

## SUMMARY OF MAIN RULE CHANGES

The 2016 UKA Rule Book is now based on the current IAAF Rule Book and IAAF numbering has been adopted for use in the UK.

Where any UKA Domestic rule differs from IAAF, the specific change is shown as a supplement below the IAAF rule in BLUE (advice was taken on the colour and blue was chosen as the most visible). This is particularly so in respect of membership and registration, athlete transfers between clubs and eligibility matters generally. Age groups, not covered in IAAF rules (under 17's and lower and Masters) together with their hurdle heights and throwing specifications (all unchanged) are also shown in blue as supplements in the new rule book.

As a cross reference the rule numbers that applied in the 2014 UKA Rule Book are shown with each supplement. Lengthy IAAF rules such as IAAF Chapter 3 on Anti-Doping & Medical Rules have been omitted but a statement to access the relevant internet pages of IAAF and UKA is provided.

### Non- Technical Rules

Most of the clauses 1-24 from the 2014 Rule book governing all aspects of eligibility, event promotion, club membership, status, qualification for Areas, Clubs, betting etc are set out here but the requirements across different disciplines have been consolidated wherever possible so they are consistent across the disciplines. [The most notable exception being the maximum distances athletes can run across the disciplines where considerable variations exist. Perhaps a topic for discussion for the 2018 Rule book]

- IAAF Rule 2 S1 **Requirements for Permission to Promote** have been consolidated with minor changes.
- 2 S2 **Permits/ Licences** have been consolidated across the disciplines with changes notably (ii) **The maximum time allowed for a track and field competition held under a UKA permit will be 8 hours unless a separate group of officials is provided. The 8 hours will commence at the programmed time of the first event and be completed at the scheduled finish time of the final event. On the first failure to comply a warning will be issued to the Competition Provider and subsequent failures may result in the withholding of a permit.**
- IAAF Rule 8 S1 **Advertising & Sponsorship: Clothing** previously part of UKA rule 17 has been transferred to IAAF rule 143. In the course of the preparation of this rule book several new freedoms have been agreed allowing clubs to develop their commercial opportunities including allowing an athlete to wear an identification of a personal sponsor in UKA domestic events where the size exceeds that allowed under IAAF rules. Applications for such identifications must be made to the appropriate National Association for prior approval subject to them complying with the IAAF Code of acceptability. Full details are set out in Rule 143 S1.  
Athletes' attention is drawn to the "Note" at the end of the Rule warning them that their vest in meetings held under IAAF rules or where the permit conditions require IAAF regulation compliance then the athlete must have an alternative kit to wear in those competitions to comply with those rules
- 21 S1 **Eligibility to compete:** In the 2014 rule book athletes were expected to comply with Registration requirements, in this rule book athletes MUST now be registered to compete, details of which are including in the 2016 Rule book as below. All Domestic Competitions under the rules of UKA or IAAF are confined to eligible athletes as defined by these Rules.



**BRITISH  
ATHLETICS**



Registered Office:

UK Athletics Limited · Athletics House · Alexander Stadium · Walsall Road · Perry Barr · Birmingham · B42 2BE

Tel: 0121 713 8400 · Fax: 0121 713 8452 · [www.britishathletics.org.uk](http://www.britishathletics.org.uk)

Registered in England No.3686940

### Eligible Athletes

- (i) All competitions under the rules of UKA and domestic competitions held under IAAF Rules are confined to eligible athletes as defined by these rules. All athletes in Age Groups covered by these Rules (Age Group Under 13 upwards) must be registered with their National Association and comply with their terms and conditions including payment.
  - (ii) (ii), (iii), (iv) and (v): see these rules for further details.
  - (vi) Unattached athletes competing in Road Running, Fell, Hill and Mountain Running and Trail Running are excluded from these regulations.
- **Club membership**
  - 21 S3(2) **"Other discipline First claim club member"**: This caters for an athlete having a second first claim club where their original first claim club does not cater for all disciplines of athletics.
  - 21 S3(8) 2<sup>nd</sup> paragraph: Allows **former club members whose membership has lapsed** for more than three years to make a formal request to transfer but without payment.
  - 21 S3(15/16) : Clarification that any **disputes referred to in this rule book** only apply to "competition" matters.
  - 21 S4(4) **Composite teams**: Competition Advisory Group may agree, at their sole discretion, to vary the conditions of this rule.
  - 21 S4(7) **Health & Safety**: new clause added  
If the relevant Referee of a Competition considers that the performance of any athlete may be injurious to their health and safety then that Referee can refuse to allow that athlete to start or continue to compete in a Competition at their sole discretion.
  - 21 S6(2) **English Area Championships and Representation** added in
  - 21 S8(2) **National Association Eligibility Committees have additional powers** to determine issues arising in respect of Composite Teams, Foreign Athletes and Higher Competition Athletes.
  - 21 S8(4) **Eligibility Appeals**: Process clarified.
  - 21 S9 **Open Team Competition**: All disciplines consolidated
  - 60 S1 **Betting**: Additional provision brought into UKA supplement.

### Technical Rules

The IAAF list of officials is included, with a note to reference Appendix 3 of the UKA Rules (appointment, duties & selection).

