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Appendix I Disability Athletics — Classification Identification System

UKA has recently accepted that IPC Rules for Competition will apply to Disability competitions held in the UK and consequently the sections for Rule Amendments applying to Track and Field and Road have been deleted from UKA Rules for Competition. IPC Rules are available at http://www.paralympic.org/athletics/rules-and-regulations/rules and on request from UKA.

In This Edition

Straight lines on either side of a Rule indicate an important change of wording as compared with the previous edition
UK ATHLETICS
RULES FOR COMPETITION

NOTES:
UK Athletics Rules for Competition, supported by the Articles of Association, define affiliation to a National Association as a prerequisite for entry to competition. The National Associations to which these apply are: England Athletics, Athletics Northern Ireland, Scottish Athletics Ltd. and Welsh Athletics Ltd.

Membership of UK Athletics is granted automatically on affiliation to any of these Associations. UK Athletics has delegated responsibility for governance functions to these National Associations.

These Associations may operate affiliation / registration schemes, including the responsibility to levy club affiliation and athlete registration fees, and are required to describe the conditions associated with such fees from time to time.

Other Organisations or Associations (competition providers) within the sport may request that a Club should become a member of that competition provider in order to participate in its activities.

The Board of UK Athletics is responsible for the interpretation of UKA Rules.

Definitions:
The following terms used throughout the Rules have the following meanings:

Terms Definitions
UK Athletics (UKA) : The Member Federation of the IAAF responsible for athletics in the United Kingdom of Great Britain and Northern Ireland.
National Association : England Athletics, Athletics Northern Ireland, Scottish Athletics Ltd., Welsh Athletics Ltd.
Region : A smaller unit of England Athletics with devolved powers for administrative purposes.
District : A geographical sub-division of Scotland having a separate Committee for administrative purposes.
Club : Affiliated Club, University, College, School, Services Unit or Pre-Service Unit.

Attention is drawn to the fact that in the Rules the words ‘must’, ‘shall’ and ‘should’ are frequently used. The variation in phrase is deliberate. When the word ‘must’ or ‘shall’ is used the Rule is compulsory. Where ‘should’ is employed, while UK Athletics expects that the Rule will be observed, strict compliance is not essential.

The Rules for Competition cover indoor as well as outdoor competition.

RULE 1 ELIGIBILITY TO COMPETE

All Competitions under the rules of UK Athletics (UKA) are confined to eligible Athletes as defined by these Rules.

(1) Definition of Amateur An amateur is a person who is eligible to compete under the Rules of UKA.

(1) Eligible Athletes
All Competitions under the Rules of UK Athletics (UKA) are confined to eligible athletes as defined by these rules.

(2) Restriction of Competition Competition under UKA Rules is restricted to athletes who are under the jurisdiction of a Member of the International Association of Athletics Federations (IAAF) and who are eligible under the rules laid down by UK Athletics.
(3) Ineligibility to Compete

The following are ineligible to take part in Competition under UKA Rules:

Any persons who:

(a) have taken part in any competition in which any of the competitors in any of the events were to their knowledge ineligible to compete under UKA Rules.

NOTE: This does not apply to any athletics meeting which is solely restricted to the Masters age group.

(b) are ineligible to compete in competitions under the jurisdiction of any national governing body of athletics affiliated to the IAAF.

(c) take part in any athletics meeting which is not sanctioned by UKA or other appropriate Association.

(d) take part in any competition outside the United Kingdom of Great Britain and Northern Ireland which is not sanctioned, recognised or certified by the Member Association of the IAAF.

(e) have competed, or are competing in any sport for pecuniary reward, other than as permitted by IAAF Rules which have been accepted by UK Athletics.

(f) are suspended or banned for a doping violation under the Rules of UK Athletics and the IAAF, or any other organisation whose sanctions are recognized by the IAAF and UK Athletics in accordance with the World Anti-Doping Code,

(g) ask for, or receive, directly or indirectly, any monetary consideration, reward or employment for becoming or continuing as a member of a Club or any other athletic organisation.

(h) use the services of an Athletes’ Representative other than one approved under Rule 11.

(i) have been suspended or banned for being in breach of Rules 16 or 17 (Advertising and Sponsorship or Clothing).

(j) have been declared ineligible to compete by the IAAF.

(k) have committed any acts or made any statements either verbally or in writing, or have been responsible for any breaches of the Rules, or other conduct which, in the opinion of a National Association is considered to be insulting, improper or likely to bring the sport and/or UK Athletics into disrepute.

(4) Other than for doping offences identified in (3)(f) above, unless the period of ineligibility is stated in the relevant Rule or Regulation of the IAAF or UK Athletics, those ineligible under this Rule shall be deemed ineligible for a period set down in guidelines produced by the Board of UK Athletics, or, in the absence of such guidelines, for such period as the Board of UK Athletics (for doping matters) or the National Association (for all non-doping matters) shall decide.

(5) If athletes compete whilst suspended or ineligible, the period of this ineligibility shall be deemed to recommence from the time they last competed as though no part of a period of suspension or ineligibility had been served.

RULE 2 CLUBS

(1) A Club is a bona fide Club or Society of amateur athletes affiliated to UKA in accordance with its Articles of Association and Rule Book. Each Club must also be affiliated to the National Association in whose geographical area of responsibility the Club’s headquarters are located. No Club may form a branch.

(2) An affiliated Club must supply to the Association to which it is affiliated, and to the UKA itself, such information as that body requires.

(3) A Club must be properly constituted with a constitution which provides, inter alia, for its democratic management by means of a managing committee and the holding of an annual general meeting of all its members.
(4) Athletics is organised within the following disciplines:

(a) Track and Field
(b) Race Walking
(c) Road Running
(d) Cross Country
(e) Fell and Hill Running
(f) Trail Running

Clubs are deemed to cater for those disciplines for which they have declared to the appropriate Association the intention to compete in team competitions in that particular activity. Members of a club may only compete in championships or other Open Team Competitions if their Club is specifically affiliated for that discipline.

RULE 3 CLUB MEMBERSHIP

(1) (A) First Claim Club. The First Club joined by athletes will be known as their First Claim Club and such athletes will be defined hereinafter as First Claim members. This status will remain in place until they give notice that they wish to terminate their membership of that Club. Such termination shall only be effective once all outstanding tangible assets of the former Club held by the athlete have been returned. If athletes wish to commence membership of a new First Claim Club membership then they must comply with the requirements set out in paragraph (6) below and rule 5 (7-9).

(b) Athletes should be registered in the current year with their National Association in order to compete as a First Claim athlete in Open Team Competition.

(c) Once athletes have represented a Club in First Claim Open Team Competition they are ineligible to compete for another Club in Open Team Competition until the transfer process to that Club has been completed in accordance with these Rules.

(2) Second Claim Club. Notwithstanding athletes having a First Claim Club as defined in (1) above they are permitted to become a member of a Second Claim Club. Whilst this may be for social, coaching or other reasons that athlete may compete for that Club in competitions which specifically state in its rules that its competition is open to Second Claim members. Such an athlete is hereafter defined as a Second Claim member.

(3) Higher Competition Club. Senior and Under 20 track and field athletes may apply for registration to compete for a ‘Higher Competition Club’ in Senior Track and Field league competitions only. The application, which shall be made to UK Athletics, must be accompanied by the requisite fee which will be determined annually by the Board of UK Athletics. The application will require approval and endorsement by UK Athletics.

All applications must be received by UK Athletics on 1st March in the year of competition and will be effective for that calendar year only. Such application will only be accepted from athletes who, at the time of registration, are eligible to compete for their First Claim Club in open team competition. (see rule 4.3) The registration will take effect from 1st April of the year in question. The registration must be renewed with the same or another Club for each and every year that the athlete wishes to benefit from such higher level competition.

Three tiers of league competition are recognised:

(a) UK level (British Athletics League; UK Women’s League)
(b) Northern Irish; Scottish; Welsh; Midland; Northern and Southern Leagues
(c) Other Lower Level Leagues

Athletes may only join the ‘Higher Competition Club’ if their own first claim club does not, in that season, compete in that league. Athletes may, at their discretion, decide whether to compete for
their Higher Competition Club or their First Claim Club on any one day, but not for both. Athletes competing for their Higher Competition Club are hereinafter defined as Higher Competition Club members.

(4) Open Team Competition. Only First Claim members of a Club may represent that Club in Open Team Competition, as defined in Rule 4.3 below, unless the organisers have stipulated that such competition is open to either Second Claim members or Higher Competition members as defined in (1) – (3) above. (This option does not apply to Road Running and Rule 203 applies)

(5) Membership of a Club, whether under (1), (2) or (3) above commences on the actual day of election by the Committee of that Club at a properly convened meeting. To be valid the application for membership must be made on a form approved by UKA and accompanied by the appropriate subscription.

(6) An athlete who is not a member of an affiliated Club or Association shall be regarded as ‘unattached’. After one year of competition an athlete taking part in any event within disciplines listed in Rule 2.4 (a), (b), (d), and (e) should be a member of a Club affiliated directly or indirectly to UKA and be individually registered with a National Association

(7) A notice of resignation from a Club must be made in writing by the athlete, or by a parent/guardian of an athlete under the age of 16, and shall be considered by the Club Committee within one calendar month of receipt. Membership will be deemed to have ceased on the actual date of posting of the resignation, (but see restriction identified in (1) above). Members wishing to join another Club following resignation must comply with the conditions within Rule 5 (7-9) below as applicable.

(8) After 28 days from ceasing to be a member of a Club or Association, having competed in disciplines listed in Rule 2 (a), (b), (d) or (e), athletes shall not be eligible to compete in Open Competition until they have again become members of an affiliated Club or Association.

(9) In the case of a Club amalgamated with, or absorbed by, another Club membership shall be regarded as continuous. If, however, members on receiving notice of the amalgamation or absorption of the Club, shall within 28 days notify in writing the Secretary of the Club, or other persons issuing such notice that they do not intend to continue in membership, such membership shall be regarded as having ceased on the date of amalgamation or absorption. The position of the athlete in regard to Open Team Competition shall be the same as if the original Club had been disbanded.

(10) Athletes whose former Club has been officially disbanded may seek approval from the appropriate Eligibility Committee to represent another Club in Open Team Competition with effect from the first day of the following month.

(11) (i) The Management Committee of an affiliated Club shall have the power to expel any member whose membership is twelve months in arrears, provided that a month’s notice in writing shall have been sent to the member’s last known address giving information of the proposed action of the Committee.

(ii) The name and address of any person so expelled from a Club shall be sent to the appropriate officer of the relevant National Association who shall enter the name in a book to be called ‘The Suspension Book’ kept for that purpose. Every person whose name is suspended from competing at any meeting or event held under UKA Rules until the liability causing the expulsion, which shall not exceed one year’s subscription, shall have been discharged.

(iii) A Club Secretary sending a name for inclusion in the Suspension Book must send the Post Office Proof of Posting of the letter sent to the Club member concerned, or the name will not be entered.

(12) Disputes between athletes and their Clubs may be referred to the appropriate National Association Eligibility Committee for arbitration under its appeal procedure.
(13) Where the conduct of a Club member is deemed by UK Athletics to be sufficiently serious it may demand that the affiliated Club concerned expel that person from membership either in perpetuity or for such a period of time as UK Athletics shall decide. This process shall only be adopted when the person concerned has not exercised any right of appeal, has exhausted any appeal procedure as laid down within the relevant Rules or procedures of UK Athletics or of the IAAF, or has waived that right of appeal, or where he or she has been found guilty of a serious criminal act. An affiliated Club which refuses to sanction the exclusion of such a person in turn renders itself liable to expulsion from membership of UK Athletics, as does any other affiliated Club which allows the person concerned to become a member or to become associated with any of the Club's activities.

(14) Composite Teams. Clubs may apply to UKA to become a Composite Club where from 2 to 5 Clubs wish to combine together for specific competitions. UK Athletics will approve such registration if it complies with application guidelines. Approved registrations will be forwarded to the relevant meeting organisers who may accept or reject such an application. Requests for the registration of a Composite Team must be received by UK Athletics no later than 30th September of the preceding year and be accompanied by the relevant fee which will be determined annually by the Board of UK Athletics.

NOTE: Such an amalgamation of teams for competition purposes specifically does not require the Constitution of the Clubs concerned to be amalgamated.

RULE 4 COMPETITION CONDITIONS

(1) For the purpose of determining place of birth for a competition qualification this may be either at the location of actual birth, or at the domicile of the mother at the time of birth, if different. In the event that the different locations are in different Counties or Districts then the athletes may make an irrevocable selection for which County or District they wish to be eligible. Once an athlete has made a decision as to their County or District of birth this may not be changed.

(2) Individual Open Competition

An open competition is one which is open to all athletes within a particular geographical location and/or age group.

(3) Open Team Competition

Open Team Competitions, Relay Races and Team Races are competitions open to all eligible affiliated Clubs, including all Clubs in a particular County, District and/or age group. The organisers of such competitions or races may make such qualifying conditions as they think fit, including the right to stipulate that they shall be for First Claim and Higher Competition Club members only, but not at the exclusion of either, in Senior Track and Field League Competition.

Notwithstanding the above, Senior Track and Field League Organisation rules may limit the number of Higher Competition Athletes allowed to compete per Club in any one fixture. This number must be at least two per Club. The rules of specific Leagues may permit a larger number to compete. Higher Competition Club members competing under these rules shall not have their points disallowed from their club’s score because of their status as Higher Competition Club members.

There is no restriction to the total number of higher competition members that a club may have registered at any one time.

(4) Jurisdiction

Every promoter of an athletics meeting or competition under UKA Rules, and every person tendering an entry for such meeting or competitions shall be considered to have submitted to the jurisdiction of UKA on all questions which may arise concerning the application, construction,
meaning or effect of the Rules of UKA. Any competition provider may apply additional conditions to those required in UKA rules but must not relax any Rules.

(5) Competitions involving Foreign Clubs and Foreign Athletes

(a) No Club or member of a Club under the jurisdiction of UKA may compete outside the United Kingdom of Great Britain and Northern Ireland, and no foreign Club or a member of a foreign Club may compete or be invited to compete within the United Kingdom without the permission of UKA.

(b) Any application to compete outside the United Kingdom or for permission to invite any foreign Club or member of a foreign Club to compete within the United Kingdom must be made to UKA.

(c) Athletes desiring to compete outside the United Kingdom and any foreign athletes desiring to compete within the United Kingdom must present to the body promoting the meeting at which they desire to compete, a letter signed by the proper official of their Governing Body stating that they satisfy the definition of an athlete eligible under IAAF Rule 20, and are permitted to compete.

(d) No Club or member of a Club desiring to compete outside the United Kingdom is allowed either directly or indirectly to demand or receive from the organisers or the meeting payment of any sum towards the expense incurred except by special permission of UKA and then only in accordance with the regulations of the IAAF.

(e) No British athlete resident in the United Kingdom may compete under UKA Rules as a member of a foreign Club.

(f) No one shall be allowed to compete in any competitions under UKA Rules while disqualified or suspended from competing by, or under any Rule of UKA or by any National Governing Body of Athletics affiliated to the IAAF.

RULE 5 FIRST CLAIM STATUS

(1) Where athletes are at school, that school shall always have first claim on their services, irrespective of any other claim on them.

(2) Where eligibility is not defined in the paragraphs 3 - 6 below, athletes are eligible to represent a Club in Open Team Competition when they join their first Club as a first claim member.

(3) (a) Full time students at recognised establishments of Higher Education shall be eligible to compete in Open Team Competition for their College or University provided that their first claim club is not competing in that competition. In the case of a league where there is more than one division, this will be deemed to be the same competition for the purpose of this rule.

(b) An establishment of Higher Education can only invoke the provisions in (1) above if membership of its Club is solely restricted to students and staff of that establishment.

(4) A first claim member of a Club serving in HM Forces (excluding Territorial and Auxiliary Forces) may, on application to the appropriate Eligibility Committee, be deemed and shall remain during the period of service first claim members of the Forces Club and be eligible to represent only that Club in Open Team Competition confined to first claim members.

(5) Where athletes’ first claim Clubs do not include all disciplines listed in Rule 2(4) above, they are eligible to represent an additional first claim Club in any discipline of athletics for which their first claim Club does not cater, following approval from the appropriate National Eligibility Committee, commencing on the first day of the following month.

(6) FOREIGN ATHLETES: Junior and Senior Men and Women who would not be eligible to compete for Great Britain and Northern Ireland under IAAF Rules, whether permanently or temporarily resident in the country, are only permitted to represent a Club in Open Team Competition as a first claim member if they have been registered with UKA by 1st January in the year of competition. Such registration may be made at the appropriate time for subsequent registration. The applicant must give as much information as is required and the registration is
subject to an annual charge as determined from time to time by the Board of UK Athletics. This Rule does not exclude foreign athletes making application to the appropriate National Eligibility Committee for relaxation or exemption from the above.

League Organisers may decide, in conjunction with UKA, to place a limit on the number of foreign athletes who can compete for an affiliated Club in any given league or other team competition but this number should not normally exceed four such foreign athletes in any one meeting.

Permanent residence is defined as an athlete having residence for employment or educational purposes. Temporary residence is defined as an athlete undergoing educational training or being in gainful employment. Subject to registration with UKA as set out above and any regulations set out by the competition provider these athletes are eligible to compete in Open Team Competition. Athletes will not normally be eligible for Open Team Competition where their temporary presence in the UK is for the purpose of holidays, short visits or sporting events. This is a matter for the competition provider. Competition providers may choose to apply more restrictive restrictions as allowed in rule 4(4). Applications for permanent or temporary residence should be supported by appropriate evidence.

NOTE: Athletes possessing dual nationality of Great Britain and Northern Ireland and another country recognised by the IAAF will be regarded as eligible to seek to represent any Club under the jurisdiction of UKA unless they represent that other country in international competition when they will henceforth be regarded as an athlete governed by this Rule and will need to seek registration for subsequent seasons. Athletes born in Northern Ireland and resident within the United Kingdom are exempt from the requirement to register even if they have represented the Republic of Ireland in international competition.

Change of First Claim Club:

(7) Athletes desiring to change their First Claim Club must complete the form approved by UKA in every detail and submit it to the Home Country Eligibility Committee in which the headquarters of the Club they now wish to represent is located. This application must be accompanied by an administration fee of £10. (This fee is waived for athletes who are in the Under 13 and Under 15 age group at the time of receipt of the application, although the necessary form needs to be completed and submitted to the relevant Eligibility Committee to register the change of first claim status)

If an athlete has not taken part in any competition and / or not been registered with their National Association, in each case, for 12 months or longer, then before joining another Club athletes must complete the change of club process as set out above.

Provided that the applicant has not made a successful application for change of first claim status within a twelve month period and the completed application form and administration fee are received by the appropriate Eligibility Committee by the 10th day of the month, the change of first claim status will be operative from the 1st day of the following month. Applications received after the 10th of the month will not be reviewed until the following month and the change of first claim status will be operative from the first day of the month following acceptance.

Any athlete making a false declaration in support of such an application will be subject to at least a waiting period as outlined in 8 below and may be subject to more severe penalties.

(8) If an athlete makes a second or subsequent application to change their first claim status within a twelve month period then the process of applying is as outlined in 7 above. If the application is in order, the change in status will be approved by the 10th of the month and will become operative on the first day of the fourth month following that acceptance.

(9) An athlete wishing to claim partial or complete exemption from the imposition of the four month waiting period may make application to the National Eligibility Committee in the manner identified in Rule 6 (2) below.
RULE 6 ELIGIBILITY COMMITTEE AND EXEMPTION APPLICATIONS

(1) Each National Association shall appoint a Committee consisting of not fewer than five members which shall be called the Eligibility Committee. The Committee shall be responsible for deciding all matters relating to eligibility, including all first claims issues, and for deciding any exemption appeals.

(2) The Eligibility Committee shall have the power, in any case where it considers that the general welfare of athletes or athletics will be best served, to make an exception to the eligibility rules. They may grant exemption, either wholly or in part to these Rules.

Guideline for considering claims for relaxation or exemption from the terms of Rule 5 (8) may include:-

(a) Where the change of Club is related to a genuine and significant change of residence. Such grounds are only considered if the application is made within twelve months of the change of residence provided that the new Club is nearer to the new residence. or

(b) Where the original Club is unable to provide the athlete with adequate competition or facilities, or

(c) Where the Club from which the athlete has resigned gives its written support to the move. Such exemption, in whole or in part, may be granted on one occasion only, or

(d) Where a specific welfare issue affects the ability of athletes to compete for their original Club.

(e) Where an application for registration as a Foreign Athlete is received at any time other than as defined in Rule 5(6).

(3) All applications for relaxation or exemption from the operation of any of the Rules must be accompanied by a fee of £10, which may be refunded at the discretion of the Committee.

(4) Appeals: In the event that an athlete or a Club is dissatisfied with the decision of the Eligibility Committee they shall write to the Chief Executive of UK Athletics, together with a fee of £30 and complete documentary evidence for the application for exemption. The Chief Executive will immediately pass the papers to a UKA appointed panel of five people, of which three members who are not members of the Clubs involved, will consider and determine the Appeal within four weeks. The decision of the panel will be final and binding. A refund of the application fee may be made at the discretion of UKA. No new evidence will be accepted by UKA that has not been submitted to the Association concerned.

RULE 7 AGE GROUPS

(1) The Competition Year for Road Running Events shall be from 1st September each year to the following 31st August. The Competition Year for all other disciplines shall be from 1st October each year to the following 30th September.

(2) The operative date for determining membership of age groups for all athletes under the age of 17 shall be for Track and Field and Race Walking, the 31st August at the end of the Competition Year, and for all other disciplines, the 31st August prior to the commencement of the Competition Year.

NOTE: In Northern Ireland the qualifying date for all disciplines is taken at 31st December at the end of the year of competition.

(3) Track and Field age groups are identified in Rule 107.

(4) Road Running age groups are identified in Rule 207.

(5) Race Walking age groups are identified in Rule 307.

(6) Cross Country age groups are identified in Rule 507.

NOTE: UK Athletics Rules do not specifically cater for athletes under the age of 11 years. This does not necessarily preclude provision by organisers of competitions for events for athletes younger than 11 years, with correspondingly reduced distances to run.
RULE 8 TEAM EVENTS

(1) In any Open Relay Race Clubs shall not be allowed to enter more than three times the number entitled to compete. A Club entering more than one team in a race shall be allowed to select their teams from the Club entry for that event, but no athlete may compete for more than one team. Teams must be declared before the start of the race.

(2) Ineligibility of a competitor in an Inter-Club or Inter-Team competition does not necessarily disqualify the Club concerned and in such a case the competition shall be decided as if the ineligible competitor had not taken part.

(3) No athletes shall be allowed to compete in a team unless their names have been declared prior to the event. If it is impracticable to issue a programme a complete list of the entries should be provided for the Referee.

RULE 9 COUNTY, DISTRICT AND REGIONAL QUALIFICATIONS

1. English County Qualification

(1) County Championships are open to all eligible athletes possessing a County qualification.

(2) A County qualification may be acquired as follows:

(a) By birth (see also Rule 4(1)

(b) By nine month’s continuous bona fide residence in the County immediately prior to the competition.

(c) By service in a Unit of HM Forces stationed in the County for nine months immediately prior to the date of the competition. Temporary absence on duty shall not break a qualification acquired under this paragraph.

NOTE 1: A Regimental Depot affiliated to a County Association may include in its team only duly qualified members of a service battalion.

NOTE 2: Membership of a Club affiliated to a County Association does not, of itself, provide an athlete with a County qualification unless at least one of (a) – (c) above is satisfied.

(3) Competitors who have qualified and competed, under (2)b or (2)c above retain that qualification until they have acquired a residential qualification and competed in the Championship of another County, or represented another County in an Inter-County Championship.

(4) A student at school, college or university does not acquire a residential qualification by residential qualification by residence in the County during term time only (See also (10) below)

(5) An athlete who has competed in a County Championship (other than is allowed under (10) below) or represented a County in an Inter-County competition, may not compete in the Championships of, nor represent, another County in that Competition Year.

(6) County Inter-Team (including relay) Championships are open to:

(a) any Club affiliated to the County Association, fulfilling the appropriate requirements of Rule 2(4).

(b) any Unit of HM Forces stationed in the County.

(c) any school, college or business house in the County.

NOTE: Every member of a team must hold a County qualification as defined in (2) above.

(7) A County may at its discretion limit Team Championships to affiliated Clubs.

(8) Athletes whose first claim Club is not affiliated to the County Association may compete for their second claim Club in a County Inter-Team Championship if they possess the necessary County qualification. Subject to an application of this Rule athletes may represent their Club from the date of objection to that Club.
(9) A Club may affiliate to more than one County.

(10) A County may at its discretion relax the qualification in the case of younger athletes, Juniors and Seniors in term-time residence at a school, college or university within its boundaries, but competition in any such events shall not be deemed to have established a County qualification for any inter-county competition. This discretion is not extended to include athletes of any age attending only as day students at the institution concerned.

(11) Where County boundaries are changed by law, affecting the place of birth or residence of an athlete, thereby moving it from County A to County B the following shall apply:

(a) if athletes have already competed for County A, or in the Championships of County A, under (ii) above, they shall retain the existing birth or residential qualification unless notice is given in writing to the Honorary Secretary of County A that they wish henceforth to be qualified for County B.

(b) if athletes have not competed for County A or in the Championship of County A under (ii) above, the place of birth shall be deemed to have been in County B and any period of residence in County A to have been in County B.

(12) Competitors in an Inter-County Championship must possess a County qualification under (ii) above for the County they represent.

2. Scottish District Championships

(1) A District qualification shall be acquired as follows:

(a) By birth.

(b) By residence in the District.

(c) By first claim membership of an affiliated Club with its headquarters within the District boundary.

(2) Athletes may only compete at District Championships within one District in any six month period (commencing 1st April and 1st October).

3. Welsh Regional Championships

(1) A Regional qualification may be acquired:

(a) By birth.

(b) By nine month’s continuous bona fide residence in the Region

(c) By attendance at a school, college or university in the Region

NOTE: Students qualified under (c) above do not acquire qualification to participate in UK Inter-County competitions.

(2) An athlete who has competed in a Regional Championship or represented a Region in an inter-regional event may not compete in the championships of, nor represent another region, in the same year of competition.

RULE 10 HOME COUNTRY CHAMPIONSHIPS AND CLOSED CHAMPIONSHIP QUALIFICATIONS

1. Home Country Representation

(1) Qualification to compete for a Home Country in competitions within the United Kingdom shall be acquired:

(a) by birth in the respective Home Country

(b) by birth of one or both parents in the respective Home Country

(c) by two year’s continuous bona fide residence in the respective Home Country immediately prior to the date of the competition concerned.
NOTE 1: Having qualified under (c) above and competed for a Home Country at full Senior International level, such qualification may continue until the athlete qualifies and competes for another Home Country Association.

NOTE 2: A student at school, college or university does not thereby acquire a residential qualification by residence during term time alone.

2. Home Country Closed Championship Qualifications

Qualification to compete in a closed Home Country Championship shall be as identified in (1) above.

NOTE 1: Athletes who have competed for one Home Country may only subsequently compete for another Home Country or at a closed Home Country Championship after a period of at least one year from their last representation for the previous Home Country, unless varied by agreement between both of the Home Countries involved.

NOTE 2: Athletes must be both a member of Club affiliated directly or indirectly to UKA, and registered as an individual with a National Association in order to compete in national championships.

RULE 11 ATHLETES’ REPRESENTATIVES

(1) An athletes’ representative is any individual who advises or assists athletes in the planning, arranging and negotiation of their athletic programme.

(2) UK Athletics shall authorise, register and have jurisdiction over all Athletes’ Representatives acting within its territory, under the terms of IAAF Rule 7, together with any Regulations and Guidelines published by UKA. UK Athletics will only authorise individuals to be Athletes’ Representatives.

(3) No athlete is permitted to use the services of any Athletes’ Representative not authorised by UKA and any athlete who does so may be subject to sanctions in accordance with UKA and/or IAAF Rules together with any Regulations made there under. Athletes’ Representatives require authorisation from UKA when acting as an Athletes’ Representative in relation to any athlete, whether or not the athlete concerned is subject to the jurisdiction of UKA or competing within the United Kingdom.

(4) UK Athletics shall establish such procedures as it thinks fit for the authorisation and regulation of Athletes’ Representatives. UKA shall be empowered to withdraw, cancel or suspend the authorisation of any Athletes’ Representative and all authorised Athletes’ Representatives shall comply with such direction(s) that UKA may issue from time to time.

(5) Athletes may use the services of any authorised Athletes’ Representative with the prior consent of UKA but no such consent shall be granted and no Athletes’ Representative shall receive authorisation unless a contract exists between the athlete and his/her Representative which contains the minimum terms set out in the Guidance Notes issued both by the IAAF and UKA referred to in paragraph (2) above.

RULE 12 PERMISSION TO PROMOTE

(1) This Rule applies to all disciplines of athletics as defined in Rule 2(4).

(2) UK Athletics must be notified in advance of any event which may be televised live or subsequently in accordance with Rule 13 below.

(3) All events, other than those identified in (4) below, require specific permission
(4) Provided they confirm to UKA Rules for Competition and do not fall within (2) above, the following athletic events do not require specific permission:
   
   (a) Events promoted by, and confined to employees (and their relatives) of any particular business entity.
   
   (b) Events promoted by, and confined to, HM Services.
   
   (c) Events promoted by, and confined to, employees (and their relatives) of a County, or District Council or other Local Authority.
   
   (d) Events promoted by, and confined to members of schools or an Education Authority, pre-service organisation or other recognized juvenile organisation, provided that the relevant National or County Association is affiliated to the appropriate National Association.

(5) Permission to promote will be granted by UK Athletics. UKA may take such procedural arrangements (including delegation to other bodies) for the administration of its powers as it sees fit. It shall hereinafter be called the Permitting Authority.

(6) Applications for permission to promote must be made on the standard form approved for the purpose and be accompanied by the appropriate fee. The submission to the Permitting Authority shall contain such additional information as that Authority may require. The Permitting Authority has discretion whether to grant or refuse permission and shall be entitled to apply to a grant of permission such conditions as it thinks fit.

Applications must be made at least eight weeks before the proposed date of a cross country event, or six months before the proposed date for other promotions.

(7) Applications must include undertakings by the applicant to:-

   (a) adopt and comply with UKA Rules for Competition.

   (b) include the words ‘Under UKA Rules’ upon all advertising, programmes and printed material issued in connection with the athletic event.

   (c) organise and manage the event to the appropriate standard and comply with any additional requirements or conditions of the Permitting Authority.

   (d) state in all advertisements, programme and printed matter that a Licence to Promote (Permit) has been granted and have the document available for inspection at the venue.

(8) Any Body that promotes, or is involved in the promotion of any athletics event in contravention of this Rule shall be liable to disciplinary action, (including the suspension of membership), and any person taking part in such a competition may thereby be disqualified from competing under UKA Rules.

**RULE 13 NOTIFICATION OF EVENTS TO BE BROADCAST**

(1) No body involved in the promotion or organisation of athletics, whether or not affiliated to UK Athletics and whether or not resident in the United Kingdom, may allow any athletic event, competition or promotion held in the United Kingdom to be broadcast whether live or subsequently or be directly or indirectly party to such broadcasting without having notified UK Athletics in advance.

(2) Notification of any athletic event, competition or promotion to be broadcast must be made in writing to the Board of UK Athletics as soon as possible and in any event, at least nine months prior to the date on which the athletic event, competition or promotion is intended to be held. A notification may be made later than nine months prior to the date of the event, competition or promotion only in exceptional circumstances.

(3) Notification must contain all such details as the Board may require and in particular adequate details (as to date, venue, format, organiser, likely competitors and proposed sponsor) to enable a broadcaster to respond to a proposal. Any changes must immediately be notified to the Board which may regard any previous notification as void and require anew notification based on the revised details.
(4) No person may permit any athletic event, competition or promotion held in the United Kingdom to be broadcast whether live or subsequently or be directly or indirectly party to such broadcasting unless that event, competition or promotion has been offered to UK Athletics’ broadcaster of first choice for broadcasting and that broadcaster of first choice has declined to broadcast that event, competition or promotion.

(5) If UK Athletics’ broadcaster of first choice has indicated that it would wish to broadcast an event, competition or promotion, the persons or bodies organising or promoting that event, competition or promotion must cooperate with UK Athletics’ broadcaster of first choice in relation to all aspects of the organisation, promotion, recording and televising of that event, competition or promotion.

NOTE: UKA aims to raise the profile of the sport to a higher level by obtaining as much broadcast coverage of athletics events as possible and believes that this can best be achieved by a co-ordinated approach to such broadcasting. UKA considers it is in the best interest of all concerned that athletics events, competitions or promotions are televised or recorded for radio or broadcast by any other means by UKA’s broadcaster of first choice from time to time.

RULE 14 ENTRIES

(1) Every entry shall be made to the Secretary or other authorised official of the promoting Body.

(2) Any Club, Association or Managing Body has the right to refuse any entry without assigning a reason to the entrant, but the reason must be disclosed to UKA if requested.

(3) No entry either for individual or team events may be made except upon the form of entry issued or approved by the Permitting Authority.

(4) Every entry must be dated and state fully and accurately the particulars required by the official entry form issued or approved by UKA. No one shall be allowed to compete unless an entry form is completed in accordance with this Rule and anyone whose entry form is not so completed shall forfeit the entrance fee.

(5) Every entry must be made in the true, legally registered name of the competitor and this name shall appear on the programme.

(6) Every individual entry shall be confirmed by the intending competitor, who shall be responsible for all statements therein and any omissions there from, whether the athlete actually made the entry or not. Any individual making a false entry shall be dealt with for misconduct.

(7) For twelve months following a change of name, whether by marriage or otherwise, a competitor must include both the new and former names on every entry.

(8) Every entry for an event limited by age shall state the date of birth and present age in years and months of the intending competitor and every such entry shall, if required, be verified subsequently by the production of a birth certificate.

(9) Where a team declaration is required for an event, this entry shall be verified by the Secretary or other authorised official of the Club on whose behalf the entry is made, and the Club shall be responsible for the accuracy of the information given by such official. Any affiliated Club making a false entry shall be dealt with for misconduct.

(10) Participation in a competition under UKA Rules shall only be valid if the stipulated entry fee has been received.

RULE 15 PROGRAMME AND PUBLISHED MATTER

(1) All advertisements, programmes and printed matter shall state that the meeting or competition is being held “Under UKA Rules”.
(2) Promoters of an Open Team event must declare in advance which team awards are included within the event or race and the manner in which they will be decided. In the case of a relay race the distance of each section and the order in which sections are to be run must be similarly declared.

RULE 16 ADVERTISING AND SPONSORSHIP

(1) All advertising and sponsorship contracts (other than the sponsorship of events) with any Club or individual athlete under the jurisdiction of UKA must be registered with UKA.

(2) Advertising on competition clothing by the sponsor of a Club or Association is permitted subject to the following conditions:

(a) The specific design of the advertising material to be used, together with the name of the sponsor(s) shall be submitted by the Club or Association to UKA for prior approval and registration.

(b) The advertising material may appear only on the vest of the Club or Association and/or a tracksuit.

(c) Only one such identification may appear on each vest or tracksuit. The identification shall be maximum of 40 square cm, with lettering maximum height of 4cm. The size of the identification is to be measured while worn by the athlete.

(3) In competitions held under UKA Rules (but not IAAF Rules) an athlete may wear an identification of a personal sponsor. The identification may appear only once and must be maximum of 20 square cm, with any lettering maximum height of 4cm. If the identification is solely a logo then this must be maximum of 20 square cm with maximum height of 5cm.

RULE 17 CLOTHING

(1) In all events competitors must wear at least vest and shorts (or equivalent clothing) which are clean and so designed and worn as not to be objectionable, even if wet.

(2) In team or relay races all competitors must wear registered vests of the same design and colour of the team they are representing, unless the Referee has given permission for a change to be made.

NOTE 1: This Rule does not preclude the possibility of clothing being different in style between participants in the same team e.g. vests of different length, cut of sleeve or collar etc. Any team clothing should, though, still broadly correspond in colour and design notwithstanding these differences.

NOTE 2: Clubs are permitted to have two sets of colours registered at any one time. In team or relay races all competitors should wear registered vests of the same design.

(3) In individual English County, Scottish District, Welsh Regional and National Championships, (but excluding Road Running) athletes must wear the vest of their first-claim affiliated Club, their County or National vest, or any other Representative vest approved by UKA. The affiliated Club concerned must be the one which in terms of Rule 2(4) caters for that particular discipline of athletics.

NOTE: In exceptional circumstances the Referee may grant permission for an alternative vest to be worn.

(4) Except as is allowed for in Rule 16, competitors are not allowed to take into an arena or course any form of advertising material, nor to display on their person any such advertising other than:

(a) the accepted name of their affiliated Club in lettering which should not exceed 4cm in height. In the case of County vests the lettering indicating the name shall not exceed 6cm in height.

(b) a single Trade Mark of the manufacturer of the clothing they are wearing which may appear on the upper body attire. This Mark must not exceed 20 square cm, with the lettering maximum height of 4cm and the total logo maximum height of 5cm. On lower body
attire the logo shall not exceed 20 square cm with maximum height of 4cm and may only appear once.

RULE 18 NUMBER CARDS

(1) Competitors shall be supplied with and wear during competition a distinctive number card corresponding with their number in the programme or start list. No competitor shall be allowed to take part in any competition without wearing the appropriate number card(s) and such card(s) must be worn as issued and not be cut, folded or otherwise concealed or mutilated in any way. In races in excess of 10,000m these cards may be manufactured with perforations to assist the circulation of air, but the perforations must not be made on any of the lettering or numerals which appear on them.

(2) Organisations which have contracts with commercial sponsors for the addition of lettering on number cards to be worn at meetings, are not to allow this lettering to exceed 5cm in height.

(3) Organisers must ensure that the same style of number card is issued to, and worn by, all competitors taking part in the meeting.

RULE 19 BETTING

All betting at the venue of an event is strictly prohibited.

RULE 20 CHALLENGE CUPS

A Challenge Prize belongs to the Promoting Body unless won outright, and must be returned by the holder on request, even in the event of the competition not being held or being discontinued.

RULE 21 ASSISTANCE

(1) The following shall be interpreted as assistance

(a) Pacing by persons not participating in a race, unless assisting a blind or partially sighted runner.

(b) Receiving advice or similar assistance during an event from an individual located within the competition area.

(c) The use of any technical device. Athletes receiving assistance as defined above are liable to be disqualified.

(2) The following shall not be interpreted as assistance:

(a) Communication during an event between athletes, and other persons not within the competition area.

(b) A medical examination during the progress of an event by medical personnel solely to determine whether an athlete is fit enough to continue in the competition.

(c) The use of heart monitors in races in excess of 10000m.

NOTE: The competition area is defined as the area where the competition is being staged and which has access restricted to the competing athletes and appropriate officials.
RULE 22 MISCONDUCT

(1) Any individual athlete or official of an affiliated Club making a false entry for competition shall be dealt with by the appropriate National Association for misconduct.

(2) Any competitor (or other person) interfering or attempting to interfere with the decision of an event official, or indulging in unfair practices or misbehaviour, including the use of offensive or abusive language shall, at the discretion of the Referee, be disqualified from the competition and, if deemed necessary, reported to the appropriate National Association for further action. Performances achieved in the competition from which they were disqualified shall not stand.

NOTE: The use of offensive language audible to others should normally attract a warning from the Referee, but, if targeted at an official should immediately attract a disqualification.

(3) Athletes or officials who breach the Rules of Competition or conduct themselves in a manner which may bring discredit to the sport of athletics may be reported to the appropriate National Association to take such action as it deems necessary.

(4) The Board of UK Athletics may, at its discretion, refer any matter to its Independent Appeals Panel once a decision has been taken by the appropriate National Association.

(5) The Board's decision as to which Association is the appropriate National Association to deal with any matter falling within this Rule shall be final and binding.

RULE 23 PROTESTS AND APPEALS

(1) Any protest or objection against the qualification to compete, or the statements in the entry form of another competitor or Club, shall be made to the appropriate Referee whenever possible. When practicable such protest or objection should be made before the date of the competition or normally within 14 days of the date of the competition.

(2) The Referee may decide the protest or objection made under (1) on the ground, but if that decision is objected to at the time, the Referee shall be required to refer the matter to the appropriate National Association. Any protest or objection referred in this manner shall be decided within one month of receipt by that Association. If the Referee is unable to make a decision then the protest or objection may be referred immediately to the National Association.

(3) Where it has not been possible for the protest to be dealt with by the Referee, or such reaction provided by the Referee has not been accepted by the protestor, then the individual objector or an authorised official may take action by objecting directly to the appropriate National Association. The action must be accompanied by a deposit of £10 and completed in writing. If, upon investigation the protest or objection shall appear to have been made on no reasonable grounds, the deposit shall be forfeited to the appropriate National Association.

