

# UKA Rule Changes 2026

## Summary

- Most changes relate to Age group Changes but also new World Athletics rules.
- New age groups are U10,U12,U14,U16 and U18.
- No specific rules for U10 or U12. Athletes in these categories are encouraged to do multi events like Funetics Multi Challenge (FMC). U12's can however do individual events in a licensed competition with restrictions.
- Most rules are in line with new guidelines from England Athletics.
- Main differences are in Hurdle and Throws specifications.
- Competition for Cross Country and Road has been brought into line with Indoor (short track) events. This has implications for the new season.
- ESAA events will continue to use the old age groups apart from hurdles.
- Rules will come into force on April 1<sup>st</sup> when books should be available.



# UKA Rule Changes 2026

## Details of changes (1)

The current age groups – categories in which young athletes compete – are to be revised. From April 1 young athletes will compete in the following age groups:

U10: school years 3 and 4

U12: years 5 and 6

U14: years 7 and 8

U16: years 9 and 10

U18: years 11 and 12

U20: year 13+

These new age groups will replace the existing U13, U15 and U17 groupings and will ensure that athletes compete across the school year (in England) from October-September in the same age group through cross country, road and then track and field competition.

The rules will be effective from 1 April 2026, so athletes will compete in the 2026 track and field season in the above age groups. For example, for track and field, an athlete currently in year 7 will have competed in the U13 age group in the 2025 summer season and will be in year 8 – and therefore U14 – in the 2026 track and field season.



# UKA Rule Changes 2026

## Details of changes (2)

Current School Year	Age this summer	Date of birth	Age Group this season From Oct	New School Year	Age group in 2026/27 from Sept
Year 3	7 - 8 Years	September 2017 - August 2018	U10	Year 4	U10
Year 4	8 - 9 Years	September 2016 - August 2017	U10	Year 5	U12
Year 5	9 - 10 Years	September 2015 - August 2016	U12	Year 6	U12
Year 6	10 - 11 Years	September 2014 - August 2015	U12	Year 7	U14
Year 7	11 - 12 Years	September 2013 - August 2014	U14	Year 8	U14
Year 8	12 - 13 Years	September 2012 - August 2013	U14	Year 9	U16
Year 9	13 - 14 Years	September 2011 - August 2012	U16	Year 10	U18
Year 10	14 - 15 Years	September 2010 - August 2011	U16	Year 11	U18
Year 11	15 - 16 Years	September 2009 - August 2010	U18	Year 12	U20
Year 12	16 - 17 Years	September 2008 - August 2009	U18	Year 13	
Year 13	17 - 18 Years	January - December 2008	Senior /U20	Year 14	
Year 14	18 - 19 Years	January - December 2007	Senior		





# UKA Rule Changes 2026

## Details of changes – Hurdles (1)

300/400m	Senior, U20 & U18	400m	<b>MALE</b>
	U16 & U14	300m	
	U12	X	

All other standard track distances remain, although shorter distances may be considered for U12 and U14, eg. 75m, 150m, 600m in some competitions.

Sprint Hurdles	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	Weight for Hurdles
Outdoors Male	Senior Men	110mH	106.7cm	10	Blue	13.72m	9.14m	14.02m	3.6kg
		400mH	91.4cm	10	Green	45m	35m	40m	3.6kg
	U20 Men	110mH	99.1cm	10	Blue	13.72m	9.14m	14.02m	3.6kg
		400mH	91.4cm	10	Green	45m	35m	40m	3.6kg
	U18 Men	110mH	91.4cm	10	Blue	13.72m	9.14m	14.02m	3.6kg
		400mH	84.0cm	10	Green	45m	35m	40m	3.6kg
	U16 Boys	100mH	84.0cm	10	Yellow	13m	8.5m	10.5m	2.7kg
		300mH	76.2cm	7	Green	50m	35m	40m	2.7kg
	U14 Boys	80mH	76.2cm	8	Black	12m	8m	12m	2.7kg
		200mH	76.2cm	5	Green	20m	35m	40m	2.7kg
	U12 Boys	75mH	68.5cm	8	Orange	11.5m	7.5m	11m	2.7kg
	Unisex	U10	60mH	45-60cm*	5	No Marking	10m	6.5m	24m

\*Adapted hurdles, such as Sportshall Hurdles can be used. Focus should be on fun and progressive introduction

