



New Rules Update

A New Look

- ▶ World Athletics (formerly IAAF) has restructured its Rule Book
- ▶ Significant differences in format to previous book
- ▶ Rules have been divided into sections relating to Competition, Technical and General
- ▶ All 3 sections have been renumbered from 1

A New Look

- ▶ Appendix 2 (*Technical Officials Pathway*)
Appendix 3 (*Appointment, Duties and Selection of Officials*)
have been removed and are on UKA website
- ▶ Appendix 1 (*ultra Rules*) has been moved to General Section
Appendix 4 (*Endurance Running*) remains where it was
- ▶ World Athletics has removed some Rules which are
published separately
- ▶ Those which apply to UK competition have been included in
the General Section

Similarities

- ▶ Table of Contents at front of book
- ▶ Comprehensive index at back of book
Rule numbers prefixed with “C”, “T” or “G”
- ▶ Specific UKA Domestic Rules are shown as Supplements in purple following the appropriate World Athletics Rule
- ▶ Notes in green provide interpretation to the Rules and practical guidance for their implementation
- ▶ Many Rules are the same

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General Section

- ▶ Advertising
- ▶ Eligibility to Compete
- ▶ Anti-Doping
- ▶ Betting
- ▶ Ultra Running
- ▶ Payment to Athletes
- ▶ Athletes' Representatives

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Cross Reference Tables

WORLD ATHLETICS AND UKA COMPETITION AND TECHNICAL RULES 2020 EDITION

BOOK C – C1.1 – COMPETITION RULES		
Rule Name	Previous Rule Reference	New Rule Reference
Meeting Manager	Rule 122	RULE 15 of the Competition Rules or CR15
Technical Manager	Rule 123	RULE 16 of the Competition Rules or CR16
Event Presentation Manager	Rule 124	RULE 17 of the Competition Rules or CR17
Referees	Rule 125	RULE 18 of the Competition Rules or CR18

WORLD ATHLETICS AND UKA COMPETITION AND TECHNICAL RULES 2020 EDITION

BOOK C – C2.1 – TECHNICAL RULES		
Rule Name	Previous Rule Reference	New Rule Reference
General Conditions – Vertical Jumps	Rule 181	RULE 26 of the Technical Rules or TR26
High Jump	Rule 182	RULE 27 of the Technical Rules or TR27
Pole Vault	Rule 183	RULE 28 of the Technical Rules or TR28
General Conditions – Horizontal Jumps	Rule 184	RULE 29 of the Technical Rules or TR29
Long Jump	Rule 185	RULE 30 of the Technical Rules or TR30

Cross Reference Tables

Definition of an Eligible Athlete	Rule 20	Rule G1
Eligibility to Compete	Rule 21	Rule G2
Ineligibility	Rule 23	Rule G3
Anti-Doping	Rule 30	Rule G4
Betting	Rule 60	Rule G5
Endurance Running Appendix	App 4	App 4
Ultra Running Rules	App 1	Rule G9
Technical Officials Guidance	App 2 & 3	Now at https://www.uka.org.uk/competitions/rules/

Competition & Technical Rules

RULE 23 STARTERS ASSISTANTS

1. The Starter's Assistants shall check that the athletes are competing in the correct heat or race and that their bibs are worn correctly.
2. They must place each athlete in their correct lane or position, assembling the athletes approximately 3m behind the start line (in the case of races started in echelon, similarly behind each start line). When this has been completed, they shall signal to the Starter that all is ready. If a new start is ordered, the Starter's Assistants shall assemble the athletes again.
3. The Starter's Assistants shall be responsible for the readiness of batons for the first athletes in a Relay Race.
4. When the Starter has ordered the athletes to their marks, the Starter's Assistants must ensure that Rules 16.3 and 16.4 of the Technical Rules are observed.
5. In case of a false start, the Starter's Assistants shall proceed in accordance with Rule 16.9 of the Technical Rules.

RULE 23

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RULE 23 STEEPLECHASE RACES

1. The standard distances shall be: 2000m and 3000m.
2. For the 3000m event, there shall be 28 hurdle jumps and 7 water jumps. The distance from the start to the beginning of the first lap shall not include any jumps, the hurdles being removed until the athletes have entered the first lap.

RULE T23 (169) S 1 UKA SUPPLEMENT STEPPLECHASE RACES

- (1) Seniors, Under 20 and Under 17s are allowed to contest any steeplechase event. Under 15 athletes may compete in Steeplechase races over 1500m and a hurdle height of 0.762m on the understanding that this will be a development event.
With effect from 1st April 2021, Under 17 Men's races will use hurdles 0.838m ± 0.003m high.

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RULE 23

Rule prefixes only appear in index and UKA Supplements in Technical Rules



THE FORMAT OF THE RULE BOOK
IS VERY DIFFERENT

THE RULES REMAIN VERY SIMILAR

However.....