(4) In the event of a protest or objection being lodged against a successful competitor, team or Club, the prize or prizes shall be withheld until the protest or objection shall have been finally disposed of in a manner provided for in this Rule. If within a period of three months from the date of the competition the protest or objection shall be sustained the prize or prizes shall be awarded as if the competitor, team or Club objected to had not taken part in the competition.

(5) Any competitor, team or Club may appeal against the decision of a National or other appropriate Association. Notice of Appeal must be sent to UKA within 14 days of receipt of such decision and must be accompanied by a further deposit of £50, which will be refundable at the discretion of UKA. The appeal will be determined in accordance with the procedures established by UKA.

(6) Without prejudice to the foregoing, where any dispute exists between any person, or between any person and a National or other appropriate Association, or UKA, any party to such dispute may refer the matter for resolution in accordance with the Appeal Procedure established by UKA. Any application for such an appeal must be received within two calendar months of the date of the event or of the decision being contested. UKA shall convene a Hearing within two months of receipt of the Notice of Appeal and shall notify all parties deemed to be involved in the Appeal. No new evidence will be accepted by UKA that has not been submitted previously to the Associations concerned.
hearing shall be conducted by an independent panel of three persons for that purpose. No member of the panel shall have any connection with any of the parties involved in the dispute or any vested interest in the outcome. The decision of the panel shall be final in accordance with UKA's jurisdiction.

**RULE 24 ANTI-DOPING**

Doping in or out of competition is strictly forbidden and is an offence under the Anti-Doping Rules of UK Athletics. (Full details of the UKA Anti-Doping Rules can be found on the UKA website at www.uka.org.uk)
TRACK AND FIELD COMPETITION RULES

The General Rules 1–24 apply to all Track and Field Competitions.

RULE 100 TEAM RACE EVENTS (except Track Relays)

(1) Rule 8 applies.

(2) In any Open Team Race Clubs shall not be allowed to enter more than twice the number entitled to compete.

(3) A Club entering more than one team in a race shall be allowed to select their teams from the Club entry for that event.

(4) Promoters must specify, prior to the event, whether Clubs are to declare their teams before the start of the race.

(5) The composition of a team must not be changed after a heat has been run except in the case of injury or illness where the Referee is satisfied on medical or other evidence that a competitor is unfit to compete in a subsequent round, when permission may be given for the substitution of another competitor.

(6) Only competitors finishing the full distance are eligible to compete in the final.

(7) At the discretion of the Referee a team may be permitted to start fewer competitors than the minimum number required to score.

(8) Stations shall be drawn and the members of each team shall, if necessary, be lined up behind each other at the start of the race.

(9) The team scoring the least number of points, according to the positions in which the members of the team finish whose positions are to count, shall be the winner; the positions of the non-scoring members of a team, whether it finishes all its members or not, shall be scored in computing the totals of the other teams. In the event of a tie on points, the team whose last scoring member finishes nearest first place shall determine the result.

(10) Alternatively, team position may be decided on the aggregate time of the scoring members of the team, the team having the lowest aggregate being the winner. Time aggregates shall only be used if the Organisers have announced in advance that this method will be used.

(11) In the case of a tie between two or more individual competitors each shall score for the team a number of points obtained by dividing the total sum of their position numbers, reckoned as if they had, instead of being tied, finished regularly in a file, by the number of such competitors. (Thus, for instance, if two competitors finish tied for second place, each of them shall score 21/2 points).

RULE 101 PERMITS AND LEAGUE REGISTRATION

1. PERMITS FOR COMPETITIONS

(1) Permits are required for Track and Field competitions as indicated below:

(a) Organisers of competitions classified as Level 5, 4 or 3 must obtain a Permit from UKA.

(b) Organisers of competitions classified as Level 2 held within England must obtain a Permit from UKA.

(c) Organisers of competitions classified as Level 2 but held within the boundaries of Northern Ireland, Scotland or Wales must obtain a Permit from the appropriate Home Country Association.

NOTE 1: Explanation for the divisions into Competition Levels is available in diagram form at http://uka.org.uk/competitions/rules
NOTE 2: Schools’ National Championships and Internationals require a Permit which must be obtained from UKA. Schools’ events below National level do not require a permit. For other exceptions to the requirement for permits see details identified in Rule 12.4.

2. REGISTRATION OF TRACK AND FIELD LEAGUES

(a) Track and Field Leagues which cover the whole of the UK must be registered with UK Athletics, setting out the Constitution, together with the names, addresses and telephone numbers of their Officers. These details must be updated immediately following each Annual General Meeting of the League.

(b) Track and Field Leagues which are not UK wide must be registered with their respective National Association setting out their Constitution, together with the names, addresses and telephone numbers of their Officers. These details must be updated immediately following each Annual General Meeting of the League.

(c) Before any Track and Field Leagues are formed at any level the organisers must apply to the appropriate Registering Body as identified in (i) and (ii) above before commencing activities. Their application must identify the aims and objectives of the league, include a copy of the draft Constitution, and the names and addresses of those people intending to establish that league. Each new registration must be accompanied by a non-returnable fee of £20.

RULE 102 FOOTWEAR

(1) Competitors may compete in bare feet or with footwear on one or both feet. The purpose of the shoes for competition is to give protection and stability to the feet and a firm grip on the ground. Such shoes, however, must not be so constructed as to give the competitor any additional assistance, and no spring or device of any kind may be incorporated in the shoes. A shoe strap over the instep is permitted.

(2) The sole and the heel of the shoes shall be so constructed as to provide for the use of up to 11 spikes. Any number of spikes up to 11 may be used, but the number of spike positions shall not exceed 11.

(3) When a competition is conducted on a synthetic surface that part of each spike which projects from the sole or the heel must not exceed 9mm, except in the High Jump and the Javelin events where it must not exceed 12mm. Regulations at some track may require spike lengths to be smaller than these maximum limits. Such local limits shall be observed by all athletes. These spikes shall have maximum diameter of 4mm. For non-synthetic surfaces the maximum length of spike shall be 25mm and the maximum diameter 4mm. The spike must be so constructed that it will, at least for half of its length closest to the tip, fit through a square-sided 4mm gauge.

(4) The sole and/or heel may have grooves, indentations or protuberances provided these features are constructed of the same or similar material to the basic sole itself.

(5) In the High Jump and Long Jump the sole shall have maximum thickness of 13mm and the heel in the High Jump shall have maximum thickness of 19mm. In all other events shoes may be of any thickness.

(6) Competitors may not use any appliance, either inside or outside the shoe, which will have the effect of increasing the thickness of the sole above the permitted maximum or which can give the wearer any advantage which would not be obtained from the type of shoes described in the previous paragraphs.

RULE 103 NUMBER CARDS

(1) Rule 18 applies.

(2) Competitors should be supplied with two number cards to be displayed visibly, one on the breast and the other on the back. Competitors in the High Jump and Pole Vault may wear their number card on the breast or on the back only. Where photo-finish equipment is in use the meeting
organisers may require competitors to wear additional numbers of the adhesive type on the side of their shorts facing the camera(s).

(3) In Field Events where competitors wish to take their trials wearing their tracksuit, they must wear their number card(s) on the outside of their tracksuit (or other covering).

**RULE 104 DRESSING ACCOMMODATION**

Every Promoter of an athletics meeting or competition shall provide adequate changing accommodation for the competitors taking part.

**RULE 105 ASSISTANCE**

(1) Rule 21 applies.

(2) No attendant, including Team Managers, Coaches and, parents shall accompany any competitor within the competition area.

(3) Athletes receiving advice or similar assistance from within the competition area during a Field Event competition must be cautioned by the Referee and warned that for any repetition, they will be debarred from further participation in the competition. Any performance accomplished up to that time shall stand.

**RULE 106 PROTESTS**

(1) Rule 23 applies.

(2) Any protest or objection by a competitor or team against the conduct or placing of another competitor or team in any competition or relating to any matter which may develop during the carrying out of the programme, shall be made to the appropriate Referee immediately after that competition.

(3) Every protest or objection lodged under (2) shall be made verbally by the individual competitor or by a member of the protesting Club.

(4) The Referee shall decide any protest or objection made under (2) having reviewed all the relevant information, including any available video evidence, and that decision shall be final.

(5) In the event of a protest or objection being lodged against a successful competitor or team, the prize or prizes shall be withheld until the protest or objection has been disposed of in a manner provided for in this Rule.

**RULE 107 COMPETITIONS IN AGE GROUPS, MIXED EVENTS AND GRADED MEETINGS**

**Age groups**

(1) The Competition Year shall extend from 1st October to 30th September in the following year.

(2) **Under 13 Boys and Girls (School Years 6 and 7)**

   (i) Track and Field competition for Under 13’s shall be confined to competitors who are aged 11 or 12 on the 31st August within the Competition Year, as defined in (1) above.

   (ii) Other than when competing in a combined event Under 13’s 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. Where a walking event is included in the total, the competitors shall be restricted to maximum of 3 running or walking event (including any relay) in one day. The total distance covered shall not exceed the maximum listed in Rule 308. 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.

   (iii) Athletes in this age group may compete in track races not exceeding 1 mile subject to the restrictions in (iv) below. No Under 13 athlete is allowed to compete in any steeplechase event.
(iv) 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 1 mile inclusive on the same day.

(v) Under 13’s may run against Under 15 Boys or Girls, as appropriate, in track events not exceeding 1500 metres, subject to any limitations as to standard laid down by the organisers. They may not take part in competitions for older athletes other than those in the Under 15 age group.

(vi) Under 13’s may compete against Under 15 Boys or Girls, as appropriate, in field events, provided that the implements used by them shall be those laid down for the Under 15 age group. They may not take part in competitions for older athletes other than those in the Under 15 age group.

(vii) No athlete in this age group is allowed to compete in Triple Jump events.

NOTE: UK Athletics Rules do not specifically cater for athletes under the age of 11 years. This does not necessarily preclude provision by organisers of competitions for events for athletes younger than 11 years, with correspondingly reduced distances to be run and lighter implements to be used.

(3) Under 15 Boys and Girls (School Years 8 and 9)

(i) Track and Field events for Under 15’s shall be confined to competitors who are aged 13 or 14 on 31st August within the Competition Year, as defined in (1) above.

(ii) Other than when competing in a combined event Under 15’s may compete in maximum of 4 events on one day of an athletics meeting, and if so doing, one of these must be a relay. 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 308. If Under 15’s 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 run in any race in excess of 3000 metres. No Under 15 athlete is allowed to run in any steeplechase event.

(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 15 athletes may compete against Under 17 Men and Women, as appropriate, in track events not exceeding 1500 metres (but not steeplechase), subject to any limitations as to standard laid down by the organisers. They may not take part in competitions for older athletes other than those in the Under 17 age group.

(vi) Under 15’s may compete against Under 17 Men or Women, as appropriate, in field events, provided that the implements used by them shall be those laid down for the Under 17 age group. They may not take part in competitions for older athletes other than those in the Under 17 age group.

(vii) In 2012 National Age Group Leagues and Home Country Championships should normally provide 300 metres races in place of 400 metres for the Under 15 age group. The 300 metres will replace 400 metres in National Age Group Leagues and all Championship Under 15 competition, with effect from 1st April 2013. Other competition providers can use their discretion and include a 400 metres for Under 15 athletes within their programmes.
(4) **Under 17 Men and Women (School Years 10 and 11)**

(i) Track and Field events for Under 17’s shall be confined to competitors who are aged 15 or 16 on 31st August within the Competition Year, as defined in (1) above.

(ii) Other than when competing in a combined event, Under 17’s may compete in maximum of four events on one day of an athletics meeting, and if so doing, one of these must be a relay. If Under 17’s 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 run in any track event in excess of 5000 metres.

(iv) Under 17 athletes may compete against Juniors or Seniors in track events, including National and County Championships, in events not exceeding 3000 metres (including steeplechase), subject to any limitations as to standard laid down by the organisers.

(v) Under 17’s may compete against Juniors or Seniors in field events, provided the implements to be used are those laid down for the older age group.

(5) **Under 20 Years Junior Men and Women**

(i) Track and Field events for Juniors shall be confined to competitors who are 17 or over on 31st August within the Competition Year, as defined in (1) above, but Under 20 on 31st December in the calendar year of competition.

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

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

(iv) Juniors may run against Seniors in open track events, including National and County Championships, up to and including 10000 metres.

(v) Juniors 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.

(6) **Seniors**

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

(7) **Masters**

Events for Masters shall be confined to athletes who are at least 35 years of age on the day of competition.

(8) **Mixed Events**

For competitions held entirely within the stadium mixed events between male and female athletes shall be permitted in field events and in track races from 800 metres upwards.

*Note: Performances achieved in mixed track races will not be valid as qualifying times for major events and Championships, nor National Records identified in Rule 141.*

(9) **Graded Events**

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. Mixed graded competitions may also be allowed.
TRACK EVENTS

RULE 108 TRACK MEASUREMENTS

(1) Tracks should be level. For record purposes the maximum inclination of tracks shall not exceed 1:100 and in the running direction 1:1000 downwards. Any inclination shall be uniform.

(2) The inside of the track should be bordered by a kerb of suitable material, approximately 5cm in width. The kerb on the two straights may be omitted and a white line 5cm wide substituted.

(3) It is recommended that the direction of running shall be left hand inside.

(4) In all races where lanes are used the width of each lane shall be not less than 1.22m and not more than 1.25m. The lanes shall be measured for width from the outer edge of one marking line to the outer edge of the next line working outwards from the inner border of the track.

(5) For Championships (whether National or County or similar), or for any recognised National record to be accepted, the track must have been measured for distance either:-

   (a) 30cm outwards from the outside edge of the kerbing if there is a raised border.

   Note: It is permissible to remove temporarily sections of raised kerbing necessary to facilitate competition in high jump, javelin and steeplechase events. These sections removed must be kept to a minimum and replaced by cones. The sections removed must be replaced as soon as possible after the relevant competition has been completed.

   OR

   (b) 20cm from the outer edge of the line if there is no raised border. In this case cones must be placed on the white line so that the base of the cone coincides with the outer edge of the inside line to prevent any athlete running on the lane line itself. These cones shall be no more than 4 metres apart and preferably closer to each other.

The measurement 20cm from the outer edge of the line also applies to that section of a steeplechase course where athletes divert from the main track to negotiate the water jump.

NOTE: If a track has been measured and certificated as under (i) above and the kerbing is subsequently removed around any bend or bends the distances run by athletes using the inside lane, including those in middle distance races, will not be accurate. A performance set under these circumstances will not be acceptable as a qualifying standard for major International Championships or as a UK record.

(6) In measuring lanes for distance the inner lane shall be measured as stated in (5) above and the other lanes 20cm from the outer edge of each subsequent lane line.

(7) Races up to 100 metres must be run on a straight course so as to allow a separate lane for each competitor.

(8) Individual races up to and including 400 metres should be run in lanes with a separate lane for each competitor.

(9) Races over 400 metres and up to and including 800 metres may be run in lanes as far as the end of the first bend.

NOTE: The starting lines will be the same as for 200 metres plus the following distances:

Lane 1+ zero Lane 5+ 0.145m
Lane 2+ 0.007m Lane 6+ 0.224m
Lane 3+ 0.034m Lane 7+ 0.325m
Lane 4+ 0.079m Lane 8+ 0.444m

In all races run wholly or partly in lanes shall be so staggered that the distance from start to finish shall be the same for each competitor.
RULE 109 STATIONS

(1) In all races stations for competitors shall be drawn. In straight sprint races the competitor drawing No. 1 shall take the station on the left facing the winning post, the competitor drawing No. 2 the next station and so on.

(2) In races on a circular track, the competitor drawing No. 1 shall take the station nearest the centre of the ground, the competitor drawing No. 2 the next station and so on.

NOTE: It is recommended that when a curved starting line is being used the inside lane is left unoccupied.

(3) It is recommended that a limit be placed on the number of competitors in races. In general the number should not be so great as to create possible danger or unfairness to any competitor, and if at the beginning of any race the number of competitors appears to be excessive, the Referee, whose decision shall be final, is empowered to order that the competitors be divided into such heats as considered necessary and the event shall be run off accordingly.

(4) In competitions where the composition of heats is printed in the programme, competitors shall not be allowed to compete in any heat other than that in which their name appears; but the Referee, whose decision shall be final, is empowered to permit a departure from this Rule if this is considered just and reasonable.

(5) In races of 3000m, 5000m and 10000m, when considered appropriate and practicable, the competitors may be divided into two groups, with one group of approximately 65% of the competitors using the regular arced start line and the other group using a separate arced start line marked across the outer half of the track. The other group shall run as far as a designated line at the end of the first bend on the outer half of the track before being allowed to gain the inside of the track. The separate arced start line shall be marked in such a way that all the competitors shall run the same distance.

RULE 110 STARTING BLOCKS

(1) The use of starting blocks is permitted in races up to and including 400 metres, including the first leg of a relay race, provided such leg does not exceed 400 metres.

(2) Their use is optional, except where blocks incorporating false start detection equipment is in use when all competitors shall be required to use only the starting blocks provided.

(3) If false start detection equipment is not in use, athletes may use their own starting blocks but such starting blocks must be approved by the Starter.

NOTE: On all-weather tracks the Organisers may insist that only starting blocks provided by them shall be used.

(4) The following rules apply to the construction and use of starting blocks:

(a) They must be constructed entirely of rigid materials.

(b) They may be adjustable but must be without springs or other devices to give artificial aid to the runner.

(c) They must be fixed to the track by a number of pins or spikes, arranged to cause minimum possible damage to the track surface. The arrangement must permit the starting blocks to be quickly and easily removed, and the anchorage must permit no movement during the actual start.

(d) When in position on the track, no part of the starting block must overlap the starting line or extend beyond the lane for that athlete.

(5) When starting blocks are being used both hands must be in contact with the ground when the athlete is in the 'set' position.
RULE 111 THE START

(1) The start of the race shall be denoted by a line 5cm in width at right angles to the inner edge of the track. The distance of the race shall be measured from the edge of the starting line further from the finish, to the edge of the finish line nearer to the start.

(2) In all races not run in lanes the starting line shall be curved so that wherever it occurs on the track all the runners can cover the same distance in the race.

(3) The Starter shall have total control of the athletes on their marks. When false start detection equipment is used, the Starter shall wear headphones in order to hear clearly any acoustic signal emitted in the case of a false start. If such a signal is heard the Starter must recall the athletes.

(4) Start Recallers shall be appointed at National Championships from within the appointed team of Starters. They should also be appointed at other meetings whenever possible.

(5) Competitors must be placed in their respective stations by Marksmen (Starters Assistants). Marksmen shall assemble competitors 3 metres behind the starting line (or in the case of races run entirely or partly in lanes, behind each starting line) and, once so placed, shall signal to the Starter that all is ready. If in the opinion of the Starter an athlete has failed to comply within a reasonable time with the instructions of the Marksmen to prepare to come to the assembly line, then it may be considered a false start.

(6) Competitors must not touch the start line or the ground in front of it with their hands or feet when on their mark.

(7) All races (except Time Handicaps) shall be started by the report of a revolver or other similar apparatus and a start shall be made to the actual report. The revolver or similar apparatus shall be fired upwards into the air and it is essential that it should give a satisfactory flash which can be clearly seen by the Timekeepers. The time shall be taken from the flash.

(8) (a) The starter shall first receive a signal from the Chief Marksman that all competitors are ready.

(b) After the Starter has ascertained that the Timekeepers are ready, the following commands shall be given to the competitors:

(i) For competitors running a distance up to and including 400 metres: ‘On your marks’, ‘Set’, and when all the competitors are set i.e. motionless on their mark, the revolver shall be fired.

(ii) For competitors running or walking a distance greater than 400 metres: the command shall be ‘On your marks’, after which the competitors shall approach the start line without touching it, and assume a steady position. Competitors must not touch the ground with their hand or hands. When the steady position has been achieved by all of the competitors the revolver shall be fired.

(9) On the command ‘On your marks’ (for distances greater than 400m) or ‘Set’ (for distances up to and including 400m) all competitors shall at once and without delay assume their full and final Set position. Failure to comply with the Starter’s command after a reasonable time shall constitute a false start.

(10) When a crouch start is being used competitors must assume a position whereby both hands and at least one knee are in contact with the ground on the “On your marks” command and must maintain the contact with both hands until the start signal is given.

(11) If, for any reason, the Starter has to speak to any of the competitors after the command ‘On your marks’ and before the revolver or other similar apparatus is fired, or if the concentration of any competitor or the Starter is disturbed before the revolver or other similar apparatus is fired, he or
she shall order all competitors to stand up and the Marksmen shall place them on the assembly lines again.

(12) If a competitor after the command ‘On your marks’ disturbs the other competitors in the race through sound or otherwise, it may be considered a false start.

(13) If a competitor commences a starting motion after assuming a full and final set position, and before the report of the revolver or other similar apparatus, it shall be considered a false start.

**Senior, Junior and Under 17 Competition (excluding those for Schools and Masters)**

(14) In all competitions for Senior, Junior and Under 17 athletes as defined in Rule 107 (4) – (6), but including those where younger athletes are competing according to the Rules, whether false start detecting equipment is in use or not, any athlete deemed responsible for a false start shall be disqualified.

In the case of athletes competing in a Combined Events competition as defined in Rule 140 for the age groups identified in the previous paragraph, whether false start detection equipment is in use or not, any athlete deemed responsible for a false start shall be warned. Any athlete(s) responsible for a further false start in the race shall be disqualified from the race.

**All Other Age Groups (including those for Schools and Masters)**

(15) In all competitions other that those identified in (14) above, whether false start detection equipment is in use or not, any athlete deemed responsible for a false start shall be warned. An athlete deemed responsible for two false starts shall be disqualified.

In the case of Combined Events competitions (Pentathlon, Hexathlon, Heptathlon, Octathlon or Decathlon) other than those for the Seniors, Juniors and Under 17’s as identified in (14) above, any athlete deemed responsible for a false start shall be warned. An athlete deemed responsible for three false starts shall be disqualified.

(16) If in the opinion of the Starter, or the Start Recaller, the start was not fair, the competitors must be recalled with a second signal. If the Starter decides that the unfair start was due to one or more competitors ‘beating the start signal’ it shall be considered a false start.

**NOTE:** In practice, when one or more competitors ‘beat the start signal’ others are inclined to follow and, strictly speaking, any competitor who does so has beaten the start signal. The Starter should warn (or disqualify) as appropriate, only such competitor or competitors who in his or her opinion were responsible for beating the start signal. If the unfair start is not due to any competitor no warning shall be given.

**Operative throughout 2012 and 2013.**

(16) If in the opinion of the Starter, or the Start Recaller, the start was not fair, the competitors must be recalled with a second signal. If the Starter decides that the unfair start was due to one or more competitors ‘beating the start signal’ it shall be considered a false start.

**NOTE:** In practice, when one or more competitors ‘beat the start signal’ others are inclined to follow and, strictly speaking, any competitor who does so has beaten the start signal. The Starter should warn or disqualify, as appropriate, only such competitor or competitors who in his or her opinion were responsible for beating the start signal. If the unfair start is not due to any competitor no warning shall be given.

**RULE 112 THE RACE**

(1) In all races run in lanes competitors should keep in their allotted lane from start to finish. If the Referee is satisfied, on the report of a Judge or Umpire, or otherwise, that a competitor has deliberately run out of lane, the Referee shall disqualify that competitor, but if the Referee considers that such action is unintentional, he or she may, at his or her discretion, disqualify if of the opinion that a material advantage was gained thereby. (The table below may be used for guidance in
determining the advantage gained). This Rule shall also apply to any portion of a race run in lanes, or in a race not run in lanes when an athlete runs on a bend, on or inside the line (or kerb) marking the inside of the track (including on the diversion from the track for the steeplechase water jump.

<table>
<thead>
<tr>
<th>Track 400 metres</th>
<th>Stride 2.30m</th>
<th>Advantage Gained by Encroaching $t$ cm on Inside of Lane</th>
</tr>
</thead>
<tbody>
<tr>
<td>Number of Strides</td>
<td>$t = 50$mm</td>
<td>$t = 100$mm</td>
</tr>
<tr>
<td>1</td>
<td>4</td>
<td>7</td>
</tr>
<tr>
<td>2</td>
<td>7</td>
<td>14</td>
</tr>
<tr>
<td>3</td>
<td>11</td>
<td>22</td>
</tr>
<tr>
<td>4</td>
<td>14</td>
<td>29</td>
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<td>5</td>
<td>18</td>
<td>36</td>
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<td>6</td>
<td>22</td>
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<td>7</td>
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<td>51</td>
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<td>8</td>
<td>29</td>
<td>58</td>
</tr>
<tr>
<td>9</td>
<td>33</td>
<td>65</td>
</tr>
<tr>
<td>10</td>
<td>36</td>
<td>72</td>
</tr>
</tbody>
</table>

This table shows, mathematically, the theoretical advantage gained by taking from 1 to 10 strides inside the inner border of a lane. The distances are shown in millimetres, e.g. four strides 150mm inside gives an advantage of 44mm.

NOTE: When an Umpire observes that an athlete has run out of his or her lane, it is recommended that the Umpire marks the track itself, or a diagram of the track, in order to identify exactly where the infringement took place.

(2) Any competitor jostling, running or walking across, or obstructing another competitor so as to impede progress shall be liable to disqualification.

(3) A competitor after voluntarily leaving the track or course shall not be allowed to continue in the race.

(4) The final lap shall be signalled to each competitor, usually by ringing a bell. In races longer than 1500 metres a lap scorer(s) shall be appointed by the Referee, who shall keep a record of the laps covered by each competitor.

(5) The Referee shall have the power to order a race to be re-held when he or she considers it just and reasonable to do so. If in any heat a competitor is disqualified the Referee shall have the power to permit any competitor affected by the act resulting in the disqualification to compete in a subsequent round of the event.

(6) No person except an official Timekeeper or other person appointed to do so by the Chief Timekeeper shall:
   
   (a) indicate intermediate times to competitors;
   
   (b) give times to be announced over the public address system.

(7) In races of 200m or less the wind velocity should be measured and recorded whenever possible, and this is essential in the case of a record claim. The gauge should be set up parallel to the track, 50m from the finish line, not more than 2m from the edge of the track adjacent to lane 1, and at a height of approximately 1.22m. Where a tubular wind gauge is used the length on either side of the measuring device should be at least twice the diameter of the tube.
(8) The periods for which the wind component should be measured are:

- All distances up to and including 100m, 10 secs
- 100m hurdles and 110m hurdles, 13 secs
- 200m, commencing as the runners enter the straight, 10 secs

(See also Rule 141(14), (15) and (19)).

(9) The wind gauge shall be read in metres per second, rounded to the next higher tenth of a metre per second in the positive direction. (For example: a reading of +2.03m/sec. shall be recorded as +2.1m/sec.: a reading of −2.03m/sec shall be recorded as −2.0m/sec.).

RULE 113 THE FINISH

(1) The finish shall be a line 5cm in width drawn across the track at right angles to the inner edge.

![Diagram of Finish Posts](attachment:finish_diagram.png)

(2) Two white posts which denote the extremities of the finish line may be placed at least 30cm from the edge of the track. The finish posts shall be of rigid construction of about 1.4m in height, 80mm in width and 20mm in thickness.

(3) The competitors shall be placed in the order in which any part of the torso (as distinguished from head, neck, arms, hands, feet and legs) reaches the vertical plane of the edge of the finish line nearer to the start.

RULE 114 TIES

(1) In the event of a tie in any heat which affects the qualification of competitors to compete in the next round or final, where practicable, the tying competitors shall all qualify, failing which they shall compete again to decide the qualifiers.

(2) In the case of a tie for any place in a final the result shall stand.

RULE 115 QUALIFICATION FROM PRELIMINARY HEATS

(1) In the preliminary rounds of races, at least the winner, and preferably the winner and second should qualify for the next round or final. Any other competitors to qualify shall be decided either according to their places or according to their times. Where any qualifying position is decided by time only one system of timing may be applied in determining times. Where photo-finish equipment is in use the Chief Photo-Finish Judge shall consider, where necessary, the actual time recorded in 1/1000ths of a second by the competitor in deciding qualifiers by time.
The following minimum times must be allowed between the last heat of the round and the first heat of the subsequent round or final.

Minimum minutes rest
- Up to 100 metres: 20
- Over 100m and up to 200m: 40
- Over 200m and up to 400m: 60
- Over 400m and up to 800m: 80
- Over 800m: 100

In any athletics meeting competitors shall be excluded from participating in further events, including relays, when they have qualified in preliminary rounds or heats (including a qualifying round or pool in a Field Event) for further participation in any event but then do not compete further without giving a valid reason to the Referee. If a meeting extends over more than one day the exclusion shall apply to all subsequent events of the meeting.

**RULE 116 HURDLE RACES**

1. All hurdle races shall be run in lanes and competitors shall run only in their own lane throughout.
2. A hurdle shall consist of two uprights, or standards, supporting a rectangular frame or gate and should have a level top rail.
3. The total weight of the hurdle shall be not less than 10kg.
4. The width of the hurdle shall be from 1.18m to 1.20m and the extreme length of the base shall be 70cm. The top bar shall be 70mm in width and should be between 10mm and 25mm thick. The top bar should be striped in black and white, or in some other contrasting colours in such a manner that the lighter stripes appear at the end of the hurdle and that they shall be at least 225mm in width.
5. The hurdle shall be made of wood or metal and shall consist of two bases and two uprights supporting the rectangular frame reinforced by one or more cross-bars, the uprights to be fixed at the extreme end of each base.
6. The hurdle may be adjustable in height but should be rigidly fastened at the required height for each event.
7. The hurdles shall be so placed on the track that the ends carrying the uprights shall be farthest from, with the counter-weights nearest to, the starting line, and the edge of the bar nearest the approaching hurdler coinciding with the track marking nearest the athlete.
8. The hurdle shall be of such design that a force of at least 3.6kg applied to the centre of the top of the cross-bar is required to overturn it. Where an adjustable hurdle is used the counter-weights must be adjustable to the effect that in every position relating to the height of the hurdle the force required to overturn the hurdle when adjusted shall be at least 3.6kg and not more than 4kg.

**NOTE:** To check the resisting force of hurdles, a simple spring balance should be used by the application of a pulling force to the centre of the top of the crossbar. Alternatively, use a cord with a hook, applied to the centre of the top of the crossbar. Take the cord along over a pulley fixed conveniently and load the other end of the cord with the appropriate weights.
9. The force required to overturn hurdles for Under 17 Men and Women and younger age groups shall be at least 2.7kg and not more than 3kg.
10. Where hurdles are used which overturn with less force than the minimum specified in (8) or (9) above as appropriate, the competitors shall be informed that an athlete knocking down three or more hurdles, or any part of three or more hurdles, shall be disqualified.
11. Where hurdles comply with (8) or (9) above, as appropriate, knocking down any number of hurdles shall not disqualify, nor shall it disentitle a competitor from claiming a record.
12. Athletes shall be disqualified if, in the opinion of the Referee, they:
   (a) trail a foot or leg below the plane of the top of the bar at the instant of clearing.
   (b) deliberately knock down any hurdle.
   (c) fails to jump one or more hurdles i.e. runs around the hurdle.
Specifications for particular hurdle events are:

EXAMPLE OF APPROVED HURDLE

(adjustable weight may be inside or outside base)
<table>
<thead>
<tr>
<th>Distance of race</th>
<th>Height of hurdle</th>
<th>Distance to 1st flight</th>
<th>Distance between flights</th>
<th>Distance to finish</th>
<th>Number of hurdles</th>
<th>Standard Track Marking Colour</th>
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</thead>
<tbody>
<tr>
<td><strong>MEN'S EVENTS</strong></td>
<td></td>
<td></td>
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<tr>
<td>Seniors (3.6kg Toppling Weight)</td>
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</tr>
<tr>
<td>110m</td>
<td>106.7cm</td>
<td>13.72m</td>
<td>9.14m</td>
<td>14.02m</td>
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</tr>
<tr>
<td>400m</td>
<td>91.4cm</td>
<td>45.0m</td>
<td>35.0m</td>
<td>40.0m</td>
<td>10</td>
<td>Green</td>
</tr>
<tr>
<td>Juniors (3.6kg Toppling Weight)</td>
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<tr>
<td>110m</td>
<td>99.1cm</td>
<td>13.72m</td>
<td>9.14m</td>
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<tr>
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<td>45.0m</td>
<td>35.0m</td>
<td>40.0m</td>
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<td>Green</td>
</tr>
<tr>
<td>Under 17 (2.7kg Toppling Weight)</td>
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</tr>
<tr>
<td>100m</td>
<td>91.4cm</td>
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<td>10.5m</td>
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<tr>
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<td>40.0m</td>
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<td>Under 15 (2.7kg Toppling Weight)</td>
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<tr>
<td>80m</td>
<td>84.0cm</td>
<td>12.0m</td>
<td>8.0m</td>
<td>12.0m</td>
<td>8</td>
<td>Black</td>
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<td>Distance to finish</td>
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<td>9.72m</td>
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<td><strong>Under 15 (2.7kg Toppling Weight)</strong></td>
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<td><strong>Men 35 - 49 (3.6kg Toppling Weight)</strong></td>
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<td>9.72m</td>
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<td><strong>Men 50 - 59 (3.6kg Toppling Weight)</strong></td>
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<td></td>
</tr>
<tr>
<td>60m</td>
<td>91.4cm</td>
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<td>8.0m</td>
<td>16.0m</td>
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<tr>
<td>Distance of race</td>
<td>Height of hurdle</td>
<td>Distance to 1st flight</td>
<td>Distance between flights</td>
<td>Distance to finish</td>
<td>Number of hurdles</td>
<td>Standard Track Marking Colour</td>
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<tr>
<td>Men 60 – 69 (2.7kg Toppling Weight)</td>
<td>60m</td>
<td>84.0cm</td>
<td>16.0m</td>
<td>8.0m</td>
<td>12.0m</td>
<td>5</td>
</tr>
<tr>
<td>Men 70 – 79 (2.7kg Toppling Weight)</td>
<td>60m</td>
<td>76.2cm</td>
<td>12.0m</td>
<td>7.0m</td>
<td>20.0m</td>
<td>5</td>
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<tr>
<td>Men 80 and over (2.7kg Toppling Weight)</td>
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<td>12.0m</td>
<td>7.0m</td>
<td>19.0m</td>
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<td>Women 35 – 39 (2.7kg Toppling Weight)</td>
<td>60m</td>
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<td>13.0m</td>
<td>8.5m</td>
<td>13.0m</td>
<td>5</td>
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<tr>
<td>Women 40 – 49 (2.7kg Toppling Weight)</td>
<td>60m</td>
<td>76.2cm</td>
<td>12.0m</td>
<td>8.0m</td>
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<td>7.0m</td>
<td>20.0m</td>
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</tbody>
</table>

**NOTE 1:** In each case there shall be a tolerance of 3mm above and below the standard height to allow for variation in manufacture.

**NOTE 2:** Hurdles up to 100.0cm are also acceptable in the Junior Mens’ sprint hurdle events above.

**RULE 117 STEEPLECHASE RACES**

Only Seniors, Juniors and under 17’s are allowed to contest any steeplechase event.

(1) The hurdle may be made of heavy timber or of metal with a bar of heavy timber. In either case it must be constructed in such a way that it may not be easily overturned.

(2) The hurdle shall be 91.4cm in height for Men’s competition, and 76.2cm for Women’s competition, and should be at least 3.94m in total width. The section of the top bar of the hurdle should be 12.7cm square.

(3) The weight of each hurdle should be between 80kg and 100kg.

(4) The hurdle shall be placed on the track so that about 30cm of the top bar, measured from the inside edge of the track, will be inside the field (i.e. the top bar will overlap the track edge).

(5) The top bar should be striped in black and white or in some other contrasting colours in such a manner that the lighter stripes appear at the end of each hurdle, and the stripes should be at least 30cm wide.

**NOTE:** In the case of all hurdle heights there shall be a tolerance of 3mm above and below the height specified to allow for variation in manufacture.
(6) The hurdle at the water jump must be firmly fixed and shall be 91.4cm in height for Men’s competition and 76.2cm for Women’s competition. The hurdle shall be 3.66m in total width whilst the section of the top bar should be 12.7cm square.

(7) The water jump, including the hurdle, shall be 3.66m in length. The width of the water jump shall be 3.66m. The water shall be 70cm in depth at the hurdle end, remaining at this depth for a distance of 30cm and then sloping to the level of the track at the farther end. To ensure safe landing of the competitors, the bottom of the water jump should be covered at the further end with suitable material, at least 3.66m wide and 2.5m long, the thickness of which should not exceed approximately 25mm.

NOTE: The depth of the water in the pit from the track surface level may be reduced from 70cm to a minimum of 50cm. The uniform slope of the bottom of the pit shall be maintained as shown in the diagram. It is recommended that all new water jumps be constructed to the shallower depth in order to conserve water.

(8) Each athlete shall go over or through the water. Athletes shall be disqualified if they:
   (a) fail to jump one or more hurdles i.e. runs around the hurdle.
   (b) step to one side or other of the water jump when landing
   (c) trail their foot or leg below the horizontal plane of the top of any hurdle at the instant of clearing.

Providing this Rule is observed an athlete may go over each hurdle in any manner. They may jump or vault over any hurdle and may place a foot or feet on any hurdle, including the one at the water jump.
Figure 4 - Water jump

(9) The standard events are:

<table>
<thead>
<tr>
<th>Distance of Race</th>
<th>Number of Hurdles</th>
<th>Number of Water Jumps</th>
<th>Distance from start to first hurdle</th>
</tr>
</thead>
<tbody>
<tr>
<td>3000m</td>
<td>28</td>
<td>7</td>
<td>257.8m</td>
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<tr>
<td>2000m</td>
<td>18</td>
<td>5</td>
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<tr>
<td>1500m</td>
<td>13</td>
<td>3</td>
<td>255.8m</td>
</tr>
</tbody>
</table>

NOTE: Owing to the water jump having to be constructed on the arena inside or outside the track, thereby shortening or lengthening the normal distance of the lap, it is not possible to lay down any rule specifying the exact length of the lap or state precisely the position of the water jump.

It should be borne in mind that there must be enough distance from the starting line to the first hurdle to prevent competitors from overcrowding and there should be approximately 62.2m from the last hurdle to the finish line.
The water jump should be, where possible, the fourth jump in each lap. If necessary, the finish line should be moved to another part of the track.

The following measurements are given as a guide and any adjustments necessary should be made by lengthening or shortening the distance at the starting point of the race. It is assumed that a lap of 400 metres has been shortened by 6 metres by constructing the water jump inside the track.

(10) **3000 Metres**

Distance from starting point to commencement of first lap, to be run without jumps 242.0m  
Distance from commencement of 1st lap to 1st hurdle 15.8m  
From 1st to 2nd hurdle 79.0m  
From 2nd to 3rd hurdle 79.0m  
From 3rd hurdle to water jump 79.0m  
From water jump to 4th hurdle 79.0m  
From 4th hurdle to finishing line 62.2m

\[
\text{7 laps of 394m = } 2758.0m \\
\text{plus } 242.0m \\
\text{total } 3000m
\]

(11) **2000 Metres**  
(if the course is laid out with a lap of 394m.)
(12) 1500 Metres
(if the course is laid out with a lap of 394m.)
RULE 118 RELAY RACES

(1) Lines 5cm wide shall be drawn across the track to mark the distances of the stages and to denote the scratch line. Each take over zone shall be 20m long of which the scratch line is the centre. The zones shall start and finish at the edges of the zone lines nearest the start line in the running direction.

(2) Except for the first runner, where the stage to be run does not exceed 200 metres, the outgoing runners may commence their run not more than 10m outside the take-over zone; where the stage exceeds 200 metres the outgoing runners must commence their run within the take-over zone. Additional lines in a different colour from that used for the take-over zone markings should be drawn to indicate the additional 10m zone at all changeover points.

(3) The positions of the teams at the start of the race shall be drawn and shall be retained at each take-over zone, except that, in races where lanes are not used or have ceased to operate, waiting runners can move to an inner position on the track as incoming team-mates arrive, provided this can be done without fouling.

(4) When relay races up to and including 400 metres are contested on a circular track each team should, if possible, have a separate lane and each lane must be the full distance. In the 4 æ 400 metres race, when the athletes are no longer running in lanes they shall, under the direction of a designated official, place themselves in their waiting position in the same order (inside to out) as the order of their respective team members as they enter the last bend. Once the incoming athletes have passed this point, the waiting athletes shall maintain their order, and shall not exchange positions at the beginning of the takeover zone. If an athlete does not follow this Rule, his team shall be disqualified.

(5) Where the first section of a relay race is 200 metres or 400 metres, the first 400 metres section(s) should, if possible, be run in lanes with staggered starts. Alternatively, where the first section of a relay is 400 metres, lanes shall cease to operate at the beginning of the back straight on either the first or second lap.