Steeplechase	Age Group	Event	Hurdle Height	Number of Barriers	Number of Water Barriers	Colour Marking on Track	
Men	Senior & U20 Men	3000m	91.4cm	28	7	Blue	
	U18 Men	2000m	83.8cm	18	5	Blue	
	U16 Boys	1500m	76.2cm	13	3	Blue	
	U14 Boys	1200m*	76.2cm	10	3	Blue	



# UKA Rule Changes 2026

## Details of changes – Hurdles (2)



300/400m	Senior, U20 & U18 Women	400m	<b>FEMALE</b>
	U16 & U14	300m	
	U12	x	

All other standard track distances remain, although shorter distances may be considered for U12 and U14, eg. 75m, 150m, 600m in some competitions.

Sprint Hurdles	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	Weight for Hurdles
Outdoors Female	Senior, U23, U20 Women	100mH	84.0cm	10	Yellow	13m	8.5m	10.5m	3.6kg
		400mH	76.2cm	10	Green	45m	35m	40m	3.6kg
	U18 Women	100mH	76.2cm	10	Yellow	13m	8.5m	10.5m	3.6kg
		400mH	76.2cm	10	Green	45m	35m	40m	3.6kg
	U16 Girls	80mH	76.2cm	8	Black	12m	8m	12m	2.7kg
		300mH	76.2cm	7	Green	50m	35m	40m	2.7kg
	U14 Girls	75mH	68.5cm	8	Orange	11.5m	7.5m	11m	2.7kg
		200mH	68.5cm	5	Green	20m	35m	40m	2.7kg
	U12 Girls	70mH	68.5cm	8	Pink	11m	7m	10m	2.7kg
	Unisex	U10	60mH	45-60cm*	5	No Marking	10m	6.5m	24m

\*Adapted hurdles, such as Sportshall Hurdles can be used. Focus should be on fun and progressive introduction

Steeplechase	Age Group	Event	Hurdle Height	Number of Barriers	Number of Water Barriers	Colour Marking on Track	
Women	Senior, U23, U20 Women	3000m	76.2cm	28	7	Blue	
	U18 Women	2000m	76.2cm	18	5	Blue	
	U16 Girls	1500m	76.2cm	13	3	Blue	
	U14 Girls	1200m	76.2cm	10	3	Blue	



# UKA Rule Changes 2026

## Throws (1)

### THROWING EVENTS



Event	Age Group	Implement Weight	Outer diameter of metal rim		Diameter of metal plates		Thickness of centre		Thickness of Rim at 6mm from edge	
			Min	Max	Min	Max	Min	Max	Min	Max
DISCUS	Senior Men	2.00kg	219mm	221mm	50mm	57mm	41mm	43mm	12mm	13mm
	U20 Men	1.75kg	210mm	212mm	50mm	57mm	41mm	43mm	12mm	13mm
	U18 Men	1.50kg	200mm	202mm	50mm	57mm	38mm	40mm	12mm	13mm
	U16 Boys	1.25kg	180mm	182mm	50mm	57mm	37mm	39mm	12mm	13mm
	U14 Boys	1.00kg	180mm	182mm	50mm	57mm	37mm	39mm	12mm	13mm
	U12 Boys	0.75kg	145mm	170mm	50mm	57mm	25mm	35mm	10mm	11mm
	Senior & U20 Women	1.00kg	180mm	182mm	50mm	57mm	37mm	39mm	12mm	13mm
	U18 Women	1.00kg	180mm	182mm	50mm	50mm	37mm	39mm	12mm	13mm
	U16 Girls	1.00kg	180mm	182mm	50mm	57mm	37mm	39mm	12mm	13mm
	U14 Girls	0.75kg	145mm	170mm	50mm	57mm	25mm	35mm	10mm	11mm
U12 Girls	0.75kg	145mm	170mm	50mm	57mm	25mm	35mm	10mm	11mm	



Event	Age Group	Implement Weight	Hammer Cable Length	Min Diameter	Max Diameter
HAMMER	Senior Men	7.26kg	121.5cm	110mm	130mm
	U20 Men	6kg	121.5cm	105mm	125mm
	U18 Men	5kg	120cm	100mm	120mm
	U16 Boys	4kg	119.5cm	95mm	110mm
	U14 Boys	3kg	119.5cm	85mm	100mm
	U12 Boys	2kg	119.5cm	80mm	90mm
	Senior & U20 Women	4kg	119.5cm	95mm	110mm
	U18 Women	3kg	119.5cm	85mm	100mm
	U16 Girls	3kg	119.5cm	85mm	100mm
	U14 Girls	2kg	119.5cm	80mm	90mm
U12 Girls	2kg	119.5cm	80mm	90mm	



