

SPRINTS EVENTS

AGE GROUPS	U10s	U12s	U14s	U16s	U18s
YEARS OLD	7-9 Yrs	9-11Yrs	11-13Yrs	13-15Yrs	15-17Yrs
50m		Optional			
60m (Indoors)	Optional				
75m	Optional		Optional		
100m		Optional			
150m					
200m					
300m (M)					Optional
300m (W)					Optional
400m (M)					
400m (W)					

Hurdles										
60m (Indoors) (M)		60- 68.5		68.5cm		76.2cm		84.0cm		91.4cm
60m (Indoors) (W)		60- 68.5		68.5cm		68.5cm		76.2cm		76.2cm
Sprint Hurdles (M)			75m	68.5cm	80m	76.2cm	100m	84.0cm	110m	91.4cm
Sprint Hurdles (W)			70m	68.5cm	75m	68.5cm	80m	76.2cm	100m	76.2cm
200m Hurdles - Potential new event long term						M: 76.2cm F: 68cm				
300m Hurdles						Hurdle heights:	M: 76.2cm F: 76.2cm			
400m Hurdles							Hurdle heights:	M: 84cm F: 76.2cm		

Relays					
Fun Shuttle relays (30-50m)					
8 x 50m			Optional		
4 x 100m		Optional			
4 x 200m				Optional	Optional
4 x 300m					Optional
4 x 400m					
4 x 800m				Optional	Optional
Medley (100, 200, 300, 400)					Optional

ENDURANCE EVENTS

AGE GROUPS	U10s	U12s	U14s	U16s	U18s
YEARS OLD	7-9 Yrs	9-11Yrs	11-13Yrs	13-15Yrs	15-17Yrs
400m		Optional			
600m			Optional		
800m		Optional			

1200m		Optional			
1500m					
3000m					
5000m					

Race Walking

400m		Optional			
600m					
1000m		Optional			
1200m		Optional			
2000m				Optional	
3000m					Optional
5000m					

Steeple Chase

1200m or 3 Lap Race	Barrier heights:	76.2cm	Optional	
1500m	Barrier heights:	M: 76.2cm F: 76.2cm	Optional	
2000m	Barrier heights:	M: 83.8cm F: 76.2cm		
3000m	Barrier heights:			

JUMPS AND COMBINED EVENTS

AGE GROUPS	U10s	U12s	U14s	U16s	U18s
YEARS OLD	7-9 Yrs	9-11Yrs	11-13Yrs	13-15Yrs	15-17Yrs
Standing Long Jump					
Long Jump	Optional				
Standing Triple Jump		Optional			
5 Bound Combo	Optional	Optional			
Triple Jump					
Vertical Jump					
High Jump					
PV Swing for Distance - Potential new event	Suggestion to remove this event for the 2026 Rules and the potential introduction from 2028 onwards				
Pole Vault		Optional			
Combined Events					
Triathlon			Optional for Participation Pathway		
Quadrathlon (M/F)			Optional for Participation Pathway		
Pentathlon				Optional	
Pentathlon (Indoor) (F)					
Heptathlon (F)			Intro to Jav, Key events		
Heptathlon (Indoor) (M)			Intro to PV, DT, Key events		

Octathlon (M)	Intro to PV, DT, Key events	
Decathlon	Intro to PV, DT, Key events	

THROWS EVENTS					
AGE GROUPS	U10s	U12s	U14s	U16s	U18s
YEARS OLD	7-9 Yrs	9-11Yrs	11-13Yrs	13-15Yrs	15-17Yrs
<i>Push Throw</i>					
Shot Put (M)		2-2.72kg	3.00kg	4.00kg	5.00kg
Shot Put (F)		2-2.72kg	2.72kg	3.00kg	3.00kg
Discus (M)		0.75kg	1.00kg	1.25kg	1.50kg
Discus (F)		0.75kg	0.75kg	1.00kg	1.00kg
Hammer (M)		2.00kg	3.00kg	4.00kg	5.00kg
Hammer (F)		2.00kg	2.00kg	3.00kg	3.00kg
Howler					
Javelin (M)		400grams	500grams	600grams	700grams
Javelin (F)		400grams	400grams	500grams	500grams