(6) In events where the first lap only is run in lanes, competitors after leaving the take-over zone are free to take up any position on the track.

(7) In sprint relay races up and down a track the take-over is by touch, contact being made within a clearly defined area of 1m beyond, and at each end of, the relay distance.

(8) When a relay race is being run in lanes competitors may place one check mark on the track within their own lane but may not place, or cause to be placed, any marking object on or alongside the track. On a synthetic surface, chalk or similar substances which leave indelible marks must not be used.

(9) The baton must be carried in the hand throughout the race. If dropped, it must be recovered by the athlete who dropped it, who may leave the lane in order to retrieve the baton. Provided this procedure is adopted, no other athlete is impeded, and by so doing the distance of the race is not lessened, dropping the baton shall not result in disqualification.

(10) The baton must be passed only within the take-over zone. The passing of the baton commences when it is first touched by the receiving runner and is completed the moment it is in the hands of the receiving runner only. Within the take-over zone it is only the position of the baton which is decisive, and not the position of the body or limbs of the competitors. Passing of the baton outside the take-over zone will result in disqualification.

NOTE: To assist the judges, it is recommended that the batons be of distinctive colours.

(11) Competitors after handing-over the baton should remain in their lanes or zone until the course is clear to avoid obstruction to other competitors. Should any competitor wilfully impede a member of another team by running out of position or lane at the finish of a stage that competitor is liable to cause the disqualification of his or her own team.

(12) Assistance by pushing-off or by any other methods will cause disqualification.
(13) On completion of the final leg the baton is to be handed to an official by the last runner. It is not to be dropped or thrown from the hand. Failure to comply with this instruction may lead to disqualification.

(14) Once a relay team has started in a competition only two additional athletes may be used as substitutes in the composition of that team for any subsequent round.

(15) No competitor may run two sections for a team.

(16) The relay baton shall be a smooth hollow tube circular in section made of any rigid material in one piece, the length of which shall not be more than 30cm or less than 28cm. The circumference shall be 12-13cm and the weight shall not be less than 50 grammes. In relay races for Under 13’s batons of smaller dimensions may be used.

RULE 119 TIMING & PHOTO-FINISH

(1) Two methods of timekeeping shall be recognised as official:

(a) Hand timing

(b) Fully automatic timing obtained from a photo-finish system.

(2) The time shall be taken from the flash/smoke of the gun or approved starting apparatus (hand timing), or the impulse from the gun or approved starting apparatus (photo-finish) to the moment at which any part of the body of the competitor (i.e. torso, as distinguished from the head, neck, arms, legs, hands or feet) reaches the perpendicular plane of the nearer edge of the finish line. (Rule 113).

Hand Timing

(3) The Timekeepers shall be in line with the finish and outside the track. Wherever possible, they should be placed at least 5 metres from the outside lane of the track. In order that they may all have a good view of the finish line, an elevated stand should be provided.

(4) Timekeepers shall use manually operated electronic timers with digital readouts.

(5) Times for all finishers should be recorded. In addition, whenever possible, lap times in races of 800m and over, and times at every 1000m in race of 3000m and over, should be recorded by designated members of the Timekeeping team. Such information is particularly useful in the case of a National record claim.

(6) Each Timekeeper shall act independently and without showing the watch to, or discussing the time with, any other person, shall declare the recorded time to the Chief Timekeeper who may examine the watch to verify the reported time, and must do so if a National record claim is involved.

(7) For all hand-timed races on the track, times shall be read to the next longer 1/10th of a second. The times for races held partly or entirely outside the stadium shall be converted to the next longer full second, e.g. for the marathon 2: 09: 44.3s shall be returned as 2: 09: 45. All times not ending in zero in the second decimal shall be rounded to the next longer 1/10th of a second, e.g. 10.11s shall be read as 10.2s.

(8) Unless satisfied that a mistake has been made the Chief Timekeeper shall declare the time in accordance with the following conditions:

(a) If two of the three Timekeepers agree and the third disagrees, the time recorded by the two shall be the official time.

(b) If all three Timekeepers disagree the middle time shall be official.

(c) Should only two times be available and they differ, the longer time shall be official.

(9) In the event of a National record claim the time should be taken by three Graded Timekeepers, each of whom should be at least Level 3. If a fully automatic photo finish system is not in operation they must show their timings to the Chief Timekeeper and certify these times on the appropriate Record Application form.
Fully Automatic Photo finish

(10) Fully automatic photo-finish equipment approved by UK Athletics may be used at any competition.

General Conditions

(11) The photo finish system must record the finish through a camera with a vertical slit, positioned in the extension of the finish line, producing a continuous image when activated. In order to confirm that the camera(s) is/are correctly aligned, and to facilitate the reading of the photo finish image, the intersection of the lane lines and the finish line shall be coloured black in a suitable design. Any such design must be solely confined to the intersection and not extended before the leading edge of the finish line.

(12) The image must be synchronised with a uniformly marked time-scale graduated in 1/100ths of a second.

(13) The times and places must be read from the image with a cursor guaranteeing perpendicularity between the time scale and the reading line.

(14) The photo-finish system must be able to produce a printed picture which shows the time of every competitor.

(15) The timing mechanism shall be started automatically by the Starter’s gun or synchronised with the start signal and the equipment must record the finish times of the athletes automatically.

(16) If the timing mechanism is not started by the signal from the Starter’s gun or approved starting apparatus, the time-scale on the picture produced shall indicate this fact automatically. In this case, the times read from the picture will not, under any circumstances, be considered as official, but the image may be used as a valid support in order to determine places and adjust time intervals between athletes.

(17) Fully automatic photo-finish equipment shall be approved by UK Athletics, based on a test of accuracy made within four years prior to the competition. It shall be started automatically from the Starter’s gun or other approved starting apparatus, so that the overall delay between the report from the muzzle and the start of the timing system is constant and less than one millisecond.

Operation

(18) The Chief Photo finish Judge shall be responsible for the correct functioning of the equipment.

(19) Before the start of the meeting, the Chief Photo-finish Judge will meet the technical staff involved and should supervise the positioning and testing of the equipment.

(20) Where more than one photo-finish cameras is in action, each system should be technically independent, i.e. with different power supplies and recording and relaying the report of the Starter’s gun or approved starting apparatus, by separate equipment and cables.

(21) The Chief Photo-finish Judge, in cooperation with the Referee for track events and the Starter, should, whenever possible, initiate and supervise a control before the start of the meeting, to ensure that the equipment is started automatically by the Starter’s gun or approved starting apparatus, and that it is correctly aligned.

(22) In conjunction with the Assistants, the Chief Photo-finish Judge shall determine the places of the competitors and their respective times. Where a computerised result system is used, the official placings and times of the competitors may be entered directly into the computerised system under the direction of the Chief Photo-finish Judge.

(23) Times from the photo-finish camera shall be regarded as official unless for any reason the Chief Photo-finish Judge decides that they obviously must be inaccurate. If such is the case, the Chief Timekeeper shall provide the times recorded by the back-up Timekeepers in accordance with
(8) above, and these shall be official. Such back-up Timekeepers must be appointed where any possibility exists of failure of the timing device.

(24) Times shall be read from the photo-finish picture as follows:

(a) For all races up to and including 10,000m, the time shall be read and recorded from the photo-finish picture in 1/100th second.

(b) For all races on the track longer than 10,000m, the time shall be read in 1/100th second. All read times not ending in zero shall be converted and recorded to the next longer 1/10th second, e.g. for 20,000m a time of 59m 26.32s shall be recorded as 59m 26.4s.

(c) For all races held partly or entirely outside the stadium, the time shall be read to 1/100th second. All times not ending in two zeros shall be converted to the next longer whole second, e.g. for the Marathon a time of 2h 09m 44.32s shall be recorded as 2h 09m 45s.

(d) The Chief Photo-finish Judge shall consider, where necessary, the actual time recorded in 1/1000ths of a second by a competitor in deciding qualifiers by time.

(25) A timing device which operates automatically at either the start or the finish but not at both, shall be considered to produce neither hand nor fully automatic times and shall not therefore be used to obtain official times.

(26) In the event of a National record claim the Chief Photo-finish Judge shall sign the Record Application form and attach a copy of the photo-finish image. Where such an image is available, no details of the manually recorded backup times are required to be entered on the form.
FIELD EVENTS
RULE 120 GENERAL CONDITIONS

Draws, Trials and Qualifying Rounds

(1) A draw shall be made to decide the order in which competitors shall take their trials and this order should be printed in the programme. The Judges shall have the power to alter this order. Competitors cannot hold over any of their trials to a subsequent round, except in the High Jump and Pole Vault.

(2) If competitors are entered in both a track event and a field event or in more than one field event taking place simultaneously, the Judges may allow them to take their trials in an order different from that decided upon prior to the start of the competition.

(3) In throwing or jumping for distance no competitor is allowed to have more than one trial recorded in any one round of the competition.

(4) Competitors who unreasonably delay making a trial in a field event render themselves liable to having that trial disallowed and recorded as a fault.

(5) It is a matter for the Referee to decide, having regard to all the circumstances, what is an unreasonable delay. The official responsible shall indicate to an athlete that all is ready for the trial to begin, and the period allowed for this trial shall commence from that moment. If an athlete subsequently decides not to attempt a trial, it shall be considered a failure once that period allowed for the trial has elapsed.

For the Pole Vault, the time shall begin when the crossbar has been adjusted according to the previous wishes of the athlete. No additional time will be allowed for further adjustment.

If the time allowed elapses after an athlete has started his trial, that trial should not be disallowed. The following times should not normally be exceeded:

<table>
<thead>
<tr>
<th>Number of athletes left in the competition</th>
<th>High Jump</th>
<th>Pole Vault</th>
<th>Other Events</th>
</tr>
</thead>
<tbody>
<tr>
<td>More than 3</td>
<td>1 min</td>
<td>1 min</td>
<td>1 min</td>
</tr>
<tr>
<td>3 or fewer</td>
<td>1.5 min</td>
<td>2 min</td>
<td>1 min</td>
</tr>
<tr>
<td>Consecutive trials by the same athlete</td>
<td>2 min</td>
<td>3 min</td>
<td>2 min</td>
</tr>
</tbody>
</table>

In the Pole Vault the time shall begin when the uprights have been adjusted to the previously notified wishes of the competitor.

If the time allowed as indicated above elapses after the competitor has started a trial, that trial shall not for that reason be disallowed.

**NOTE:** The time allowed for the first attempt of any athlete on entering the competition shall be one minute.

(6) If in the opinion of the Referee the conditions warrant it, that official shall have power to change the place of the competition in any field event. Such a change should be made only after a round is completed.

(7) If for any reason a competitor is hampered in a trial in a field event, the Referee shall have power to award a substitute trial.

(8) Where in any of the field events the Organisers or the Referee consider it advantageous a qualifying round shall be held prior to the competition proper.

(a) All competitors who reach the prescribed standard in the qualifying round or pool shall compete in the competition proper. If less than the prescribed number of competitors reach the qualifying standard then the leading athletes up to that prescribed number shall take
part in the competition proper; where necessary Rules 121(7), 126(3) or 130(3) shall be used to decide the qualifiers. If a tie for the final place in the competition remains after these Rules have been applied, all those competitors so tying shall be included in the competition proper.

(b) In each qualifying round each competitor shall be allowed three trials (High Jump and Pole Vault excepted) but the performance accomplished shall not be considered part of the competition proper. Once competitors have reached the qualifying standard they shall not take any more trials.

(9) If qualifying rounds or pools are held the order for taking trials in the competition proper shall be determined by a fresh draw. When in accordance with the Rules the best competitors are allowed three more trials, they shall take their trials in the same order as was drawn for the first three rounds.

(10) In any athletics meeting competitors shall be excluded from participating in further events, including relays, when they have qualified in preliminary rounds (including qualifying rounds or pools in field events) or heats for further participation in any event but then do not compete further without giving a valid reason to the Referee. If a meeting extends over more than one day the exclusion shall apply to all subsequent events of the meeting.

NOTE: This is not to be read as infringing the rights of competitors qualified under Rules 126(1)(b) or 130(1)(b) from opting out of one or more of their additional trials since they have already qualified for inclusion in the final result.

(11) Once a competition has begun competitors are not permitted to use runways or take-off areas for practice or warm up purposes nor are they permitted to use throwing sites for practice trials, with or without implements.

NOTE: In the Long and Triple Jumps, and in the Pole Vault, athletes may request that a line be laid down alongside the runway, using tape which is a maximum of 5cm in width and 10cm in length. For the Long & Triple Jumps, this line is to be placed at 3m from the scratch line and for the Pole Vault at 5m from the zero mark. If more than one take-off board is to be used for the Triple Jump, it shall only be placed for the board further (furthest) from the landing area.
VERTICAL JUMPS
(HIGH JUMP AND POLE VAULT)

RULE 121 GENERAL CONDITIONS

(1) Unless such details are specified in the programme, the Judge shall decide the height at which the competition shall start, and the different heights to which the bar will be raised at the end of each round. The competitors shall be informed of the details before the competition begins.

(2) Competitors may commence jumping/vaulting at any of the heights above the minimum height and may jump/vault at their own discretion at any subsequent height. Three consecutive failures, regardless of the height at which any such failure occurs, disqualify from further participation, except in the case of a jump-off of a first place tie.

NOTE: The effect of this Rule is that competitors may forego their second and third jumps/vaults at a particular height (after failing once or twice) and still jump/vault at a subsequent height. If competitors forego a trial at a certain height, they may not make any subsequent attempt at that height except in the resolution of a tie.

(3) Even after all the other competitors have failed, a competitor is entitled to continue until he or she has forfeited the right to compete further, and the best jump/vault shall be recorded as the winning height.

(4) After the competitor has won the competition the height or heights to which the bar is raised shall be decided after the Judge or Referee in charge of the event has consulted the wishes of the competitor.

NOTE: This does not apply for Combined Events Competitions where the increases in height shall be uniformly 3cm in the High Jump and 10cm in the Pole Vault throughout the competition.

(5) All measurements shall be made perpendicularly from the ground to the upper side of the cross-bar where it is lowest. A steel or fibre glass tape should be used. Alternatively a scientific apparatus which has a certificate of accuracy from a nationally recognised standardising organisation may be used. Any measurement of a new height shall be made before competitors attempt that height. In the case of a record claim the officials must check the measurement after the height has been cleared.

NOTE: Judges shall ensure, before commencing the competition, that the underside and front of the cross-bar are distinguishable, and that the bar is always replaced in a similar manner.

(6) (a) The height shall be recorded to the nearest 1cm below the height measured if that distance is not a whole centimetre.

(b) Unless there is only one competitor remaining the bar shall not be raised by less than 2cm in the High Jump or 5cm in the Pole Vault after each round and the increments by which the bar is raised after each round should never increase.

(7) Ties

Ties shall be decided as follows:

(a) The competitor with the lowest number of jumps/vaults at the height at which the tie occurs shall be awarded the higher place.

(b) If the tie still remains, the competitor with the lowest total of failures throughout the competition up to and including the height last cleared shall be awarded the higher place.
EXAMPLE: HIGH JUMP

<table>
<thead>
<tr>
<th></th>
<th>1.67m</th>
<th>1.72m</th>
<th>1.75m</th>
<th>1.78m</th>
<th>1.80m</th>
<th>1.82m</th>
<th>1.84m</th>
<th>Total Failures</th>
<th>Position</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jones</td>
<td>-</td>
<td>x</td>
<td>o</td>
<td>x</td>
<td>-</td>
<td>xxo</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Smith</td>
<td>o</td>
<td>o</td>
<td>o</td>
<td>x-</td>
<td>xo</td>
<td>-</td>
<td>failed</td>
<td>4</td>
<td>2=</td>
</tr>
<tr>
<td>Brown</td>
<td>o</td>
<td>o</td>
<td>x-</td>
<td>o</td>
<td>xxo</td>
<td>xxo</td>
<td>three</td>
<td>5</td>
<td>4</td>
</tr>
<tr>
<td>Black</td>
<td>o</td>
<td>-</td>
<td>-</td>
<td>xxo</td>
<td>xxo</td>
<td>xo</td>
<td>times</td>
<td>5</td>
<td>1</td>
</tr>
</tbody>
</table>

Jones, Smith, Brown and Black all cleared 1.82m and failed at 1.84m

\( o = \text{cleared} \quad x = \text{failed} \quad — = \text{did not jump} \)

(c) If the tie still remains:

(i) If it concerns first place when the conditions under (i) and (ii) above have been applied then, if agreed in advance by the relevant Referee and the Meeting Organiser, the following procedure may be applied:

The competitors tying shall have one more jump/vault at the lowest height at which any of those involved in the tie lost their right to continue jumping/vaulting, and, if no decision is reached, the bar shall be raised, if the tying athletes were successful, or lowered if not, 2cm for the High Jump or 5cm for the Pole Vault. They shall then attempt one jump/vault at each height until one competitor clears a height and the remaining competitor(s) fail at the same height. If athletes decline to jump/vault at a height they automatically forfeit any claim to a higher place.

If this procedure is not adopted then the competitors involved in the tie shall be awarded the same place in the competition.

(ii) If the tie concerns any other place, the competitors shall be awarded the same place in the competition.

NOTE: All competitors shall be credited with the best of all their jumps/vaults including those taken in a jump-off of a first place tie.

RULE 122 HIGH JUMP

(1) Rules 120 and 121 apply.

(2) The uprights or posts shall not be moved during the competition unless the Referee considers the take-off or landing area has become unsuitable. Such a change shall be made only after around has been completed.

(3) Competitors may place no more than two marks to assist them in their run-ups and take-off. Where the competition takes place on a synthetic surface, chalk or similar substances which leave indelible marks must not be used.

(4) The distance of the run-up is unlimited.

(5) It shall be recorded as a failure if:

(a) a competitor takes off from both feet; or
(b) after the jump the bar does not remain on the pegs because of the action of the competitor whilst jumping; or
(c) the competitor touches the ground, including the landing area, beyond the plane of the nearer edge of the uprights either between or outside the uprights with any part of the body, without first clearing the bar. However, if when jumping, a competitor touches the landing
area with afoot and in the opinion of the Judge no advantage is gained, the attempt shall not, for that reason, be considered a failure.

NOTE: To assist the implementation of this Rule a white line 50mm wide should be drawn (usually by adhesive tape or similar material) between points 3m outside of each upright, the nearer edge of the line being drawn along the plane of the nearer edge of the uprights.

RULE 123 HIGH JUMP SPECIFICATIONS

(1) Any style or kind of uprights or posts may be used provided they are rigid. Uprights should be sufficiently tall so as to exceed the respective height to which the cross-bar is raised by a least 10cm.

(2) The distance between the uprights should not be less than 4.0m or more than 4.04m.

(3) The cross-bar shall be of fibre glass or other suitable material.

(a) It shall be of uniform thickness and shall be circular in cross section except for the end pieces. The diameter of the circular part of the cross-bar shall be at least 29mm but not more than 31mm.

(b) The front of the cross-bar should be painted. The length of the crossbar should be not less than 3.98m and not more than 4.02m.

(c) The maximum weight of the cross-bar shall be 2kg.

(d) The end pieces shall be each 30-35mm wide and 15-20cm long for the purpose of resting on the supports of the uprights.

(e) These end pieces shall be circular, or semi circular with one clearly defined flat surface on which the bar rests on the cross-bar supports. This flat surface may not be higher than the centre of the vertical cross section of the cross-bar. They shall be hard and smooth. They may not be covered by any material which has the effect of increasing the friction between them and the supports.

(4) Each peg supporting the cross-bar shall be flat and rectangular, 4cm wide and extending 6cm from the uprights in the direction of the opposite upright. The supports must be firmly fixed to the uprights and be without any kind of spring. The supports may not be covered with rubber or with any other material which has the effect of increasing the friction between the surface of the cross-bar and the supports. The ends of the cross-bar shall rest on the pegs in such a manner that it easily falls to the ground, either forwards or backwards, if touched by the competitor. There shall be a space of at least 1cm between the ends of the cross-bar and the uprights.

(5) The ground round the take-off should be level but a maximum inclination of 1:250 in the last 15m of the runway is permitted in the case of a synthetic take-off area.

NOTE: The landing area should be placed so the athlete’s approach is up any inclination.

(6) The minimum length of the runway shall be 15m but 25m is desirable if conditions permit.

(7) The landing area should measure at least 5m long (that is at the take off side) by 3m wide. The minimum depth of the landing area shall be 60cm.
NOTE: The uprights and landing areas shall be so designed that there is a clearance of at least 10cm between them when in use to avoid displacement of the cross-bar through movement of the landing area causing contact with the uprights.

RULE 124 POLE VAULT

(1) Rules 120 and 121 apply.

(2) No marks may be placed on the runways, but a competitor may place marks alongside the runway.

(3) The distance of the run-up is unlimited.

(4) Competitors may have the cross-bar moved in the direction of the landing area so that the edge of the cross-bar nearest the athlete can be positioned at any point from that directly above the inside back of the box to a point 80cms in the direction of the landing area.

NOTE: A white line 1cm wide may be drawn at right angles to the axis of the runway at the level of the inside edge of the top of the box. This line should be prolonged as far as the outside edge of the uprights.

(5) The take-off for the pole vault shall be from a wooden or metal box. Competitors are permitted to place sand in the box when it is their turn to vault.

(6) It shall be recorded as a failure if:
   (a) after the vault the bar does not remain on the pegs because of the action of the competitor whilst vaulting; or
   (b) the competitor touches the ground, including the landing area beyond the vertical plane of the upper part of the box, with any part of the body or with the pole, without first clearing the bar; or
   (c) the competitor, at the moment of making a vault, or after leaving the ground, places the lower hand above the upper one, or moves the upper hand higher up on the pole; or
   (d) during the vault the competitor steadies or replaces the bar with a hand(s).

NOTE 1: It is not a foul if the competitor runs outside the white lines marking the runway at any point.

NOTE 2: It is not a failure if the pole touches the vaulting pad, in the course of an attempt, after properly being planted in the box.
(7) No one should touch the pole unless it is falling away from the bar or uprights; if it is so touched and the Referee or Judge is of the opinion it would have dislodged the bar so that it fell from the pegs the vault shall be recorded as a failure.

(8) Competitors may use their own poles. No competitor shall use another’s pole except with the consent of the owner.

(9) The pole may be of any material or combination of materials and any length or diameter, but the basic surface must be smooth. The pole may have protective layers of tape at the grip and at the bottom end.

(10) Athletes may, during the competition, place a substance on their hands or on the pole, in order to obtain a better grip. The use of gloves is permitted.

(11) If in making an attempt the competitor’s pole is broken it shall not be counted as a failure and the vaulter shall be awarded a new trial.

**RULE 125 POLE VAULT SPECIFICATIONS**

(1) Any style or kind of uprights or posts may be used provided they are rigid. Where necessary, an adaptor, which is rigidly fixed and allows the bar to be set to heights below the normal limits of that upright or post, may be used.

(2) The distance between the uprights, or between extension arms where such are used, should be not less than 4.30m or more than 4.37m wide.

(3) The cross-bar shall be made of fibre glass or other suitable material.

   (a) It shall be of uniform thickness and shall be circular in cross section except for the end pieces. The diameter of the circular part of the cross-bar shall be at least 29mm but not more than 31mm.

   (b) The front of the cross-bar should be painted. The length of the crossbar should be not less than 4.48m and not more than 4.52m.

   (c) The maximum weight of the cross-bar shall be 2.25kg.

   (d) The end pieces shall be each 30-35mm wide and 15-20cm long for the purpose of resting on the supports of the uprights.

   (e) These end pieces shall be circular, or semi circular with one clearly defined flat surface on which the bar rests on the cross-bar supports. This flat surface may not be higher than the centre of the vertical cross section of the cross-bar. They shall be hard and smooth. They may not be covered by any material which has the effect of increasing the friction between them and the supports.

(4) The pegs supporting the cross-bar shall extend horizontally not more than 5.5cm from the face of the uprights on the side further from the runway and must be without notches or indentations of any kind. The pegs must be of uniform thickness throughout and not more than 13mm in diameter. The pegs may not be covered with any material which has the effect of increasing the friction with the ends of the bar. The vertical peg backings, which shall also be smooth and be constructed in a way that the crossbar cannot rest on the top of them, may extend 35mm - 40mm above the pegs.

(5) As an alternative to (4) above, the pegs supporting the cross-bar may be placed upon extension arms permanently fixed to the uprights thus allowing the uprights to be placed wider apart without increasing the length of the cross-bar.

(6) The box in which to plant the pole may be of wood or metal sunk level with the runway and shall be 1 metre in length, measured along the inside of the bottom of the box, 60cm in width at the front end tapering to 15cm in width at the bottom of the stop board, where it shall be 20cm in depth. The box should be constructed in such a manner that the sides slope outwards and end next to the stop board at an angle of approximately 120 degrees to the base. If the box is constructed of wood, the bottom shall be lined with 2.5mm sheet metal for a distance of 80cm from the front of the box.
NOTE: An athlete may place padding around the box for additional protection during any of his trials. The placement of such equipment shall be done within the time allowed for the athlete’s trial and shall be removed by the athlete immediately after his trial is completed.

(7) The runway should be level and its minimum length should be 40m but 45m is desirable if conditions permit. For record purposes the maximum lateral inclination of the runway must not exceed 1:100 and in the last 40m of the runway the overall downward inclination in the direction of running shall not exceed 1:1000. The minimum width of the runway shall be 1.22m and the maximum shall be 1.25m.

(8) The landing area shall measure not less than 5m x 5m, excluding the two protection pads on either side of the box. This measurement does not include the sloping area behind the box. The sides of the landing area nearest to the box shall be placed 10cm to 15cm from the box and shall slope away from the box at an angle of approximately 45 degrees. (A 30 degree angle is acceptable on landing areas in use before 1st April 2006). The protective extensions to the landing bed shall be at least 2m in length. The entire landing area shall be covered by a wear sheet, approximately 50mm deep. The minimum depth of the landing area shall be 80cm.
NOTE: The contours of the bed around the edges of the box should allow for the bending of the lower part of the pole in the direction of the bed. This can be achieved if the bed maintains the angles produced by the box i.e. 105° between the base and the front edge of the box, and 120° between the base and the sides of the box.

Figure 9 - Pole Vault landing area (top and side views)
HORIZONTAL JUMPS  
(LONG JUMP AND TRIPLE JUMP)  
RULE 126 GENERAL CONDITIONS  

(1) The competition may be decided in either of the following ways:  

(a) Each competitor being allowed from three to six trials; or  
(b) Each competitor being allowed three trials and the three to eight best being allowed three more trials (see Rule 120(9)). In the event of a tie for the final place(s), any competitor so tying shall be allowed the three additional trials. (Tying means, in this connection, achieving the same distance and Rule 126(3) should not, therefore, be applied.) To qualify for these further trials the athlete must have achieved a valid performance. The competition conditions must be explained to the competitors before the event begins.  

(2) Competitors shall be credited with the best of all their trials, including jumps taken in resolving a first place tie.  

(3) In the case of a tie, the second best performance of the competitors tying shall determine the result. If the tie remains, the third best jump will be decisive and so on. If the tie still remains and it concerns first place, the competitors so tying shall have such additional extra trials as are required to resolve the tie. If the tie concerns any other place, the competitors shall be awarded the same place in the competition.  

(4) The take-off shall be from a board the edge of which nearer to the landing area shall be called the ‘take-off line’. If a competitor takes off before reaching the board, it shall not for that reason be counted as a failure.  

(5) The minimum length of the runway should be at least 40 metres measured from the end of the runway to the relevant take-off line.  

(6) No marks shall be placed on the runway, but a competitor may place marks alongside the runway. No competitor may place, or cause to be placed, any mark beyond the ‘take-off line’.  

(7) It shall be counted as a failure if any competitor:  

(a) while taking off touches the ground beyond the take-off line or takeoff line extended with any part of the body, whether running up without jumping or in the act of jumping.  
(b) takes off from outside either end of the board, whether beyond or behind the take-off line extended.  
(c) in the course of landing, touches the ground outside the landing area nearer to the takeoff line than the break in the sand to which the measurement of the jump would have been made.  
(d) before leaving the landing area after a completed jump, walks back through the landing area.  
(e) when leaving the landing area makes contact by foot with the ground outside the landing area nearer to the take-off line than the 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.  
(f) employs any form of somersaulting whilst running up or in the act of jumping.  

NOTE 1: It is not a foul if the competitor runs outside the white lines marking the runway at any point.  

NOTE 2: Except as described in 7(b) above, if an athlete takes off before reaching the board it shall not, for that reason, be counted as a failure.
NOTE 3: It is not a failure if an athlete walks back through the landing area after having previously left the landing area in a correct way.

(8) The measurement of the jump shall be made at right angles from the nearest break in the sand in the landing area made by any part of the body of the competitor to the take-off line. Only valid trials shall be measured.

(9) The distance shall be recorded to the nearest 1cm below the distance measured if that distance is not a whole centimetre.

(10) If calibrated measuring equipment is used its accuracy must be checked with a steel tape; otherwise steel or fibre glass tape should be used and the part of the tape showing the distance jumped must be held at the take-off line. Alternatively a scientific apparatus, which has a certificate of accuracy from a nationally recognised standardising organisation may be used.

(11) Whenever possible wind velocity should be measured and recorded.

   (a) The gauge should be set up at 20m from the take-off line, not more than 2m from, and parallel to the edge of the runway and at a height of approximately 1.22m. Where a tubular wind gauge is used the length on either side of the measuring device should be at least twice the diameter of the tube.

   (b) The velocity shall be measured for a period of 5 seconds from the time a competitor passes a mark placed 40m (Long Jump) or 35m (Triple Jump) from the take-off line. If a competitor runs less than 40m or 35m as the case may be, the reading shall be taken from the time the athlete commences the run.

   (c) The wind gauge shall be read in metres per second, rounded to the next higher tenth of a metre per second in the positive direction. (For example, a reading of +2.03m/sec. shall be recorded as +2.1m/sec; a reading of -2.03m/sec. shall be recorded as -2.0m/sec.). (See also Rule 141 (14) and (19).

RULE 127 GENERAL SPECIFICATIONS

(1) A take-off board shall be rigidly fixed in the ground, flush therewith. It shall be made of wood 1.21-1.23m long, 19.8-20.2cm wide and maximum 10cm deep, and painted white.

(2) The runway should be level and at least 40m in length.

(3) The minimum width of the runway shall be 1.22m and the maximum shall be 1.25m.

(4) For record purposes the maximum lateral inclination of the runway shall be 1:100 and in the last 40m of the runway the overall downward inclination in the direction of running shall not exceed 1:1000.

(5) In order that jumps can be measured accurately the sand in the landing area should be moistened before the competition.

(6) The surface of the sand in the landing area should be level with the top of the take-off board.

(7) Immediately beyond the take-off line there shall be placed a rigid board of plasticine or other suitable material for recording the athlete’s footprint in the case of a foot fault. The specifications for the plasticine indicator board are as follows:

   (a) the board shall be rigid, 98-102mm wide and 1.21-1.22m long. At least the 10mm closest to the take-off board shall be covered with plasticine or other suitable material on the top surface.

   (b) the surface shall rise from the level of the take-off board at an angle of 45° in the direction of running to a maximum height above the take-off board of 7mm.

   (c) The board shall be mounted in a recess or shelf in the runway, on the side of the take-off board nearer the landing area. When mounted in this recess, the whole assembly must be sufficiently rigid to accept the full force of the athlete’s foot.
(d) The edges shall either slant at an angle of 45° with the edge nearer to the runway covered with a plasticine layer along its length 1mm thick (see Diagram 1) or shall be cut away such that the recess, when filled with plasticine shall slant at an angle of 45°. (see Diagram 2).

(e) The surface of the board beneath the plasticine shall be of a material in which the spikes of an athlete’s shoe will grip and not skid.

(f) The upper part of the indicator board shall also be covered for the first 10mm approximately and along its entire length by a plasticine layer.

NOTE: The layer of plasticine can be smoothed off by means of a roller or suitably shaped scraper for the purposes of removing the footprints of the competitors.

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Diagram 1–Take-off Board and Plasticine Indicator Board

(8) If it is not possible to install an indicator board as identified in (7) soft earth or damp sand should be sprinkled to a height of 7mm above the level of the take-off board over a width of 10cm beyond the edge of the take-off line. At the take-off line the sand or earth should be raised at an angle of 45° to the height of 7mm.

(9) The landing area should have a minimum width of 2.75m, a maximum width of 3m, and be at least 8m long. It should, if possible, be so placed that the middle of the runway, if extended, would coincide with the middle of the landing area.

NOTE: When the axis of the runway is not in line with the centre of the landing area this shall be achieved by placing a tape which shall delimit a landing area which has the same width on either side of the central axis of the runway prolonged.
RULE 128 LONG JUMP

(1) Rules 120, 126 and 127 apply.

(2) A space of at least 1m but no more than 3m, of a similar surface to the runway, should be left between the take-off board and the landing area.

(3) The distance between the take-off board and the end of the landing area should be at least 10m.

RULE 129 TRIPLE JUMP

(1) Rules 120, 126 and 127 apply.

NOTE: Rule 126(7)(c) does not apply to the normal landings from the hop and step phases.

(2) The hop shall be made so that competitors shall first land upon the same foot with which they shall have taken off, in the step they shall land on the other foot, from which subsequently the jump is performed. It shall not be considered a failure if competitors, during the step phase, touch the ground with the "sleeping" leg.

(3) The ground between the take-off board and the landing area must be level.

(4) The distance between the take-off boards and the leading edge of the landing area should normally be 13m, 11m, 9m and 7m. Where such a board has not been set into the runway and is required a white area of similar dimensions to those in Rule 127(1) should be drawn. It must be appreciated that suitable distances will vary according to the standard of the competition.

(5) Under 13 athletes are not permitted to compete in Triple Jump events.
THROWING EVENTS
RULE 130 GENERAL CONDITIONS

(1) The competition may be decided in either of the following ways:
   (a) Each competitor being allowed from three to six trials; or
   (b) Each competitor being allowed three trials and the three to eight best competitors being allowed three more trials. (See Rule 120(9)). In the event of a tie for the final place(s), any competitor so tying shall be allowed the three additional trials. (Tying means in this connection achieving the same distance and Rule 130(3) should not, therefore, be applied.). To qualify for these further trials the athlete must have achieved a valid performance. The competition conditions must be explained to the competitors before the event begins.

(2) Competitors shall be credited with the best of all their trials, including throws taken in resolving a first place tie. Only valid trials shall be measured.

(3) In the case of a tie, the second best performance of the competitors tying shall determine the result. If the tie remains, the third best throw will be decisive and so on. If the tie remains and it concerns first place, the competitors so tying shall have such additional extra trials as are required to resolve the tie. If the tie concerns any other place, the competitors shall be awarded the same place in the competition.

(4) No competitor may place, or cause to be placed, any mark within the throwing sector.

(5) Competitors may use any implements provided for general use. Subject to any regulations laid down by the Promoting Body, competitors who wish to use their own implements must submit them to the Referee for approval. An athlete shall not use another’s implement without the owner’s prior permission.

NOTE TO MANUFACTURERS: In all cases it is recommended that implements for competition are produced so that the weight is at least 5gm over the minimum weight and no more than 25gm over the minimum weight.

(6) No device of any kind, including the taping of two or more fingers together which in any way assists a competitor when making a throw shall be allowed. If taping is used on the hands and fingers, it may be continuous provided that as a result no two or more fingers are taped together in such a way that the fingers cannot move individually.

NOTE: The use of tape to cover injuries to the hand will be allowed only if the Referee is satisfied on medical or other evidence that the tape is necessary. The use of tape on the wrist will be allowed.

(7) In order to obtain a better grip, competitors are permitted to use an adhesive substance on their hands only except in the Hammer. (See Rule 133(7)).

(8) In order to protect the spine from injury a competitor may wear a belt of leather or some other suitable material.

(9) When markers are used to indicate the best throw of each competitor and to show record distances they shall be placed on a line or tape outside the sector lines.

(10) The throw shall be recorded to the nearest 1cm below the distance measured if that distance is not a whole centimetre.

Measuring Sectors for Throwing Events from a Circle

NOTE: The outer ends of the sector lines should be marked with flags.
NOTE: The landing sector shall be marked with white lines 5cm wide at an angle of 34.92° such that the inner edge of lines, if extended, would pass through the centre of the circle. The 34.92° sector may be laid out accurately by making the distance between two points on the sector lines 20m from the centre of the circle 12m apart. Thus for every 1m from the centre of the circle, the distance across should be 60cm.

**RULE 131 PUTTING THE SHOT**

(1) Rules 120 and 130 apply.

(2) IN ORDER TO AVOID ACCIDENTS THE CENTRAL THROWING AREA OR THE SPECIFIC SAFETY SECTOR MUST BE ROPE OFF AS A UNIT AT A HEIGHT OF APPROXIMATELY 1 METRE. ALTERNATIVELY, SHOT THROWING SECTORS MUST BE ROPE OFF AT A HEIGHT OF APPROXIMATELY 1 METRE AND AT A MINIMUM DISTANCE OF 2 METRES OUTSIDE THE SHOT SECTOR LINES.

(3) Competitors must be given instructions that implements must be thrown during practice only from the circle. Implements must be returned by hand during practice or competition and must not be thrown back to the starting area. The Referee or other appropriate official shall disqualify from competing in the event any athletes who wilfully disobey the above instructions after having their attention drawn to them.

(4) No practice trials shall be allowed after a competition has begun.

(5) Gloves may not be worn. In order to protect the wrist from injury, a competitor may wear a bandage at the wrist.

(6) Competitors must not spray or spread any substance on the surface of a throwing circle nor on their shoes or roughen the surface of the circle.

(7) Competitors must commence the throw from a stationary position within the circle; they may adopt any position they choose.

(8) It shall be a foul throw if the competitor, after stepping into the circle and starting to make the throw, touches with any part of the body, the ground outside the circle, the top of the stop-board or the top of the circle rim. A competitor is allowed to touch the inside of the iron band or stop-board.

(9) The competitor must not leave the circle until the shot has touched the ground. When leaving the circle the first contact with the top of the circle rim or the ground outside the circle must be completely behind the white line which is drawn outside the circle, the rear edge of which runs theoretically through the centre of the circle.
(10) Provided that in the course of a trial the foregoing Rules have not been infringed, a competitor
may interrupt a trial once started, may lay the implement down, may leave the circle, before
returning to a stationary position and beginning a fresh start.

**NOTE:** When leaving the circle the competitor must step out as required in (9). All the moves
permitted by this paragraph shall be included in the maximum time normally allowed for a trial as
given in Rule 120 (5).

(11) The shot shall be put from the shoulder with one hand only. At the time the competitor takes a
stance in the ring to commence a put, the shot shall touch or be in close contact with the neck or
chin and the hand shall not be dropped below this position during the act of putting. The shot must
not be brought behind the line of the shoulders.

**NOTE:** Cartwheeling techniques are not permitted.

(12) In making a put the competitors may rest their feet against but not on top of the stop-board.

(13) A foul throw or letting go of the shot in an attempt shall be reckoned as a trial.

(14) For a valid put the shot must fall completely within the inner edges of the lines marking the
sector set out on the ground so that the radii cross at the centre of the circle. (See diagram and
Note below Rule 130(10)).

(15) All measurements must be made from the nearest edge of the first mark made in the ground by
the shot to the inner edge of the circle rim along a line drawn from the mark to the centre of the
circle.

(16) All measurements should be made immediately after each put. A steel or fibre glass tape
should be used for measurement, and that part of the tape showing the distance put must be held
by the official at the circle. Alternatively, approved datum measurement equipment may be used, as
may a scientific apparatus which has a certificate of accuracy from a nationally recognized
standardising organisation.

(17) The throw shall be recorded to the nearest 1cm below the distance measured if that distance is
not a whole centimetre.

**RULE 132 PUTTING THE SHOT SPECIFICATIONS**

(1) The circle shall be measured from the inside. The surface should be of concrete, asphalt or
some other firm but not slippery material. The surface should be lightly stippled when being laid to
give a rough but not ribbed surface.

(2) The surface of the inside of the circle should be level and 20mm ± 6mm lower than the upper
edge of the ring which should be level with the ground outside.

(3) Circle Rings:

Construction— the rim shall be made of band iron, steel, or other suitable material and be painted
white.

Measurements—(Metal) — the inside diameter of the circle shall measure 2.135m maximum, and
the rim of the circle shall be at least 6mm thick.

(Wood) — the inside diameter of the circle shall measure 2.135m maximum, and the rim of the
circle shall be 7.5mm thick. A tolerance of ± 5mm is permitted for the inside diameter of a circle.

(4) A white line 5cm wide shall be drawn from the top of the circle, extending for at least 75cm on
either side of the circle, the theoretical extension of this line across the circle dividing it into front
and rear halves with the rear edge passing through the centre of the circle.

