

2022-23 Age Groups

Organisers of licensed events in Scotland are encouraged to provide competition opportunities in the age groups described below for each discipline of athletics. For the current competition year, the following cut-off dates apply.

Cross Country and Road - T3 (141) S1 and T3 (141) S3

Competition year: 1st September 2022 – 31st August 2023

Under 11	01/09/11 – 9 years old on the day of the event
Under 13	01/09/09 – 31/08/11*
Under 15	01/09/07 – 31/08/09
Under 17	01/09/05 – 31/08/07
Under 20	01/09/02 – 31/08/05
Senior	born on or before 31/08/02
Masters	aged 40+ on the day of the Championship (some events will offer age bands, also based on age on the day)

*Under UKA rules, which do not cater for U11 athletes, U13s may be 11+ on the day of the event. In Scotland, however, many event organisers offer races for this younger age group meaning that athletes turning 11 during the competition year have opportunities to compete in the U11 age group at club level and do not need to move into the U13 age group early. Scottish athletes will remain in the U11 age group until the end of the competition year and will then spend two years in the U13 age group under Scottish rules (in place since 2009).

Hill - T3 (141) S1 and T3 (141) S4

Competition year: 1st January – 31st December 2023

Under 11	born 2013 - 9 years old on the day of the event
Under 13	born 2011-2012
Under 15	born 2009-2010
Under 17	born 2007-2008
Under 20	born 2004-2006
Under 23	born 2001-2003
Senior	born 2000 or earlier
Masters	aged 40+ on the day of the Championship (some events will offer age bands, also based on age on the day)

Track and Field – T3 (141) S1 and T3 (141) S2

Competition year: 1st October 2022 – 30th September 2023

Under 11	01/09/12 – 9 on the day of the event
Under 13	01/09/10 – 31/08/12
Under 15	01/09/08 – 31/08/10
Under 17	01/09/06 – 31/08/08
Under 20	01/01/04 – 31/08/06
Senior	born on or before 31/12/03
Masters	aged 40+ on the day of the Championship (some events will offer age bands, also based on age on the day)

Trail - T3 (141) S1

As there is no specific rule for trail race age groups, and the general rule only covers young athletes up to U17, the road/cross country age group dates for U20 and above are used for Trail Championships

Competition year: 1st October 2022 – 30th September 2023

Under 11	01/09/11 – 9 years old on the day of the event
Under 13	01/09/09 – 31/08/11
Under 15	01/09/07 – 31/08/09
Under 17	01/09/05 – 31/08/07
Under 20	01/09/02 – 31/08/05
Senior	born on or before 31/08/02
Masters	aged 40+ on the day of the Championship (some events will offer age bands, also based on age on the day)

Event organisers may opt to offer alternative age groups at their events (eg. school year). Any changes to the standard age groups must be advertised in advance so that all participants know which age group they should compete in. Any changes to age groups must still observe Rule T3 (141)'s supplementary rules regarding maximum distances/event restrictions applicable to young athletes.

Event organisers wishing to offer competition to the U18 or U23 age groups, for example, should refer to the appropriate chapters of the UKA rule book. These and a limited number of other age groups are standardised but are rarely seen in Scottish competitions and so are not included specifically here.