

UK ATHLETICS RULES FOR COMPETITION

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 1500 metres 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 or in more than one race between 600 metres and 1500 metres 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.