

UKA RULE BOOK AMENDMENTS REGARDING NEW AGE GROUPS

Key information for clubs, coaches, officials
and competition managers



Effective 1 April 2026


ENGLAND ATHLETICS

OUTDOOR HURDLES - MALE

Event	Male age group	Hurdle height (cm)	Hurdles per race	Mark colour on track	Toppling weight (kg)	Start to first hurdle (m)	Hurdle spacing (m)	Last hurdle to finish (m)
60mH	U10 unisex*	45-60	5	None	n/a	10	6.5	24
75mH	U12	68.5	8	Orange	2.7	11.5	7.5	11
80mH	U14	76.2	8	Black	2.7	12	8	12
100mH	U16	84.0	10	Yellow	2.7	13	8.5	10.5
110mH	U18	91.4	10	Blue	3.6	13.72	9.14	14.02
110mH	U20	99.1	10	Blue	3.6	13.72	9.14	14.02
110mH	Senior, U23	106.7	10	Blue	3.6	13.72	9.14	14.02
200mH	U14	76.2	5	Green	2.7	20	35	40
300mH	U16	76.2	7	Green	2.7	50	35	40
400mH	U18	84.0	10	Green	3.6	45	35	40
400mH	Senior, U23, U20	91.4	10	Green	3.6	45	35	40

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

SPECIFICATIONS

INDOOR HURDLES - MALE

Event	Male age group	Hurdle height (cm)	Hurdles per race	Mark colour on track	Toppling weight (kg)	Start to first hurdle (m)	Hurdle spacing (m)	Last hurdle to finish (m)
60mH	U10 unisex*	45-60	5	None	n/a	10	6.5	24
60mH	U12	68.5	5	Orange	2.7	11.5	7.5	18.5
60mH	U14	76.2	5	Black	2.7	12	8	16
60mH	U16	84.0	5	Yellow	2.7	13	8.5	13
60mH	U18	91.4	5	Blue	3.6	13.72	9.14	9.72
60mH	U20	99.1	5	Blue	3.6	13.72	9.14	9.72
60mH	Senior, U23	106.7	5	Blue	3.6	13.72	9.14	9.72

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

SPECIFICATIONS

OUTDOOR HURDLES - FEMALE

Event	Female age group	Hurdle height (cm)	Hurdles per race	Mark colour on track	Toppling weight (kg)	Start to first hurdle (m)	Hurdle spacing (m)	Last hurdle to finish (m)
60mH	U10 unisex*	45-60	5	None	n/a	10	6.5	24
70mH	U12	68.5	8	Pink	2.7	11	7	10
75mH	U14	68.5	8	Orange	2.7	11.5	7.7	11
80mH	U16	76.2	8	Black	2.7	12	8	12
100mH	U18	76.2	10	Yellow	3.6	13	8.5	10.5
100mH	Senior, U23, U20	84.0	10	Yellow	3.6	13	8.5	10.5
200mH	U14	68.5	5	Green	2.7	20	35	40
300mH	U16	76.2	7	Green	2.7	50	35	40
400mH	U18	76.2	10	Green	3.6	45	35	40
400mH	Senior, U23, U20	76.2	10	Green	3.6	45	35	40

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

SPECIFICATIONS

INDOOR HURDLES - FEMALE

Event	Female age group	Hurdle height (cm)	Hurdles per race	Mark colour on track	Toppling weight (kg)	Start to first hurdle (m)	Hurdle spacing (m)	Last hurdle to finish (m)
60mH	U10 unisex*	45-60	5	None	n/a	10	6.5	24
60mH	U12	68.5	5	Pink	2.7	11	7	21
60mH	U14	68.5	5	Orange	2.7	11.5	7.5	18.5
60mH	U16	76.2	5	Black	2.7	12	8	16
60mH	U18	76.2	5	Yellow	3.6	13	8.5	13
60mH	Senior, U23, U20	84.0	5	Yellow	3.6	13	8.5	13

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

SPECIFICATIONS

STEEPLECHASE

Event	Age group	Barrier height (cm)	Barriers per race	Water barriers per race	Mark colour on track
1200m	U14 Boys, U14 Girls	76.2	10	0	Blue
1500m	U16 Boys, U16 Girls	76.2	13	3	Blue
2000m	U18 Women	76.2	18	5	Blue
2000m	U18 Men	83.8	18	5	Blue
3000m	U20, U23, Senior Women	76.2	28	7	Blue
3000m	U20 Men	91.4	28	7	Blue
3000m	U23, Senior Men	91.4	28	7	Blue

SPECIFICATIONS

IMPLEMENT WEIGHTS

Age Group	Shot (kg)	Hammer (kg)	Discus (kg)	Javelin (g)
U12 Boys	2 to 2.72	2	0.75	400
U14 Boys	3	3	1	500
U16 Boys	4	4	1.25	600
U18 Men	5	5	1.5	700
U20 Men	6	6	1.75	800
U23, Senior Men	7.26	7.26	2	800
U12 Girls	2 to 2.72	2	0.75	400
U14 Girls	2.72	2	0.75	400
U16 Girls	3	3	1	500
U18 Women	3	3	1	500
U20, U23, Senior Women	4	4	1	600