Rule Amendments

- ▶ C14-17, 19-24, 26-28 – Duties of Officials
- ▶ Duties, excluded previously, have now been included
(Only Referees, Competition Secretary/TIC in old book)

- ▶ C18.5 – Unsporting or Improper Behaviour
- ▶ *(UK Supplementary Note)*
- ▶ Spitting (or similar) in Warm Up, Call Room, Field of Play or any other public area may be treated as a conduct offence and will be dealt with by a warning or DQ

- ▶ [Website Rule Book](#)

▶ T5 S1 Clothing

- ▶ Dimensions of sponsors logos increased to 80 sq cms, lettering with maximum height of 8cm, logo max height of 10cm
- ▶ [Website Rule Book](#)
- ▶ Club name lettering maximum height increased to 8cm
- ▶ Kit manufacturer trademark on upper body attire is increased to 30 sq cms. Maximum letter height is 5cm and logo 6cm
- ▶ Website addresses on clothing is not permitted except for vests in existence before April 2020

[Supplementary Guidance Notes](#)



▶ T3 S1 Competition Year

▶ The Competition year for Cross Country is now from 1st September to 31st August

▶ The Competition year for Hill, Fell and Mountain Events is now from 1st January to 31st December

▶ T6.4.7 – Assistance to Athletes

▶ Receiving physical support from an Official or other person designated by the organisers to recover to a standing position is permitted



▶ T4.4.3 - Bona Fide Effort

▶ (UK Supplementary Note)

- ▶ Note: A decision by the Referee that an athlete failed to compete honestly and with bona fide effort does not constitute grounds for a DQ. (Only exclusion from subsequent or concurrent events)
Applies only to Championships where further rounds are possible rather than Leagues

▶ T16.8 – False Starts Combined Events

Reference should read TR 39.8.3 (Not TR39.10.3)

Supplementary Guidance Notes



▶ T17 S1 – Running on the Line

- ▶ The Referee's discretion to choose not to DQ athletes under Rules 17.3.1 or 17.3.2 if the infringement is considered to be insignificant is now only applicable to U17, U15 and U13 age groups
- ▶ TR 17.3.1 – Ran on or over line
- ▶ TR 17.3.2 – Ran on or over kerb or line marking inside border
- ▶ DQ – but not if on the straight, providing no material advantage gained or other athlete impeded

▶ T17.3.1 – Ran on or over line



DQ

▶ T17.3.2 – Ran on or over kerb



▶ T17.3.2 – Ran on or over kerb



RE-INSTATED T17.4.1



▶ T19 S2 – RaceRunning

- ▶ Judging and Timing should be conducted in same manner as Wheelchair Races

Website Rule Book

▶ T22.3 - Hurdle Spacing

- ▶ Spacings/Tabs have slipped for Senior/U20/U18 Men and Women

Website Rule Book

▶ T23.5 – Steeplechase

- ▶ The planned steeplechase hurdle height for Under 17 Men of 0.838m will not now come into force until 1st April 2022

Supplementary Guidance Notes

▶ T25.17 – Time Allowed for Trials

- ▶ In Individual and Combined Events, when there are more than 3 athletes, time allowed is 1 minute for all events

▶ T26.6 – Height Measurement

- ▶ A re-measurement should be made if the bar has been substituted

▶ T27.10 S1 – High Jump Landing Area

- ▶ UKA Supplement has been reinstated. High Jump landing areas may measure 5m long x 3m wide x 0.6m high

Supplementary Guidance Notes

▶ T28.12 Pole Vault Landing Area

- ▶ Clarification that landing area of 5m long (excl front pieces) x 5m wide x 0.8m high is acceptable

Supplementary Guidance Notes

▶ T29.5 / TR30.1.1– Long Jump Take Off Board

- ▶ New Rule concerning Take Off Board/Plasticine/Use of Video Technology will not come into force until Nov 21

Supplementary Guidance Notes

▶ T34 S1 – Discus Specification


- ▶ Brought into line with WA specification

Outer diameter of metal rim	1.5kg	200mm - 202mm	200mm – 205mm
Thickness at Centre	1.5kg	38mm – 40mm	37mm – 42mm

▶ T38 S1 – Javelin Specification

- ▶ Brought into line with WA specification

Distance from tip to COG	500g	780mm – 880mm	720mm – 880mm
	700g	860mm – 1000mm	830mm – 1010mm
Diameter at thickest point	700g	20mm – 24mm	22mm – 28mm