(5) A portable circle meeting with the specifications above is permissible.
(6) A curved stop-board painted white, 1.21-1.23m long on the inside, 11.2-11.4cm wide and 9.8-10.2cm high in relation to the level of the inside of the circle shall be fixed in the middle of the circumference of the front half of the circle. The board shall curve so that the inside edge coincides with the inner edge of the circle and shall be fixed firmly to the ground.

(7) The shot shall be of solid iron, brass or any metal not softer than brass, or a shell of such metal filled with lead or some other material.

(8) The shot shall be spherical in shape, its surface shall have no roughness and the finish shall be smooth. It shall conform to the following specifications:
NOTE: Weight indicated is the minimum for admission to the competition and for acceptance of records.

Manufacturers are recommended to supply equipment for competition which exceeds the specified weights by at least 5gr.

In these Rules ‘smooth’ implies a normal cast or turned surface which may or may not have been coated with a fine powder, sand blasted, sprayed or painted—such surfaces are ‘orthodox’. Any surface which has been roughened by ribbing, grooving, knurling etc., is not ‘smooth’. No unorthodox surface is permitted.

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| Diameter | Maximum           |             |             |
RULE 133 THROWING THE HAMMER

(1) Rules 120 and 130 apply.

(2) IN ORDER TO AVOID ACCIDENTS ALL THE CENTRAL THROWING AREA OR THE
SPECIFIC SAFETY SECTOR MUST BE ROPED OFF AS A UNIT AT A HEIGHT OF
APPROXIMATELY 1 METRE. ALTERNATIVELY, HAMMER THROWING SECTORS MUST BE
ROPED OFF AT A HEIGHT OF APPROXIMATELY 1 METRE AND TO MAKE A 60° SECTOR
INSIDE WHICH THE HAMMER SECTOR IS CENTRALLY PLACED.

FOR SAFETY REASONS ALL THROWS SHOULD BE PRECEDED BY A WARNING WHICH
SHOULD BE ACKNOWLEDGED BY THE EVENT OFFICIALS BEFORE THE THROW
COMMENCES.

NOTE: Referees are reminded of the need to ensure that discus, hammer and javelin competitions
(including warm-up for these events) are not held at the same time within the central throwing area
when the standard of any of the competitors is likely to create possible danger to the officials
operating within and alongside the respective sectors of these events.

(3) Competitors must be given instructions that implements must be thrown during practice only
from the circle. Implements must be returned by hand during practice or competition and must not
be thrown back to the starting area. The Referee or other appropriate official shall disqualify from
competing in the event any athlete who wilfully disobeys the above instructions after having his/her
attention drawn to them.

(4) No practice trials shall be allowed after a competition has begun.

(5) All throws shall be made from a cage. (See Rule 137).

(6) Gloves may be worn. The gloves must be smooth on back and front, and the tip of the fingers,
other than the thumb, must be exposed.

(7) Competitors must not spray or spread any substance on the surface of a throwing circle nor on
their shoes or roughen the surface of the circle. In order to obtain a better grip competitors are
permitted to use a suitable substance on their hands or gloves only.

(8) Competitors must commence the throw from a stationary position within the circle; they may
adopt any position they choose.

(9) It shall be a foul throw if the competitor, after stepping into the circle and starting to make the
throw, touches with any part of the body the ground outside the circle, or the top of the circle rim. A
competitor is allowed to touch the inside of the iron band.

(10) The competitor must not leave the circle until the hammer has touched the ground. When
leaving the circle the first contact with the top of the circle rim or the ground outside the circle must
be completely behind the white line which is drawn outside the circle, the rear edge of which runs
theoretically through the centre of the circle.

(11) The competitor in the starting position prior to the preliminary swings or turns is allowed to put
the head of the hammer on the ground inside or outside the circle.

(12) It shall not be considered a foul throw if the head of the hammer touches the ground, or the top
of the iron band, when the competitor makes the preliminary swings or turns.

(13) Provided that in the course of the trial the foregoing Rules have not been infringed, a
competitor may interrupt a trial once started, may lay the hammer down, may leave the circle before
returning to a stationary position and beginning afresh trial.

NOTE: When leaving the circle the competitor must step out as required in (10) above. All the
moves permitted by this paragraph shall be included in the maximum time normally allowed for a
trial as given in Rule 120(5).

(14) If the hammer breaks during a throw or while in the air, it shall not be counted as a throw,
provided it was made in accordance with the Rules. If a competitor thereby loses balance and
contravenes any part of this Rule, it shall not be counted as a foul throw and the athlete shall be awarded a new trial.

(15) A foul throw or letting go of the hammer in an attempt shall be reckoned as a trial.

(16) For a valid throw the hammer head must fall completely within the inner edges of the lines marking the sector set out on the ground so that the radii cross at the centre of the circle. (See diagram and Note below Rule 130(10)) The outer ends of the sector should be marked with flags.

*NOTE: If a hammer first hits the cage and then lands within the sector, the throw shall not, for that reason, be considered invalid.*

(17) All measurements must be made from the nearest edge of the mark first made in the ground by the head of the hammer to the inner edge of the circle along a line drawn from the mark to the centre of the circle.

(18) A steel or fibre glass tape should be used for measurement, and that part of the tape showing the distance thrown must be held by the official at the circle. Alternatively, approved datum measurement equipment may be used, as may a scientific apparatus which has obtained a certificate of accuracy from a nationally recognised standardising organisation.

(19) The throw shall be recorded to the nearest 1cm below the distance measured if that distance is not a whole centimetre.

**RULE 134 THROWING THE HAMMER SPECIFICATIONS**

(1) The circle shall be measured from the inside. The surface should be of concrete, asphalt or some other firm but not slippery material. The surface should be lightly stippled when being laid to give a rough but not ribbed surface. The surface of the inside of the circle should be level and 20mm ±6mm lower than the upper edge of the ring which should be level with the ground outside.

*NOTE: Before re-surfacing a circle or laying a new circle, it is important to contact UKA to obtain the latest specifications*

(2) Circle Rings

**Construction** — The rim shall be made of band iron, steel, or other suitable material and be painted white.

**Measurements** — (Metal) — The inside diameter of the circle shall measure 2.135m maximum, and the rim of the circle shall be at least 6mm thick.

(Wood) — The inside diameter of the circle shall measure 2.135m maximum, and the rim of the circle shall be 7.5mm thick.

A tolerance of ± 5mm is permitted for the inside diameter of the circle.

(3) A white line 5cm wide shall be drawn from the top of the circle, extending for at least 75cm on either side of the circle, the theoretical extension of this line across the circle dividing it into front and rear halves with the rear edge passing through the centre of the circle.
(4) A portable circle meeting with these specifications is permissible.

(5) The Hammer:

(i) Head—The head shall be of solid iron, brass or any metal not softer than brass or a shell of such metal filled with lead or other solid material. It must be spherical in shape. If a filling is used this must be inserted in such a manner that it is immovable and that the centre of gravity shall not be more than 6mm from the centre of the sphere.

NOTE: It must be possible to balance the head, less wire and handle on a horizontal, sharp edged, circular orifice 12mm in diameter. (see diagram).

(ii) Wire—The wire shall be a single unbroken and straight length of spring wire not less than 3mm or No.11 Standard Wire Gauge in diameter, or a 4mm diameter 6-stranded wire, the loops of which are prefixed under pressure with a crimping brush, and either shall be such that it cannot stretch appreciably when thrown. The wire may be looped at one or both ends, as a means of attachment.

(iii) The Handle—The handle shall be rigid and without hinging joints of any kind. The total deformation of the handle under a tension load of 3.8kN shall not exceed 3mm. It shall be attached to the wire in such a manner that it cannot be turned within the loop of the wire to increase the overall length of the hammer.

NOTE: Other designs complying with the specifications are acceptable.
(iv) Connections—The wire shall be connected to the head by means of a swivel, which may be either plain or ball-bearing. The handle shall be connected to the wire by means of a loop. A swivel may not be used.

(v) Construction—The hammer shall be so constructed that it cannot elongate appreciably while it is being thrown. It shall conform to the following specifications:

(vi) The handle shall have a symmetric design and may have a curved or straight grip and/or brace with a maximum length inside of 110mm. The minimum handle breaking strength shall be 8kN.
<table>
<thead>
<tr>
<th></th>
<th>SENIOR</th>
<th>JUNIOR</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>MEN</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Weight complete</td>
<td>Minimum 7.26kg</td>
<td>Maximum 121.5cm</td>
</tr>
<tr>
<td>Length of hammer</td>
<td>110mm</td>
<td>130mm</td>
</tr>
<tr>
<td>Diameter of head</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>UNDER 17</strong></td>
<td>UNDER 15</td>
<td></td>
</tr>
<tr>
<td>Weight complete</td>
<td>Minimum 6kg</td>
<td>Maximum 121.5cm</td>
</tr>
<tr>
<td>Length of hammer</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td>Diameter of head</td>
<td>105mm</td>
<td>125mm</td>
</tr>
<tr>
<td><strong>UNDER 13 BOYS</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Weight complete</td>
<td>Minimum 3kg</td>
<td>Maximum 119.5cm</td>
</tr>
<tr>
<td>Length of hammer</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td>Diameter of head</td>
<td>85mm</td>
<td>100mm</td>
</tr>
<tr>
<td><strong>WOMEN</strong></td>
<td>SENIOR &amp; JUNIOR</td>
<td></td>
</tr>
<tr>
<td>Weight complete</td>
<td>Minimum 4kg</td>
<td>Maximum 119.5cm</td>
</tr>
<tr>
<td>Length of hammer</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td>Diameter of head</td>
<td>95mm</td>
<td>110mm</td>
</tr>
<tr>
<td><strong>UNDER 17 WOMEN, UNDER 15 &amp; UNDER 13 GIRLS</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Weight complete</td>
<td>Minimum 3kg</td>
<td>Maximum 119.5cm</td>
</tr>
<tr>
<td>Length of hammer</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td>Diameter of head</td>
<td>85mm</td>
<td>100mm</td>
</tr>
<tr>
<td><strong>MASTERS</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Weight complete</td>
<td>Minimum 7.26kg</td>
<td>Maximum 121.5cm</td>
</tr>
<tr>
<td>Length of hammer</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td>Diameter of head</td>
<td>110mm</td>
<td>130mm</td>
</tr>
<tr>
<td><strong>MEN 35-49</strong></td>
<td>MEN 50-59</td>
<td></td>
</tr>
<tr>
<td>Weight complete</td>
<td>Minimum 6kg</td>
<td>Maximum 121.5cm</td>
</tr>
<tr>
<td>Length of hammer</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td>Diameter of head</td>
<td>105mm</td>
<td>125mm</td>
</tr>
<tr>
<td><strong>MEN 60-69</strong></td>
<td>MEN 70-79</td>
<td></td>
</tr>
<tr>
<td>Weight complete</td>
<td>Minimum 5kg</td>
<td>Maximum 119.5cm</td>
</tr>
<tr>
<td>Length of hammer</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td>Diameter of head</td>
<td>100mm</td>
<td>120mm</td>
</tr>
<tr>
<td><strong>MEN 80 and OVER</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Weight complete</td>
<td>Minimum 3kg</td>
<td>Maximum 119.5cm</td>
</tr>
<tr>
<td>Length of hammer</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td>Diameter of head</td>
<td>85mm</td>
<td>100mm</td>
</tr>
<tr>
<td><strong>WOMEN 35-49</strong></td>
<td>WOMEN 50-74</td>
<td></td>
</tr>
<tr>
<td>Weight complete</td>
<td>Minimum 4kg</td>
<td>Maximum 119.5cm</td>
</tr>
<tr>
<td>Length of hammer</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td>Diameter of head</td>
<td>95mm</td>
<td>110mm</td>
</tr>
<tr>
<td><strong>WOMEN 75 and OVER</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Weight complete</td>
<td>Minimum 2kg</td>
<td>Maximum 119.5cm</td>
</tr>
<tr>
<td>Length of hammer</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td>Diameter of head</td>
<td>80mm</td>
<td>90mm</td>
</tr>
</tbody>
</table>
NOTE 1: The length of the hammer, complete as thrown, must be measured from the inside of the handle. Weight indicated is the minimum for admission to the competition and for acceptance of records.

NOTE 2: Manufacturers are recommended to supply equipment for competition which exceeds the specified weights by at least 5 gr.

RULE 135 THROWING THE DISCUS

(1) Rules 120 and 130 apply.

(2) IN ORDER TO AVOID ACCIDENTS THE CENTRAL THROWING AREA OR THE SPECIFIC SAFETY SECTOR MUST BE ROPE OFF AS A UNIT AT A HEIGHT OF APPROXIMATELY 1 METRE.

ALTERNATIVELY, DISCUS THROWING SECTORS MUST BE ROPE OFF AT A HEIGHT OF APPROXIMATELY 1 METRE AND TO MAKE A 60° SECTOR INSIDE WHICH THE DISCUS SECTOR IS CENTRALLY PLACED.

FOR SAFETY REASONS ALL THROWS SHOULD BE PRECEDED BY A WARNING WHICH SHOULD BE ACKNOWLEDGED BY THE EVENT OFFICIALS BEFORE THE THROW COMMENCES.

NOTE: Referees are reminded of the need to ensure that discus, hammer and javelin competitions (including warm-up for these events) are not held at the same time within the central throwing area when the standard of any of the competitors is likely to create possible danger to the officials operating within and alongside the respective sectors of these events.

(3) Competitors must be given instructions that implements must be thrown during practice only from the circle. Implements must be returned by hand during practice or competition and must not be thrown back to the starting area. The Referee or other appropriate official shall disqualify from competing in the event any athletes who willfully disobey the above instructions after having their attention drawn to them.

(4) No practice trials shall be allowed after a competition has begun.

(5) All throws shall be made from a cage. (see Rule 137).

(6) Gloves may not be worn.

(7) Competitors must not spray or spread any substance on the surface of a throwing circle nor on their shoes or roughen the surface of the circle.

(8) Competitors must commence the throw from a stationary position within the circle; they may adopt any position they choose.

(9) It shall be a foul throw if the competitor, after stepping into the circle and starting to make the throw, touches with any part of the body the ground outside the circle, or the top of the circle rim. A competitor is allowed to touch the inside of the iron band.

(10) The competitor must not leave the circle until the discus has touched the ground. When leaving the circle the first contact with the top of the circle rim or the ground outside the circle must be completely behind the white line which is drawn outside the circle, the rear edge of which runs theoretically through the centre of the circle.

(11) Provided that in the course of a trial the foregoing Rules have not been infringed, a competitor may interrupt a trial once started, may lay down the discus, may leave the circle before returning to a stationary position and beginning a fresh trial.

NOTE: When leaving the circle the competitor must step out as required above. All the moves permitted by this paragraph shall be included in the maximum time normally allowed for a trial as given in Rule 120(5)).

(12) A foul throw or letting go of the discus in an attempt shall be reckoned as a trial. If a discus breaks during a fair throw it shall not be counted as a trial.
(13) For a valid throw the discus must fall completely within the inner edges of the lines marking the sector set out on the ground so that the radii cross at the centre of the circle. (See diagram and Note below Rule 130(10)) The outer ends of the sector should be marked with flags.

NOTE: If a discus first hits the cage and then lands within the sector, the throw shall not, for that reason, be considered invalid.

(14) All measurements must be made from the nearest edge of the mark first made in the ground by the discus to the inner edge of the circle along a line drawn from the mark to the centre of the circle.

(15) A steel or fibre glass tape should be used for measurement, and that part of the tape showing the distance thrown must be held by the official at the circle. Alternatively approved datum measurement equipment may be used, as may a scientific apparatus which has obtained a certificate of accuracy from a nationally recognised standardising organisation.

(16) The throw shall be recorded to the nearest 1cm below the distance measured if that distance is not a whole centimetre.

RULE 136 THROWING THE DISCUS SPECIFICATIONS

(1) The circle shall be measured from the inside. The surface should be of concrete, asphalt, or some other firm but not slippery material. The surface should be lightly stippled when being laid to give a rough but not ribbed surface.

(2) The surface of the inside of the circle should be level and 20mm ± 6mm lower than the upper edge of the ring which should be level with the ground outside.

(3) Circle rings:

Construction — The rim shall be made of band iron, steel, or other suitable material and be painted white.

Measurements — (Metal) — The inside diameter of the circle shall measure 2.50m maximum, and the rim of the circle shall be at least 6mm thick (Wood) — The inside diameter of the circle shall measure 2.50m maximum, and the rim of the circle shall be 7.5mm thick. A tolerance of ±5mm is permitted for the inside diameter of a circle.
(4) A white line 5cm wide shall be drawn from the top of the circle, extending for at least 75cm on either side of the circle, the theoretical extension of this line across the circle dividing it into front and rear halves with the rear edge passing through the centre of the circle.

(5) A portable circle meeting with the specifications above is permissible.

(6) The body of the discus may be solid or hollow and shall be made of wood, or other suitable material, with a metal rim, the edge of which shall be circular. The discus, including the surface of the rim, shall have no roughness and the finish shall be smooth and uniform throughout. The cross-section of the edge shall be rounded in a true circle having a radius of approximately 6mm. Circular plates set flush into the side of the body and in the exact centre of the discus may be used to secure the weight. Both sides shall be identical and shall have no indentations, projecting points or sharp edges. The sides shall taper in a straight line from the beginning of the curve of the rim to a circle of a radius of 25mm to 28.5mm from the centre of the discus.

(7) A discus can also be made of other materials without metal plates so long as the measurements and the weight correspond to the specifications.
(8) The discus shall conform to the following specifications:

<table>
<thead>
<tr>
<th></th>
<th>WEIGHT</th>
<th>OUTER DIA. OF METAL RIM</th>
<th>DIA. OF METAL PLATES</th>
<th>THICKNESS AT CENTRE</th>
<th>THICKNESS OF RIM AT 6mm FROM THE EDGE</th>
</tr>
</thead>
<tbody>
<tr>
<td>MEN</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>SENIORS</td>
<td>2kg</td>
<td>219mm 221mm 50mm 57mm</td>
<td>44mm 46mm 12mm 13mm</td>
<td></td>
<td></td>
</tr>
<tr>
<td>JUNIORS</td>
<td>1.75kg</td>
<td>210mm 212mm 50mm 57mm</td>
<td>41mm 43mm 12mm 13mm</td>
<td></td>
<td></td>
</tr>
<tr>
<td>UNDER 17</td>
<td>1.5kg</td>
<td>200mm 205mm 50mm 57mm</td>
<td>37mm 42mm 12mm 13mm</td>
<td></td>
<td></td>
</tr>
<tr>
<td>UNDER 15</td>
<td>1.25kg</td>
<td>180mm 182mm 50mm 57mm</td>
<td>37mm 39mm 12mm 13mm</td>
<td></td>
<td></td>
</tr>
<tr>
<td>UNDER 13</td>
<td>1kg</td>
<td>180mm 182mm 50mm 57mm</td>
<td>37mm 39mm 12mm 13mm</td>
<td></td>
<td></td>
</tr>
<tr>
<td>WOMEN (all age groups except Under 13's and Over 75's)</td>
<td>1kg</td>
<td>180mm 182mm 50mm 57mm</td>
<td>37mm 39mm 12mm 13mm</td>
<td></td>
<td></td>
</tr>
<tr>
<td>UNDER 13 &amp; Over 75</td>
<td>0.75kg</td>
<td>145mm 170mm 50mm 57mm</td>
<td>25mm 35mm 10mm 11mm</td>
<td></td>
<td></td>
</tr>
<tr>
<td>MASTERS</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Men 35-39</td>
<td>2kg</td>
<td>219mm 221mm 50mm 57mm</td>
<td>44mm 46mm 12mm 13mm</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Men 50-59</td>
<td>1.5kg</td>
<td>200mm 205mm 50mm 57mm</td>
<td>37mm 42mm 12mm 13mm</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Men 60 and over</td>
<td>1kg</td>
<td>180mm 182mm 50mm 57mm</td>
<td>37mm 39mm 12mm 13mm</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Women 35 and over</td>
<td>1kg</td>
<td>180mm 182mm 50mm 57mm</td>
<td>37mm 39mm 12mm 13mm</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

NOTES: Weight indicated is the minimum for admission to the competition and for acceptance of records.

Manufacturers are recommended to supply equipment for competition which exceeds the specified weights by at least 5gr.
RULE 137 CAGES FOR HAMMER AND DISCUS

Hammer Throwing Cage

(1) All hammer throws shall be made from an enclosure or cage to ensure the safety of spectators, officials and competitors. Advice is available on request from UK Athletics.

(2) The cage should be designed, manufactured and maintained so as to be capable of stopping a 7.26kg hammer head, 110mm in diameter, moving at a speed of up to 29 metres per second. The uprights for all cages should be erected in sockets concreted permanently into the ground and so designed that an alignment pin points the gallows arm in the right direction. Staying wires should not be used. The arrangement should be such that there is no danger of the implement ricocheting or rebounding back towards the athlete or over the top of the cage. Provided that it satisfies all the requirements of this rule, any form of cage design and construction can be used.

(3) The cage should be U-shaped in plan, consisting of a minimum of netting panels each having a minimum width of 2.74m as shown in the diagram. The width of the mouth should be 6m, positioned 4.2m in front of the centre of the throwing circle. The end points of the 6m wide mouth shall be the inner edge of the cage netting. The minimum height of these netting panels shall be 7m.

Provision should be made in the design and construction of the cage to prevent a hammer forcing its way through any joints in the cage or the netting. In addition, provision should be made to prevent a hammer sliding along the ground underneath the netting.

(4) Two movable gate panels shall be provided at the front of the cage, only one of which will be operative at a time. The minimum height of the panels shall be 9m.

NOTES:

I) The left hand panel is shown in the diagram, in position for the cage to be used by a right hand thrower. The end position for the right gate panel is also shown on the diagram. i.e. So that the panel is parallel to the sector line.

II) Left gate panel is shown in diagrams 1 & 2 in position for the cage to be used by a right hand thrower. The right gate panel must be parallel to the sector as shown in diagrams 1 & 2.

III) When in operation, the gate panel must be exactly in the position shown in the diagram, i.e. 1.12m from the centre line of the sector. Provision must therefore be made in the design of the gate panels to lock them in the operative position. It is recommended that the operative positions of the gate panels are marked, either temporarily or permanently, on the ground.

IV) The construction of these gate panels and their operation depends on the overall design of the cage and can be by sliding, hinging on a vertical or horizontal axis or dismounting. The only firm requirements are that the panel in operation must be fully able to stop any hammer striking it and there must be no danger of a hammer being able to force its way between the fixed and movable panels.

V) Where the discus is thrown from a cage with concentric circles, the centre of which is 4.20m behind the 6m opening, the movable netting panels shall be positioned so that they pass through a point which is 6.12m in front of the centre of the circle and 3.56m from the centre line of the sector.
Cage for hammer or discus using concentric circles showing open position of moveable netting panels when used for discus. See diagram 1 & 2 for positions of panels for hammer.
(5) The netting for the cage can be made from suitable natural or synthetic fibre cord, or alternatively, from mild steel wire. The maximum mesh size shall be 50mm wire and 44mm for cord netting. The minimum size of cord or wire depends critically on the construction of the cage, but the minimum breaking strain should be at least 130kg. In order to ensure the continued safety of the cage, the netting should be inspected at least every 12 months.

(6) Where it is desired to use the same cage for discus throwing, the installation can be adapted in two alternative ways. Most simply, a 2.135/2.5m concentric circle may be fitted, but this involves using the same surface in the circle for hammer and discus throwing.

Where it is desired to have separate circles for hammer and discus, the two circles must be placed one behind the other with the centres 2.37m apart on the centre line of the throwing sector and with the hammer circle at the front. The shape of the rear of the cage must then be enlarged using a minimum of 8 netting panels each having a minimum width of 2.83m, and two gate panels each having a minimum width of 2.00m as shown on the diagram. The minimum height of the two types of panel for this enlarged cage shall be exactly the same as for the standard cage identified above.

(7) The safety of the hammer cage installation is very dependent on the position and alignment in the arena. The maximum danger sector for all throws, including both left and right handed throwers, is approximately 85°.

NOTE: The key safety and control dimensions of the cage are:

(i) The 6m spacing between the netting at the front of the cage.
(ii) The gates should be placed so that when in use they extend to a point 1.12m from the centre line of the sector.

Discus Throwing Cage (corresponds with ‘Hammer Throwing Cage’ at beginning of Rule 137)

(8) All discus throws shall be made from an enclosure or cage to ensure the safety of spectators, officials and competitors. The cage specified in this Rule is intended for use in a stadium. In training areas a much simpler construction may be satisfactory. Advice is available on request from UK Athletics.

NOTE: For safety reasons the standard layout of tracks only permits one position within the arena for the siting of the Hammer/Discus cage. Therefore it is suggested that a combined cage for both Hammer and Discus is used, with a concentric circle, to allow both these events to take place from the same cage. The recommended position for the cage is located near the 1500 metres start.

(9) The cage should be designed, manufactured and maintained so as to be capable of stopping a 2kg discus moving at a speed of up to 25 metres per second. The arrangement should be such that while stopping the discus there is no danger of it ricocheting off fixed members of the cage, back towards the athlete or over the top of the net. Provided that it satisfies all the requirements of this rule, any form of cage design and construction can be used.

(10) The cage should be U-shaped in plan, consisting of a minimum of 6 panels of netting each having a minimum width of 3.17m as shown in the diagram. The width of the mouth should be 6m, positioned 5m in front of the centre of the throwing circle. The end points of the 6m wide mouth shall be the inner edge of the pivoted netting. The minimum height of the netting panels should be at least 4m. Provision should be made in the design of the cage to prevent a discus forcing its way through any joints in the cage or the netting or underneath the netting.

(11) The netting for the cage can be made from suitable natural or synthetic fibre cord or alternatively, from mild steel wire. The maximum mesh size shall be 50mm wire and 44mm for cord netting. The minimum size of cord or wire depends critically on the construction of the cage, but the minimum breaking strain should be at least 40kg.

In order to ensure the continued safety of the cage, the steel netting should be inspected after every 12 months continuous service.
(12) The maximum danger sector for discus throws from this cage is approximately 98°, including both right and left-handed throwers. The position and alignment of the cage in the arena is, therefore, critical for its safe use.

**RULE 138 THROWING THE JAVELIN**

(1) Rules 120 and 130 apply.

(2) In order to avoid accidents the central throwing area or the specific safety sector must be roped off as a unit at a height of approximately 1 metre.

Alternatively, javelin throwing sectors must be roped off at a height of approximately 1 metre and to make a 50° sector inside which the javelin sector is centrally placed.

For safety reasons all throws should be preceded by a warning which should be acknowledged by the event officials before the throw commences.

**NOTE: Referees are reminded of the need to ensure that discus, hammer and javelin competitions (including warm-up for these events) are not held at the same time within the central throwing area when the standard of any of the competitors is likely to create possible danger to the officials operating within and alongside the respective sectors of these events.**

(3) Competitors must be given instructions that implements must be thrown during practice only from the arc. Implements must be returned by hand during practice or competition and must not be thrown back to the starting area. The Referee or other appropriate official shall disqualify from competing in the event any athletes who wilfully disobey the above instructions after having their attention drawn to them.

(4) No practice throws shall be allowed after the competition has begun.

(5) Gloves may not be worn, but an elbow protection is allowed.

(6) The javelin must be held with one hand only, and at the grip, so that the little (or fourth) finger is nearest to the point.

(7) No marks shall be placed on the runway but the competitors may place marks at the side of the runway.

(8) It is foul if the competitor touches with any part of the body the lines which mark the runway or the ground outside in the course of an attempt. (See also (14) below)

(9) The javelin shall be thrown over the shoulder or upper part of the throwing arm, and must not be slung or hurled.

(10) Whilst in the act of running up and releasing the javelin athletes shall not at any time turn completely around so that their back is towards the throwing arc.

(11) Non-orthodox styles are not permitted.

(12) It is a foul if the competitor steps on or beyond the arc or extended scratch line on the ground marked ‘N’ on the diagram below.

(13) A throw shall be valid only if the tip of the metal head strikes the ground before any other part of the javelin.

(14) (a) The competitor shall not leave the runway until the javelin has touched the ground. When leaving the runway, from a standing position, the first contact with the parallel lines or the ground outside the runway must be completely behind the white line of the arc at right angles to the parallel lines.

(b) Once the implement has touched the ground within the sector, an athlete will be considered to have left the runway correctly, upon making contact with or behind a line
(painted, or theoretical and indicated by markers beside the runway) drawn across the runway, four metres back from the end points of the throwing arc. When an athlete is behind that line and inside the runway at the moment the implement touches the ground within the sector the first contact with the parallel lines or the ground outside the runway must be completely behind the white line of the arc at right angles to the parallel lines.

(15) Provided that, in the course of a trial, the foregoing rules have not been infringed, a competitor may interrupt a trial once started, may lay the implement down inside or outside the runway, and may leave the runway as required in the second sentence of (14) above, before returning to the runway to begin a fresh trial.

NOTE: All the moves permitted by this paragraph shall be included in the maximum time allowed for a trial given in Rule 120(5).

(16) A foul throw or letting go of the javelin in an attempt shall be reckoned as a trial. If a javelin breaks during a throw it shall not be counted as a trial, provided that the attempt was made in accordance with the Rules. If the competitor thereby loses balance and as a result contravenes any part of this Rule, it shall not be considered as a foul throw.

(17) The arc must be clearly marked on the ground by chalk or otherwise, and all measurements must be made from the nearer edge of the mark first made in the ground by the tip of the metal head of the javelin to the inside edge of the javelin arc along a line from the point of the fall to the centre of the circle of which the arc is apart.

(18) For a valid throw the javelin must land so that the point from which measurement is to be made is within the inner edges of lines marking the sector out on the ground by extending the lines from the centre of the circle of which the arc is apart, through the points at which the arc joins the lines marking the runway.

(19) A steel or fibre glass tape should be used for measurement, and the part of the tape showing the distance thrown must be held by the official at the arc. Alternatively, approved datum measurement equipment may be used, as may a scientific apparatus which has obtained a certificate of accuracy from a nationally recognised standardising organisation.

(20) The throw shall be recorded to the nearest 1cm below the distance measured if that distance is not a whole centimetre.
To Set Out and Check Sectors for Javelin

O - Centrepoint through which the tape must be taken when measuring the distance of a throw at the Scratch Line.
RULE 139 THROWING THE JAVELIN SPECIFICATIONS

(1) The runway shall be marked by two parallel lines 4m apart, and the throw shall be made from behind an arc of a circle drawn with a radius of 8 metres and a sector angle of 28.96°. Such arc shall consist of a strip painted, or made of wood 7cm in width, painted white and shall be flush with the ground.

(2) The runway shall be level, with a minimum length of 30 metres. The maximum lateral inclination of the runway shall be 1:100 and in the last 20m of the runway the overall downward inclination in the direction of running shall not exceed 1:1000.

(3) The outer ends of the sector lines should be marked with flags. It is recommended that the extremities of the Scratch Line should be marked with small flags.

(4) Construction

(a) The javelin shall consist of three main parts: a head, a shaft and a cord grip. The shaft shall be constructed completely of metal or of another suitable homogeneous material and shall have fixed to it a metal head terminating in a sharp point. If the javelin head is constructed such that a reinforced tip is welded on to the end of the head, it shall be considered acceptable, provided the head is smooth and uniform along the whole of its surface. The surface of the shaft shall have no dimples or pimples, grooves or ridges, holes or roughness and the finish shall be smooth and uniform throughout.

(b) The javelin shall have no mobile parts or other apparatus which during the throw could change its centre of gravity or throwing characteristics.

(c) The grip, which shall cover the centre of gravity, shall not exceed the diameter of the shaft by more than 8mm. It may have a regular non slip pattern surface but without thongs, notches or indentations of any kind. The grip shall be of uniform thickness.

(d) The javelin shall conform to the following specifications:

<table>
<thead>
<tr>
<th>MEN</th>
<th>SENIORS/ JUNIORS</th>
<th>UNDER 17</th>
<th>UNDER 15</th>
<th>UNDER 13</th>
</tr>
</thead>
<tbody>
<tr>
<td>Weight (incl of cord grip)</td>
<td>Min</td>
<td>Max</td>
<td>Min</td>
<td>Max</td>
</tr>
<tr>
<td>800gr</td>
<td>700gr</td>
<td>600gr</td>
<td>400gr</td>
<td></td>
</tr>
<tr>
<td>Length</td>
<td>260cm</td>
<td>270cm</td>
<td>230cm</td>
<td>240cm</td>
</tr>
<tr>
<td>Length of metal head</td>
<td>25cm</td>
<td>33cm</td>
<td>25cm</td>
<td>33cm</td>
</tr>
<tr>
<td>Distance from tip of metal head to centre of gravity</td>
<td>90cm</td>
<td>106cm</td>
<td>83cm</td>
<td>101cm</td>
</tr>
<tr>
<td>Diameter at thickest point</td>
<td>25mm</td>
<td>30mm</td>
<td>22mm</td>
<td>28mm</td>
</tr>
<tr>
<td>Width of whipcord</td>
<td>15cm</td>
<td>16cm</td>
<td>15cm</td>
<td>16cm</td>
</tr>
</tbody>
</table>
### WOMEN

<table>
<thead>
<tr>
<th></th>
<th>SENIORS/ JUNIORS</th>
<th>UNDER 17/ UNDER 15</th>
<th>UNDER 13</th>
</tr>
</thead>
<tbody>
<tr>
<td>Weight (incl of cord grip)</td>
<td>Min 600gr</td>
<td>Max 500gr</td>
<td>Min 400gr</td>
</tr>
<tr>
<td>Length</td>
<td>220cm</td>
<td>230cm</td>
<td>200cm</td>
</tr>
<tr>
<td></td>
<td>210cm</td>
<td>200cm</td>
<td>170cm</td>
</tr>
<tr>
<td></td>
<td>195cm</td>
<td>180cm</td>
<td>195cm</td>
</tr>
<tr>
<td>Length of metal head</td>
<td>25cm</td>
<td>33cm</td>
<td>22cm</td>
</tr>
<tr>
<td></td>
<td>27cm</td>
<td>20cm</td>
<td>20cm</td>
</tr>
<tr>
<td>Distance from tip of metal head to centre of gravity</td>
<td>80cm</td>
<td>92cm</td>
<td>78cm</td>
</tr>
<tr>
<td></td>
<td>88cm</td>
<td>70cm</td>
<td>85cm</td>
</tr>
<tr>
<td>Diameter at thickest point</td>
<td>20mm</td>
<td>25mm</td>
<td>20mm</td>
</tr>
<tr>
<td>Width of whipcord</td>
<td>14mm</td>
<td>15mm</td>
<td>13.5mm</td>
</tr>
<tr>
<td>MASTERS</td>
<td>MEN 35 - 49</td>
<td>MEN 50 - 59</td>
<td>MEN 60 - 69</td>
</tr>
<tr>
<td>Weight (incl of cord grip)</td>
<td>Weight WOMEN 35 - 49</td>
<td>800gm</td>
<td>700gm</td>
</tr>
<tr>
<td></td>
<td>WOMEN 50 - 59</td>
<td>WOMEN 60+</td>
<td>600gm</td>
</tr>
<tr>
<td></td>
<td>500gm</td>
<td>400gm</td>
<td>500gm</td>
</tr>
<tr>
<td></td>
<td>400gm</td>
<td>400gm</td>
<td>400gm</td>
</tr>
</tbody>
</table>

**NOTE:** Weight indicated is the minimum for admission to the competition and for acceptance of records. Manufacturers are recommended to supply equipment for competition which exceeds the specified weights by at least 5gr.

(e) The tapering of the javelin to the tip of the metal head shall be such that the angle of the point shall be not more than 40°. The diameter, at a point 150mm from the tip shall not exceed 80% of the maximum diameter of the shaft. At the mid-point between the centre of gravity and the tip of the metal head, the diameter shall not exceed 90% of the maximum diameter of the shaft.

**NOTE:** The extreme point of the javelin may be accepted as 'sharp' and within the maximum angle of 40° provided that the rounding off or flattening due to wear or manufacturing tolerances does not exceed a diameter of 2.5mm.

(f) The tapering of the shaft to the tail at the rear shall be such that the diameter, at the mid-point between the centre of gravity and the tail, shall not be less than 90% of the maximum diameter of the shaft. At a point 150mm from the tail, the diameter shall not be less than 40% of the maximum diameter of the shaft. The diameter of the shaft at the end of the tail shall not be less than 3.5mm.

(g) The cross-section of the javelin shall be regularly circular throughout.

**NOTE:** While the cross-section should be circular, a maximum difference between the largest and the smallest diameter of 2% is permitted. The mean value of these two diameters must correspond to the specifications of circular javelin.

(h) The maximum diameter of the shaft shall be immediately in front of the grip. The central portion of the shaft, including the part under the grip, may be cylindrical or slightly tapered towards the rear but in no case may the reduction in diameter, from immediately in front of the grip to immediately behind, exceed 0.25mm.
(i) From the grip, the javelin shall taper regularly to the tip at the front and the tail at the rear. The longitudinal profile from the grip to the front tip and the tail shall be straight or slightly convex, and there must be no abrupt alteration in the overall diameter, except immediately behind the head and at the front and rear of the grip, throughout the length of the javelin. At the rear of the head, the reduction in diameter may not exceed 2.5mm and this departure from the longitudinal profile requirements may not extend more than 300mm behind the head.

NOTE: The shape of the longitudinal profile may be quickly and easily checked using a metal straight edge at least 500mm long and two feeler gauges 0.20mm and 1.25mm thick. For slightly convex sections of the profile, the straight edge will rock while being in firm contact with a short section of the javelin.

For straight sections of the profile, with the straight edge held firmly against it, it must be impossible to insert the 0.20mm gauge between the javelin and the straight edge anywhere over the length of contact. This shall not apply immediately behind the joint between the head and the shaft. At this point it must be impossible to insert the 1.25mm gauge.
### International Javelin

#### Lengths (all dimensions mm)

<table>
<thead>
<tr>
<th>Serial</th>
<th>Detail</th>
<th>Men</th>
<th>Women</th>
</tr>
</thead>
<tbody>
<tr>
<td>LO</td>
<td>Overall</td>
<td>2700</td>
<td>2600</td>
</tr>
<tr>
<td>L1</td>
<td>Tip to C of G</td>
<td>1060</td>
<td>900</td>
</tr>
<tr>
<td>1/2L1</td>
<td>Half L1</td>
<td>530</td>
<td>450</td>
</tr>
<tr>
<td>L2</td>
<td>Tail to C of G</td>
<td>1800</td>
<td>1540</td>
</tr>
<tr>
<td>1/2L2</td>
<td>Half L2</td>
<td>900</td>
<td>770</td>
</tr>
<tr>
<td>L3</td>
<td>Head</td>
<td>330</td>
<td>250</td>
</tr>
<tr>
<td>L4</td>
<td>Grip</td>
<td>160</td>
<td>150</td>
</tr>
</tbody>
</table>

#### Diameters (all dimensions mm)

<table>
<thead>
<tr>
<th>Serial</th>
<th>Detail</th>
<th>Men</th>
<th>Women</th>
</tr>
</thead>
<tbody>
<tr>
<td>D0</td>
<td>In front of grip</td>
<td>30</td>
<td>25</td>
</tr>
<tr>
<td>D1</td>
<td>At rear of grip</td>
<td>---</td>
<td>DO-0.25</td>
</tr>
<tr>
<td>D2</td>
<td>150mm from tip</td>
<td>0.8 DO</td>
<td>0.8 DO</td>
</tr>
<tr>
<td>D3</td>
<td>At rear of head</td>
<td>---</td>
<td>---</td>
</tr>
<tr>
<td>D4</td>
<td>Immediately behind head</td>
<td>---</td>
<td>D3-2.5</td>
</tr>
<tr>
<td>D5</td>
<td>Half way tip to C of G</td>
<td>0.9 DO</td>
<td>0.9 DO</td>
</tr>
<tr>
<td>D6</td>
<td>Over grip</td>
<td>DO + 8</td>
<td>DO + 8</td>
</tr>
<tr>
<td>D7</td>
<td>Half way tail to C of G</td>
<td>---</td>
<td>0.9 DO</td>
</tr>
<tr>
<td>D8</td>
<td>150mm from tail</td>
<td>---</td>
<td>0.4 DO</td>
</tr>
<tr>
<td>D9</td>
<td>At tail</td>
<td>---</td>
<td>3.5</td>
</tr>
</tbody>
</table>
RULE 140 COMBINED EVENTS

(1) (a) The Outdoor Pentathlon for Senior Men consists of five events which shall be held on one day in the following order: Long Jump, Throwing the Javelin, 200 metres, Throwing the Discus and 1500 metres.

(b) The Outdoor Pentathlon for Under 15 Boys consists of five events which may be held on one day, or on two consecutive days in the following order: 80 metres Hurdles, Putting the Shot, Long Jump, High Jump, 800 metres.

