

**UKA RULES for COMPETITION 2016 – 2018**

**Supplementary Guidance Notes (April 2016)**

Following publication of the 2016 – 2018 Rule Book a number of issues have been identified that were either omitted during printing or require explanation; these are summarised here.

- | <u>Rule</u>      | <u>Comment</u>   |
|------------------|--|
| 2 S1(3)          | “conform” replaces the third word “confirm”  |
| 161 / 162        | Clarification on the use of crouch starts in races up to 400m: if the use of starting blocks is not compulsory (except as defined in Rule 161) then a crouch start does not have to be applied.  |
| 163(4)<br>163 S1 | Running on the line: The Referee continues to have discretion on issues arising. 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). |

Track 400 metres Stride 2.30m	Advantage Gained by Encroaching <i>t</i> cm on Inside of Lane			
	t = 50mm	t = 100mm	t = 150mm	t = 300mm
Number of Strides				
	mm	mm	mm	mm
1	4	7	11	22
2	7	14	22	44
3	11	22	33	66
4	14	29	44	88
5	18	36	54	109
6	22	44	65	131
7	25	51	76	153
8	29	58	87	175
9	33	65	98	197
10	36	72	109	219

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.

- 165(8) Additional supplement to differentiate between Timekeeper numbers required for World / European and UKA records:  
 165 S1 – previously UKA Rule 119(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 4. If a fully automatic 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.



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168 S1 Masters' Hurdles specification

M50-59 60m	To 1 <sup>st</sup> Flight:	13m	Between Flights:	8.5m	To Finish:	13m
M60-69 60m		12m		8m		16m
M60-69 100m		12m		8m		16m
M80+ 200m (68.5cm)		20m		35m		40m

180(18) Individual Events – time between trials:  
 1 Athlete HJ 3 mins PV 5 mins Other none

188 S1 Masters' Shot:

Men 70-79	4kg (not 5kg)
Men 80+	3kg
Women 50-74	3kg

192 Figure 192c Incorrect drawing

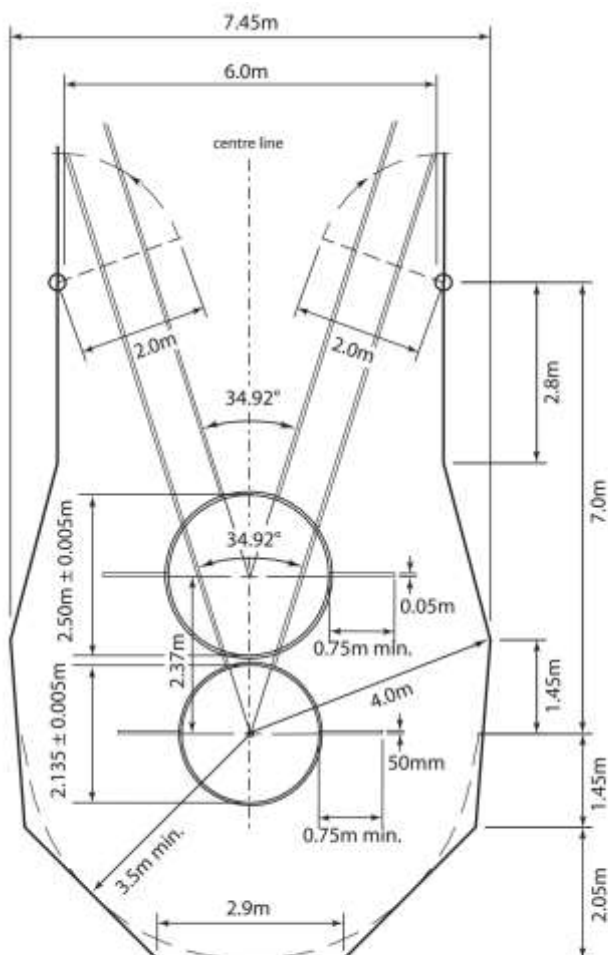


Figure 192c - Cage for Hammer and Discus Throw with separate circles



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**200 S1** Combined Events Age Groups Younger than IAAF Age Groups  
Previously Rule 140

(i) 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.

(ii) 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.

(iii) 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).

(iv) The Outdoor Heptathlon for Under 17 women 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 but the Hurdle event specifications shall be those relating to this age group and the order of events shall be flexible.

(v) 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).

(vi) 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).

**240 S2 (1)&(2)** Road Race Refreshment Stations: for the avoidance of doubt (1) should be interpreted as at least every 5 kms and (2) as at intervals not greater than 5 kms.

UKA Rules Advisory Group  
April 2016



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