- Height progression in high jump and pole vault is set, with 3cm between heights in high jump and 10cm in pole vault.
- Any athlete who does not start in one event may not compete in any further events.

Mixed Competitions

For events held entirely within the stadium mixed events between men and women are not allowed, except field event sand races of 800 metres and longer. Results will not be eligible for qualification purposes.

In graded competitions, athletes may compete in an older age group provided the conditions do not contravene rules regarding distances or weights.

Para Athletics Classification Information 1

- Athletes competing in Track and Jumping events will have a “T” preceding their Classification.
- Athletes competing in Throws events will have a “F” preceding their Classification.
- Athletes competing in Combined Events will have a “P” preceding their Classification.
- The lower the Classification number the greater the degree of performance impairment

*New classification from 01/01/2018

Para Athletics Classification Information 2

TRACK AND JUMP (PREFIX T FOR TRACK)

DISCIPLINE: Running and jumping (20 classes)

SPORT CLASSES (Impairment types):

- **T11-13** (Vision impairment)
- **T20** (Intellectual impairment)
- **T35-38** (Co-ordination impairments (hypertonia, ataxia and athetosis))
- **T40-41** (Short stature)
- **T42-44** (Lower limb competing without prosthesis affected by limb deficiency, leg length difference, impaired muscle power or impaired passive range of movement)
- **T45-47** (Upper limb/s affected by limb deficiency, impaired muscle power or impaired passive range of movement)
- **T61-64** (Lower limb/s competing with prosthesis affected by limb deficiency and leg length difference)

Para Athletics Classification Information 3

DISCIPLINE: Wheelchair racing (7 classes)

SPORT CLASSES (Impairment types):

- **T32-34** (Co-ordination impairments (hypertonia, ataxia and athetosis))
- **T51-54** (Limb deficiency, leg length difference, impaired muscle power or impaired passive range of movement)

DISCIPLINE: Frame Running (2 classes)

SPORT CLASSES (Impairment types)

- **T71-T72** (athletes with co-ordination impairment (hypertonia, ataxia, athetosis) competing in Frame Running events in Sport Classes T71 T72.

Para Athletics Classification Information 4

- **THROWS (PREFIX F FOR FIELD)**

DISCIPLINE: Standing throws (19 classes)

SPORT CLASSES (Impairment types):

- **F11-13** (Vision impairment)
- **F20** (Intellectual impairment)
- **F35-38** (Co-ordination impairments (hypertonia, ataxia and athetosis))
- **F40-41** (Short stature)
- **F42-44** (Lower limb competing without prosthesis affected by limb deficiency, leg length difference, impaired muscle power or impaired passive range of movement)
- **F45-46** (Upper limb/s affected by limb deficiency, impaired muscle power or impaired passive range of movement)
- **F61-64** (Lower limb/s competing with prosthesis affected by limb deficiency and leg length difference)

DISCIPLINE: Seated throws (11 classes)

SPORT CLASSES (Impairment types):

- **F31-34** (Co-ordination impairments (hypertonia, ataxia and athetosis))
- **F51-57** (Limb deficiency, leg length difference, impaired muscle power or impaired range of movement)