(c) The Outdoor Pentathlon for Senior Women consists of five events which shall be held on one day in the following order: 100 metres Hurdles, Putting the Shot, High Jump, Long Jump, 800 metres.

(d) The Outdoor Pentathlon for Under 15 Girls consists of five events which should be held on one day or on two consecutive days in the following order: Long Jump, 75 metres Hurdles, Putting the Shot, (break of one hour), High Jump, 800 metres.

NOTE: If practicable, there should be at least a 30minute break between events. If the Pentathlon is held on one day the competition should be split into two sessions with a break of one hour between each session.

(2) The Hexathlon for Under 15 Girls consists of six events which shall be held over two days; 75 metres Hurdles (which shall begin the first day), Long Jump, Throwing the Javelin, High Jump, Putting the Shot, 800 metres (which shall be the final event).

(3) (a) the outdoor Heptathlon for Senior and Junior Women consists of seven events which shall be held on two consecutive days in the following order: first day: 100 metres Hurdles, High Jump, Putting the Shot, 200 metres. Second day: Long Jump, Throwing the Javelin, 800 metres.

(b) The Outdoor Heptathlon for Under 17 Women shall consist of the same events as in (a) but the hurdle event shall be those relating to this age group and the order of events shall be flexible.

NOTE: Rest periods shall be as those noted in (1) above. No claim for a Senior or Junior record will be considered if the order of events differs from that above. (4)

(4) (a) the Outdoor Octathlon for Under 17 men shall consist of the following eight events held over two days: High Jump, Long Jump, Putting the Shot, Throwing the Discus, Throwing the Javelin, 100 metres Hurdles, 400 metres (which shall conclude the first day’s programme) and 1500 metres (which shall be the final event).

(b) The Outdoor Octathlon for Under 15 Boys shall consist of the following eight events held over two days: 100 metres (which shall begin the first day), 80 metres Hurdles, High Jump, Pole Vault, Throwing the Discus, Throwing the Javelin, 400 metres (which shall conclude the first day’s programme), and 1000 metres (which shall be the final event).

(5) (a) the Outdoor Decathlon for Men consists of ten events which shall be held on two consecutive days in the following order: first day: 100 metres, Long Jump, Putting the Shot, High Jump, 400 metres. Second day: 110 metres Hurdles, Throwing the Discus, Pole Vault, Throwing the Javelin, 1500 metres.

(b) The Outdoor Decathlon for Women consists of ten events which shall be held on two consecutive days in the following order: First day: 100m, Discus, Pole Vault, Javelin, 400m. Second day: 100m Hurdles, Long Jump, Shot Put, High Jump, 1500m.

NOTE: At the discretion of the organisers, it is permissible, where circumstances make it desirable, to decide all the events on the same day. If all of the events are decided on the same day it is permissible to vary the order. No claim for a record will be considered if the order of events differs from that set out above.
(6) (a) the Indoor Pentathlon (Men) consists of five events which shall be held on one day in the following order: 60 metres Hurdles, Long Jump, Putting the Shot, High Jump, 1000 metres.

(b) The Indoor Pentathlon (Women) consists of five events which shall be held on one day in the following order: 60 metres Hurdles, High Jump, Putting the Shot, Long Jump, 800 metres.

(c) The Indoor Heptathlon (Men) consists of seven events which shall be held on two consecutive days in the following order: First day: 60 metres, Long Jump, Putting the Shot, High Jump. Second day: 60 metres Hurdles, Pole Vault, 1000 metres.

(7) The Combined Events Referee shall have jurisdiction over the conduct of the combined events competition. However, the Track and Field Referees, where appointed, shall retain jurisdiction over the individual events within the competition.

(8) In all Combined competitions three trials only are allowed in the Long Jump and in each Throwing Event.

(9) In track events run entirely in lanes at least four competitors should start in each group whenever possible. In other track events at least five competitors should start in each group, and one such group should consist of those competitors occupying the leading positions prior to the final event.

(10) The time of each competitor should be taken by three timekeepers independently. Where fully automatic timing is in operation times shall be given to 1/100th of a second and scored by using the appropriate tables to 1/100th second. Only one system of timing may be applied throughout each event. For record purposes, however, electrical times shall be applied regardless of whether such times are available for other competitors in the event.

Operative until 31st March 2013

(11) (i) in the case of athletes competing in a Senior Combined Events competition, including where younger athletes are competing according to the Rules, whether false start detection equipment is in use or not, any athlete making a false start shall be warned. Any athlete(s) making further false starts in the race shall be disqualified from the race.

(ii) In the case of Combined Events competition (Pentathlon, Hexathlon, Heptathlon, Octathlon or Decathlon) other than those for Seniors, any athlete making a false start must be warned. An athlete deemed responsible for three false starts shall be disqualified.

Operative from 1st April 2013

(11a) (i) in the case of athletes competing in a Senior, Junior or Under 17 Combined Events competition, whether false start detection equipment is in use or not, any athlete making a false start shall be warned. Any athlete(s) making further false starts in the race shall be disqualified from the race.

(ii) In the case of athletes competing in an Under 15 or Under 13 Combined Events competition, whether false start equipment is in use or not, any athlete making a false start must be warned. An athlete deemed responsible for three false starts shall be disqualified.

NOTE: See Rule 111 (14A) and (15A) relating to exceptions covered within (i) above.

(12) Where the hurdles used do not comply with Rule 116(8) or (9) a competitor knocking down three or parts of three or more hurdles shall score no points in that event.

(13) In High Jump and Pole Vault, Rule 121(4) does not apply to a Combined Events competition. Heights will be increased uniformly throughout the competition by 3cm in the High Jump and 10cm in the Pole Vault.
(14) Any athlete failing to take part in any of the events shall not be allowed to take part in any subsequent event in that competition but shall be considered to have abandoned the competition. That athlete shall not figure in the final classification.

(15) The winner shall be the competitor who has obtained the highest number of points in the five, six, seven, eight or ten events as the case may be, awarded on a basis of the IAAF Combined Events Scoring Tables, modified where necessary as indicated above.

(16) In the event of a tie, the winner shall be the competitor who has received the highest points in a majority of events. If this does not resolve the tie, the winner shall be the competitor who has scored the highest number of points in any one of the events. If that does not resolve the tie, the winner shall be the athlete with the highest number of points in a second event, etc. This procedure shall apply to ties for any place in the competition.

**RULE 141 RECORDS**

(1) An application for a record must be made on the appropriate form which must be forwarded with a copy of the programme, and in the case of a field event, the score card, within 14 days to the Secretary of the appropriate National Association, by the Secretary of the body responsible for the organisation of the meeting at which the performance was accomplished.

(2) If an application concerns a foreign athlete and the claim is for a National Record, a Record of Performance form should be completed and forwarded to the Chief Executive of UKA, together with other appropriate details.

(3) The standard record form shall, as appropriate, state or confirm:
   (a) Place.
   (b) Date.
   (c) Name and affiliation of the competitor.
   (d) Performance.
   (e) Force and direction or wind.
   (f) Correctness as to the distance covered by the competitor in the race.
   (g) Correctness as to spacing and type of hurdle used and the number knocked down if not of the International type.
   (h) Correctness of time, distance or height claimed.
   (i) Correctness of weight, measurement and material of implement.
   (j) The time at the end of each lap and the name of the leader for all events over 400m in length.
   (k) That the appropriate Rules of UKA and/or the IAAF have been strictly observed.

(4) The appropriate Referee must sign the record form, confirming the accuracy of all the details included in the application form and supporting information.

(5) Claims for outdoor records will not be accepted if the performance was achieved on a wooden surface, or, in the case of all running and walking events, if the track was banked. Separate indoor records are maintained for which these restrictions do not apply.

(6) No outdoor record at a distance of 200m or more shall be accepted if made on a track exceeding 440 yards in perimeter or if not started on the perimeter, except in steeplechase events where the water jump is placed outside the normal 400 metre track.

(7) For outdoor records the maximum lateral inclination of tracks, runways or circles shall not exceed 1:100 and in the running direction 1:1000 downwards; any inclination should be uniform. The inclination of a throwing field shall not exceed 1:1000 downwards in the throwing direction.

(8) When an approved fully automatic electrical timing device is used the time for distances up to and including 10,000m, unless recorded as an exact 1/100th of a second, shall be read and
recorded to the next longer 1/100th of a second. For distances over 10,000m the time shall be read and recorded to 1/10th second. Record claims for events up to and including 400m can only be submitted when such a device has been used for timing.

(9) Where a record claim is made when hand timing only is in operation the performance must have been timed by three Timekeepers each of whom should be at least Level 3. Immediately after the race they shall exhibit their watches to the Chief Timekeeper who will decide which time shall be recorded in accordance with Rule 119(6) and complete the Record Application Form appropriately.

(10) All the Track Officials signing the Record Application Form should be at least Level 3.

(11) For records claimed in Walking Events the Chief Judge of Walking must certify that the competitor complied fully with the definition of walking. The certification shall not be given unless there are 4 Judges of race walking, of whom at least three shall be at least Level 3 or its equivalent, or be on the IAAF Panel.

(12) In a race run wholly or partly in lanes no record shall be accepted where the athlete has run on, or inside, the inner curved border of his or her lane.

(13) For records claimed in Field Events the distance or height must have been measured by three Field Judges using a steel or fibre glass tape, or bar. Alternatively, a scientific apparatus which has obtained a certificate of accuracy from a nationally recognised standardising organisation may be used. The Field Referee should be at least Level 3 and the other Judges signing the result card should be qualified officials.

(14) For all outdoor record claims up to 200m on the track and in the Long Jump and Triple Jump information as to wind conditions must be available. If the component of the wind measured in the direction of running behind the runner averages more than 2 metres per second the performance shall not be accepted as a record except as outlined in (19) below. The wind gauge must have been sited in accordance with Rule 112(7) or 126(11)(a) as appropriate.

(15) The periods for which the wind component shall be measured are as follows:

<table>
<thead>
<tr>
<th>Distance</th>
<th>Period</th>
</tr>
</thead>
<tbody>
<tr>
<td>All distances up to and including 100m</td>
<td>10 secs</td>
</tr>
<tr>
<td>100m hurdles and 110m hurdles</td>
<td>13 secs</td>
</tr>
<tr>
<td>Long jump and triple jump</td>
<td>5 secs</td>
</tr>
<tr>
<td>200m. Commencing as the runners enter the straight</td>
<td>10 secs</td>
</tr>
</tbody>
</table>

Wind speeds shall be recorded in accordance with rule 112(9) or rule 126(11)(c).

(16) The record claimed must have been made in a bona fide competition included in the programme of the meeting where it was held. Record claims may be submitted for performances made in heats or qualifying trials, and in Combined Events.

(17) No performance will be accepted in an individual event unless it has been accomplished during an official competition with a minimum of three competitors taking part. At least two relay teams must have participated in any relay race for a record to be considered.

(18) Except in Field Events no performances achieved in a Handicap shall be accepted as a record.

(19) Outdoor records in Combined Events will be accepted only if performances in each event of which the competition consists are certified in accordance with the preceding paragraphs of this Rule, except that in events where wind velocity is measured, the average velocity (based on the sum of the wind velocities, as measured for each individual event, divided by the number of such events) shall not exceed + 2 metres per second.

(20) In any race decided on the distance covered in a fixed period of time the distance achieved shall be measured to the nearest metre behind the rear edge of the last foot-print of the competitor, i.e., fractions of a metre shall be ignored.

(21) In the case of United Kingdom records UKA will decide whether the competition was a bona fide one and shall have absolute and unfettered discretion in deciding whether to accept or to refuse a record claim. Provided the essential Rules for Competition have been observed it is a matter for UKA to decide whether the omission of any technicality can be ignored.
(22) Events for which United Kingdom All-Comers and National Records are recognised outdoors are:

**Men and Women:** 100m, 200m, 400m, 800m, 1000m, 1500m, 1Mile, 2000m, 3000m, 5000m, 10000m, 1Hour, 25000m, 30000m, 400m Hurdles, 3000m Steeplechase, 4x100m, 4x400m, High Jump, Pole Vault, Long Jump, Triple Jump, Shot Put, Discus, Hammer, Javelin, Decathlon.

**Men only:** 110m Hurdles, 4x200m, 4x800m, 20km Walk, 2Hours Walk, 30km Walk, 50km Walk.

**Women only:** 100m Hurdles, 5km Walk, 10km Walk, Heptathlon.

(23) Events for which United Kingdom National Junior Records (Under 20) are recognised outdoors (using Senior specifications only) are:

**Men and Women:** 100m, 200m, 400m, 800m, 1000m, 1500m, 1Mile, 3000m, 5000m, 10000m, 400m Hurdles, 3000m Steeplechase, 4x400m, High Jump, Pole Vault, Long Jump, Triple Jump, Shot Put, Discus, Hammer, Javelin, Decathlon.

**Men only:** 110m Hurdles, 10km Walk.

**Women only:** 100m Hurdles, 5km Walk, Heptathlon.

(24) Events for which United Kingdom All-Comers and National records are recognised indoors are:

**Men and Women:** 50m, 60m, 200m, 400m, 800m, 1000m, 1500m, 1Mile, 3000m, 5000m, 50m Hurdles, 60m Hurdles, 4x200m, 4x400m, 4x800m, High Jump, Pole Vault, Long Jump, Triple Jump, Shot Put.

**Men only:** 5km Walk, Heptathlon.

**Women only:** 3km Walk, Pentathlon.

(25) Indoor records at 200m and over are only valid if the oval track does not have a nominal length of more than 200 metres.
RULES FOR ULTRA-DISTANCE ROAD AND TRACK EVENTS

The following rules have been updated to include the use of modern day transponder technology and are now recognised by UKA for the conduct of track and road events over 30km. Long distance track events must be conducted according to the rules of the IAAF and UKA, which shall apply except where specifically modified within these Rules.

GENERAL RULES

RULE 151

UKA authenticates track and road records and maintains lists of best performances as shown below in (a) to (c). The categories maintained are: World Record/Best Performances for distances accepted by the IAAF, United Kingdom (All Comers) Record/Best Performances and United Kingdom (National) Record/Best Performances for all categories. Any application for a Best Performance shall be sent to the runbritain/ Road Running Advisory Group without undue delay, together with the supporting documents required. After the Record/Best Performance has been ratified by this group it will be included when the list of Best Performances and Records is next published.

The distance/time periods for which records and/or best performances are recognised are the following:

(a) 20 miles, 25 miles, 30 miles, 40 miles, 50 miles and 100 miles or
(b) 20 km, 25km, 30km, 50km, 100km, 150km, and 200km or
(c) 1 hour, 2 hours, 24 hours, 48 hours and 6 days.

RULE 152

Track races must be held outdoors on a 400 metre track (with raised border as identified in Rule 108.2) and in bona fide competition, i.e. more than one competitor and no pacing.

RULE 153

(1) The track must be certified in accordance with the requirements of UKA.

(2) Pacing may be interpreted as taking place when a runner not officially entered in the competition, or a runner entered in the competition who does not start, or a runner who has dropped out of the competition, runs more than 200 metres with the record claimant. The Race Referee has discretion to decide whether the claimant has received unfair assistance.

(3) The event must have been advertised beforehand and a programme must have been produced bearing the claimant’s name.

RULE 154 ROAD – SET DISTANCE/FIXED TIME

Transponder timing may be employed as an alternative to manual timekeeping for road and track races. Rule 159 will apply and must be included in the event organisation in the case of a technical fault or loss of power with a transponder system.

Transponder Timing

(1) The use of transponder timing systems is permitted provided that:

(a) the system requires no action by an athlete during the competition, at the finish or at any stage in the result processing.

(b) the weight of the transponder and its housing carried on the athlete’s uniform, race number or shoe is not significant.

(c) none of the equipment used at the start, along the course or at the finish line constitutes a significant obstacle or barrier to the progress of the athlete.
(2) At the finish the athletes shall still be placed in order in which any part of their bodies (i.e. the torso as distinguished from head, neck, arms, hands, feet and legs) reaches the vertical plane of the nearer edge of the finish line. The Referee shall be final arbiter regarding the finishing order of the athletes.

(3) In competitions where the event promoter chooses to use a transponder timing system, each competitor must wear the necessary equipment, as directed by the event promoter. Failure to wear the necessary equipment as issued may result in disqualification.

Manual Timing

(1) In every long distance road race the lap times of every competitor must be taken and recorded on a lap scoring board.

(2) Each competitor should have a lap scorer, though a skilled lap scorer may record more than one competitor. A lap scorer may be replaced by another during the race. Lap scorers must sign the boards/sheets they have completed any part of.

(3) A display clock should be placed at the finish of each lap so that the lap scorers and competitors may read the time. If this is not available, a Timekeeper must call out lap times of all competitors during the race.

(4) An additional record should be kept of the leader’s lap times during the race.

(5) Any application for a Best Performance must be accompanied by the lap scoring board of the claimant and of the race leader.

(These Rules do not apply to ‘point to point races).

RULE 155 TRACK – LAP TIMES – SET DISTANCE

The use of a transponder timing systems is permitted for pre-set ultra-distance track events provided that:

(a) In competitions where the event promoter chooses to use a transponder timing system, each competitor must wear the necessary equipment, as directed by the event promoter. Failure to wear the necessary equipment as issued may result in disqualification.

(b) the weight of the transponder and its housing carried on the athlete’s uniform, race number or shoe is not significant.

(c) none of the equipment used at the start, along the lap or at the finish line constitutes a significant obstacle or barrier to the progress of the athlete.

(d) The lap times of every competitor must be recorded on a lap scoring board, visibly accessible LCD screen at track side and/or other lap scoring systems linked to the transponder process.

(e) A display clock should be placed at the finish of each lap so that competitors may read the elapsed time and distance.

(f) At the finish the athletes shall still be placed in order in which any part of their bodies (i.e. the torso as distinguished from head, neck, arms, hands, feet and legs) reaches the vertical plane of the nearer edge of the finish line. The Referee shall be final arbiter regarding the finishing order of the athletes.

Manual timing

(1) In every long distance track race the lap times of every competitor must be taken and recorded on a lap scoring board.

(2) Each competitor should have a lap scorer, though a skilled lap scorer may record more than one competitor. A lap scorer may be replaced by another during the race. Lap scorers must sign the boards/sheets they have completed any part of.
A display clock should be placed at the finish of each lap so that the lap scorers and competitors may read the time. If this is not available, a Timekeeper must call out lap times of all competitors during the race.

An additional record should be kept of the leader’s lap times during the race.

To reduce the likelihood of human error, lap recorders must be in an elevated, tiered seating area sited directly opposite the lap start/finish line. This should give each one a clear unobstructed view of the line and the race clock.

Any application for a Best Performance must be accompanied by the lap scoring board of the claimant and of the race leader.

**RULE 156 FIXED TIME RACES**

(1) Some long-distance road/track races are held over a fixed period of time (e.g. 24, 48 hours) rather than a fixed distance. In such races, a competitor need not necessarily be on the road/track at the end of the race, the winner being the competitor who covers the greatest distance during the period of the race.

(2) On completion of the fixed time, a recorder/official is responsible for marking the exact spot of each runner on the lap, which is to be taken at the rear of the runner’s foot. The distance is measured by steel tape from the nearest convenient marker. All distances are to be rounded downwards to the nearest metre.

(Rule 155 (a) to (e) also applies to these events)

**RULE 157 MULTI-DAY RACES**

In some multi-day track races and Ultra-distance track races the runners reverse direction every 3–4 hours. This has been found to reduce the risk of injury. When the signal is given, each runner should complete the lap currently in progress and then reverse direction. During this procedure, runners who have not yet reversed have priority in the inside lane.

**RULE 158 GENERAL CONDITIONS: TRACK - SET DISTANCE / FIXED TIME**

Minor departures are allowed from normal IAAF and UKA Rules in view of the special nature of long distance track races.

(1) The maximum number of starters for any event over 30 miles should not exceed 40 in number.

(2) Race numbers must be worn by runners, above waist height to the front and rear and clearly visible, on all clothing, at all times for the duration of any type of event.

(3) Each runner/lap recorder should be made known to each other prior to the event start. They should agree two signals: one to acknowledge to each other at the end of a lap that the lap has been completed/recorded and the other to indicate to the recorder that the runner’s next lap time will be extended because they will be leaving the track for a short time. This extended lap should be indicated on the scoring board/sheet by the lap recorder (see also (6) below).

(4) There are no restrictions on the supply of refreshments during the race.

(5) A runner may be accompanied by an attendant for such purposes as refreshments and changes of kit. The attendant is not permitted to render any direct assistance to the runner’s progress (this includes pacing-see Rule 153(2)), and must not interfere with other competitors or officials.

(6) A competitor may leave the track and return to the same place on the track provided, in the opinion of the Referee, the time off the track is not excessive.

(7) A competitor may claim a Record/Best Performance at a distance less than the advertised distance of the race, e.g. 100 miles in a 24 hours race or 50 miles in a 100km race.
(8) Women may compete in the same race as men, and female performances shall be eligible for ratification as Records/Best Performances.

(9) Lapped runners are not eliminated from the race.

(10) The runner with the greatest distance achieved during the fixed time does not have to be on the track when the fixed time ends.

**RULE 159 MANUAL TIMEKEEPING**

(1) There should be three UKA qualified Timekeepers, one of whom is appointed Chief Timekeeper, all using timers of a kind approved by UKA.

(2) The Timekeepers must time the race independently, and exhibit their times to the Chief Timekeeper. Each of the three times must be entered on the record application form. The Chief Timekeeper shall return the time of the race, if two timers agree and the other disagrees, as the time of the two which agree. If all three timers disagree, the middle of the three times shall be recorded as the official time. If for any reason only two timers record the time, the longer of the two shall be taken as the official time.

(3) All times shall be rounded up to the next whole second.

(4) In longer races, where the guaranteed accuracy of watches is greater than +/-0.5 seconds over the period of the race, the BBC radio signal received by an AM or FM receiver should be used to judge if any correction factor is required.
ROAD RUNNING RULES

In reading these Rules the term ‘Promoter’ can be taken as ‘Promoting Body’. Where the Race Secretary is mentioned this can refer to the person in the race organisation who performs a similar function.

RULE 201 GENERAL

General Rules 1 – 24 apply.

RULE 202 LICENCES

(1) Any Promoting Body affiliated to a National Association wishing to hold a road race must:
   (i) Consult the Local Authority Safety Advisory Group or equivalent and inform the relevant Local Authorities and Emergency Services
   (ii) Obtain a Road Race Licence from UKA Licensing Authority
   (iii) Comply with the requirements of UKA Licence Standards.
   (iv) Adopt the Rules of UKA.

(2) The following shall be deemed to be a race under UKA Rules and will require the issue of a Road Race Licence before they can be held:
   (i) Events in which awards or prizes are given in accordance with the finishing order of runners and/or
   (ii) Events which pay appearance money or otherwise contract athletes to appear.

(3) All Promoters who wish to stage any road race must apply for a UKA Road Race Licence in the manner specified by the National Association. Failure to comply with the requirements of the Licensing Authority in the issue of a Race Licence may lead to the withholding of future licences to the Promoter or such person as the Authority deems fit.

(4) The appropriate Association shall have the power to reduce or waive the Registration Fee.

(5) Any Promoter to whom a Road Race Licence has been granted by UKA must:
   (i) insert the words ‘Under UKA Rules’, and the unique Licence Code as issued to the race when the licence is granted, upon all printed matter associated with the Road Race.
   (ii) grant a minimum discount of £2 from the advertised race entry fee to a member of a Club affiliated to a National Association and who has a current individual registration with their National Association.
   (iii) within one month of the race being staged, submit designated reports to meet National Association requirements, including access to entry and result lists.

RULE 203 RACE CLASSIFICATION

(1) An open road race is one which is open to all eligible runners subject to the restrictions on age and distance as defined in Rule 207.

(2) A closed road race is one open only to runners in a particular Service, occupation, business house or educational establishment.

(3) An open team road race is open to all Clubs affiliated to a National Association. Athletes should be registered in the current year with their National Association in order to compete as a First Claim athlete in Open Team Competition.

(4) A closed team road race is confined to Clubs affiliated to UKA or other recognised Governing Body of athletics, within a particular category, e.g. Services, trade, occupation, business house, educational establishment.
NOTE: Team races may be included by Promoters within any race subject to the above classifications.

(5) Promoters must declare in advance which team awards are included within the race and the manner in which they will be decided. Unless different details for a team competition are given by the promoter any league competition held will be an open club team competition held with eligibility on the basis of Rule 203(3).

(6) Events for Masters shall be confined to athletes who are at least 35 years of age on the day of competition.

RULE 204 TEAM RACE ELIGIBILITY, DECLARATIONS AND SCORING

(1) All athletes in an open team race must be First Claim members of the Club they are entered to represent.

(2) First Claim membership of a Club which has no road running section shall not debar a runner from competing in a road running team race for the Club which has next claim upon athlete’s services. The requirement for current registration with a National Association expressed in 203(3) applies,

(3) (i) Where separate team entries are required, these shall be verified by an authorised member of the Club on whose behalf the entry is being made, and the club shall be held responsible for the accuracy of the information given, and the eligibility of all team members so entered.

(ii) in a race where separate team entry is not required the individual athlete will be responsible for the accuracy of the information with regard to eligibility on the entry form.

(iii) the ineligibility of a runner in a team race held within a race does not necessarily result in the disqualification of the Club concerned. In such cases the result shall be decided as if the ineligible runner had not taken part in the team race.

(4) In the event of a Club that has not operated a road running section and subsequently does so, that Club cannot claim the services of any runner who has previously represented another Club in road running team races unless that runner had resigned from membership of the Club which he/she last represented in a road running team race.

(5) In closed team races, or races confined to runners with a definite National / Regional / County / District qualification, the first claim rule only applies to those Clubs eligible to take part.

(6) Promoters must specify, prior to the event, whether Clubs are to declare their teams prior to the start of the race.

(7) Promoters may nominate a time before which all team declarations must be submitted.

(8) Team positions in road race team competitions may be decided by the total achieved by adding the times of all scoring members together, the team with the lowest aggregate time taking precedence. Alternatively the competition may be decided according to the finishing positions of the scoring members of the team.

The team scoring the least number of points, according to the positions in which the members of the team finish whose positions are to count, shall be the winner; the positions of the non-scoring members of a team, whether it finishes all of its members or not, shall be scored in computing the totals of the other teams. In the event of a tie on points, the team whose last scoring member finishes nearest first place shall determine the result.

(9) All teams in a Road Relay must be declared before the start of the race and the stage order of runners specified in the manner laid down by the Promoter. No changes may be made in the declared order of running without the prior approval of the Race Referee and the Promoter.
RULE 205 ROAD RELAYS

(1) Rule 8.1 applies.

(2) Where the number of stages in the relay exceeds eight, the number of entries will be restricted to twice the number of runners entitled to compete per team, or 24 whichever is the greater.

(3) Where a team includes a runner who has already run a stage of the race that team shall not, subject to the entry conditions of the race, be included in the official results.

RULE 206 ENTRIES

(1) Any Promoter applying for a Road Race Licence must set a final closing date for the normal acceptance of entries and may determine a limit to the maximum number of entries that will be accepted. Any competitor entering after this date may, if the entry is accepted, be charged an additional late entry fee if the Promoter so wishes.

(2) Entries shall be made in the competitor’s true name as legally registered and must be completed with the correct age/date of birth and other details.

(3) A Promoter must exhibit a listing, or provide a programme, showing all entries received by the published closing date. A list of all entrants, including any late entrants, must be provided to the Referee on request before the start of the race.

(4) Any Promoter has the right to refuse any entry without assigning a reason, but the reason must be disclosed to UKA if requested.

(5) A runner whose entry is accepted after the published closing date may, at the discretion of the Promoter:

   (i) not be eligible for any individual prize.

   (ii) not be eligible as a scoring team member in a team race.

(6) Runners who compete in any road race which does not have a UKA licence may thereby render themselves liable to suspension. This does not apply in the case of fun runs.

RULE 207 AGE GROUPS

(1) Promoters may make such age limits as they think fit provided that the conditions of the race do not contravene any rules regarding distances which may be run, and provided that the race is not advertised under the title of any of the recognised age categories as listed below.

(2) For Championships and many other races young athletes are grouped into age categories. The Competition Year extends from 1st September to 31st August in the following year.

   (i) Under 13 Boys and Girls (School Years 7 & 8 and some year 6) Road Running competitions for Under 13’s shall be confined to competitors who are age 11 on the day of competition, or 12 on 31st August prior to the commencement of the Competition Year as defined above.

   (ii) Under 15 Boys & Girls (School Years 9 & 10) Road Running competitions for Under 15’s shall be confined to competitors who are aged 13 or 14 on 31st August prior to the commencement of the Competition Year as defined above.

   (iii) Under 17 Men & Women (School Years 11 & 12) Road Running competitions for Under 17’s shall be confined to competitors who are 15 or 16 on 31st August prior to the commencement of the Competition Year as defined above.

   (iv) Junior Men & Women Road Running competitions for Junior Men and Women shall be confined to competitors who are aged 17, 18 or 19 on 31st August prior to the commencement of the Competition Year as defined above.
(v) Senior Men & Women For Road Running competitions a Senior is a competitor who is aged at least 20 years on 31st August prior to the commencement of the Competition Year as defined above. In Road Relay competitions Junior Men and Women, as appropriate, may compete in Senior events.

(vi) Masters Men and Women Road Running events for Masters shall be confined to competitors who are at least 35 years of age on the date of the competition.

(3) The maximum distances permitted in Open Competition for runners are as follows:

<table>
<thead>
<tr>
<th>Age on day of competition</th>
<th>Maximum Distance for all athletes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Over 11 – Under 13</td>
<td>5000 metres</td>
</tr>
<tr>
<td>Over 13 – Under 15</td>
<td>6000 metres</td>
</tr>
<tr>
<td>Aged 15 years</td>
<td>10000 metres</td>
</tr>
<tr>
<td>Aged 16 years</td>
<td>15000 metres</td>
</tr>
<tr>
<td>Aged 17 years</td>
<td>25000 metres</td>
</tr>
<tr>
<td>Over 18 – Under 20</td>
<td>Marathon</td>
</tr>
<tr>
<td>Seniors</td>
<td>Unlimited</td>
</tr>
<tr>
<td>Masters</td>
<td>Unlimited</td>
</tr>
</tbody>
</table>

NOTE: UK Athletics Rule do not specifically cater for athletes under the age of 11 years. This does not necessarily preclude provision by organisers of competitions for events for athletes younger than 11 years, with correspondingly reduced distances to be run.

RULE 208 CLOTHING

(1) Rule 17 applies.

(2) A runner failing to comply with the various rules relating to clothing in team races will be liable to disqualification from the team race and the team result shall be scored as if that runner had not taken part in the team race.

RULE 209 NUMBER CARDS

(1) Rule 18 applies.

(2) There should be provision for medical information and contact details on the reverse of the number card for prior completion by the athlete.

(3) In Road Relays every athlete must wear the supplied number card(s), which must serve to identify the team and should also identify the stage that the athlete is running.

(4) Numbers are issued to the individual athlete completing the application form except with the specific authority of the Race Organiser. Athletes who receive transferred numbers without permission will be disqualified from the race. Both runners will be subject to disciplinary action by the appropriate National Association.

(5) A runner must retire immediately if ordered to do so by a medical officer of the race.

(6) Runners who retires from a race must not remove their number card until they have reported to an official as having retired from the race.

RULE 210 COURSE

(1) The responsibility for providing a suitable course rests with the Promoter who must:

(i) take account of any advice given by the Local Authority Safety Advisory Group or equivalent, local Police Force, Highways Authority, Regional Panel and the UKA Course Measurer before publishing details of the course.

(ii) adequately signpost the course.

(iii) appoint marshals to direct runners throughout, particularly at intricate parts of the course and at road junctions.
(2) Races shall be run on tarmac, concrete or paved roads. When traffic or similar circumstances make it unsuitable the course, duly marked, may be on a bicycle path or on a footpath alongside the road, but should not be on soft ground such as verges or the like. Measuring a road surface can include a limited section off-road in length where needed. The agreed definition of a road course is determined from time to time by runbritain and the Association of UK Course Measurers.

(3) A course that includes a railway level crossing will only be deemed safe and a licence issued where a written undertaking has been obtained from the Railway Track Authority that no train will use the line for the duration of the race.

(4) The start and finish area may be in an enclosed ground or athletics arena. The start and finish areas should be traffic free.

(5) If a race is advertised as being of a particular distance, then the correctness of that distance must be verified by a UKA qualified and registered and graded Course Measurer, accredited by, and using a measurement method approved by, the UK Association of Course Measurers.

   (i) The course must be measured along the ideal line of running. i.e. the shortest possible route, in the section of the road permitted for runners, using a bicycle fitted with a Jones Counter and calibrated to IAAF standards.

   (ii) The measured distance must not be less than the advertised distance of the race, nor should it exceed the advertised distance by more than 0.2%.

(6) All runners must follow the course as designed and follow the normal rules of the road except where otherwise instructed by representatives of the Local Police or Local Authority or other authorised persons.

(7) Where any part of a road used for a race is open to traffic at the same time as the competition is in progress, a runner must remain on the left hand half of the road (unless directed otherwise by the Police or a race official or other authorised persons).

(8) The Race Referee has the power to disqualify any runner who does not follow the correct course or obey the instructions of a race official after consultation with the Race Promoter.

RULE 211 REFRESHMENTS

(1) In full Marathons and longer races, Promoters must supply drinks to cater for the entire field at a minimum of every 5km throughout the race.

(2) In races of 10km and above Promoters must supply drinks at intervals of at least 5km.

(3) In races of less than 10km, drinks may be provided by the Promoter.

(4) A Promoter must provide additional drink stations on the advice of the Race Medical Officer.

(5) A Promoter should provide drinks for the entire field at the finish.

RULE 212 ASSISTANCE

(1) No attendant shall accompany any runner in a race unless to assist a blind or partially sighted athlete.

(2) No person is permitted to join in a race, whether to accompany the runners for the whole of the distance or any part or stage of the race unless he / she has been properly entered for the race and is eligible to run.

(3) Runners must not be accompanied by a personally owned or controlled dog in the race.

RULE 213 TRANSPONDER TIMING

(1) The use of transponder timing systems is permitted, provided that:

   (i) the system requires no action by an athlete during the competition, at the finish or at any stage in the result processing.
(ii) The weight of the transponder and its housing carried on the athlete’s uniform, race number or shoe is not significant.

(iii) None of the equipment used at the start, along the course or at the finish line constitutes a significant obstacle or barrier to the progress of the athlete.

(2) At the finish the athletes shall still be placed in order in which any part of the torso reaches the leading edge of the finish line. (See Rule 113.3) The Referee shall be the final arbiter regarding the finishing order of the athletes.

(3) In competitions where the promoter chooses to use a transponder timing system, each competitor must wear the necessary equipment, as directed by the event promoter. Failure to wear the necessary equipment as issued may result in disqualification.

RULE 214 PRIZES

(1) Any competitor who is subsequently found to be ineligible for a particular prize or award must return it forthwith on being requested to do so by the organiser.

(2) Any runner eligible to compete in the same race in open competition and with an age category (Under 21 or Masters for example) who finishes in a position that qualifies for more than one individual prize, shall be allowed to select only one of these prizes, unless the Promoter has decreed otherwise on the race entry literature supplied to the runners.

RULE 215 OBJECTIONS AND APPEALS

(1) Any runner or affiliated Club objecting to the conduct or the result of a race, shall raise that objection with the Race Referee on the day of the race

(i) if the results are not available on that day, then such an appeal may be made at any time up until 14 days after the publication of the results.

(ii) in such cases the appeal should be made to the Race Referee through the Race Promoter.

(iii) The Referee’s decision shall be final.

(2) If, as a result of an appeal under (ii) above, a runner is disqualified or the race result otherwise altered, the Referee shall inform the Race Promoter of the amended result, in writing, within 14 days. The Race Promoter must then inform the individual(s) affected by the decision and, if required, take steps under Rule 214.1 to recover any prizes or awards made to the athlete(s).
RACE WALKING RULES

RULE 300 GENERAL

General Rules 1–24 apply to Race Walking, as do the relevant sections of Track and Field Rules for Track Walks and Road Running Rules for Road Walks. In the case of Track and Field or Road Running Rules, where a particular Rule refers to “run”, “runner” or “running” then the words “walk”, “race walker”or “race walking” shall be taken as substituted and the content of the Rule shall not be affected in any other way. All competitors must be amateurs as defined by the Rules.

RULE 301 DEFINITION OF RACE WALKING

Race Walking is 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.

RULE 302 PERMISSION TO PROMOTE

All Open Race Walking events require specific permission to stage events. Applications for permission to promote events should be sent at least six months before the proposed date of the event, together with a fee (as determined by the appropriate issuing authority) to the appropriate Honorary Secretary:

(i) For events to be held in England to the RWA Honorary Secretary.
(ii) For events to be held in Wales to the RWA of Wales Honorary Secretary.
(iii) For events to be held in Scotland or Northern Ireland to the Chair of the RaceWalking Advisory Group.

An OPEN event is defined as one open to all eligible athletes and all eligible affiliated Clubs, including one restricted to a particular County, District and/or age group. (See Rule 4)

RULE 303 APPOINTMENT OF JUDGES

All walking races must be judged by judges authorised by the Race Walking Advisory Group. The responsibility for ensuring that races are properly judged rests with the race organiser who, if unable to find the judges from within his/her own Club, should apply to the appropriate National Judges’ Secretary for judges. Any application for judges must include details of the status of the race(s) so that judges of an appropriate grade can be provided. Applications should be made at least three months before the date of the race(s).

RULE 304 SYSTEM OF JUDGING

The system of judging set out in IAAF Rule 230.4-6 (IAAF system) must be used in all UKA Championships. In these circumstances the Chief Judge shall not operate as a judge but shall act in an administrative capacity on behalf of the other judges. Additionally this system should be adopted in other races with the following exceptions:

(a) when there are fewer than three judges in attendance,
(b) relays,
(c) point-to-point races.

RULE 305 CLOTHING WHEN WALKING

In order that judges may apply the Rules relating to walking, competitors’ knees shall normally be bare. If garments are worn that cover the knee, the Referee’s permission must be obtained before the commencement of the race, and the Chief Judge notified. Any competitor starting without permission will be disqualified by the R.
**RULE 306 DISQUALIFICATION**

Competitors disqualified by the Referee for any reason, or by the Chief Judge or other walking judges for failing to comply with the “Definition of Race Walking”, must immediately retire from the race, remove their number cards and hand such cards to the Referee, or to a judge as appropriate. Competitors who have been notified of their disqualification must not pass the recorders at the finish.

**RULE 307 AGE GROUPS**

The age groups for Race Walking events, whether held on the track or on the road, shall be those recognised for Track and Field as identified in Rule 107.

**RULE 308 MAXIMUM DISTANCES**

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

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Maximum Distance</th>
</tr>
</thead>
<tbody>
<tr>
<td>Male/Female</td>
<td>3000 metres</td>
</tr>
<tr>
<td>Under 13 years</td>
<td>5000 metres</td>
</tr>
<tr>
<td>Under 15 years</td>
<td>15000 metres</td>
</tr>
<tr>
<td>Under 20 years</td>
<td>20000 metres</td>
</tr>
<tr>
<td>Seniors</td>
<td>Unlimited</td>
</tr>
</tbody>
</table>

Ages for maximum distances are as at 31st August in the year of competition. It should be noted that for UKA championships there are maximum times laid down for each event; see Appendix G.

**NOTE**: UK Athletics rules do not specifically cater for athletes under the age of 11 years. This does not necessarily preclude provision by organisers of competitions for events for athletes younger than 11 years, with correspondingly reduced distances.

**RULE 309 SAFETY**

(a) The Local Police Authority should be notified when public highways are to be used for road races and any suggestions made by the police about safety on the road should be followed by the race organiser. Prior to the start of the each race competitors must be warned to take care on the road and that the Referee is empowered to disqualify any competitor who fails to comply with any instruction given by the Referee which involves the competitor’s safety, or that of any other road user.

(b) Walking on the footway (unless directed by the police or race officials) is prohibited.

**RULE 310 MIXED COMPETITION**

Mixed road walking competitions between male and female participants of the same age group shall be permitted for Club, Inter-Club and open events, but not for National or UKA championships.
FELL AND HILL RUNNING RULES

RULE 400 DEFINITION OF TERMS

(1) An “official UKA Fell Race” is one held under UKA Rules for Competition.

(2) Race Categories
A fell race is one run on fell, hill or mountain terrain and shall be categorised as follows:

Category A
(a) Should average not less than 50m of climb per km.
(b) Should not have more than 20% of the race distance on road.
(c) Should be at least 1.5km in length.

Category B
(a) Should average not less than 25m of climb per km.
(b) Should not have more than 30% of the race distance on road.