U20s

17-19Yrs

Optional

Optional

Optional

Optional

Optional

Optional

99.1cm

84.0cm

110m 99.1cm

100m 84.0cm

M: 91.4cm F: 76.2cm

Optional

Optional

Optional

Optional

Optional

U20s

17-19Yrs

Optional



Optional
M: 91.4cm F: 76.2cm



U20s

17-19Yrs



onwards, once sufficient planning has been done



U20s
17-19Yrs
6.00kg
4.00kg
1.75kg
1.00kg
6.00kg
4.00kg
800grams
600grams

Type of Event	Age Group	Event	Hurdle Height	Number of Hurdles Per Race	Colour Marking on the Track	Distance to First Hurdle	Distance Between Hurdles	Distance from Last Hurdle to Finish Line
OUTDOORS MALE	Senior (and U23s)	110H	106.7cm	10	Blue	13.72m	9.14m	14.02m
		400H	91.4cm	10	Green	45m	35m	40m
	U20 Junior Men	110H	99.1cm	10	Blue	13.72m	9.14m	14.02m
		400H	91.4cm	10	Green	45m	35m	40m
	U18 Youth	110H	91.4cm	10	Blue	13.72m	9.14m	14.02m
		400H	84.0cm	10	Green	45m	35m	40m
	U16 Boys	100H	84.0cm	10	Yellow	13m	8.5m	10.5m
		300mH	76.2cm	7	Green	50m	35m	40m
	U14 Boys	80H	76.2cm	8	Black	12m	8m	12m
		200mH	76.2cm	5	Green	20m	35m	40m
U12 Boys	75H	68.5cm	8	Orange	11.5m	7.5m	11m	
OUTDOORS FEMALE	Seniors / U23s / U20s	100H	84.0cm	10	Yellow	13m	8.5m	10.5m
		400H	76.2cm	10	Green	45m	35m	40m
	U18 Youth	100H	76.2cm	10	Yellow	13m	8.5m	10.5m
		400H	76.2cm	10	Green	45m	35m	40m
	U16 Girls	80H	76.2cm	8	Black	12m	8m	12m
		300H	76.2cm	7	Green	50m	35m	40m
	U14 Girls	75H	68.5cm	8	Orange	11.5m	7.5m	11m
		200H	68.5cm	5	Green	20m	35m	40m
	U12 Girls	70H	68.5cm	8	Pink	11m	7m	10m
	INDOORS MALES	Senior (and U23s)	60H	106.7cm	5	Blue	13.72m	9.14m
Junior Men U20			60H	99.1cm	5	Blue	13.72m	9.14m
U18 Youth		60H	91.4cm	5	Blue	13.72m	9.14m	9.72m
U16		60H	84.0cm	5	Yellow	13m	8.5m	13
U14		60H	76.2cm	5	Black	12m	8m	16m
U12		60H	68.5cm	5	Orange	11.5m	7.5m	18.5m
INDOORS FEMALES	Seniors / U23s / U20s	60H	84.0cm	5	Yellow	13m	8.5m	13m
		U18 Youth	60H	76.2cm	5	Yellow	13m	8.5m
	U16 Girls	60H	76.2cm	5	Black	12m	8m	16m
	U14 Girls	60H	68.5cm	5	Orange	11.5m	7.5m	18.5m
	U12 Girls	60H	68.5cm	5	Pink	11m	7m	21m
UNISEX	U10s	60H	45-60cm*	5	No Marking	10m	6.5m	24m
<i>Option to compete up one age</i>	U10s**	60H	60-68.5cm	5	Pink	11m	7m	21m

* 45-60cm height for the U10s hurdles: Adapted hurdles, such as Sportshall Hurdles or SAQ hurdles can be used for this development eve

** There is the option for U10s to compete up one age group for hurdles (if appropriate to do so).

Weight for Hurdles
3.6kg
3.6kg
3.6kg
3.6kg
3.6kg
3.6kg
2.7kg
2.7kg
2.7kg
2.7kg
2.7kg
3.6kg
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3.6kg
3.6kg
2.7kg
2.7kg
2.7kg
3.6kg
3.6kg
2.7kg
2.7kg
2.7kg
N/a
2.7kg

nt. Focus should be on fun and progressive introduction

School Year*	Age this summer season	Dates of Birth
Year 3	7 - 8 Years	September 2017 - August 2018
Year 4	8 - 9 Years	September 2016 - August 2017
Year 5	9 - 10 Years	September 2015 - August 2016
Year 6	10 - 11 Years	September 2014 - August 2015
Year 7	11 - 12 Years	September 2013 - August 2014
Year 8	12 - 13 Years	September 2012 - August 2013
Year 9	13 - 14 Years	September 2011 - August 2012
Year 10	14 - 15 Years	September 2010 - August 2011
Year 11	15 - 16 Years	September 2009 - August 2010
Year 12	16 - 17 Years	September 2008 - August 2009
Year 13	17 - 18 Years	January - December 2008
Year 14	18 - 19 Years	January - December 2007

* Although aligned to School Years with a cut-off date of 31 August, the UKA age category is determined by the athlete's date of birth, therefore an athlete who is in a different school year group to their peers will compete according to their date of birth and not their School Year group.

Age group this 2026 summer season

U10
U10
U12
U12
U14
U14
U16
U16
U18
U18
U20
U20

Cross Country and Road Running competi

Age group in 2026/27 (from October 2026)

U10
U12
U12
U14
U14
U16
U16
U18
U18
U20
U20

Senior T&F athletes are those aged 20 or over on 31 December in the calendar year of competition

ions for Under 20 Men and Women shall be confined to competitors who are aged 18 or 19 on 31 A

August **within** the Competition Year.