- Rule 120 (**Officials of the competition**) – Note- UKA domestic competition officials Refer to UKA Appendix 3 for descriptions of UKA Technical Officials and Management, and the IAAF Rule Book for full details of IAAF Competition Officials' roles.
- Rule 141 (**Age groups**) is supplemented by the consolidation of all UKA Discipline Age Group rules previously in use (no changes from the 2014 Rule book)
- Rule 142 (**Entries**) is consolidated.
- Rule 143 (**Clothing & Bibs**) is consolidated. See note above on Rule 8 S1.
- Rule 145 (**Disqualification**) is supplemented by old UKA Rule 22 on Misconduct.
- Rule 146 (**Protests & Appeals**) is supplemented by old UKA rules which cover events where no Jury has been appointed.
- There are additional comments on IAAF Rule 147 S1 (**Mixed Competition**): Key difference to IAAF rule being events from 800m upwards are allowed, whilst IAAF only allow 5000m and



**BRITISH  
ATHLETICS**



Registered Office:

UK Athletics Limited · Athletics House · Alexander Stadium · Walsall Road · Perry Barr · Birmingham · B42 2BE

Tel: 0121 713 8400 · Fax: 0121 713 8452 · [www.britishathletics.org.uk](http://www.britishathletics.org.uk)

Registered in England No.3686940

above

- Rule 160 (**Track Measurements**) confirms how tracks are measured and how races should be run.
- Rule 161 S1 adds the fact that **starting blocks** are not compulsory unless FSE is in use. The use of starting blocks is optional, except where blocks incorporating false start detection equipment are in use when all competitors shall be required to use only the starting blocks provided. 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 synthetic surfaced tracks the Competition Provider may insist that only starting blocks provided by them shall be used.

- Rule 162 S1 (**The Start**): clarifies the different conditions for athletes in younger age groups regarding DQ at the start depending on whether at an IAAF meeting or at a domestic competition-

Under 13, Under 15 and Masters' and Schools' Under 17 Age Groups

**In all competitions other than those where younger athletes are competing in a competition where Rule 162(6) above applies**, 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.

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.

- Rule 166 S1(2) (**Seeding**) adds particular conditions, especially minimum times between races. Other details are not shown here.

The following minimum times must be allowed between the last heat of the round and the first heat of the subsequent round or final.

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

- Rules 168 & 169 adds specifications for **hurdle heights, distances etc. for age group competitions.**
- 169 (**Relays**) adds the rule that the baton must be handed back to the official.
- Rule 170 S 1 **Relay Races**  
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. (See also Rule 145)
- Rule 180 S1-4 **General Conditions Field Events**: adds and amends various issues around trials, practice etc. giving an allowance that these can be varied from IAAF Rules. Across all field events there are additions regarding specifications to ensure that existing UKA rules and conditions are carried forward, including cage size, landing areas etc. and implements as well as a statement that the plasticine strip is regarded as the ground.  
Rule 180 S 1 UKA Supplement - Practice Trials (Previously UKA Rule 120(11))  
Practice Trials at the Competition Area: In the case of practice trials for throwing events the judges shall have the power to alter the order of the trials.  
NOTE: In the Long and Triple Jumps 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. 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.



**BRITISH  
ATHLETICS**



Registered Office:

UK Athletics Limited · Athletics House · Alexander Stadium · Walsall Road · Perry Barr · Birmingham · B42 2BE

Tel: 0121 713 8400 · Fax: 0121 713 8452 · [www.britishathletics.org.uk](http://www.britishathletics.org.uk)

Registered in England No.3686940

Rule 180 S 2 UKA Supplement - Order Of Competing (Previously UKA Rule 120(1))  
The Judges shall have the power to alter the order of competing.

Rule 180 S 3 UKA Supplement - Number Of Trials

The competition may be decided by each competitor being allowed from three to six trials

Rule 180 S 4 UKA Supplement - Time Limits (Previously UKA Rule 120(5))

The following times should not normally be exceeded:

Number of athletes left in the competition

	High Jump	Pole Vault	Other
More than 3	1 min	1 min	1 min
3 or fewer	1.5 min	2 min	1 min
Consecutive trials by the same athlete	2 min	3 min	2 min

- Rule 240 (**Road Races**) has UKA supplement additions around issues like the course, refreshments and classification of the race, etc. Amendments are the addition of a rule (240 S4) stopping the use of headphones on single carriageway roads open to traffic and allowing more entries in road relay races in excess of 8 stages (240 S4).
- Rule 264 S1 (**Approval of UKA records**)-Approval provisions stated.  
[Technical Advisory Committee is responsible for the management and sanction of British records](#)

**Appendices** have been changed and are now:

**Appendix 1:** Ultra-Distance events.

**Appendix 2:** Technical Officials Pathway (Track & Field)

The new numbering of Levels also came into force this month.

Level 1 is the old 2a)

Level 2 is the old 2b)

Level 3 is the old 2c)

Level 4 is the old 3

The new Level 5 will be starting at the end of this year, with the hope that some candidates will go on to the European Athletics course in autumn 2017 if there are any spaces available to us.

**Appendix 3** Appointment of, Duties of & Selection of Officials

**Appendix 4** is on Endurance Running (including officiating)

**Final note-** Mindful of the complexity of the changes made in the 2016 UKA Rule book the UKA Board have agreed that UKA Advisory Groups can issue Supplementary Guidance notes during the period of this rule book to correct any anomalies every April and October to allow minor corrections to the rules which may arise following its re-structuring.

UKA Rules Advisory Group  
28<sup>th</sup> April 2016



**BRITISH  
ATHLETICS**



Registered Office:

UK Athletics Limited · Athletics House · Alexander Stadium · Walsall Road · Perry Barr · Birmingham · B42 2BE

Tel: 0121 713 8400 · Fax: 0121 713 8452 · [www.britishathletics.org.uk](http://www.britishathletics.org.uk)

Registered in England No.3686940



BRITISH  
ATHLETICS



Registered Office:

UK Athletics Limited · Athletics House · Alexander Stadium · Walsall Road · Perry Barr · Birmingham · B42 2BE

Tel: 0121 713 8400 · Fax: 0121 713 8452 · [www.britishathletics.org.uk](http://www.britishathletics.org.uk)

Registered in England No.3686940