Category C
(a) Should average not less than 20m of climb per km.
(b) Should not have more than 40% of the distance on road.
(c) Should contain some genuine fell terrain.

International Races
International races affiliated to the World Mountain Running Association, and selection races organised by National Associations for International Races.

(3) Race Length Categories
(a) A Category “L” (long) race is 20km or over.
(b) A Category “M” (medium) race is over 10km but less than 20km.
(c) A Category “S” (short) race is 10km or less.

(4) Clubs
A Club as referred to in these Rules indicates a Club which is affiliated to UKA or one of its constituent bodies.

(5) National Committees
For the purpose of these Rules the term “National Committees” refers to:

(a) Fell Runners’ Association Ltd. (England)
(b) Scottish Athletics Ltd. Hill Running Commission
(c) Welsh Athletics Ltd.
(d) Northern Ireland Mountain Running Association

RULE 401 GENERAL

The General Rules 1-24 apply to Fell Running Competitions.

RULE 402 VETERANS

Veteran age limits in races (Men and Women)
For Fell and Hill Running a Veteran is a competitor aged at least 40 years on the date of the competition.
RULE 403 REGISTRATION OF EVENTS
All official UKA Fell Races must be registered with one of the National Committees. The registration shall be effected by supplying to the nominated officer of the relevant body details of the race on the form provided and by its subsequent appearance in a published calendar /fixture list /magazine supplement. A nominal charge may be made to cover calendar publication expenses and race insurance.

RULE 404 ADVERTISING AND PRINTED MATTER
Official UKA Fell Races must be advertised and decided under the Rules of UK Athletics. Such advertisement may be abbreviated to “Under UKA Rules”.

RULE 405 SAFETY REQUIREMENTS
Official UKA Fell Races must be organised to comply with the Mountain Running Advisory Group’s Safety Requirements.

RULE 406 ENTRIES
No runner may take part in any fell race without having entered the race in accordance with the rules and procedures.

RULE 407 ADDITIONAL RULES
All competitors must obey any additional rules drawn up by the race organisers for that particular fell race.

RULE 408 RETIREMENT FROM A RACE
All competitors must ensure that if they retire from a fell race for any reason the fact is reported immediately to the race officials, including those at the finish. Race organisers MUST report infringements to this Rule to the appropriate National Secretary.

RULE 409 TEAM EVENTS
Runners may count in team fell races for their first claim Club only. This Club may be different from their first claim road, cross country or track Club.

RULE 410 AGE LIMITS
Race Organisers must stipulate age limits for their events but the following limits for younger runners must be observed:

The maximum distances for younger runners shall be:

<table>
<thead>
<tr>
<th>Ages on 1st January in year of competition</th>
<th>Maximum distance</th>
</tr>
</thead>
<tbody>
<tr>
<td>Under 12 years</td>
<td>3km</td>
</tr>
<tr>
<td>Under 14 years</td>
<td>5km</td>
</tr>
<tr>
<td>Under 16 years</td>
<td>7km</td>
</tr>
<tr>
<td>Under 18 years</td>
<td>10 km</td>
</tr>
</tbody>
</table>

For paired Mountain Marathon style orienteering events, over one or two days, where one of the two runners is under 18, the other runner must be over 20 and must also be the parent or guardian of the junior runner. The minimum age for the junior runner is 14 and the following straight line distance limits must apply for each day of the event.

<table>
<thead>
<tr>
<th>Ages</th>
<th>Maximum distance</th>
</tr>
</thead>
<tbody>
<tr>
<td>Under 16 years</td>
<td>20km</td>
</tr>
<tr>
<td>Under 18 years</td>
<td>25km</td>
</tr>
</tbody>
</table>
NOTE: UK Athletics Rules do not specifically cater for athletes under the age of 11 years. This does not necessarily preclude provision by organisers of competitions for events for athletes younger than 11 years, with correspondingly reduced distances to be run.

RULE 411 DISCIPLINARY PROCEDURES

Upon notification of the breaking of any UKA Rule at an official UKA Fell Race by competitors or organisers, the relevant National Committee is empowered to take whatever corrective action is deemed necessary. There is a right of appeal to the UKA Mountain Running Advisory Group. The following time scales shall be adhered to in any such process:

(a) Notification shall be in writing to the relevant National Secretary within fourteen days of the event in question.

(b) The relevant National Committee shall investigate and conclude its findings and make a decision within seven weeks of the event in question.

(c) Notification of the National Committee’s decision will be given to the parties concerned within eight weeks of the event in question.

The above are maximum time scales; the process should be expedited as rapidly as possible, hopefully in a briefer time-span than above.

RULE 412 BRITISH CHAMPIONSHIP RANKING LIST

The British Championship ranking list will be drawn up from performances in nominated championship races. Ranking is calculated on scores in up to 3 races; if three scores are used then they must include one of each length category.
CROSS COUNTRY RULES

RULE 500 GENERAL

Rules 1–24 apply to all cross country competitions held under UKA Rules.

RULE 501 CLUBS

A Cross Country Club is defined as one which annually declares to the appropriate Association that it intends to compete in team competition in cross country events.

RULE 502 SPARE

RULE 503 OPEN EVENTS

Open cross country races must be advertised and decided under these Rules. Appropriate entry forms must be used for all individual entries. Inter-Club races for which no entry fee is charged are not considered Open Events.

RULE 504 ENTRIES

(1) All entries must include the full name, address, date of birth and affiliated Club of the competitor. Any Promoter granted a Cross Country Licence by UKA must impose, in addition to the basic entry fee, an additional fee of £2 (to be known as the 'Additional Unattached Entry Fee') on every entrant in an Open Cross Country race who is not a member of a Club affiliated to a National Association and who has a current individual registration with their National Association. The additional entry fee is only applicable to participants in Senior competitions. Any additional entry fees collected are payable to the Permitting Authority within one month of the date of the competition and must be accompanied by copies of the full entry list and results.

(2) Upon changing surname competitors must, for one year, insert both names on all entry forms.

RULE 505 INFRINGEMENTS

No athlete shall join a cross country race who is not qualified to compete. Athletes infringing this rule shall be liable to expulsion from any race under the jurisdiction of UKA and could render their club liable to disqualification.

RULE 506 THE START

The start should be signalled by the firing of a gun or other similar apparatus. An athlete crossing the starting line before the starting signal is given shall be liable to disqualification.

RULE 507 AGE GROUPS

For Championships and many other races young athletes are grouped into age categories. The Competition Year extends from 1st October to 30th September in the following year.

(i) Under 13 Boys and Girls (School Years 7 and 8 and some Year 6)

Cross Country competitions for under 13’s shall be confined to competitors who are aged 11 on the day of competition or 12 on 31st August commencement of the Competition Year as defined above.

(ii) Under 15 Boys and Girls (School Years 9 and 10)

Cross Country competitions for Under 15’s shall be confined to competitors who are aged 13 or 14 on 31st August prior to the commencement of the Competition Year as defined above.

(iii) Under 17 Men and Women (School Years 11 and 12)

Cross Country competitions for Under 17’s shall be confined to competitors who are aged 15 or 16 on 31 August prior to the commencement of the Competition Year as defined above.

(iv) Junior Men and Women
Cross Country competitions for Junior Men and Women shall be confined to competitors who are aged 17, 18 or 19 on 31st August prior to the commencement of the Competition Year as defined above.

(v) Senior Men and Women For Cross Country competitions a Senior is a competitor who is aged at least 20 on 31st August prior to the commencement of the Competition Year as defined above. Junior Men and Women may compete in Senior events as appropriate and subject to the maximum distances for their age group not being exceeded.

(vi) Masters Men and Women Cross Country events for Masters shall be confined to competitors who are at least 35 years of age on the date of the competition.

**RULE 508 MAXIMUM DISTANCES**

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Maximum distance Male/Female</th>
</tr>
</thead>
<tbody>
<tr>
<td>Under 13 years</td>
<td>3500 metres</td>
</tr>
<tr>
<td>Under 15 years</td>
<td>5000 metres</td>
</tr>
<tr>
<td>Under 17 years</td>
<td>6500 metres</td>
</tr>
<tr>
<td>Under 20 years</td>
<td>10000 metres</td>
</tr>
<tr>
<td>Seniors</td>
<td>Unlimited</td>
</tr>
</tbody>
</table>

**NOTE:** UK Athletics Rules do not specifically cater for athletes under the age of 11 years. This does not necessarily preclude provision by organisers of competitions for events for athletes younger than 11 years, with correspondingly reduced distances to be run.

**RULE 509 TEAM SCORING**

Unless otherwise specified by the Competition Provider, the team scoring the least number of points, according to the positions in which the members of the team finish whose positions are to count, shall be the winner; the positions of the non-scoring members of a team, whether it finishes all of its members or not, shall be scored in computing the totals of the other teams. In the event of a tie on points, the team whose last scoring member finishes nearest first place shall determine the result.

**RULE 510 MIXED COMPETITION**

Licences for mixed competitions will be considered provided all competitors are 17 years or over.

**RULE 511 RELAY COMPETITIONS**

In cross country relay races where a team includes a runner who has already run a stage of the race, that team shall not, subject to the entry conditions of the race, be included in the results. Competitors must compete within their respective age groups as defined in Rule 507.

**RULE 512 TEAM RACES**

An Open Team Race is one open to all affiliated Clubs within a defined geographical area. All scoring members must be eligible first claim members of that Club.

**RULE 513 REGISTRATION OF CROSS COUNTRY LEAGUES**

All Cross Country Leagues must be registered with the respective National Association, setting out its Constitution, together with the names, addresses and telephone numbers of its Officers. These details must be updated immediately following each Annual General Meeting of that League. Before any new Cross Country Leagues are formed at any level, the organisers must apply to the appropriate National Association prior to commencing activities. The application must identify the aims and objectives of the League and include a copy of the draft or agreed Constitution, together with the names and addresses of those persons intending to establish that League.
RULE 514 TRANSPONDER TIMING

(1) The use of transponder timing systems is permitted provided that:

(a) the system requires no action by an athlete during the competition, at the finish or at any stage in the result processing.

(b) the weight of the transponder and its housing carried on the athlete’s uniform, race number or shoe is not significant.

(c) none of the equipment used at the start, along the course or at the finish line constitutes a significant obstacle or barrier to the progress of the athlete.

(2) At the finish the athletes shall still be placed in order in which any part of their bodies (i.e. the torso as distinguished from head, neck, arms, hands, feet and legs) reaches the vertical plane of the nearer edge of the finish line. The Referee shall be final arbiter regarding the finishing order of the athletes.

(3) In competitions where the event promoter chooses to use a transponder timing system, each competitor must wear the necessary equipment, as directed by the event promoter. Failure to wear the necessary equipment as issued may result in disqualification.

RULE 515: OBJECTIONS AND APPEALS

(1) Any runner or affiliated Club objecting to the conduct or the result of a race shall raise that objection with the Race Referee immediately after the event or immediately the results are displayed.

(2) (a) if the results are not available at the conclusion of the event, then such an appeal may be made at any time up until 14 days after the publication of the results.

(b) in such cases the appeal should be made to the race referee through the meeting organiser.

(3) The decision of the Referee shall be final.

(4) If, as a result of an appeal under (i) above, a runner is disqualified or the race result otherwise altered, the Referee shall inform the Meeting Organiser of that amended result, in writing, within 14 days. The Meeting Organiser must then inform the individual(s) affected by the decision and, if required, take steps to recover prizes or awards made to the athlete(s).
RULE 601 GENERAL

Rules 1–24 apply to all trail running competitions with the following exceptions:

Rule 1(3)(e)

Rule 2(4) – the sentence beginning ‘Members of a Club……’

Rule 3(6) – the sentence beginning ‘After one year of competition ……’

Rule 4(5)

Note: rule 2(2) shall read: ‘an affiliated Club must supply to the Association to which it is affiliated and to UKA itself, such information as that Body requires subject to the provision of recent legislation.

RULE 602 DEFINITION OF TRAIL RACES

(1) Trail races are races that are predominantly along:
   (i) footpaths, bridleways and towpaths over which there is a public right of way.
   (ii) private paths with the consent of the owner or occupier as appropriate.
   (iii) trails across land and coastal margins where relevant legislation grants the right of public access on foot. (Such legislation includes the Countryside and Rights of Way Act 2000, and the Land Reform (Scotland) Act 2003)

(2) Trail race routes may include connecting stretches of public road and/or private or public land without a path when the owner’s permission has been obtained, if required for legal access.

(3) Courses of up to marathon distance, i.e. 42.2km, which are less than 60% as defined in Rule 602(1) are not to be classified as Trail Races.

(4) For Championship events the courses must be as defined in Rule 602(1) for at least 60% if the race is 40 miles or more, 70% if the race is over 20 miles but less than 40 miles, and 80% if 20 miles or less.

(5) For trail races that do not meet the definition in Rule 602(4), the percentage of trail as defined in Rule 601(1) shall be stated in the race prospectus.

(6) Trail races may be of any length. Their length and the total climb should be measured using accurately scaled maps, such as Ordnance Survey maps, or GPS systems.

(7) Most trail races are traditional point to point races, but some involve unusual features:
   (i) ‘Supported Races’ are those where coaches, families or team managers are permitted to give competitors refreshments or provide changes of clothing along the course.
   (ii) ‘Self Sufficiency Races’ require competitors to carry everything they need, except that in ultra-races and in hot weather the organiser may provide water at intervals to prevent dehydration.
   (iii) ‘Kanter Races’ require competitors to choose their own routes using trails and a sequence of visiting check points. These are given as grid references on Ordnance Survey maps. Any restrictions about the choice of route should be made clear in the rules of the particular race.
   (iv) ‘Staged Races’ are those where the course is broken into separate stages with rests at the end of each stage. Competitors run every stage and their times are aggregated to determine the winner.
(v) ‘Extreme Races’ are self-sufficiency races of over 100km that include a section most competitors will run at night.

(8) ‘Waymarks’ are permanent official signs.

(9) ‘Routemarks’ are temporary signs placed out by race organisers.

(10) ‘Ultra Distance’ is defined as further than a marathon, ie over 42.2km.

**RULES FOR PROMOTERS & ORGANISERS**

**RULE 603 COURSE MEASUREMENT**

The length and total climb of any race should be measured as accurately as reasonably practicable. The method of measurement is at the discretion of the organiser, but to facilitate comparison with other races the method of calculation should be stated.

**RULE 604 COURSE DESIGN**

1. **Management of Hazard.** Races that include mountains, high moors and coastal cliffs tend to attract competitors who enjoy a challenge. When catering for athletes with a sense of adventure the courses must NOT be designed to be potentially dangerous.

2. **Bad Weather Alternatives.** Races that include mountains, moorland, coastal cliffs or anywhere else that becomes hazardous in rain, fog, strong winds or snow must have a safe alternative route.

3. **Short Cuts.** The possibility of competitors taking short cuts should be examined. If these go over dangerous terrain the organiser must consider taking appropriate measures when preparing the risk assessment.

4. **Protecting the Environment.** The need to avoid damage to the environment should always be borne in mind. Therefore the maximum number of competitors that the course can accept should be calculated in consultation with the appropriate authority.

5. **At the Beginning.** Safety and protection of the environment require that the first part of the course should be wide enough for the expected number of competitors. Therefore:
   - (i) fields with growing crops should be avoided.
   - (ii) there should be no stiles, kissing gates or other obstacles so early on in the course as to make it likely that long queues will build up.
   - (iii) similarly steep and narrow descents should be avoided until the competitors have spread out.

6. **Tests of Navigation and Night Running.** When planning races involving skilled navigation or night running it should be borne in mind that physical hazards become more severe, that lost competitors may trespass and that noise may disturb sleeping house-holders.

**RULE 605 TRAIL RACE LICENCE**

1. Organisers of trail races must obtain a UK Athletics race licence. They are available from the Trail Running Association (TRA).

2. Any Promoter granted a Trail Running Licence by UKA must impose, in addition to the basic entry fee, an additional fee of £2 (to be known as the ‘Additional Unattached Entry Fee’) on every entrant in an Open Trail Running race who is not a member of a Club affiliated to a National Association or is not a registered member of the TRA. The additional entry fee is only appropriate to participants in Senior Competition. Any additional entry fees collected are payable to the Permitting Authority within one month of the date of the competition and must be accompanied by copies of the full entry list and results.
(3) As indicated in (2) above, members of the TRA are not liable to pay the Additional Unattached Entry Fee imposed on trail races. This applies whether or not the TRA granted a race permit for the race in question.

**RULE 606 RACE INFORMATION**

Race information and competitors’ application forms shall cover the following points:

(i) That the race is held under UK Athletics Rules of Competition.
(ii) The approximate length and approximate total climb of the course.
(iii) Any age or other limitations.
(iv) If survival equipment has to be carried.
(v) Entry fee(s) and unattached runner’s levy (see Rule 605(2) above)
(vi) Facilities (for changing and washing, lavatories, shelter, secure baggage storage, etc.) at or near the start and finish (where different)
(vii) The general nature of the course (particularly if the course crosses mountainous or wild terrain and a level of experience is required) and if it is linear, circular, out and back multilap etc.
(viii) Method of navigation and if a level of skill is required
(ix) Structure of prizes and mementos

**RULE 607 ORGANISER’S RESPONSIBILITIES**

The Organiser has the following responsibilities:

1. **Risk Assessment.** Carrying out the risk assessment required by UK Athletics Code of Conduct to make sure all hazards are reduced to an acceptable level.

2. **Railway Level Crossings.** If the course includes a railway level crossing, the Organiser must refer to this in the Risk Assessment and alert all runners in the race information pack.

3. **Course Inspection.** The Race Organiser should, if reasonably practicable, inspect the course during the week prior to the event.

4. **Exceptionally Severe Weather.** The Organiser must be prepared to take firm decisions in good time to shorten the race, use the alternative course or cancel the race if the weather is predicted to become exceptionally severe.

5. **Control of Race.** The Organiser must ensure that race headquarters can monitor and control the race so that, if an accident occurs, or a competitor becomes lost, help is directed to the competitor in trouble without delay.

6. **Along Roads.** In general for Trail Races, rules for pedestrians within the Highway Code should be followed, e.g. runners must keep to the right-hand side of the road.

Exceptions to this general rule may be applied following a Risk Assessment for the particular race. For example, for races where there is expected to be a mass of runners moving along a stretch of road, UK Athletics Rules for Road Running may be applied for those parts of the course, e.g. Competitors must run on the left of the road.

**RULE 608 PREPARATION OF COURSE**

1. **Up to 10km.** A course of 10km or less should be adequately marked and marshalled. On such short courses the leading competitors are usually running too fast to read maps and narratives.

2. **Over 10km.** On courses longer than 10km maps and course narratives may be used instead of, or in addition to, routemarks, waymarks and marshals.
(3) **Support Stations.** Unless stated otherwise in the advertisement and competitors’ brief, refreshment stations with at least drinks should be not less than 10km apart and stocked with sufficient for the whole field. In warm weather extra stations with separation as little as 5km may be necessary.

(4) **Clearing Up.** The sites of refreshment and sponge stations must be cleared up afterwards.

(5) **Crossing Roads.** If the course crosses roads the Organiser, when preparing the risk assessment, must consider the risk involved and take appropriate measures. These may involve:

   (i) Notices being put out to warn traffic.
   (ii) Notices before the crossing to warn competitors.
   (iii) Marshals

(6) **Along Roads.** UK Athletics Rules for Road Running shall apply for parts of a course that are on roads, e.g. competitors must run on the left of the road.

(7) **Supporters’ Cars.** At longer races, designated car parking areas for supporters should be set up where they will not cause traffic congestion that could lead to accidents. They may need marshals.

**RULE 609 COMPETITORS’ INFORMATION**

(1) **Competitors’ Briefing.** The nature of the race and instructions relating to safety must be formally communicated to each competitor in the competitors’ information.

(2) **Display of Permit.** The race permit must be displayed at the race registration.

(3) **Weather Forecast.** The weather forecast should be displayed if the race is an ultra or the course goes over wild countryside.

(4) **Availability of Risk Assessment.** The full risk assessment must be available to any official or competitor who asks to see it.

**RULE 610 AGE LIMITS**

Subject to satisfying HUE ‘Adventure Activity Licensing Regulations’ for youths under eighteen, the maximum distances permitted for the following age groups are:

- Under 12 years: 3km
- Under 14 years: 5km
- Under 16 years: 6km
- Under 17 years: 10km
- Under 18 years: 25km
- Under 20 years: 45km

*NOTE: UK Athletics Rules do not specifically cater for athletes under the age of 11 years. This does not necessarily preclude provision by organisers of competitions for events for athletes younger than 11 years, with correspondingly reduced distances to be run.*

**RULE 611 ADDITIONAL RULES**

Race organisers may draw up additional rules for their events which must be obeyed by competitors as though they were UK Athletics Rules.
RULE 612 AGE GROUPS

Veterans – Men and Women. For Trail Running a veteran is a competitor aged at least 40 years on the date of the competition.

RULES FOR COMPETITORS

RULE 613 COMPETITORS’ RESPONSIBILITIES

Competitors have the following responsibilities:

1. **Safety.** Primary responsibility for their own safety.

2. **Course.** Follow the whole of the course as designed, unless they are leaving it for the purpose of retirement, in which event they may proceed to the nearest control station by a practically convenient route without trespassing. If they get lost or take a wrong turning competitors must return to the correct course, without trespassing, where they left it. They may be assisted in regaining the correct course.

3. **Other Rights of Way Users.** Unless the County Council has closed the route to all other users, recognise they have equal rights to be on the path and be courteous.

4. **Behaviour at Obstacles & Narrow Paths.** Competitors should not jostle at stiles and other obstacles. Nor should they push past slower runners on narrow paths. The correct etiquette is for the overtaking runner to shout ‘track’ and the slower to step out of the way as soon as practical, standing still if necessary.


6. **Injured Competitors.** If they come across another competitor who is ill or hurt they MUST offer assistance.

7. **Voluntary Retirement.** If they wish to retire from the race they must report this to the nearest race official and to the finish, and then remove their number. If they become physically incapable of personally reporting, they should endeavour to get a message passed to an official.

8. **Compulsory Retirement.** Retire immediately if asked to do so by a race official.

RULE 614 HANDLERS & SUPPORTERS

1. **Assistance Whilst Running.** A competitor may only be accompanied by an attendant for all or part of a race when the rules for that particular race authorise this. Any limitations, such as when and where along the course this is allowed, must be clear in the rules of the race. Failure to comply may lead to disqualification of the competitor being helped.

2. **Supporters’ Cars.** When the competitors’ brief states that handlers and supporters following the race may park their cars only at designated places, failure to comply may lead to the disqualification of the competitor being supported.

RULE 615 LATE ENTRIES

The Organiser may accept entries after the published closing date, but decide such competitors are not eligible for individual prizes and/or are not eligible to be scoring team members. These limitations should be made clear at the time of accepting the entry.
APPENDIX A

INDOOR COMPETITIONS - CODE OF PRACTICE

A1 EVENTS
Competitions may be held at such race distances and in such field events as appropriate to the size of track and other facilities available. Hammer, discus and javelin are considered unsuitable for indoor competition.

A2 TRACKS AND MEASUREMENTS
Tracks for indoor meetings should comply with Rule 108 with the following amendments:

(a) Banking of bends is permitted;
(b) Lanes must have a minimum width of 0.90m and a maximum width of 1.00m.
(c) Races up to and including 60m must be run on a straight course in lanes, and it is recommended that races up to and including 200m should be run in lanes. In 400m races the first two complete bends on a track of 200m or less should be run in lanes, and a ‘break’ line shall be marked on the track in a distinctive colour;
(d) Hurdle events are as specified in Rule 116(14)
(e) In events run in lanes or partly in lanes there shall be only one competitor per lane.

A3 FIELD EVENTS

(a) High Jump: Owing to the common use of banked tracks, a slope is acceptable in the approach run insofar as the banking forms part of the approach, but not less than the final 15m of an approach shall be in accordance with Rule 123(5). No competitor may use any other form of banking device or ramp.
(b) Pole Vault, Long Jump and Triple Jump. Competitors may start their run on the banking of the oval track provided the last 40m of their run up is on a runway complying with Rule 125(7) for Pole Vault and Rule 127(4) for Long and Triple Jump.
(c) Shot
   (i) It is essential for safety reasons that a stopping device is provided at the end of the putting area.
   (ii) Specifications for the indoor shot are the same as outdoor, but special plastic or rubber cased shots are permissible, which shall be spherical in shape with a smooth surface. If these special shots are used, the maximum diameter allowed is increased to 145mm (7.26kg) and 130mm (4kg). Both types of shot may not be used in the same competition.
   (iii) The circle may be portable or permanent. If the circle is portable it shall not vary from the level of the landing area by more than ±3cm.
   (iv) The sector shall be 34.92° and shall be extended as far as the limitations of space allow.
   (v) Fibre boards may be used in the landing areas to facilitate marking of the landing of the shot.

A4 COMBINED EVENTS
The Combined Events are as specified in Rule 140

A5 records
The IAAF and UKA recognise Records for Indoor Competitions. Claims for records should be made in accordance with Rule 141.
A6 GENERAL GUIDANCE

Indoor areas are invariably much smaller than outdoor ones and it is vital that every effort is made to keep the centre of the track clear, particularly the space between Timekeepers or Judges and the finish line. Similarly, the area at the start must be kept clear of persons and equipment. Warming-up on the track must be forbidden. Photo-finish equipment should preferably be sited above the Timekeepers’ stand.
APPENDIX B TIMEKEEPERS —CODE OF PRACTICE

**B1.** Timekeepers should report to the Meeting Secretary and the Chief Timekeeper at least 30 minutes before the first Track event. The Chief Timekeeper should report to the Meeting Manager/Secretary before leaving the Meeting, to ensure that all necessary paper work has been completed.

**B2.** Individual Timekeepers should not be required to take more than one time in sprint races. Good practice requires that Timekeepers should not take times other than those requested by the Chief.

**B3.** In distance races on the track with large fields, timers with multiple-memory functions or print-out facilities (but not programmable computers) should be used where possible, to ensure that all runners are timed to 1/10th sec. Otherwise or in addition a Running Watch should be used. A Lap Chart is advisable if lapping takes place.

**B4.** For deciding fastest losers, hand times to 1/100th sec must not be used.

**B5.** Calling of intermediate times. Provided that there are sufficient timekeepers available, intermediate times in races of more than one lap should be called at the Start line and at the Bell. In the case of the Steeplechase, because of the varying distance of the lap on different tracks, calling should take place at the Finish line. Variations may be made at the Chief Timekeeper’s discretion, but normally calling will not take place at intervals of less than one lap except for the Bell time. In Mile races, intermediate times should be called at the 1/4 miles. On indoor tracks of 200m., times should be called every 400m, plus Bell time, unless otherwise required. (N.B. Lap times should be recorded every 200m, in accordance with UKA Rule 119(5) and IAAF Rule 165(3). Timekeepers going out on duty should be aware of safety and courtesy to athletes, officials and spectators.

**B6.** To enable Timekeepers to comply with UKA Rule 119(5) and IAAF Rule 165(3), a clearly visible marker should be placed on or near the inner edge of the track to indicate the distances of 1K, and 2K, in the 3000m. Steeplechase. Similar marks should be placed at any other distance required e.g. 1500m in Mile, 3K. in 2Miles etc.

**B7.** The Chief Timekeeper is responsible for any intermediate times given over the Public Address System. The Chief can provide this service:

(a) where there is an automatic device with a time display on the track, by appointing the operators of this device to be official timekeepers for giving intermediate times, provided that the Chief is satisfied that such times are sufficiently accurate.

(b) by a telephone line or radio link to the Announcer.

(c) where the Announcer’s box is situated close enough to the Finish line, by stationing a Timekeeper adjacent to or, with the agreement of the Announcer, in that box.

**IF NONE OF THESE ARE POSSIBLE, THEN NO INTERMEDIATE TIMES SHOULD BE ANNOUNCED.**

**B8.** Relays. Split times for Relay events should not be taken if the individual legs are less than one complete lap. The split times shall be taken as the baton crosses the centre of the take-over box. In the case of the 4 x 400m, competitors may be required to run in lanes for three bends; the first take-over is therefore staggered and in each lane the centre of the take-over box should be marked on the track by a white line with a green mark super-imposed; Timekeepers recording times for teams in lanes 2-8 therefore should take up positions on the outside of the track opposite these marks for the first take-over. For lane 1 and for all subsequent take-overs, the centre of the take-over box is the Finish line, and times should be taken from the stand.

It is recommended that Timekeepers allocated to each team for split times should revert to their normal finishing position at the finish.
B9. Where Photo-Finish is in operation, the Chief Timekeeper should ensure that the hand times are communicated to the Chief of Photo-Finish as soon as possible after the completion of a race.

B10. In Cross-country and/or Road races with large numbers of competitors, there may come a time when the competitors are too closely packed for times to be given for every position. When this situation arises, Timekeepers should thereafter identify a runner’s number and record this with a time as frequently as possible. In practice this can be done every 5 seconds or less; these times and numbers can then be matched with the Judges’ positions and every runner can be accredited with a time within the above limits.

Wherever possible, computerised records of results should bear the official hand times.
APPENDIX C
ELECTRONIC DISTANCE MEASUREMENT
CODE OF PRACTICE

C1. The Field Referee(s) is/are in sole charge of all the field events. Unless a separate Measurement Judge has been appointed the Referee(s) is/are responsible for approving the accuracy of the EDM instrument(s).

C2. The operator in sole charge of the EDM instrument must be experienced in its use.

C3. It should be accepted standard practice that a comparison between a standard calibrated steel band and the EDM instrument will be carried out prior to the meeting (each event) commencing.

C4. For record purposes, if only one EDM instrument is available, then immediately after completing the measurement, the instrument should be checked against previously pre-set reference points before the marking prism is removed. The Field Referee must be consulted/advised of the action.

C5. The official result card will be completed by the official appointed to observe and confirm the readings taken by the EDM instrument operator. Card 2 will be completed by the official appointed to confirm the scoreboard display. A further card can be made available, for information purposes only, at the site of the event. To avoid any delay in the progress of the event, this card should be completed by an official not directly involved in judging the athlete’s trial.

C6. To help avoid delays in the progress of the event, the leader should not wait for the result of the trial to appear on the scoreboard before calling the next competitor for her/his trial.

C7. Officials allocated to the duties involving the use of the marking prisms must be fully conversant with their correct use before the start of the event.

C8. All officials must be made fully conversant with the signal to be used to indicate that the EDM reading has been concluded.

C9. Any type of communications equipment must be monitored for reliability both before and during the meeting. Preferably, a channel should be reserved for the use of the EDM team exclusively if the equipment is not situated adjacent to the event.

C10. A log book detailing the servicing and maintenance of the EDM instruments should be kept.

C11. As a precautionary measure, a calibrated steel or fibre glass tape should be kept available at the event in case of malfunction of either the EDM or communication equipment.

VIRTUAL DISTANCE MEASUREMENT
HORIZONTAL JUMPS

C12. The Field Referee(s) is/are in sole charge of all the field events. Unless a separate Measurement Judge has been appointed the Referee(s) is/are responsible for approving the accuracy of the EDM instrument(s).

C13. Usually the technology controlling the VDM measurements are some distance from the event site and often don’t have a direct sight line to the event. The two cameras that monitor the sand pit are usually placed high up in the stand with an uninterrupted view of the sand pit.

C14. The operation of the technology is usually under the control of the service provider. The official appointed to oversee the operation will be in the same room/space as the service provider technician. This official must confirm with the operator that the measurement is correct before moving to the next competitor.

C15. No prism is used to indicate where the measurement should be taken so communication between the official overseeing the measuring and the officials at the event site. This official will indicate to the event site officials when they can commence levelling the sand.
C16. Prior to the start of each competition, and to confirm the accuracy of the technology, a minimum of two datum point measurements by tape should be compared to the same measurements by the technology. Ideally these measurements should not be in the same line to ensure the geometry of the technology is working correctly.

C17. At the end of each competition the same two datum point measurements must be taken to confirm the validity of the competition measurements.

C18. If there is any concern at any time then the Referee(s) or the Measurement Judge must be consulted.

C19. The technology will maintain an electronic file of measurement and picture from each jump so there can be further checks taken at any time if there is any concern.

C20. As a precautionary measure, a calibrated steel or fibre glass tape should be kept available at the event in case of malfunction of either the VDM or communication equipment.
APPENDIX D
TECHNICAL OFFICIALS PATHWAY
(Track & Field)

If any changes are made to this section during the lifetime of the Rule Book, they will be displayed on the UKA web-site.

The disciplines for technical officials are: Field Judges, Starters/Starters’ Assistants, Timekeepers, Photo-finish Judges and Track Judges. The initial grade for discipline specific officials is Level 2 (The Club Officials Award and the Young Officials Award being a multi-disciplinary introduction to assisting with competition.)

Applications from those interested in becoming officials should be made through the appropriate club, county or Home Country. Details of the relevant contact name can be obtained in the first instance through UK Athletics, Alexander Stadium, Birmingham, B42 2BE. Tel 0121 713 8400, Fax 0121 713 8452, Email information@uka.org.uk. Other information may also be found at www.uka.org.uk

REQUIREMENTS FOR TRACK AND FIELD TECHNICAL OFFICIALS

UK Athletics and officials’ networks are working together to ensure quality, standardised experiences for new volunteers entering the sport and a clear competence based pathway for those already involved. In association with the various administration areas, a National Database of Officials has been established. All qualified technical officials receive a pass and licence that recognises their level of qualification. All qualified technical officials must hold a current DBS certificate (or Home Countries equivalent), available through UK Athletics, or, if under the age of 16, should self-declare their eligibility.

A Technical Official’s pathway exists, the details of which are shown below. A new numbering system is described after paragraph (5), although this will only be finally in place in 2016.

1. Club Officials Award & Young Officials Award

These are awards that qualify people to assist in officiating. They enable people to develop the following qualities, skills and knowledge at a basic level:

Qualities: to be athlete centred, fair, unobtrusive, sensitive, diplomatic, systematic, firm, focused, objective, decisive, consistent and calm.

Skills: to be able to measure distances and times; make and share judgements; record observations, judgements and data; ensure safety and report concerns; liaise and communicate with other officials and athletes; report rule infringements; follow procedures and apply rules

Knowledge: to know the basic rules for events; officiating procedures.

To achieve either of the awards candidates must:

1.1. Attend a workshop delivered by an approved tutor
1.2. Complete and record a minimum of two practical officiating experiences
1.3. Submit evidence of two practical experiences and a registration form to their Home Country association.
1.4. Successfully complete a Health & Safety and Risk Assessment course (Club Officials Award course only)

UK Athletics are responsible for maintaining a list of new Club Officials and Young Officials and ensuring that this information is accessible to all appropriate administration areas.

2. Level 2a (to be listed as Level 1 from 2016)
The UK Athletics Level 2a) qualifies officials to operate in a single discipline--as a Track Judge, Field Judge, Timekeeper, Starter/Starters' Assistant or Photo-finish Judge. Beginner officials are able to enter the system at Level 2a if they are aware of the discipline in which they wish to officiate and have prior experience within the sport.

To achieve **Level 2a)** officials must:

1. Successfully complete the Introduction to Officiating course.
2. Successfully complete the Health & Safety and Risk Assessment course.
3. Attend a discipline specific workshop delivered by an approved tutor.
4. Complete Record Sheets showing evidence of officiating at a minimum of 4 meetings (for Field Judges this must include judging at least 1 horizontal jump, 1 vertical jump and the throws, including both the Shot Put and long throws. For starters, this should include four experiences as a Starter and four as a Starters' Assistant.)

Note: Officials cannot qualify at Level 2a) or above, in any discipline, until they have successfully completed the UKA Track & Field Health & Safety course module.

Note: Officials cannot judge in the landing sector in any throwing event until they have successfully completed the UKA Track & Field Health & Safety course module.

**3. Level 2b)** (to be listed as Level 2 from 2016)

To progress to **Level 2b)** they must also:

1. Complete a logbook including providing evidence of officiating at a minimum of 10 meetings. The Record of Experience form can be used for this purpose.
2. Work with an appropriate mentor who may have been formally appointed on their behalf or informally through their own contacts.
3. Submit relevant sections of their logbook for assessment (to an approved assessor) and meet assessment criteria. The system of appointment of assessors will be finalised during the lifetime of this Rule Book.

Note: Officials cannot act as a Chief Judge of a long throw event until they have reached Level 2b), due to the fact that, until that point, there is no compulsion on them having officiated at any more than one long throw competition.

**4. Level 2c)** (to be listed as Level 3 from 2016)

To progress to **Level 2c)** they must also:

1. Complete a logbook including providing evidence of officiating at a minimum of an additional 10 meetings plus one report.
2. Work with an appropriate mentor, as described above.
3. Submit relevant sections of their logbook for assessment (to an approved assessor) and meet assessment criteria as described above.

As further experience is gained within Level 2c), officials will have that experience recognised. During this period they may start to request for reports on their performance to be given to them, so that they can, if they wish, progress to Level 3, as described below. There are specific reports required, and details are shown in the section on Level 3.

UK Athletics are responsible for maintaining a list of Level 2 Officials and above and ensuring that this information is accessible to all appropriate administration areas.

**5. Level 3** (to be listed as Level 4 from 2016)

The UK Athletics Level 3 is a progression from Level 2c) that both consolidates learning at Level 2 and prepares the official to operate at national and international level through the introduction of additional modules including meeting management and the use of appropriate technology. Officials
who have satisfied the requirements of the Level 3 accreditation system will be listed as Level 3P for two years after qualification but will immediately become eligible to receive information regarding selection for national and international competitions under the auspices of UKA. This is a probationary period during which positive assessments are required in order for the official to remain eligible for consideration for selection for such competitions. Detailed guidelines for applicants for Level 3 are produced annually and displayed on the UKA website.

To achieve Level 3 officials must:

5.1 Attend a generic workshop delivered by an approved tutor

5.2 Attend a discipline specific workshop on a chosen area relevant to their discipline, including all of the areas available at Level 3, including photo-finish.

5.3 Attend a technology workshop specific to their own discipline, including Automatic False Start Equipment, Photo Finish and EDM,

5.4 Complete a logbook.

5.5 Show evidence of officiating at a minimum of 30 competitions within three years, and submit at least 6 positive reports from appropriate officials as described below.

5.6 Work with an appropriate mentor

5.7 Submit logbook for assessment and undergo assessment of competence and knowledge and understanding of UKA and IAAF rules and the differences between them by an approved assessor.

5.8 Submit reports of successful experience at a minimum of six events, to include specific duties.

The Reports:

• One as a Chief Official / Referee at a League Match or County Championship or similar equivalent event.

• Two as a member of a team of officials.

• One from a reporter outside your Region or other Home Countries equivalent.

• One as Clerk of Course

• One using relevant Technology.

Reports must be written by officials who have supervised the official. The reporter must be in Level 3, with a minimum of two years at least in Level 3. The Technology report may be written by the same official as one other report, but at a different competition. Other than this exception, all reports must be by different officials.

In order to be considered for membership of the International Meetings Officials (IMO) group, and to remain on the list, officials must satisfy the requirements as published on the UKA web-site which include demonstrating their competence, making themselves available for a minimum of four (4) Level 5/4a Permit Meetings in a calendar year and providing evidence on a Record of Experience form of having officiated at a minimum of 20 days of track and field athletics each year. (Further details of the requirements can be found in Appendix E under “Selection to International / National meetings”).

The Level 3 IMO (International Meetings Officials) qualification recognises all technical officials at that level as National Technical Officials, equivalent to Level 1 officials under the IAAF TOECS (Technical Officials Education & Certification System).

UK Athletics are responsible for maintaining a list of Level 3 Officials as well as the IMO group and ensuring that this information is accessible to all appropriate administration areas.

The publication of the 2016 Rule Book will see changes to the numbering system for officials, with Levels 2 and 3 amended to be separate levels as Levels 1, 2, 3 and 4. Level 5, described below,
will come into being at that time, and is described below so that officials can be aware of the method of qualification.

6. Level 5

Candidates will be able to operate at the highest level of the sport within the United Kingdom and be capable of becoming nominees for European Athletics and IAAF appointments.

Assessment procedures will include a course and an examination equivalent to the IAAF Level 2 course and examination.

Officials qualified at Level 4 (as current Level 3 will be known from 2016) may be invited to apply for accreditation at Level 5. To be eligible, candidates must:

• Be a Level 4 (2016 rule numbering) official who has been on the UKA Active List for at least the previous 5 years. (This time scale can be reduced in exceptional circumstances)

• Is a member of the Discipline Management Group and / or Competition Management Group (see Appendix E).

• Have gained the Competition Management Award.

A Level 5 official must be capable of carrying out a wide range of roles at any level of the sport, from grassroots to International level, and:

• Has proven ability to act as Discipline Referee/Chief and in Competition Management at International level, including at events for athletes with a disability.

• Has demonstrated ability to report on meetings and officials, both in writing and verbally.