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- ▶ T35 S1, T37 S1 – UKA Cage Specifications
 - ▶ UKA Supplements extensively revised
 - ▶ T39 S1 (7) – Combined Events Scoring
 - ▶ In ALL manually timed competitions in ALL age groups the WA practise of adjusting times by 0.24secs and 0.14 secs should not be applied
 - ▶ T55 S6 – Pushed Wheelchairs
 - ▶ Pushing of persons in any devise is not permitted
 - ▶ The participation of wheelchair athletes on open roads is not permitted
 - ▶ The carrying of a child by any participant is not permitted

World Athletics Shoes Rule (T5.2)

- ▶ Last year World Athletics announced ban on shoes with sole thicker than 40mm
- ▶ Rule also applies to ALL competitions in the UK
- ▶ Rule amended after UKA Rule Book went to print
- ▶ No plans to add a UKA Supplement
- ▶ All relevant information is on UKA website, NOT in the Rule Book

World Athletics Compliance List

- ▶ 12th August 2020 – 131 shoes on list
- ▶ 5th March 2021 – 291 shoes on list
- ▶ Not a complete list of every shoe that has ever been worn
- ▶ Development shoes can be worn within timeframe on list
- ▶ Shoes on the list may be customised by athlete

Event	Number	Event	Number
Track <800m	172	Field excl Triple Jump	160
Track 800m and over	220	Triple Jump	199
Road	140	Cross Country	220
Development	21		

Shoe Sole Thickness

Event	Maximum Thickness	
Field Events (except Triple Jump)	20mm	Sole at centre of forefoot must not be higher than sole at centre of heel
Triple Jump	25mm	Sole at centre of forefoot must not be higher than sole at centre of heel
Track Events up to but not including 800m	20mm	For Relays the rule applies to the distance of the leg being run by each athlete
Track Events 800m and upwards	25mm	
Cross Country	25mm	
Road Events	40mm	

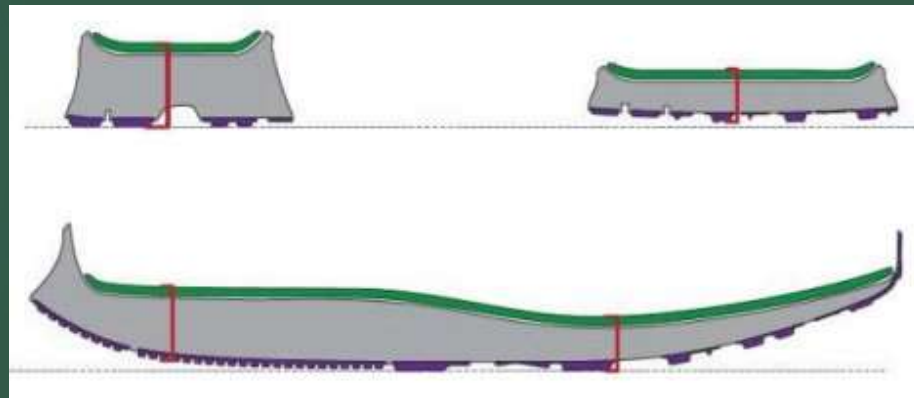
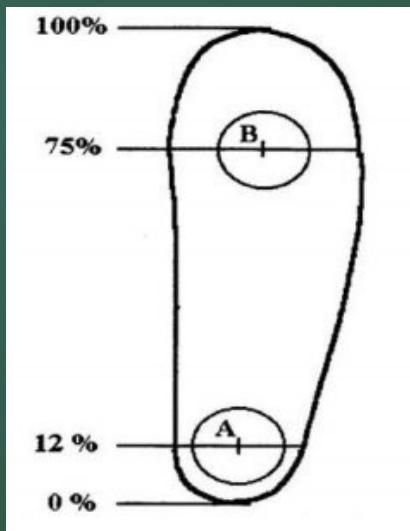
Responsibility

- ▶ Call Room Manager
- ▶ At other events the Referee will resolve any issues
- ▶ Starters Assistants, Umpires and Judges should report any breaches to Referee when no Call Room
- ▶ The athletes themselves
- ▶ Non compliance with the Rules could lead to possible disqualification

Latest Amendments (UKA - 9th March)

- ▶ Rule should be implemented as far as practical
- ▶ Checks only carried out where Officials/Organisers have doubts or is brought to their attention
- ▶ Significant challenges, particularly in Endurance events
- ▶ Primary responsibility for conformity lies with the athlete
- ▶ Rule will be reviewed after Tokyo Olympics

- ▶ Sole must be measured when shoe is not being worn
- ▶ Inserts count as part of thickness
- ▶ Measured at centre of forefoot and centre of heel
- ▶ Outside callipers and ruler can be used



The Rule Book is out of date

- ▶ Use Rule Book from website (last update December)
- ▶ UKA Rules 2020 – 2022 Summary of Changes
- ▶ UKA Supplementary Guidance Notes



www.uka.org.uk/competition/rules-of-competition/