SPECIFICATIONS

DISCUS

Age Group	Implement weight (kg)	Outer diameter of metal rim (mm)		Diameter of metal plates (mm)		Thickness of centre (mm)		Rim thickness at 6mm from edge (mm)	
		min	max	min	max	min	max	min	max
U12 Boys	0.75	145	170	50	57	25	35	10	11
U14 Boys	1	180	182	50	57	37	39	12	13
U16 Boys	1.25	180	182	50	57	37	39	12	13
U18 Men	1.5	200	202	50	57	38	40	12	13
U20 Men	1.75	210	212	50	57	41	43	12	13
U23, Senior Men	2	219	221	50	57	41	43	12	13
U12 Girls	0.75	145	170	50	57	25	35	10	11
U14 Girls	0.75	145	170	50	57	25	35	10	11
U16 Girls	1	180	182	50	57	37	39	12	13
U18 Women	1	180	182	50	57	37	39	12	13
U20, U23, Senior Women	1	180	182	50	57	37	39	12	13

SPECIFICATIONS

Age Group	Implement weight (g)	Length of javelin (mm)		Length of metal head (mm)		Tip of head to CoG (mm)		Diameter of thickest point (mm)		Whipcord width (mm)	
		min	max	min	max	min	max	min	max	min	max
U12 Boys	400	1700	1950	200	300	700	850	19	24	130	140
U14 Boys	500	2000	2100	220	270	780	880	20	24	135	145
U16 Boys	600	2200	2300	250	330	800	920	20	25	140	150
U18 Men	700	2400	2500	250	330	850	990	23	28	150	160
U20 Men	800	2600	2700	250	330	900	1060	25	30	150	160
U23, Senior Men	800	2600	2700	250	330	900	1060	25	30	150	160
U12 Girls	400	1700	1950	200	300	700	850	19	24	130	140
U14 Girls	400	1700	1950	200	300	700	850	19	24	130	140
U16 Girls	500	2000	2100	220	270	780	880	20	24	135	145
U18 Women	500	2000	2100	220	270	780	880	20	24	135	145
U20, U23, Senior Women	600	2200	2300	250	330	800	920	20	25	140	150

Age Group	Weight (kg)	Diameter (mm)	
		min	max
U12 Boys	2 to 2.72*	80	110
U14 Boys	3	85	110
U16 Boys	4	95	110
U18 Men	5	100	120
U20 Men	6	105	125
U23, Senior Men	7.26	110	130
U12 Girls	2 to 2.72*	80	110
U14 Girls	2.72	85	110
U16 Girls	3	85	110
U18 Women	3	85	110
U20, U23, Senior Women	4	95	110

* Up to event organisers to decide.

HAMMER

Age Group	Weight (kg)	Hammer cable length (mm)	Weight diameter (mm)	
			min	max
U12 Boys	2	119.5	80	90
U14 Boys	3	119.5	85	100
U16 Boys	4	119.5	95	110
U18 Men	5	120	100	120
U20 Men	6	121.5	105	125
U23, Senior Men	7.26	121.5	110	130
U12 Girls	2	119.5	80	90
U14 Girls	2	119.5	80	90
U16 Girls	3	119.5	85	100
U18 Women	3	119.5	85	100
U20, U23, Senior Women	4	119.5	95	110

SPECIFICATIONS

SPRINT DISTANCES BY AGE GROUP


	50m	60m (indoor)	75m	100m	150m	200m	300m	400m	60m H (indoor)	Sprint Hurdles (M)	Sprint Hurdles (F)	200m Hurdles	300m Hurdles	400m Hurdles
U10	Standard	Optional	Optional						Standard	Standard	Standard			
U12	Optional	Standard	Standard	Optional	Standard				Standard	75m	70m			
U14		Standard	Optional	Standard	Standard	Standard			Standard	80m	75m	Standard		
U16		Standard		Standard		Standard	Standard	Optional	Standard	100m	80m		Standard	
U18		Standard		Standard		Standard	Optional	Standard	Standard	110m	100m			Standard
U20		Standard		Standard		Standard	Optional	Standard	Standard	110m	100m			Standard

Standard
 Optional

DISTANCES

ENDURANCE DISTANCES BY AGE GROUP

	400m	600m	800m	1200m	1500m	3000m	5000m	400m Race Walk	600m Race Walk	1000m Race Walk	1200m Race Walk	2000m Race Walk	3000m Race Walk	5000m Race Walk
U10	Standard							Standard						
U12	Optional	Standard	Optional	Optional				Optional	Standard	Optional	Optional			
U14		Optional	Standard	Standard	Standard							Standard		
U16			Standard		Standard	Standard						Optional	Standard	
U18			Standard		Standard	Standard	Standard						Optional	Standard
U20			Standard		Standard	Standard	Standard							Standard

 Standard  Optional

DISTANCES

OFF-ROAD DISTANCES BY AGE GROUP

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

Events with age-specific races will default to the maximum distance permitted for that age group.
 Mass participation races without age specific races must adhere to the age on day maximum distance.