• Is knowledgeable in all disciplines and able to demonstrate that knowledge by successful completion of an examination.

As part of the application process, candidates must show evidence of:

• Successful experience in the position of Chief / Referee and senior management positions at national and international events during the previous four years.

• Qualification in two other disciplines, as described above.

• Working at events for athletes with a disability.

• Participation in events in a range of duties other than as a discipline specific Technical Official including such roles as Meeting Manager, Call Room etc. as appropriate.

• Mentoring of other officials.

In addition, candidates must attend a course specially staged on the requirements and knowledge base required to be capable of attempting the examination which forms the basis of qualification at this level.

Appointment to Level 5 is for a four year period. In order to maintain this accreditation the official must attend a refresher course and successfully complete the examination.

The course and examination will take place once in every four years, with an examination held in the year leading up to the European Athletics examination, so that those deemed to have been most successful will be considered for entry to the EA examination as the nominees of UKA, if eligible and if places are available for nomination.

The first course will be held in 2016. Details will be circulated when appropriate.
7. Competition Management Award

Those officials previously accredited at Level 4 will automatically be transferred to the Competition Management Award list from April 1st 2014.

Officials qualified at Level 2c) and above may apply to take the Competition Management Award, which recognises their ability to become part of the management team at events at all levels.

An official with this award may be described as an official with a wide range of experience who has proven ability to:-

• Act as Referee/Chief in a technical discipline, including completing reports on meetings and officials on time.

• Work in roles other than as a discipline specific Technical Official at a range of meetings.

• Officiate competently at events for athletes with a disability.

• Act as a mentor to other officials.

Candidates for the award must attend three compulsory modules, which are

7.1 Management Structure and Leadership
7.2 Mentoring, assessment and reporting
7.3 Disability (either track or field)

They must also attend two of the optional modules, which are

7.4 Meeting Manager
7.5 Call Room
7.6 Technical Information Centre (TIC)
7.7 Disability (the module not taken in 4.3)

Attendance at the Management Structure & Leadership module is recommended for officials who wish to act as Chief or Referee at a national or international event.

Assessment for this award will be by

• Observation of the candidate in the position of Chief / Referee at two appropriate meetings.

• Evidence of working at events for athletes with a disability (by production of the Annual Record of Experience).

• Careful scrutiny of the annual record, which needs to show a range of duties carried out other than as a discipline specific Technical Official including such roles as Meeting Manager, Call Room Manager etc as appropriate. The candidate may also be asked to provide a statement summarising this experience.

• Evidence of mentoring, including the provision to request a statement from the candidate as to the mentoring they have done, and contacting some of those who have been mentored.

Officials at Level 2 and above may, for their own benefit, take part in any courses which are part of the Competition Management Award for their own development.

SELECTION & RECORDS OF OFFICIALS

Nominations to UKA Peer Groups for selection to Televised, International and National meetings are the responsibility of the Home Countries and English Regions. Nominations are made through the Tri-Regional and National Officials Groups. (TRNG).
Tri-Regional and National Officials Groups (TRNG) comprise officials groups from:-

Northern Ireland
Scotland
Wales

Three English Tri-Regional Groups which are:-

Northern Group - comprising North West, North East and Yorkshire & Humberside
Midlands and South West Group - comprising East Midlands, West Midlands and South West
Southern Group - comprising South East, East and London.

Each of the six TRNGs will have either their own Peer Groups reflecting those that exist in UKA or ensure that they have an appropriate mixture of technical expertise and representation.

Officials TRNG Group selection Officials make their own choice of which TRNG list they belong to, through their affiliation (below), which is particularly relevant in areas where there may be divided loyalties.

Affiliation of Officials All Officials are part of a single database. This database, with appropriate security, contains the official’s personal details and qualifications (complete or in progress). In England it will hold their primary memberships of County, Region and Tri-Regional Group whilst in Scotland, Wales and Northern Ireland it will hold their Regional, District or national membership as appropriate. Officials will have, within reasonable parameters, complete choice over each of these primary affiliations, rather than purely by postcode. Officials will be able to access their own data entry and Tri-Regional and County Officials Secretaries will have access to their relevant lists. Protocols for access and updating data are in place.

OVERSEAS APPOINTMENTS

All officials who are invited to officiate at competitions overseas must first seek the approval of UKA. If the appointment is by an International Federation (European Athletics, IAAF or IPC Athletics) those officials who have qualified as international officials through the system approved by UKA should inform UKA of their appointment as a courtesy. For any other appointments by organisations (including the above, plus any others), invitations from other National Federations or any others not included above, officials must request approval by writing to UKA (by email or post) giving full details of the invitation. The letter should include details of the competition and the host organisation’s address details for UKA to enquire further should they need to do so.

Failure to follow this procedure could result in disciplinary action being taken against the official concerned, including, but not confined to, suspension of their Licence.

FIREARMS CERTIFICATES FOR STARTING OFFICIALS

The Home Office guidance to the police on establishing good reason to possess a firearm for the purposes of starting races at athletics meetings is that starters should have achieved level 3 under the UKA structure. The official must have a letter of approval issued by the Technical Advisory Group and signed by the UKA Welfare Officer.

UKA will supply a letter of recommendation for each starter of the appropriate level who is renewing their licence.

Whilst this is not reflected in the text agreed with the Home Office, it is in the terms agreed with the Home Office and is part of their guidance document to each of the police forces.

The UKA Welfare Officer arranges the reimbursement of the licence fee on the completion of the letter and the receipts have been received.

HANDBOOKS AND INSTRUCTIONAL BOOKS

UKA Rules for Competition effective 1st April 2014
IAAF Competition Rules effective 1st November 2013.
IAAF Instructional document “The Referee” available on the IAAF website: www.iaaf.org
IPC Athletics Rule Book available on the IPC website: http://ipc-athletics.paralympic.org/
APPENDIX E

APPOINTMENT OF, DUTIES OF & SELECTION OF OFFICIALS

TECHNICAL OFFICIALS (Track & Field)

If any changes are made to this section during the lifetime of the Rule Book, they will be displayed on the UKA web-site.

(1) APPOINTMENT OF OFFICIALS

(a) The following officials should be appointed at every Track and Field Meeting:

A Referee for Track Events.

A Referee for Field Events. If there are to be several field events it may be desirable to appoint two Field Referees, one for the throwing events and one for the jumping events. (In meetings with many field events, further sub divisions of the Field Referee’s duties may be carried out by the appointment of further Referees for specific duties.)

Track Judges/Umpires.

Field Judges.

A Chief Timekeeper.

Timekeepers.

A Starter – two if there are many track events, one of whom should then be designated Start Coordinator, supported by a Starter’s Assistant and two or more if there are many track events, one of whom should then be designated as Chief Starter’s Assistant.

Clerks of Course.

Announcer(s).

Competitors’ Steward(s).

Recorders and other Stewards as may be necessary.

Walking Judges (where walking events are included in the programme).

(b) The following additional officials should be appointed for meetings above County level:

A Meeting Manager, who shall have overall responsibility for the control of the meeting.

A Photo-finish Team (as required).

Additional Starter(s) so that there is a team of not less than 3, thereby enabling Start Recallers to be used (see below).

A Technical Manager/Equipment Officer.

Electronic Distance Measurement Team (as required).

Scoreboard Operators and two-way Radio Stewards.

Call Room Stewards.

Seeding Officers.

Press and Results Stewards.

Presentation Stewards.

Doping Control Stewards.
(c) The following additional officials may be appointed by the Technical Advisory Group for National and International Meetings:

National Technical Delegate.
Jury of Appeal.
Competition Director.
Technical Manager (formerly known as Technical Director at such meetings).

(d) Duties of Technical Officials

All officials share the responsibility for events starting to time and for the meeting to be run smoothly and without undue waste of time. Officials who are not officiating regularly should always consult the Rules for Competition before going to an athletics meeting.

(2) EVENT MANAGEMENT ROLES (Appointed by UKA Technical Advisory Group for all meetings promoted by UKA)

(a) NATIONAL TECHNICAL DELEGATE

(1) Oversee organisation from appointment to completion of competition reports.
(2) Be the first point of contact for the relevant competition, for issues from the UKA office.
(3) Proof read, and approve all materials sent out to officials prior to the meeting. (From January 2013 the UKA Officials Manager will act as the link to the NTD from the Competitions Department and will be copied in to all communications from England Athletics)
(4) Oversee and manage the completion of all competition reports relevant to the meeting.
(5) Chair the briefing of Chief Officials, in doing so; establish the competition rules and regulations of the event in question.
(6) Monitor the briefings of officials by the Chief (this should be done in conjunction with Jury of Appeal members).
(7) Ensure all technical checks are carried out by the Technical Manager and his team.
(8) Monitor the seeding and draws in track and field events where appropriate.
(9) During the competition observe a representative sample of technical aspects of the officiating. In doing so, accrue a range of information about the meeting conduct (as in an ATO/ ITO role.)
(10) In conjunction with the Chair of the Jury of Appeal (where appointed) ensure that a schedule is prepared for JoA members to act as event observers, taking on this part of the role of ATOs.
(11) Evaluate the performance of chief officials and event managers – this may be in conjunction with others.
(12) Receive copies of all reports post the completion of the event and collate
(13) Prepare a report for UK Athletics.
(14) Inform future post holders and the future event planning process.
(15) Establish that all relevant paperwork has been sent to all competition officials.
(16) Confirm with Event Management that all necessary preparation has been completed prior to meeting to brief Chiefs.

(b) JURY OF APPEAL

(1) In addition to their role as defined in the IAAF Rules for Competition, the Jury of Appeal act as the NTD’s “eyes and ears.”
(2) They will be allocated by the NTD to observe the discipline briefings, supplying brief written feedback on each to the NTD.
(3) The Chair of the Jury of Appeal will prepare a schedule allocating each member of the jury as observers to as many events as is feasible. In doing so they act as “pseudo ITOs/Area ITOs”. It is important to note, however, that they should not directly intervene in the conduct of an event, as ATOs/ITOs are now authorised to do. Instead, they should draw any concerns to the attention of the judge in charge of an event.

(4) It is important that they be seated wherever possible and remain as unobtrusive as possible.

(5) At the conclusion of the event they should supply feedback to the NTD.

(6) They are not there to assess officials, that is the responsibility of assessors where appointed, or Referees.

(7) In the event of a protest, the Meeting Manager will act as secretary to the Jury of Appeal.

(c) COMPETITION DIRECTOR

(1) Co-ordinate timetable planning and sign off the final version as workable. In doing so work in close consultation with Event Production, Broadcasters and UKA/England Competitions Department staff.

(2) Advise Chiefs/Referees, in advance of any timetabling or production issues which may impinge on the conduct of their duties, including arrangements for athlete introductions.

(3) Design procedures and routes for the movement of athletes through the various stages of the competition process. In doing so, ensure that:

(4) Plan routes from the Call-Room to event starts and sites, ensuring that these are agreed and communicated to appropriate officials.

(5) Ensure that Referees are briefed and understand the system for getting athletes through the mixed zone and to presentation. Also confirm with Start Co-ordinator procedures for escorting any disqualified athletes from the start.

(6) Run the meeting to time.

(7) Wherever possible, be at the start of each track and field event.

(8) Produce a detailed call-up schedule for officials to use.

(9) Prepare a simplified call-up schedule for display to athletes.

(10) Produce guidance notes for chief officials.

(11) Be the link during the event to Event Presentation production.

(12) Be the final decision-maker on the conduct of the meeting, dealing with such issues as may arise.

(d) MEETING MANAGER

The Meeting Manager shall assume overall responsibility for the running and control of the meeting. Duties may include:

(1) To approve expense claim forms during the meeting.

(2) To supervise receipt bib numbers from event organisers, where appropriate, and deliver these to number stewards.

(3) To agree with the press/photocopying centre a number of start lists to be printed and put aside for competition management. Collect and distribute these to all those who need them.

(4) To obtain a master set of technical lists (field cards) from Results Company, copy these and distribute as necessary.

(5) To supervise the distribution and collection of radios.

(6) To ensure that all required personnel are in place and liaise with relevant Chiefs to arrange substitutes as necessary.
(7) To supervise any necessary system for the distribution of draw-sheets and results.

(8) To collect hard copies of field cards and deal with any record forms – a stock of relevant record forms to be available for completion by Chiefs.

(9) To act as Secretary for the Jury of Appeal.

(10) To maintain a trackside presence throughout the meeting, whenever possible, dealing with such issues as may arise from time to time.

(11) To deal with any issues relating to accommodation.

(12) To agree the dress code and inform officials.

(13) To work with UKA staff or other appointees to ensure that the following are carried out:
   (i) Meeting and greeting officials including collection and checking of expense claim forms
   (ii) Distributing programmes to officials.
   (iii) Supervising the distribution of any clothing.
   (iv) Supervising the collection of packed lunches, or other dining arrangements.

(e) TECHNICAL MANAGER

(1) Ensure that all meetings are conducted within the appropriate IAAF/UKA rules for competition and technical requirements.

(2) Carry out pre-event venue technical inspections, if requested.

(3) Liaise with Chiefs prior to events with regard to technology being provided, etc

(4) Agree the location of all field events.

(5) Ensure that any necessary repairs/upgrades are carried out.

(6) Ensure that all event sites are ready and fully equipped on the day.

(7) Ensure that appropriate implements and all other equipment are available.

(8) Liaise with the Equipment Officer, before and during the event.

(9) Be the sport’s link to technical service providers – TV, Event Presentation, Sports Timing, Results company and venue staff.

(10) Be the sole arbiter of the final positioning of all equipment, including technical service providers’ and TV equipment. Similarly, the placement of all Sports Science equipment and personnel.

(11) Maintain a trackside presence throughout the meeting, dealing with such issues as may arise from time to time.

(12) Supervise the work of venue staff, through their managers/supervisors.

(13) Supervise the work of kit-carriers.

(14) Produce site plans for each event at each venue with positions for officials, equipment, etc. as required. Sign these off, if produced elsewhere.

(3) TECHNICAL OFFICIALS

(a) The Equipment Officer and Clerks of Course

Shall: (i) Ensure that all venue equipment necessary for the competition is available, prepared and made available at the correct time along with the Clerks of Course.

   (ii) Ensure that any venue and personal implements are marked appropriately, checked and presented for the competition at the correct time for the relevant competition. Any
implements that do not conform should again be marked appropriately and the reasons conveyed in particular to the relevant athlete.

(iii) Ensure along with the Clerks of Course that equipment no longer required is removed in a timely fashion.

(iv) Ensure along with the Clerks of Course that all equipment and implements are cleaned and returned to the appropriate store/place at the end of the competition.

(v) Where relevant ensure that any implement involved in a record performance is rechecked and if correct confirmed with the relevant Referee.

(vi) Shall be responsible for ensuring that the track, runways, circles, arcs, sectors, landing areas for field events and all equipment are in accordance with specification in Rules for Competition. They shall normally have overall supervision of all of the appointed Clerks of Course and shall be responsible for allocating their duties.

(vii) In conjunction with the Track Referee, one or more of the Clerks of Course shall ensure that the course is correctly set out and kept perfectly clear. When hurdles and steeplechase races are included in the programme, the Clerk must ensure that all hurdles and barriers are correctly set and placed and that they are removed from the track when no longer required. In addition, the Clerk shall ensure that all equipment such as judges’ stand, bell, batons, etc. is ready for use.

(viii) In conjunction with the Field Referee, the Clerks of Course shall ensure that all markings are correct as required by the Rules for Competition, that take-off boards are clean and firm and landing areas ready for use. The Clerks shall ensure that all equipment necessary for maintaining runways, circles and landing areas is in a fit state for competition, that brooms, rakes, rollers, etc. are available as required and that Judges are provided with marking spikes and tapes as necessary.

They are responsible for the provision of implements for practice and competition and must see that all implements are removed from the site of the event as soon as the competition is completed.

(b) The Field Referee

Shall: (i) have charge of all field events;

(ii) administer the rules for competition relating to disqualification of athletes;

(iii) allocate Judges to particular events and duties;

(iv) check that equipment and markings conform to specification rules in liaison with the Technical Manager/Equipment Officer (if appointed) or the Clerk(s) of Course;

(v) announce to Judges and ensure that the competitors are informed of the number of trials;

(vi) ensure that all field events commence at the due time;

(vii) supervise the measurement of performances;

(viii) check the final results;

(ix) decide in the event of any difference of opinion between the Field Judges: the Field Referee’s decision shall be final;

(x) deal with any disputed issue as provided by the Rules for Competition.

(c) Field Judges

Shall (i) see that field events are carried out in accordance with the Rules for Competition;

(ii) decide in which order the competitors shall be placed;

In jumping for distance, separate Judges shall be responsible for:

(a) deciding if the take-off is fair;
(b) marking the point in the landing area from which measurement is to be made;
(c) operating the wind gauge (the operator shall measure and record the wind speed for the designated period of time and relay this information to the Judge in charge of the event).

In jumping for height, two Judges should keep a record of the jumps and check their recordings at the end of each round. The height of the bar should be measured when the bar is raised, particularly if standards or records are being attempted.

In throwing for distance, separate Judges shall be responsible for:

(a) deciding if the delivery is fair;
(b) marking the point of landing of the implement from which the measurement is to be made.

Before the start of each event the Judges should ensure that the correct competitors are present, that they are correctly dressed and are wearing numbers as on the programme and in accordance with the Rules for Competition.

(d) Measurement Officials may be appointed, especially if Electronic/Virtual Distance Measurement is to be used, and they are then responsible to the Field Referee for measuring and recording distances.

(e) The Track Referee

Shall: (i) have charge of all track events;
(ii) administer the Rules for Competition relating to disqualification of athletes;
(iii) allocate duties to Track Judges and Umpires;
(iv) decide in the event of any difference of opinion between the Track Judges: the Track Referee’s decision shall be final;
(v) deal with any disputed point as provided by the Rules for Competition.

If, in the opinion of the Track Referee, circumstances arise so that justice demands that a race already concluded should be contested again, the Referee shall have power to declare the race void and it shall be contested again, either on the same day if practicable, or on some future occasion. The Track Referee has absolute discretion to decide when the race shall be re-run.

(f) Track Judges and Umpires

Shall: (i) see that the proper distance of each run is covered;
(ii) decide the order in which the competitors finish.

Lap scorers should be appointed for races of longer than 1500m to record each competitor completing each lap. The duty of lap scorer can be incorporated with that of ‘finish judge’.

One of the scorers shall call, or show by number cards, to the competitors the number of laps still to be completed and ring the bell for each competitor to indicate the start of the last lap. Judges should be allocated as Umpires to watch the competitors, especially on bends and over hurdles and water jumps, and shall report promptly to the Referee any infringement of the rules of racing.

Any breach of the Rules should be reported to the Referee even if the athlete (or team, for relay races) does not finish the race. Judges should also be allocated to supervise relay take-overs and to work out the results of team races.

A Wind Gauge Operator should be appointed for races up to and including 200m if the gauge is not automatic, with the reading electronically transferred to the result system. The operator should measure and record the wind speed for the designated period of time and relay this information to the Track Referee.

(g) The Start Coordinator
(h) Chief Starter's Assistant

Shall: (i) allocate duties to the other Starter’s Assistants;

(ii) assist in keeping the track events to timetable.

(i) Starters and Starters Assistants

The Starter shall have complete control of the starting of a race. Starters Assistants are appointed to act under the direction of the Starter, to make the draw for the stations at the start (if Seeding Officers have not been appointed) ensuring that the correct competitors are present, correctly dressed and wearing numbers in accordance with the programme. Starters Assistants should then assist the Starter, at his/her instruction, in watching for infringements of the rules during the starting procedure.

At meetings of a higher level, Start Recallers are appointed from within the team of Starters. If in the opinion of the Starter or Start Recaller, the start was not fair, the competitors must be recalled. In practice, the first opportunity to recall rests with the Starter, whose decision on whether to issue a false start warning shall be final.

(j) The Chief Timekeeper

Shall: (i) allocate duties to the Timekeepers on the team;

(ii) declare the time to be recorded for each competitor;

(iii) administer the Rules for Competition applicable to timekeeping.

(k) Timekeepers

Shall: (i) Time each event independently and, in the event of a difference between their returns, should exhibit their watches to the Chief Timekeeper, who shall decide which time is to be returned.

(ii) Act as back-up in the event that Fully Automated Photofinish is in operation.

(l) The Chief Photo-finish Judge

Shall: (i) be responsible for the functioning of the equipment (in conjunction with Equipment Providers);

(ii) initiate with the Start Coordinator, a zero gun test before the start of each session;

(iii) supervise the testing of the equipment and ensure that the cameras are aligned;

(iv) allocate duties to the Photofinish Judges on the team;

(v) determine and issue the correct placing of the athletes and their official times.

(m) Photo-finish Judges

Shall: record the finish of each race and read the times and positions of each athlete; they shall provide this information to the Chief Photofinish Judge who shall decide the official result.

(n) Walking Judges

Shall: disqualify any competitor whose mode of progression they consider fails to comply with the definition of walking in the Rules for Competition.

(4) OTHER OFFICIALS

(a) Chief Seeding Officer
Shall be responsible for the management and duties of the Seeding Officers

(b) Seeding Officers

The Seeding Officers shall have the responsibility of allocating competitors in track events to heats or subsequent qualifying rounds according to their previous best performance. They shall prepare the draw for the finals. In the case of heats (first rounds) if possible, the seeding shall be based on the best performance at previous meetings during the current or previous season. In the case of subsequent rounds, the seeding shall be based on the performance in the earlier heats (previous rounds) for events up to and including 400m, and in events above this distance the original performance list should be used, unless a better performance was achieved in the previous round.

Seeding Officers should consult with the Track Referee before the start of the meeting to establish the qualifying conditions which the Track Referee would wish to have implemented for progressing to subsequent rounds/finals.

A random draw for lanes should be made wherever possible.

Rule 115 states “In the preliminary rounds of races, at least the winner, and preferably the winner and second should qualify for the next round or final. Any other competitors to qualify shall be decided either according to their places or according to their times. Where any qualifying position is decided by time, only one system of timing may be applied in determining times. Where photo-finish equipment is in use the Chief Photo-finish Judge shall consider, where necessary, the actual time recorded in 1/1000ths of a second by the competitor in deciding qualifiers by time”. (A mixture of hand and electric times shall not be used for the same qualifying conditions).

In National Association Championships, seeding and draws may be carried out in accordance with IAAF Rule 166.

(c) The Call Room Manager shall be responsible for supervising the transit from the warm-up area to the competition area to ensure that the athletes, after being checked in the Call Room, are present and ready at the competition site for the scheduled start of their event.

(d) The Call Room Stewards shall be responsible for seeing that all competitors are dressed in accordance with the Rules for Competition. They must produce the competitors for each event at the appropriate marshalling point at the time required by the Call Room Manager and furnish the official with a list of competitors.

(e) The Numbers' / Athlete Registration Stewards shall be responsible for seeing that all competitors are issued with the number/name bibs allotted to them in the programme for each particular event.

(f) Announcers, Results Stewards, Press Stewards, together with other officials as may be necessary or desirable, should also be appointed depending upon the importance of the meeting and the number of events and competitors.

(5) ACCREDITATION OF OFFICIALS TO LEVEL 3 AND SELECTION OF OFFICIALS FOR NATIONAL/INTERNATIONAL MEETINGS

The procedure for accreditation of officials to Level 3 and for the appointment of officials to National/International meetings lies with two groups. These are the Tri-Regional and National Officials Group and the Peer Groups. The process is supported by the Chair of the Track and Field Advisory Group, the UKA Track and Field Officials' Coordinator and UKA Competitions Department.

The functions of the Tri Regional and National Officials' Groups (TRNG)

(1) To put forward recommendations for accreditation to Level 3 for consideration by the Peer Groups annually in November. This will involve helping to make arrangements for potential candidates to receive the required reports, arranging mentoring for such candidates, receiving all the paperwork to support their application and assessing it to determine whether or not they are
ready to move up. It will also involve ensuring that they are aware of all the procedures including the need to answer the questions on rules and submit them by September 1st.

(2) To monitor the progress of officials who wish to move upwards from Level 2c and continue to monitor the performance of Level 3 officials to identify those who show the potential to act as Referee/Chief or in other management roles, initially at area level and then at higher levels.

(3) To review the Record of Experience forms of all Level 3 officials and note/inform Peer Groups of anyone who has not officiated at the required number of track and field meetings each year.

(4) To put forward nominations to the Peer Groups for selection for national level meetings.

(5) To respond to requests for information from the Technical Advisory Group who may from time to time ask for names to be suggested for consideration for specific purposes e.g. to act as Referee/Chief at National/International level meetings or for members of each discipline to be ranked.

(6) To be involved in the selection of officials for the championship events in their own Tri Regional or National area in conjunction with the competition provider.

(7) To approve applications for Level 2c and submit them to the appropriate office to be entered onto Trinity

(8) To attend meetings (2 or 3 a year), or to nominate a substitute to attend), with the other TRNG secretaries to give final approval to accreditations at Level 3 and selections and discuss any other matters of mutual concern.

(9) To be represented at the Home Countries Communication Forum; this meets twice a year.

It is recognised that the above represents an unreasonable workload for a single individual. It is therefore up to each TRNG to determine how such work is carried out by allocating tasks and responsibilities as is appropriate to the situation.

The functions of the Peer Groups
The Peer Groups have a number of important functions:

(1) Consider recommendations from “TRNG’s” for accreditation to Level 3.

(2) To produce and mark a set of questions on the rules of each discipline to be answered by candidates for Level 3. These will be updated annually by the Peer Group and will only be available on the UKA website from June 1st, to be submitted by September 1st at the latest. Arrange for one or more of the group to mark the answers and for the group to look at the scripts submitted each year to ensure that the marking has been consistent and fair to all candidates.

(3) Consider the competency of appropriate officials to “chief” at National meetings having regard to the need to introduce new officials to this role, possibly with mentoring built in. To monitor the progress of those officials used in this role.

(4) To consider the composition of the various parts of the UKA Level 3 list including the International Meeting Officials list (IMO) on an annual basis using the following information

   (a) The availability returns from both indoor and outdoor seasons and information about withdrawal from meetings or non-acceptance of invitations.

   (b) The Record of Experience forms.

   (c) Suggestions from the TRNGs.

   (d) Assessments from both the indoor and outdoor seasons.

(5) To consider recommendations from the TRNGs for selection to each of the major indoor and outdoor meetings and make alterations as required ensuring that each meeting has a well-balanced and suitably skilled list of officials.

(6) To carefully monitor the selections to ensure that every official on the list of those eligible for Permit Level 5 meetings receives at least two such appointments in their main discipline each year.
(7) To consider matters that relate to maintaining and improving the standard of officiating.

(8) One representative will attend the meetings of the TRNG secretaries to present the decisions about Level 3 accreditations and selections for approval.

The International Meeting Officials (IMO) list will replace the International Officials Group list (IOG) from 1st October 2014. Only members of this new group will be selected in a technical capacity for meetings designated by Technical Advisory Group (TAG) as Permit Level 5 meetings in that year. All other officials accredited at Level 3 who meet the criteria will be eligible to be selected for the relevant Permit Level 3 & 4 meetings.

**Track & Field Peer Groups**

There are currently five Peer Groups, one for each of the following disciplines, although it is possible that others may be established within the next few years.

Field Judges, Photo-finish Judges, Starters/ Starters Assistants, Timekeepers and Track Judges

Each discipline Peer Group has three representatives. Members of the Peer Group must be current members of the Discipline Management Group (DMG) at the time of their appointment; the DMG (and CMG) will replace the IOG from 1st April 2014. The term of office of the Peer Group will be from the 1st October to the 30th of September of the following year, although retiring members are invited to attend and contribute to the first meeting in early October of the new term for continuity and feedback.

**Discipline Management Group (DMG).** This will be made up of those NTOs who have been appointed to a Chief/Referee post at a Permit Level 5 meeting within the last two years or who have been appointed to one of those roles for the following year. It will be updated every February 1st after outdoor selections.

**Competition Management Group (CMG).** This will be made up of those NTOs who have been appointed to a management post (NTD, Competition Director, Meeting Manager and Technical Manager) at a Permit Level 5 meeting within the last two years or have been appointed to one of those roles for the following year. It will be updated every February 1st. From 2016, membership of this group, and therefore appointment to any positions within them, is restricted to officials who have successfully completed the Management Award, and any updates to that award.

**Peer Groups**

In order to ensure a wide geographical representation within the United Kingdom, the following guidelines for selection of that Group apply:

There will not normally be three officials in one discipline from the any one of the six administrative areas. No official may be a Peer Group member for more than three consecutive years. No official is eligible for reappointment to a Peer Group for a further two years after they have completed their three year term of office.

**Appointments to the Peer Group**

**The following is the revised procedure and timetable:**

July: The UKA Track & Field Officials’ Coordinator invites the six Officials’ Secretaries and all current members of the respective Discipline Management Groups (DMG) to nominate suitably qualified officials in each discipline to be considered for appointment;

August: The Officials’ Coordinator ensures that each of the nominations has agreed to stand for election. The Officials Coordinator then collates the nominations and requests the TRNG secretaries and the members of the DMGs to rank each of the nominations in each discipline in order of preference.

September: The Chair of the Track and Field Advisory Group and the UKA Track and Field Officials’ Coordinator consider the ranking lists and decide who should be the new Peer Group members in each discipline. This is then put as a recommendation to Technical Advisory Group for their
consideration and approval. The new members and the current eligible members are then invited to form the Peer Groups for the year commencing October.

**Selection to International/National meetings**

All eligible officials on the UKA Level 3 list are provided with a copy of the appropriate Indoor and Outdoor meetings no later than the last week of October and first week of December respectively. The preferred method of communication is via E-mail, although those who so request will receive their copies by post; the lists will also be posted promptly on the UKA Officials’ website. It is the responsibility of each individual official to ensure that they have access to a copy, to complete their availability list (including a NIL return with an explanation) and to ensure that it is returned to the Track & Field Officials’ Coordinator by the closing date. **Only in exceptional circumstances are returns received after the closing date considered.** Failure to submit a return in a timely manner, or without a satisfactory explanation, will result in non-selection. To be eligible for the new IMO list, officials must make themselves available for a minimum of four Permit Level 5 and Permit Level 4A meetings in a calendar year, one of which must be out of their Tri-Region/Home Country and two of which can be from an indoor meeting. Officials, who TAG decide should not receive the following availability list, may appeal against the decision in writing through, and be supported by, the relevant TRNG Secretary and this must be accompanied by supporting evidence.

The returns are collated by discipline and administrative area and then the availability returns are supplied to the Officials’ Secretary of each area along with a provisional allocation for some, or all, of the meetings. This is so that recommendations can be returned by each administrative area in time for the selection meetings which are normally held in November and January. The recommendations are collated and supplied to Peer Group members for consideration.

Each allocation is normally based on the proportion of the number of officials in each discipline available in each administrative area for each level of meeting, or group of meetings, being considered. The total allocation for each administrative area in each discipline is then distributed among the meetings for which selection is being considered depending on their availabilities for each meeting.

The Peer Groups review the recommendations, make amendments depending on the importance of the meeting and the strength of the teams and appoint the “Chief” Officials”. This meeting will be chaired by the UKA Track & Field Officials Coordinator. One member of each Peer Group then presents their recommendations to the meeting of the TRNG Secretaries, which will then approve them, or suggest amendments, as necessary. This meeting will be chaired by the Chairman of the Track and Field Advisory Group.
APPENDIX F
ENDURANCE RUNNING

Endurance Disciplines and Definitions

UKA and the four National Associations (England Athletics, Athletics Northern Ireland, Scottish Athletics and Welsh Athletics) regulate competition, either directly or indirectly, for the disciplines of Road Running (UKA Rules 201 – 215), Cross Country (Rules 501 – 515), Race Walking (Rules 300 – 310), Fell and Hill Running (Rules 400 – 412) and Trail Running (Rules 601 – 615). Mountain Running events, under World Mountain Running Association (WMRA) Rules, are promoted in the UK (see the section below where we define the different disciplines).

The term “multi-terrain race” is in common usage but these events should be classified within Road Running for licensing standards.

Ultra races are held at distances exceeding the Marathon. Races may be hosted on road, trail or track and may be based on either distance or time. Ultra races shall be held under the UKA Rules for Competition for the endurance discipline that most closely reflects the nature of the event.

Fun Runs and parkruns are further additions to the accepted disciplines and definitions are offered below.

Road Running

Road Races shall be run on tarmac, concrete or paved roads. When traffic or similar circumstances make it unsuitable the course, duly marked, may be on a bicycle path or footpath alongside the road, but should not be on soft ground such as verges or the like. (UKA Rule 210(2))

Guidance provided by the Association of UK Course Measurement is: (http://www.coursemeasurement.org.uk/)

A firm off-road surface such as smooth grass or dirt can be measured with an accuracy of about 1% using a calibration done on a road surface. The maximum amount of such off-road surface which could be used and still retain the overall accuracy of measurement of a road race:

- Up to 10kms: 10% off-road allowed (on “smooth grass or dirt”).
- Excess amount over 10kms: 5% off-road allowed

For a number of popular race distances this gives the following lengths of off-road surface:

- 5k: 0.5 km
- 10k: 1 km
- 10 miles: 1.3 km
- Half marathon: 1.6 km
- 20 miles: 2.1 km
- Marathon: 2.6 km

For races which exceed the above amounts of off-road surface it may be impossible to issue a certificate of course accuracy. These races should therefore be classed as multi-terrain on the permit application form.

Multi Terrain

Multi Terrain, although not a discipline recognised within UKA Rules for Competition, is closely aligned to Road Running. Multi Terrain races are defined as those up to and including marathon
distance which do not meet the full definition of Road Races within the rules, but are run over at least 40% tarmac, concrete or paved roads.

Road Running rules and standards, where applicable, are applied to Multi Terrain races. Multi Terrain races shall be licensed by runbritain. Where a Multi Terrain licence has been issued the race prospectus and entry form should state that the event is held under UKA Rules for Road Running, where applicable to Multi Terrain events.

Any off-road race that falls outside the definition of Multi Terrain shall be held under the UKA Rules for Competition for the endurance discipline that most closely reflects the nature of the event, and permits or licences for such races shall be issued by the organisation that manages and regulates that endurance discipline.

**Trail**

UKA Rule 602 defines Trail races as follows:

1. Trail races are races that are predominantly along:
   - (i) footpaths, bridleways and towpaths over which there is a public right of way.
   - (ii) private paths with the consent of the owner or occupier as appropriate.
   - (iii) trails across land and coastal margins where relevant legislation grants the right of public access on foot. (Such legislation includes the Countryside and Rights of Way Act 2000, and the Land Reform (Scotland) Act 2003)

2. Trail race routes may include connecting stretches of public road and/or private or public land without a path when the owner’s permission has been obtained, if required for legal access.

3. Courses of up to marathon distance, i.e. 42.2km, which are less than 60% as defined in Rule 602(1), are not to be classified as Trail Races.

4. For Championship events the courses must be as defined in Rule 602(1) for at least 60% if the race is 40 miles or more, 70% if the race is over 20 miles but less than 40 miles, and 80% if 20 miles or less.

5. For trail races that do not meet the definition in Rule 602(4), the percentage of trail as defined in Rule 601(1) shall be stated in the race prospectus.

6. Trail races may be of any length. Their length and the total climb should be measured using accurately scaled maps, such as Ordnance Survey maps, or GPS systems.

7. Most trail races are traditional point to point races, but some involve unusual features:
   - (i) ‘Supported Races’ are those where coaches, families or team managers are permitted to give competitors refreshments or provide changes of clothing along the course.
   - (ii) ‘Self Sufficiency Races’ require competitors to carry everything they need, except that in ultra races and in hot weather the organiser may provide water at intervals to prevent dehydration.
   - (iii) ‘Kanter Races’ require competitors to choose their own routes using trails and a sequence of visiting check points. These are given as grid references on Ordnance Survey maps. Any restrictions about the choice of route should be made clear in the rules of the particular race.
   - (iv) ‘Staged Races’ are those where the course is broken into separate stages with rests at the end of each stage. Competitors run every stage and their times are aggregated to determine the winner.
   - (v) ‘Extreme Races’ are self-sufficiency races of over 100km that include a section most competitors will run at night.
(6) ‘Waymarks’ are permanent official signs.

(7) ‘Routemarks’ are temporary signs placed out by race organisers.

(8) ‘Ultra Distance’ is defined as further than a marathon, ie over 42.2km.

**Cross Country**

A cross country course is designed to be appropriate for a number of races held on one day over varying distances and as such will be on a lap course that will usually be between 1,500 and 5,000 metres in length. The course will normally be suitable for spiked shoes and should not include road or other hard surfaces although it is recognised that non-championship races may include sections that make the course more suitable for studs. When an event is held under IAAF Rules then IAAF Rule 250 provides a definition of the nature of course required.

**Fell and Hill**

Fell Running is a traditional activity in the UK with a long history; races are held on a wide variety of courses on mountains, hills and fells. Courses are graded into categories which are defined in UKA Rules for Competition; the grading is determined by the race distance and severity of climb. Some courses may require runners to have navigational skills and many “A” category races may prove hazardous and should only be attempted by those with the necessary experience to cope with the adverse conditions that may occur in remote mountain locations.

**Mountain Running**

Mountain running is recognised internationally by the International Association of Athletics Federations (via its association with the WMRA) and European Athletics. Mountain Running races take place on primarily off road terrain on well-defined routes, requiring no navigation or route choice. The profile of the course involves either considerable amounts of ascent (for mainly uphill races), or ascent/descent (for up and down races with start and finish at the same level), with no dangerous sections. The average incline of the course should be a minimum of 5% (or 50 meters per kilometer) and not exceed 20% (or 200 meters per kilometer). Runners are not allowed to use supplementary aids such as poles.

**Race Walking**

Race Walking is 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. (UKA Rule 300)

Race Walking events are held on surfaces that allow for the judging of the event. This should normally be either track or road surfaces following the requirements and standards applied to track or road running events respectively.

**parkrun**

Not considered races, parkrun events are free to attend, weekly, timed 5km runs. Results are presented in time order however there are no performance related prizes or medals and the first person across the line is termed the ‘first finisher’ not the winner. They may cover any reasonable surface such as tarmac, gravel paths, grass, forest trails, pavement and meadow but they do not run on public highways. Although some parkrun events will be certified as 5km, in most cases this is not guaranteed especially as courses can change from week to week in order to accommodate local conditions such as flooding or fallen trees.

parkrun events look to support rather than compete with paid races and although runners of all abilities are welcome, the focus is on recreational running and increasing participation.
Fun Runs
Fun Runs do not usually operate under rules for competition in respect of age groups, gender and distances but an event cannot be considered to be a Fun Run if awards are made based on performance or results published with times.

Governance and Competition Promotion Responsibilities
The following table provides guidance on the role of each of the national bodies responsible for the management of Endurance disciplines and the promotion of competition. The function of management includes: regulation of competition; disciplinary issues; licensing / permitting of events; and producing fixture calendars. UKA recognises the role of a number of independent organisations in the management and regulation of competition, including the Fell Runners Association (FRA), Trail Running Association (TRA) and Race Walking Association (RWA).

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<thead>
<tr>
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<th>Governance</th>
<th>Competition Promotion</th>
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<tr>
<td>UKA</td>
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<tr>
<td>British Athletics</td>
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<tr>
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Licensing Processes
All races in the UK are required by UKA Rules for Competition to be licensed (also referred to as permitted). Licensing processes differ from discipline to discipline and the table below indicates which body you will need to make an application to. The race licence demonstrates to competitors
and insurers that the race is promoted to governing body standards and that UKA Rules for Competition will apply; it does not mean that UKA public liability insurance will apply – insurance cover only applies when the organising body is affiliated to one of the four National Associations.

<table>
<thead>
<tr>
<th></th>
<th>Cross Country</th>
<th>Fell</th>
<th>Mountain</th>
<th>Road (Inc Multi-Terrain)</th>
<th>Trail</th>
<th>Ultra (Road &amp; Track)</th>
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EA* Cross Country permits in England are issued by Midland Counties AA, Northern Athletics and South of England AA respectively.

Key

ANI  Athletics Northern Ireland
EA   England Athletics
FRA  Fell Runners Association
NIMRA Northern Ireland Mountain Running Association
RWA  Race Walking Association
SA   Scottish Athletics
TRA  Trail Running Association

Health and Safety Guidance for Off Track Endurance Events

To help support the delivery of safe, enjoyable endurance activity the UKA Endurance Advisory Group has produced the following good practice guidance document for organisers of off track events (Fell, Mountain Running, Cross Country, Trail, Race Walking and Road), Club Secretaries and County Secretaries.

NB. This document sets general standards and more detailed discipline specific guidance can be found in the documents referenced at the end of this section.