Type of Event	Age Group	Event	Hurdle height (cm)	Number of barriers per race
STEEPLECHASE	Senior & U23 Men	3000m	91.4	28
	U20 Men	3000m	91.4	28
	U18 Youth	2000m	83.8	18
	U16 Boys	1500m	76.2	13
	U14 Boys	1200m - Potential new event long term	76.2	10
	U20, U23 & Senior Women	3000m	76.2	28
	U18 Youth	2000m	76.2	18
	U16 Girls	1500m	76.2	13
	U14 Girls	1200m - Potential new event long term	76.2	10

Number of water barriers per race	Colour marking on the track	Distance to first hurdle (m)	Distance between hurdles (m)	Distance from last hurdle to finish line (m)
7	Blue	257.8	Refer to Rule 23.3 as required: The jumps should be evenly distributed, so that the distance between the jumps shall be approximately one fifth of the nominal length of the lap.	62.2
7	Blue	257.8		62.2
5	Blue	203.8		62.2
3	Blue	255.8		62.2
0	Blue			
7	Blue	257.8		62.2
5	Blue	203.8		62.2
3	Blue	255.8		62.2
0	Blue			

Event	Age Group	Implement weight (kg)	Min diameter (mm)	Max diameter (mm)	Event	Age Group	Implement weight (kg)	Outer diameter of metal rim (mm)	
								Min	Max
SHOT PUT	Senior (and U23s)	7.26	110	130	DISCUS	Senior (and U23s)	2	219	221
	U20 Junior Men	6	105	125		U20 Junior Men	1.75	210	212
	U18 Youth	5	100	120		U18 Youth	1.5	200	202
	U16 Boys	4	95	110		U16 Boys	1.25	180	182
	U14 Boys	3	85	110		U14 Boys	1	180	182
	U12 Boys	2-2.72	80	110		U12 Boys	0.75	145	170
	Seniors / U23s / U20s	4	95	110		Seniors / U23s / U20s	1	180	182
	U18 Youth	3	85	110		U18 Youth	1	180	182
	U16 Girls	3	85	110		U16 Girls	1	180	182
	U14 Girls	2.72	85	110		U14 Girls	0.75	145	170
	U12 Girls	2-2.72	80	110		U12 Girls	0.75	145	170

Event	Age Group	Implement weight (kg)	Min diameter (mm)	Max diameter (mm)	Hammer cable length (cm)	Event	Age Group	Implement Weight (grams)	Length of Javelin (mm)	
									Min	Max
HAMMER	Senior (and U23s)	7.26	110	130	121.5	JAVELIN	Senior (and U23s)	800	2600	2700
	U20 Junior Men	6	105	125	121.5		U20 Junior Men	800	2600	2700
	U18 Youth	5	100	120	120		U18 Youth	700	2400	2500
	U16 Boys	4	95	110	119.5		U16 Boys	600	2200	2300
	U14 Boys	3	85	100	119.5		U14 Boys	500	2000	2100
	U12 Boys	2	80	90	119.5		U12 Boys	400	1700	1950
	Seniors / U23s / U20s	4	95	110	119.5		Seniors / U23s / U20s	600	2200	2300
	U18 Youth	3	85	100	119.5		U18 Youth	500	2000	2100
	U16 Girls	3	85	100	119.5		U16 Girls	500	2000	2100
	U14 Girls	2	80	90	119.5		U14 Girls	400	1700	1950
	U12 Girls	2	80	90	119.5		U12 Girls	400	1700	1950

Diameter of metal plates (mm)		Thickness of centre (mm)		Thickness of rim at 6mm from edge (mm)			
Min	Max	Min	Max	Min	Max		
50	57	41	43	12	13		
50	57	41	43	12	13		
50	57	38	40	12	13		
50	57	37	39	12	13		
50	57	37	39	12	13		
50	57	25	35	10	11		
50	57	37	39	12	13		
50	57	37	39	12	13		
50	57	37	39	12	13		
50	57	25	35	10	11		
50	57	25	35	10	11		
Length of metal head (mm)		Distance from tip of metal head to CoG (mm)		Diameter of thickest point (mm)		Whipcord Width (mm)	
Min	Max	Min	Max	Min	Max	Min	Max
250	330	900	1060	25	30	150	160
250	330	900	1060	25	30	150	160
250	330	850	990	23	28	150	160
250	330	800	920	20	25	140	150
220	270	780	880	20	24	135	145
200	300	700	850	19	24	130	140
250	330	800	920	20	25	140	150
220	270	780	880	20	24	135	145
220	270	780	880	20	24	135	145
200	300	700	850	19	24	130	140
200	300	700	850	19	24	130	140

New combined events disciplines from 1 April 2026:

Outdoor events:

Age Group	Event				
U16 Boys	Octathlon	100m	LJ	DT	HJ
U14 Boys	Pentathlon	80mH	LJ	SP	HJ
U16 Girls	Heptathlon	80mH	HJ	SP	150m
U14 Girls	Pentathlon	75mH	HJ	SP	LJ

Indoor events:

Age Group	Event				
U16 Boys	Heptathlon	60m	LJ	SP	HJ
U14 Boys	Pentathlon	60mH	LJ	SP	HJ
U16 Girls	Pentathlon	60mH	HJ	SP	LJ
U14 Girls	Pentathlon	60mH	HJ	SP	LJ

100mH	PV	JT	1000m
800m			
LJ	JT	600m	
600m			

60mH	PV	1000m
800m		
600m		
600m		