# UKA Rule Changes 2026

## Throws (2)



Event	Age Group	Implement Weight	Min Diameter	Max Diameter
SHOT PUT	Senior Men	7.26kg	110mm	130mm
	U20 Men	6.00kg	105mm	125mm
	U18 Men	5.00kg	100mm	120mm
	U16 Boys	4.00kg	95mm	110mm
	U14 Boys	3.00kg	85mm	110mm
	U12 Boys	2-2.72kg	80mm	110mm
	Senior & U20 Women	4.00kg	95mm	110mm
	U18 Women	3.00kg	85mm	110mm
	U16 Girls	3.00kg	85mm	110mm
	U14 Girls	2.72kg	85mm	110mm
U12 Girls	2-2.72kg	85mm	110mm	



Event	Age Group	Implement Weight	Length of Javelin		Length of metal head		Distance from tip of metal head to CoG		Diameter of thickest point		Whipcord Width	
			Min	Max	Min	Max	Min	Max	Min	Max	Min	Max
JAVELIN	Senior Men	800g	2600mm	2700mm	250mm	330mm	900mm	1060mm	25mm	30mm	150mm	160mm
	U20 Men	800g	2600mm	2700mm	250mm	330mm	900mm	1060mm	25mm	30mm	150mm	160mm
	U18 Men	700g	2400mm	2500mm	250mm	330mm	850mm	990mm	23mm	28mm	150mm	160mm
	U16 Boys	600g	2200mm	2300mm	250mm	330mm	800mm	920mm	20mm	25mm	140mm	150mm
	U14 Boys	500g	2000mm	2100mm	220mm	270mm	780mm	880mm	20mm	24mm	135mm	145mm
	U12 Boys	400g	1700mm	1950mm	200mm	300mm	700mm	850mm	19mm	24mm	130mm	140mm
	Senior & U20 Women	600g	2200mm	2300mm	250mm	330mm	800mm	920mm	20mm	25mm	140mm	150mm
	U18 Women	500g	2000mm	2100mm	220mm	270mm	780mm	880mm	20mm	24mm	135mm	145mm
	U16 Girls	500g	2000mm	2100mm	220mm	270mm	780mm	880mm	20mm	24mm	135mm	145mm
	U14 Girls	400g	1700mm	1950mm	200mm	300mm	700mm	850mm	19mm	24mm	130mm	140mm
U12 Girls	400g	1700mm	1950mm	200mm	300mm	700mm	850mm	19mm	24mm	130mm	140mm	





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## Off Track

Age group (changes in October)	Age on day	All terrains: maximum distances	Cross Country: recommended distances	Mountain, Trail, Fell, Hill: recommended distances	Road and Multi-terrain: recommended distances	Race Walking: recommended distances
Senior / Master (20+)	20+	Unlimited	Unlimited	Unlimited	Unlimited	Unlimited
U20 (18, 19)	19 18	45km Marathon	10km	10km	22km	20,000m
U18 (16, 17)	17 16	25km 16km	8km	8km	12-14km	15,000m
U16 (14, 15)	15 14	12km 8km	5km	6km	8km	5,000m
U14 (12, 13)	13 12	6km 6km	4km	5km	6km	3,000m
U12 (10, 11)	11 10	5km 3km	3km	3km	3km	2,000m

### Off-track disciplines

The above table highlights MAXIMUM permitted distances for all athletes in differing disciplines.

Further recommendations are listed for race distances for each discipline for each age group subject to assessment of route and venue, distances may be extended for reasonable accommodation e.g. plus or minus 200m.

Where race organisers wish to hold events for U10s, it is strongly recommended that the focus is on participation rather than competition.



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## Next Steps

- Familiarise yourselves with new specifications – use info online
- Be understanding with athletes and parents as they will not be as knowledgeable as you.
- Work closely with fellow officials and competition providers to ease the transition.
- Be positive about the changes (even if you may not agree with them). They are happening so we all have to make it work.
- Be aware of the differences with Schools events.
- New points table for Combined events.
- Enjoy your officiating, without you there isn't a sport of athletics at all.
- Any questions?