Marshal Instructions:

Marshals play a hugely important part in the successful management of safe endurance events and it is critically important that all marshals are provided with details of their specific role and responsibility via a pre event briefing AND clear written instructions. Key areas that should be covered in the briefing and written instructions include

- A map of the course/route showing – start/finish, direction runners are coming from and going to, position of first aid points, entrance and egress point of venue, access point for emergency vehicles giving either grid reference and or post code

- A map of the course showing relevant Marshal Positions
- A description of Marshal Positions, including street/road name and post code, grid reference or GPS coordinates as appropriate
- The method of communication – for example: mobile telephone or two way radios (whatever systems you are using check that you have full course coverage before the event)
- Emergency contact telephone numbers and procedures to follow in the event of an incident/emergency.

**Medical Provision:**
Extensive medical guidance for road running events is available at http://events.runbritain.com/rdp/; all event organisers should provide the following information to their medical provider:

- Number of participants
- Age Groups
- Distance
- Terrain – Road / Cross Country / Fell / Mountain / Trail
- Map of the Course
- Emergency procedures
- Event Risk Assessment
- Date and time of the event – Helpful for indicating types of weather you are likely to encounter
- Any past history of accidents, incidents, hospitalisation or deaths

Using this data, your medical provider will determine the number of personnel they recommend to support your event; what equipment they will bring; their staff qualifications and the number and type of vehicles. The provision should also take account of anticipated weather conditions. This, in effect, provides you with a medical plan that supplements your medical risk assessment.

It may be appropriate for certain events where large numbers are involved or where there is a particular risk to notify your nearest Accident & Emergency Hospital and Ambulance Trust giving details of the event and its venue, including access points (post code/grid reference). For Fell and Trail it may also be appropriate to inform Mountain Rescue or HM Coastguard.

Once the Medical Provider has been appointed you will need to agree:

- The most effective way of reacting to and reaching the casualty – medical positions spread around the course or mobile units working from a specified central position.
- The method of communication between the race organiser and medical provider

**Risk Assessment:**
UKA has produced a standard risk assessment template that is to be used across all disciplines. The template, which can be found in Fact Sheet 4 at http://events.runbritain.com/rdp/, provides examples of the key areas that event organisers should be covering when undertaking a risk assessment.

The risk assessment is a dynamic document and needs to be compiled pre-event and regularly reviewed and updated, even on event day. When the document is updated note the amendment date or reference.
It should identify who is responsible for various actions but ultimately the event organiser owns the document and process. A risk assessment should account for specific conditions that are likely to be in place on the day of the event and must be conducted at the time your event is being staged to check on features such as shop opening times and church services. For disciplines such as Fell and Mountain Running it will be important to make an assessment of risks based upon anticipated weather conditions.

- It should include (or reference) other supporting organisations risk assessments, as described above – Medical Provision
- The risk assessment is unique to your event
- Whilst there is no direct legal requirement upon volunteer groups to carry out a Risk Assessment they most certainly have a duty of care to participants which (in the event of a civil claim) would require the group/organisers to demonstrate that a suitable and sufficient assessment of risks had been carried out by a competent person; the simplest way of which would be to conduct a risk assessment.

The event risk assessment should be fully integrated with the Event Plan and available for inspection as required.

**Athlete Screening:**

There are times when heart disease or problems remain unknown or undetected. Many sports already use screening for funded or elite athlete programmes. Athletics would like to bring to your attention the availability of Cardio Screening through www.c-r-y.org.uk (Cardiac Risk in the Young)

**Reference Documents:**

This guidance document has been produced to help organisers implement the essential elements of a safe endurance event. The nature of the different disciplines of endurance running inevitably means that different events will have differing safety requirements and further details can be found in the reference documents listed below. Specific circumstances particular to Fell & Hill and Trail races may apply as a consequence of the nature of terrain used and the length of races. You should refer to the Fell and Trail sites below for further guidance and note that FRA Safety Guidelines take precedence when planning Fell and Hill races.

- **Road Race:** Medical Guidelines: [http://www.runbritain.com/rdp/](http://www.runbritain.com/rdp/)
- **Fell Running:** Safety Requirements, Organisers Safety Checklist and Guidelines for Organisers: [http://fellrunner.org.uk/organisers.php](http://fellrunner.org.uk/organisers.php)
- **Race Walking:** apply road running standards
Road Running

The Event Adjudicator

An Event Adjudicator must be appointed for all Road and Multi Terrain races licensed by runbritain. Where a race series is staged at the same venue over the same course then only one race will need to be covered unless there are concerns raised within the Event Adjudicator’s Report.

The Event Adjudicator is responsible for assessing whether the Race Organiser delivers the event to runbritain Licence Standards. The Event Adjudicator reports to the Regional Panels and should issues be raised these are flagged for action. Subsequent licence applications by the race or race organiser cannot be considered until the Chair of the Regional Panel is satisfied that all issues have been addressed and resolved.

Experience and Knowledge requirements:

- Current Endurance Official (Level 2b)
- BARR Scrutineer (BARR to identify and provide list)
- Current Race Promoters
- A good knowledge of Race Organisation
- Understanding of Risk Assessment
- A good communicator
- Awareness of Road Race Licence Standards
- Able to pass an online test if there are any concerns about an applicant’s level of competence
- A buddy system operates for when undertaking their first event.

The Event Adjudicator will:

- Be covered by UKA Public Liability Insurance
- Be issued with Accreditation, access code to Race Director Portal and URL Number*
- Be DBS Checked
- Submit the report online within 7 days of the race

*This will need to be quoted by Race Promoters on application for a Licence. It will also provide access to complete Race Reviews online.

It will be The Event Adjudicator’s role to:

- Undertake the review and make comment of the current “Checklist” against Licence Standards
- Understand the demands on the Race Promoters on race day and not to be a burden on this role
- Communicate with the Race Promoter pre and post event as well as on event day
- Offer advice, if sought, in a constructive manner

Note: For smaller races (entries less than 300) the role of the Event Adjudicator and Race Referee can be undertaken by the same person provided they hold the appropriate Endurance Official’s qualification and feel able to undertake both roles.
Role of Regional Panel

- Review Event Adjudicators Report
- Review standards of Event Adjudicator Reports
- Make recommendations to Race Promoter and runbritain for agreement and implementation of recommendations prior to issue of Licence to his/her next event.
- Emphasis should be given to areas such as;
  - Was start / finish traffic free?
  - Was there a risk assessment undertaken and available?
  - Was the measured course run on the day?

Regional Panel Chair's Role

- Liaise with the Race Promoter for feedback
- Implement flagging on the system where agreement can’t be reached with the Race Promoter and concerns continue to stop automatic approval of future licences. Any restrictions on future licences must cover the individual, the race and organisation to cover all eventualities.
- Liaise with runbritain
- Ensure reports and close outs are undertaken in a timely manner

Race Organiser

The Race Organiser has overall responsibility for the event. All pre-event, event day and post event decisions will be under his or her jurisdiction.

Pre-Event Planning will cover;

- The management structure and delivery mechanism
- Obtaining UKA Road Race Licence and Course Measurement Certificate (if required)
- Consultation and agreements with landowners, local authorities, safety advisory group, emergency services, the community, engagement of contractors, appointing medical services, obtaining consents, obtaining licenses if required, provision of event infrastructure
- Undertaking written risk assessments

Race Referee

Appointment: the Referee and all other officials are appointed by the Race Organiser

The Race Referee is responsible for ensuring that UKA and any local rules of competition are interpreted and implemented in a fair manner (Rule 1-24 & 201-215). He / she may assist the Race Organiser to provide sufficient endurance officials (or volunteers) to cover timing and time recording, judge / recorders, funnel controllers and other duties that may be required.

- Will receive any objections/appeals regarding published results; (Rule 215)
- If published at the event – Appeal to be lodged at the event
- If published after the event – Appeal, via The Race Organiser, to be lodged within 14 days of the results being published
- The Race Referee will receive a copy of the entry list, to include late entries (Rule 206.4)
• In road relays no changes may be made in the declared order of running without the prior approval of the Race Referee and the Promoter (Rule 204.9)

• The Race Referee may disqualify any runner who does not follow the correct course or obey the instructions of Police or race officials (Rule 210.8)

• The Race Referee should verify results before they are published

Endurance Officials, including those qualified to referee can be identified and contacted through the appropriate County Officials Secretary.

**Other Issues**

**Use of Audio Headsets and Mobile Telephones by Runners**

IAAF Competition Rules do not permit the use of any form of audio headset or mobile telephone within the competition area (which includes road and cross country races) but there is no similar rule within UKA Rules for Competition.

The advice to race promoters is that their race risk assessment should take account of the possibility of runners wearing headsets or using telephones and apply local conditions appropriate to the findings of the risk assessment: if it is deemed unsafe then promoters may restrict use and disqualify any runner found to be contravening the instruction. UKA will support any race promoter taking such action.

Races in which audio headsets and mobile telephones should not be used include:

• Championships
• Cross Country
• On roads that are open to traffic
• On lap courses – including when closed to traffic
• Where runners must be alert to marshals’ instructions

**Guidance for Distances Appropriate for Young Runners**

UKA have clear rules on the maximum race distances that are recommended for young athletes. These are in place to ensure the health and wellbeing of the young person is paramount and that good practice in developing athletic skill and ability is followed. The best place to seek advice on running distances and training methods is through a local running club or group with qualified coaches and/or leaders. UKA recognises that some young people may participate in a race over a distance longer than that stated in the rules/guidance for purposes of a charity run or something similar. A one off race completed over distance is unlikely to be a problem for a young person but repeated runs are not recommended.

**Running with Dogs**

Dogs are not allowed in any licensed competition unless a special exemption has been granted to a visually disabled runner. Runners in parkruns are allowed to run with one dog but it must be under close control.

**Technical Officials (Endurance)**

An education and training process has been developed to assist Technical Officials who wish to work at endurance events to progress through the structure whilst acknowledging that many will want to achieve the basic level of qualification to help at their local club events. The process is managed at a policy level by the UKA Endurance Education and Development Sub-Group which is responsible to the UKA Technical Advisory Group. Delivery of courses is managed by the four National Associations.
The responsibility for the accreditation and upgrading of Endurance Officials up to Level 2c is delegated to six administrative areas within the UK: Northern Ireland, Scotland and Wales and three areas in England. The three Tri-Regional groupings for England are the Northern group (North-East, North-West and Yorkshire and Humberside), the Southern Group (East, London and South East) and the Midlands and South Western Group (East Midlands, West Midlands and South West).

Accreditation of Endurance Officials to Level 3 and above is managed by the UKA Endurance Education and Development Sub-Group, and where appropriate, making recommendations for selection for major national meetings.

The range of duties incorporated in Endurance officiating includes: referee, line judge, funnel judge and recorder, timekeeper recording, funnel control, chip management, clerk of the course (cross country), marshal, start management and lap recording. Qualification as a Starter and Timekeeper is managed through the track and field officials’ process as the duties are deemed to be similar.

All qualified Technical Officials must hold a current DBS certificate and receive a pass and licence that recognises their level of qualification. Licences must be renewed every three years by updating the DBS certificate.

Any changes to the process during the lifetime of the Rule Book will be published on the British Athletics website in Competitions / Officials / Endurance Officials. Details of planned courses may be obtained from your National Association.

**Endurance Officials' Pathway**

The Endurance Officials’ Pathway describes the process and requirements for progressing from Level 1 Assistant Endurance Official to Level 5 International Official; the effective level for operating at major domestic competitions in the UK is Level 3 and Level 3 Officials fill the majority of appointments in international races held in the UK. The Pathway diagram can be found at [http://www.britishathletics.org.uk/competitions/officials/endurance-officials/](http://www.britishathletics.org.uk/competitions/officials/endurance-officials/) along with the blank record of experience form, the Health and Safety Guidance leaflet and more detailed guideline notes.

**Getting started**

Having decided that you want to be involved in endurance events in an official capacity, contact should be made with your local club(s) and/or event organisers. Your initial involvement may be at what you might consider to be a basic level, e.g. as a marshal. For those interested or who may develop an interest in being involved in a wider or at a higher level, the Endurance Officials’ Pathway for development and licensing is described below. More comprehensive guidance can be found in the booklet “Getting Started as an Endurance Official” which can be found at: [http://www.englandathletics.org/page.asp?section=451 &sectionTitle=Officials](http://www.englandathletics.org/page.asp?section=451 &sectionTitle=Officials)

**Level 1: Assistant Endurance Official**

For those very new to athletics or with no prior officiating experience in athletics, attendance at a Level 1 Assistant Endurance Officials Course or a Young Endurance Officials Course is advisable. On completion of the course and submission of two competition experiences you will receive a Level 1 Assistant Endurance Officials Award. Alternatively, if a Level 1 course is not available then the qualification can be gained by the submission of three competition experiences.

**Level 2a: Club Endurance Official**

For those with some experience of working at events and / or for those who wish to continue along the Endurance Officials Pathway, attendance at a Level 2 Endurance Officials’ Course is essential. The Level 2 Endurance Officials course is a half day classroom based tutored course. In addition to attending a course it will be necessary to complete four separate competition experiences showing...
evidence of carrying out various roles and responsibilities. The experiences include course marshalling, stewarding, recording or assisting at the start or finish.

You should record your experiences, on an Annual Record of Experience (RoE) form, as these will need to be included in your Application for Accreditation as a Level 2a Club Endurance Official. You should aim to record these experiences immediately after an event. After completing the required number and type of experiences, submitting a UKA Application for Accreditation form as a Level 2a Endurance Official and completing a Disclosure and Barring check (previously referred to as a CRB check) you will then be eligible to be licensed as a Level 2a Club Endurance Official.

The RoE should be submitted annually to your National Associations’ Officials Administrator.

**Level 2b: County Endurance Official**

If you wish to progress to the next level, as a Level 2b County Endurance Official, you will need to complete an additional six competition experiences and study three of the following Level 2 Modules:

- Race Referee
- Judging and Recording
- Race Director
- Start Director
- Finish Director
- Sector Marshal

If you are looking to referee at local / club races you must complete the Race Referee module at this stage together with the Risk Awareness course (see below). You should also submit a UKA Application Form for Accreditation as a Level 2b Endurance Official. When licensed as a Level 2b County (or home country equivalent) Official you can referee local / club road races typically up to 600 runners and cross country races up to 300 runners.

**Level 2c: Regional Endurance Official**

The next level of progression requires completion of an additional ten Competition Experiences detailed on a Level 2c Application for Accreditation, the obtaining of one Positive Report on how you performed your duties, together with completion of the remaining three Level 2 Course Modules (see above). After satisfactory submission of UKA Application Form for Accreditation as a Level 2c Endurance Official you would then become licensed as a Level 2c Region (or home country equivalent) Official. This would enable you to referee regional races (or home country equivalent) typically up to 3,000 runners in a Road Race or 300-400 in a Cross Country race.

For these higher levels, relevant experience includes being the Clerk to the Course, Course Director, managing a sector such as the start or finish or group of marshals, lap recording, setting up the course or, for County and smaller races, acting as the referee.

**Risk Awareness Course**

This must be attended to qualify for a Level 2c Licence or by anyone at Level 2b who wishes to act as a referee at local races (see above). Acknowledging that you have read and understand the Health and Safety Guidance Leaflet should be recorded in your log book.

The ultimate responsibility for risk assessment at road races rests with the Race Director but Race Officials should be aware of all implications should the need arise.
APPENDIX G
ROAD WALKING RULES FOR CHAMPIONSHIPS

G1. All competitors under UKA Rules must be amateurs as defined by those Rules.

G2. UKA’s Road Walking Championships shall include both Club and individual competitions. The Club championships shall be contested by teams from affiliated Clubs which have paid the appropriate subscription.

G3. The Championships will be:

**MEN**
- Senior 20kms and 50kms.
- Junior 10kms.

**WOMEN**
- Senior 10kms and 20kms.
- Junior 5kms.

G4. The Championships shall be contested by:

**MEN**
- 20kms. Teams of not more than 12 to enter - 8 to walk - 4 to score.
- 50kms. Teams of not more than 9 to enter - 6 to walk - 3 to score.
- Junior 10kms. Team of not more than 9 to enter - 6 to walk - 3 to score.

**WOMEN**
- 20kms. Teams of not more than 9 to enter - 6 to walk - 3 to score.
- Junior 10kms. Teams of not more than 9 to enter - 6 to walk - 3 to score.

Only first claim members according to UKA Rules shall be entitled to represent a Club in the team championships. Individual entries may be accepted from amateurs who are not in any Club teams, and individual entries may be accepted from foreign athletes resident outside the United Kingdom. Such entries must be submitted in writing through the entrant’s own governing Association subject to IAAF Rules.

G5. The age limits shall be:

**MEN**
- 20kms. Have attained the age of 17 on the day of competition.
- 50kms. Have attained the age of 18 on the day of competition.
- Junior 10kms. Have attained the age of 15 on 31st August within the Competition Year as defined in Rule 7(1), but not their 20th birthday on December 31st in the year of competition.

**WOMEN**
- 20kms. Must be 18 on 31st August within the Competition Year as defined in Rule 7(1).
- Junior 10kms. Have attained the age of 15 years on the day of the competition but not their 20th birthday on 31st December in the year of competition as defined in Rule 7(1).

There is no upper age limit for Senior Road Walking Championships.

G6. (A) Competitors who exceed the following times in the UKA’s Road Walking Senior Championships will not be regarded as finishing:

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<td>MEN</td>
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<tr>
<td>20kms</td>
<td>2hr. 20min.</td>
</tr>
<tr>
<td>50kms</td>
<td>6hr. 15min.</td>
</tr>
<tr>
<td>Junior 10kms</td>
<td>No limit</td>
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<tr>
<td>WOMEN</td>
<td></td>
</tr>
<tr>
<td>10kms</td>
<td>1hr 12min.</td>
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<tr>
<td>20kms</td>
<td>2hr. 30min.</td>
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<thead>
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<th>DISTANCE</th>
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<tr>
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</tr>
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<td>1hr 12min.</td>
</tr>
<tr>
<td>20kms</td>
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The referee on the day may use discretion in exceptional circumstances to modify the limits in the Men’s 20kms and the Women’s 20kms. (B) If the Referee thinks that a competitor who has competed at least 80% of the distance in the 50kms Championship will not complete the full distance inside the time limit of 6hrs. 15min. he/she can stop the competitor at a convenient point (such as a lap end, timing point or check point). Competitors who are stopped by the Referee will be classified by distance and time and may, subject to (4) above, count in the team championship. Teams whose scoring members finish the full distance inside the time limit will be classified above those with a lesser number of members completing the full distance.

G7. The entry fee for each Championship shall be defined by the Race Walking Advisory Group. Team and individual entries must be made in writing to the person nominated by the Race Walking Advisory Group not later than the closing date upon the official entry form. In the case of team entries the full name and date of birth of each member of each team must be shown on the form.

G8. The UKA Road Walking Championships shall be won by the teams whose 3 or 4 competitors, where applicable, have the lowest aggregate of points. In the event of a tie, the precedence of place shall go to the team whose last scoring individual member finished nearest to first place. The individual championship shall be decided by the order at the finish of the race irrespective of whether the competitors are competing on behalf of their Clubs or as Individuals.

G9. The first three in the individual Championships and the scoring members of the first three teams in each Championship shall be presented with UKA awards.

G10. The Championships shall be held separately or in conjunction with National Championships or other suitable races. If held separately the dates shall be set by the Advisory Group for Race Walking Competition and promulgated as early as possible in the year prior to the year of competition.

G11. (a) The International System of Judging shall be used in the Championship, in accordance with IAAF Rule 230(4).

(b) Sponging and Feeding shall be at official stations as allowed by IAAF Rules of Competition. Where the rules allow for the exercise of discretion, this shall be done by the Referee for the meeting.

G12. In Championships, the responsibility for measuring the course, of providing officials and seeing that the precise course is covered, shall rest with the Advisory Group for Race Walking Competition.

G13. Where, in certain circumstances a particular situation arises not covered by the above, the UKA/IAAF Rules will apply.
APPENDIX H
SPECIFIC RULES RELATING TO TRADITIONAL SCOTTISH HEAVY EVENTS

Promoters of “Highland” Gatherings or Games may make it a condition of entry that competitors in the heavy events traditionally associated with such promotions must also wear the kilt, but this condition must be clearly stated on the entry form and in the programme and competitors will not be allowed any option. Athletes must not wear track suit bottoms or similar covering when the kilt is being worn and the wearing of Highland hose should be encouraged.

A Putting the Shot

The general rules relating to this event apply subject to the following exceptions.

Rules 132(1), (2) and (3) regarding construction shall not apply.

B Throwing the Wooden Shafted Hammer

(a) Rules 120 and 130(1) to (8) apply to this event.

(b) A safety net 3 metres long and 1 metre high should be erected 3 metres from each end of the stop board. The exact positioning of the net should be decided by the Referee or Chief Judge prior to the start of the competition.

(c) The Hammer must be delivered with both feet behind a stop-board of wood or some other suitable material painted white, 1.22m long, 10cm high and not less than 10cm wide. The competitor may rest his feet against the inner side of the stop board but not on it.

(d) The Head shall be solid and made of iron, brass or any metal not softer than brass. It must be spherical in shape with a minimum diameter of 110mm.

(e) The Handle shall be of wood, cane, plastic or any other man-made material and shall measure 1.27m overall.

(f) The weight shall not be less than 16lb (7.257kg) complete as thrown.

(g) A competitor’s footwear may have an attachment of metal, fitted to the sole so as to give a better grip on the ground. The competitor shall not make any marks in the ground by any other means.

(h) Gloves may be worn. The gloves must be smooth on the back and front, and the tip of the fingers other than the thumb must be exposed.

(i) The competitor in his starting position prior to preliminary swings or turns is allowed to put the head of the hammer on the ground.

(j) It shall not be considered a foul throw if the head of the hammer touches the ground when the competitor begins the preliminary swings or turns, but if, having so touched the ground, he stops throwing so as to begin a trial again, this shall count as a failure.

(k) It shall not be a foul throw when the competitor, having started to make his throw, stops in order to improve his grip on the shaft, but three such stops in the course of an attempt shall count as a failure.

(l) If the hammer breaks during a throw or while in the air, it shall not be counted as a throw, provided it was made in accordance with the rules. If a competitor thereby loses his balance and commits a foul, it shall not count against him.

(m) A foul throw or letting go the hammer during an attempt shall count as a trial.

(n) For a valid throw the hammer head must fall completely within the inner edges of lines marking a sector of 34.92° set out on the ground.
C Throwing the 28lbs Weight for Distance

(a) Rules 120 and 130(1) to (8) apply to this event.

(b) Rule 132(1) Measurements shall apply to this event. The diameter of the circle should be 2.74 metres with a stop-board measuring 2.14m in length.

(c) The throwing implement may be of any size or shape with the diameter of the handle (ring) being not less than 11.4cm and the thickness of the ring not less than 1.6cm provided its total length is not over 45.7cm; the same implement must be used by all competitors in any event. For record purposes the implement must weigh not less than 28lbs (12.7kg) complete as thrown.

(d) A competitor may use one or both hands.

(e) For a valid throw the weight must fall completely within the inner edges of lines marking a sector of 34.92° set out on the ground.

D Throwing the 56lbs Weight for Height

(a) Rules 120 to 123 apply to this event.

(b) The weight may be of any size or shape with the diameter of the handle being not less than 1.6cm. The same implement must be used by all the competitors in any one event and for record purposes the implement must weigh not less than 56lbs (25.4kg) complete as thrown.

(c) The competitor may assume any posture and use one or both hands, but the weight must be released by the competitor from a position not more than two metres from the vertical plane of the uprights.

(d) In the event of a tie Rule 121(7) shall apply.

E Tossing the Caber Scottish Style

(a) For the purpose of this rule the words "base line" shall mean an imaginary straight line drawn from the point of delivery through the point where the thick end of the Caber first strikes the ground and extended beyond. The "extended base line" shall be the part of the foregoing line beyond the latter point. The words "vertical line" shall mean an imaginary line drawn directly vertical from the point where the thick end of the Caber first strikes the ground.

(b) The Caber (i.e. a tree trunk) may vary in length from 4metres to 5 metres and taper from a diameter of 25cm to 35cm at the thick end to 10cm to 15cm at the rounded thin end.

(c) The Caber may be tossed from either shoulder and each competitor shall be allowed three attempted tosses. The ground should as far as possible, be level and a mark made to indicate the approximate point of delivery and direction of the toss. It is recommended that the point of delivery be inside tram lines drawn 10 metres apart. The position of the tram lines should be agreed between the competitors and the Referee prior to the start of the competition.

(d) A perfect toss shall be one where the thin end of the Caber passes through the vertical line and falls on the extended base line. To be a valid toss the thin end of the Caber must pass through the vertical line and fall within an angle of less than 90 degrees of the extended base line, otherwise the toss will count as a trial without result.

(e) If the Caber is not tossed by any of the competitors while having their first trial, a piece from the thick end of the Caber of a length determined by the judges may be sawn off and the competition shall start anew each time until a toss is recorded.

(f) The winner will be the competitor who achieves the perfect toss. The next best tosses take rank according to the nearness of the thin end of the Caber to the extended base line.

(g) The competitor must stand still at the point of his attempted toss until released by the judge.

(h) A minimum of two judges shall be appointed, one of whom will be designated Chief Judge. One stands behind the tosser to determine the nearness of the thin end of the Caber to the vertical line
and one stands at right angles to the base line to check that the thin end of the Caber passes through the vertical line when at its maximum height.

(i) In the event of there being only one Caber available, the officials and competitors can agree to the angle of each attempt being recorded in order to determine the placings.

**F Tossing for Distance American Style**

From a wooden board 4 inches in height and 4 feet in length a Caber of from 10 to 12 feet shall be tossed. A run of from 10 to 12 metres shall be allowed and crossing of the stance or delivery point immediately after the “toss” constitutes a foul or “no toss”. The light end of the Caber, i.e. the end in the tosser’s hand must fall past a line parallel with the stance, and from it — the farthest away part of the Caber — the measurement is taken to the exact point of delivery at the stance. Each competitor is allowed three attempts.

**DETAILS OF HEAVY EVENTS IMPLEMENTS**

<table>
<thead>
<tr>
<th>Age Group : Under 17 Men</th>
<th>Specifications</th>
</tr>
</thead>
<tbody>
<tr>
<td>Shot</td>
<td>As per age group</td>
</tr>
<tr>
<td>Hammer</td>
<td>12lbs, 4ft. shaft</td>
</tr>
<tr>
<td>Weight for Distance</td>
<td>16lbs, 18in. chain</td>
</tr>
<tr>
<td>Weight for Height</td>
<td>32lbs</td>
</tr>
<tr>
<td>Caber</td>
<td>12ft. long, 3”–4” at thin end</td>
</tr>
<tr>
<td></td>
<td>5”–6” at thick end</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Age Group : Junior Men</th>
<th>Specifications</th>
</tr>
</thead>
<tbody>
<tr>
<td>Shot</td>
<td>As per age group</td>
</tr>
<tr>
<td>Hammer</td>
<td>14lbs, 4ft. shaft</td>
</tr>
<tr>
<td>Weight for Distance</td>
<td>22lbs, 18in. chain</td>
</tr>
<tr>
<td>Weight for Height</td>
<td>44lbs</td>
</tr>
<tr>
<td>Caber</td>
<td>12ft. long, 3”–4” thin end</td>
</tr>
<tr>
<td></td>
<td>5”–6” thick end</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Age Group : Open</th>
<th>Specifications</th>
</tr>
</thead>
<tbody>
<tr>
<td>Shot</td>
<td>16lbs</td>
</tr>
<tr>
<td>Hammer</td>
<td>16lbs, 4ft. 2in. shaft</td>
</tr>
<tr>
<td>Weight for Distance</td>
<td>28lbs, 18in. chain</td>
</tr>
<tr>
<td>Weight for Height</td>
<td>56lbs</td>
</tr>
<tr>
<td>Caber</td>
<td>13ft–17ft long, 4”–6” thin end</td>
</tr>
<tr>
<td></td>
<td>10”–14” thick end</td>
</tr>
</tbody>
</table>

**G Scottish Heavyweight (Five Event) Championship**

(Shot, Scots Hammer, 28lb. Weight for Distance, 56lb. Weight for Height and Caber)

(a) This championship is subject to special conditions and every entrant must compete in each of the events or be automatically disqualified.
(b) Points in each event shall be awarded 1st 5pts, 2nd 3pts, 3rd 2pts, 4th 1pt and the competitor with the highest number of points shall be the winner. In the event of two or more athletes tying for the overall championship, the championship shall be shared. Normal championship awards for that season shall be given for the overall result.

(c) Competitors will be allowed four trials in each event except the 56lb. weight for height where the usual competition rules apply.

(d) Promoters of the meeting to which this championship may be allocated are permitted to combine a handicap competition with any of the events in the championship but entry to the championship does not include entry to the handicap or vice versa. The number of trials allowed in the handicap shall be as in the championship.

**H Guidelines (as approved by IAAF) for Participation by Amateur Athletes in SGA Events and by SGA Athletes in Amateur Events**

1. Amateur athletes may only compete at SGA meetings which have been granted an SAL permit. SGA Games promoters wishing to permit amateurs to participate in their events must make application, via the Scottish Games Association (SGA), for an SAL permit so to do.

2. Before he/she may compete in an SGA event, each amateur competitor must register in advance with the SGA by paying the appropriate registration fee for an athlete. This is in addition to payment of such entry fee as may be applied by the promoter(s) of the event. SGA registration will ensure that the amateur status of the participating athlete will continue to be recognised by the governing bodies of amateur athletics.

3. Any monetary prizes won by an amateur entrant may be paid direct to the athlete.

4. In recognition of and reciprocation for the SGA’s operation of the arrangements detailed above, entries by SGA athletes may now be accepted at amateur meetings run under SAL auspices.

5. SGA members meetings will continue to be run under SGA rules.

6. Amateur meetings will continue to be run under SAL rules.

7. An SGA athlete will, however, under current international guidelines, remain ineligible for selection as a member of a Scottish amateur national team unless and until reinstatement is granted.

8. Each athlete must register and compete under his/her own name for both SGA and amateur events.

9. Where SGA athletes are entering amateur events they must declare their SGA registration number – e.g. John Smith (SGA) 1234 (Perth).

10. Members of amateur athletic clubs participating in SGA meetings must include the name of their club in their entry – e.g. John Smith (Pitreavie AAC).

11. When participating in SGA events amateur entrants must wear club vests.

12. When participating in SAL events SGA athletes should wear plain vests. (NB – Advertising messages on vests etc are restricted by IAAF rules).

13. Prizes including title awards won by SGA athletes at amateur events will normally be made available to them on the day.

14. Rules currently imposed by the SGA and by the SAL in respect of the gender and/or age of competitors will continue in force at the SAL meetings of these respective bodies. Any suspension from competition by either SGA or SAL will be recognised by the other body.

15. Independent Doping Control procedures shall be the same at events organised by the SGA and SAL.
(16) A Standing Committee of three representatives from each Governing Body will be appointed to monitor and develop the objectives of these guidelines and to foster clear co-operation among all athletes.

(17) Officials from either organisation are permitted to officiate at meetings run under these guidelines.

(18) SGA athletes when competing under SAL rules are restricted to individual events only.

SGA Registration Fees:
17 years and over £7.50 per annum which includes personal accident insurance. Youths (10 to 16 years old) £2.00 per annum, excluding insurance. Any athlete wishing to compete for one day only will be required to pay a £2.00 registration fee; otherwise the annual fee must be paid.
APPENDIX I
CLASSIFICATION IDENTIFICATION SYSTEM FOR DISABILITY ATHLETICS
(Simplified)

TRACK EVENTS (Men and Women)
Events for the visually impaired.
T11 – Class B1
T12 – Class B2
T13 – Class B3
Events for athletes with learning difficulties.
T20 – Only Class.
Events for athletes with cerebral palsy.
T32 – Class C2u Wheelchair.
T33 – Class C3 ''
T34 – Class C4 ''
T35 – Class C5 – Ambulatory
T36 – Class C6 ''
T37 – Class C7 ''
T38 – Class C8 ''
Events for ambulatory athletes.
T42 – Class A2 (A9)
T43 – Class A3 (A9)
T44 – Class A4 (A9), LAT3.
T45 – Class A5/7
T46 – Class A6, A8, LAT4
Events for athletes in wheelchairs.
T51 – Class T1
T52 – Class T2
T53 – Class T3
T54 – Class T4

JUMPING EVENTS (Men and Women)
Events for the visually impaired.
F 11-13 – High, Long & Triple Jump

Events for athletes with learning difficulties.

F20 – High, Long & Triple Jump

Events for athletes with cerebral palsy.

F 35-38 – Long Jump

Events for ambulatory athletes.

F 42-44 – High Jump & Long Jump

F 45-46 – High, Long & Triple Jump

THROWING EVENTS (MEN)

Events for the visually impaired.

<table>
<thead>
<tr>
<th>Class</th>
<th>Implement Weights</th>
<th>Shot Discus Javelin</th>
<th>Club</th>
</tr>
</thead>
<tbody>
<tr>
<td>F11 – Class B1</td>
<td>7.26kg 2.00kg</td>
<td>800gm</td>
<td></td>
</tr>
<tr>
<td>F12 – Class B2</td>
<td>7.26kg 2.00kg</td>
<td>800gm</td>
<td></td>
</tr>
<tr>
<td>F13 – Class B3</td>
<td>7.26kg 2.00kg</td>
<td>800gm</td>
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Events for athletes with learning difficulties.

<table>
<thead>
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<th>Class</th>
<th>Implement Weights</th>
<th>Shot Discus Javelin</th>
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</thead>
<tbody>
<tr>
<td>F20 – Only Class</td>
<td>7.26kg 2.00kg</td>
<td>800gm</td>
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</table>

Events for athletes with cerebral palsy.

<table>
<thead>
<tr>
<th>Class</th>
<th>Implement Weights</th>
<th>Shot Discus Javelin</th>
<th>Club</th>
</tr>
</thead>
<tbody>
<tr>
<td>F32 – Class C2u – Wheelchair</td>
<td>2.00kg 1.00kg</td>
<td>397gm</td>
<td></td>
</tr>
<tr>
<td>F33 – Class C3</td>
<td>3.00kg 1.00kg</td>
<td>600gm</td>
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</tr>
<tr>
<td>F34 – Class C4</td>
<td>4.00kg 1.00kg</td>
<td>600gm</td>
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</tr>
<tr>
<td>F35 – Class C5 – Ambulatory</td>
<td>4.00kg 1.00kg</td>
<td>600gm</td>
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</tr>
<tr>
<td>F36 – Class C6</td>
<td>4.00kg 1.00kg</td>
<td>600gm</td>
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</tr>
<tr>
<td>F37 – Class C7</td>
<td>5.00kg 1.00kg</td>
<td>600gm</td>
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<tr>
<td>F38 – Class C8</td>
<td>5.00kg 1.50kg</td>
<td>800gm</td>
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</table>

Events for ambulatory athletes.

<table>
<thead>
<tr>
<th>Class</th>
<th>Implement Weights</th>
<th>Shot Discus Javelin</th>
</tr>
</thead>
<tbody>
<tr>
<td>F40 – Dwarf athletes</td>
<td>4.00kg 1.00kg</td>
<td>600gm</td>
</tr>
<tr>
<td>F42 – Class A2 (A9), LAF5, F8</td>
<td>6.00kg 1.50kg</td>
<td>800gm</td>
</tr>
<tr>
<td>F43 – Class A3 (A9), LAF5, F8</td>
<td>6.00kg 1.50kg</td>
<td>800gm</td>
</tr>
<tr>
<td>Class</td>
<td>Description</td>
<td>Weight</td>
</tr>
<tr>
<td>-------</td>
<td>-------------</td>
<td>--------</td>
</tr>
<tr>
<td>F44</td>
<td>Class A4 (A9), LAF5, F8</td>
<td>6.00kg</td>
</tr>
<tr>
<td>F46</td>
<td>Class A6, A8, LAF6.</td>
<td>7.26kg</td>
</tr>
<tr>
<td><strong>Events for athletes in wheelchairs.</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>F51</td>
<td>Class F1, LAF1, CP2</td>
<td>1.00kg</td>
</tr>
<tr>
<td>F52</td>
<td>Class F2, LAF1, CP2, CP3</td>
<td>3.00kg</td>
</tr>
<tr>
<td>F53</td>
<td>Class F3, LAF2, CP3</td>
<td>4.00kg</td>
</tr>
<tr>
<td>F54</td>
<td>Class F4, LAF3, CP3, CP4</td>
<td>4.00kg</td>
</tr>
<tr>
<td>F55</td>
<td>Class F5, LAF3, CP4</td>
<td>4.00kg</td>
</tr>
<tr>
<td>F56</td>
<td>Class F6, (A1)(A9), LAF3, CP4, CP5</td>
<td>5.00kg</td>
</tr>
<tr>
<td>F57</td>
<td>Class F7, (A1), (A9), LAF3</td>
<td>5.00kg</td>
</tr>
<tr>
<td>F58</td>
<td>Class A2, A3, (A9), LAF3, F8, (LAF4)</td>
<td>6.00kg</td>
</tr>
<tr>
<td><strong>THROWING EVENTS (WOMEN)</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Events for the visually impaired.</strong></td>
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<td></td>
</tr>
<tr>
<td>F10</td>
<td>Class B1</td>
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</tr>
<tr>
<td>F11</td>
<td>Class B2</td>
<td>4.00kg</td>
</tr>
<tr>
<td>F12</td>
<td>Class B3</td>
<td>4.00kg</td>
</tr>
<tr>
<td><strong>Events for athletes with learning difficulties.</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>F20</td>
<td>Only Class</td>
<td>4.00kg</td>
</tr>
<tr>
<td><strong>Events for athletes with cerebral palsy.</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>F32</td>
<td>Class C2u – Wheelchair</td>
<td>2.00kg</td>
</tr>
<tr>
<td>F33</td>
<td>Class C3</td>
<td>3.00kg</td>
</tr>
<tr>
<td>F34</td>
<td>Class C4</td>
<td>3.00kg</td>
</tr>
<tr>
<td>F35</td>
<td>Class C5 – Ambulatory</td>
<td>3.00kg</td>
</tr>
<tr>
<td>F36</td>
<td>Class C6</td>
<td>3.00kg</td>
</tr>
<tr>
<td>F37</td>
<td>Class C7</td>
<td>3.00kg</td>
</tr>
<tr>
<td>F38</td>
<td>Class C8</td>
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</tr>
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</table>
### Events for ambulatory athletes.

<table>
<thead>
<tr>
<th>Class</th>
<th>Description</th>
<th>Weight</th>
<th>Equipment</th>
</tr>
</thead>
<tbody>
<tr>
<td>F40</td>
<td>Dwarf athletes</td>
<td>3.00kg</td>
<td>0.75kg</td>
</tr>
<tr>
<td>F42</td>
<td>Class A2 (A9), LAF5, F8</td>
<td>4.00kg</td>
<td>1.00kg</td>
</tr>
<tr>
<td>F43</td>
<td>Class A3 (A9), LAF5, F8</td>
<td>4.00kg</td>
<td>1.00kg</td>
</tr>
<tr>
<td>F44</td>
<td>Class A4 (A9), LAF5, F8</td>
<td>4.00kg</td>
<td>1.00kg</td>
</tr>
<tr>
<td>F46</td>
<td>Class A6, A8, LAF6</td>
<td>4.00kg</td>
<td>1.00kg</td>
</tr>
</tbody>
</table>

### Events for athletes in wheelchairs.

<table>
<thead>
<tr>
<th>Class</th>
<th>Description</th>
<th>Weight</th>
<th>Equipment</th>
</tr>
</thead>
<tbody>
<tr>
<td>F51</td>
<td>Class F1, LAF1, CP2</td>
<td>1.00kg</td>
<td>397gm</td>
</tr>
<tr>
<td>F52</td>
<td>Class F2, LAF1, CP2, CP3</td>
<td>2.00kg</td>
<td>1.00kg</td>
</tr>
<tr>
<td>F53</td>
<td>Class F3, LAF2, CP3</td>
<td>3.00kg</td>
<td>1.00kg</td>
</tr>
<tr>
<td>F54</td>
<td>Class F4, LAF3, CP3, CP4</td>
<td>3.00kg</td>
<td>1.00kg</td>
</tr>
<tr>
<td>F55</td>
<td>Class F5, LAF3, CP4</td>
<td>3.00kg</td>
<td>1.00kg</td>
</tr>
<tr>
<td>F56</td>
<td>Class F6, (A1), (A9), LAF3, CP4, CP5</td>
<td>3.00kg</td>
<td>1.00kg</td>
</tr>
<tr>
<td>F57</td>
<td>Class F7, (A1), (A9), LAF3</td>
<td>3.00kg</td>
<td>1.00kg</td>
</tr>
<tr>
<td>F58</td>
<td>Class A2, A3, (A9), LAF3, F8, (LAF4)</td>
<td>4.00kg</td>
<td>1.00kg</td>
</tr>
</tbody>
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