DISTANCES

RELAY DISTANCES BY AGE GROUP

STEEPLECHASE

	Fun Shuttle relays (30-50m)	8 x 50m Relay	4 x 100m Relay	4 x 200m Relay	4 x 300m Relay	4 x 400m Relay	4 x 800m Relay	Medley Relay (100m, 200m, 300m, 400m)
U10	Standard	Standard						
U12	Standard	Standard	Optional					
U14		Optional	Standard	Standard				
U16			Standard	Optional	Standard		Optional	
U18			Standard	Optional	Optional	Standard	Optional	Optional
U20			Standard	Optional	Optional	Standard	Optional	Optional

Standard
 Optional

1200m Steeplechase or 3 Lap Race	1500m Steeplechase	2000m Steeplechase	3000m Steeplechase
Standard			
Optional	Standard		
	Optional	Standard	
		Optional	Standard

DISTANCES

FIELD EVENTS BY AGE GROUP

	Standing Long Jump	Long Jump	Standing Triple Jump	5 Bound Combo	Triple Jump	Vertical Jump	High Jump	Pole Vault	Push Throw	Shot Put	Discus	Hammer	Javelin	Howler
U10	Standard	Optional		Optional		Standard			Standard					Standard
U12	Standard	Standard	Optional	Optional		Standard	Standard	Optional	Standard	Standard	Standard	Standard	Standard	Standard
U14		Standard					Standard	Standard		Standard	Standard	Standard	Standard	
U16		Standard			Standard		Standard	Standard		Standard	Standard	Standard	Standard	
U18		Standard			Standard		Standard	Standard		Standard	Standard	Standard	Standard	
U20		Standard			Standard		Standard	Standard		Standard	Standard	Standard	Standard	

Standard
 Optional

EVENTS

COMBINED EVENTS BY AGE GROUP

	Triathlon	Quadrathlon	Pentathlon	Indoor Pentathlon (F)	Heptathlon (F)	Indoor Heptathlon (M)	Octathlon (M)	Decathlon
U10	Standard	Standard						
U12	Standard	Standard						
U14	Optional	Optional	Standard	Standard	Optional	Optional	Optional	Optional
U16	Optional	Optional	Optional	Standard	Standard	Standard	Standard	Optional
U18	Optional for participation pathway	Optional for participation pathway		Standard	Introduction to javelin, key events	Introduction to pole vault, discus, key events	Introduction to pole vault, discus, key events	Introduction to pole vault, discus, key events
U20	Optional	Optional		Standard	Standard	Standard		Standard

Standard
 Optional

EVENTS

what is funetics multi challenge?



A flexible format for U10s and U12s of all abilities which rewards both performance and improvement, making competition inclusive and motivating for every participant



fmc quadrathlons

- 50m - 400m - long jump - howler throw
- 50m - 400m - standing long jump - howler throw
- 75m - 600m - long jump - howler throw



fmc triathlons

- 50m - long jump - howler throw
- 50m - standing long jump - howler throw
- 75m - long jump - howler throw
- 400m - long jump - howler throw
- 400m - standing long jump - howler throw
- 600m - long jump - howler throw



For more information,
contact Youth Competitions Manager,
Ryan Chard: rchard@englandathletics.org



U10 AND U12 ATHLETE REGISTRATION

Whilst the rulebook changes to age groups mention U12s and their requirement to register to their Home Country Association to compete, they will not be listed as an official age group where competition licensing and rules apply.

There will be occasions where some U12s will compete within meetings that are licensed – for example, an U12 funetics multi challenge event happening at the same venue and time as a county championships.

U10/U12 athletes will be encouraged to take part in fun, flexible, local, team events as an introduction to competition opportunities before they enter structured, individual events. We want to encourage fun and flexibility for the U10 and U12 age groups.

To clarify, U12s and upwards will pay registration fees and U10s should be registered with England Athletics from April 2026, but the payment of a fee will be optional for this age group. We would encourage payment of a fee if possible, with all funds being reinvested directly back into the ongoing development of our sport. We have developed an incentive scheme to benefit both clubs and parents for these age groups.

Registered U10 and U12 athletes will receive an electronic pack, as well as an offer for their parents/guardians to attend a Leading Athletics or officiating course free of charge - which will encourage parents to be available and volunteer in their child's club environment.



IMPORTANT DATES

The aim is to create a consistent age group across Track and Field, Road and Cross Country for junior athletes.

NEW RULES

- Rules come in 1 April 2026

COMPETITION YEAR

- Track and Field and off-Track 1 October to 30 September

AGES

- U10-U18 cut off dates 31 August within the competition year
 - U20 (track and field) cut off date 31 December in the calendar year of competition
 - U20 (off-track) cut off date 31 August within the competition year
- An athlete will compete in the same age group as they began the competition year, even if the competition finals go past the end date.