

2025-26 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.

Cross Country and Road - T3 S1 and T3 S3

Competition year: 1st September 2025 – 30th September 2026

From 1st September 2025 – 31st March 2026, the following age groups will be used:

Under 11	01/09/14 – 9 years old on the day of the event
Under 13	01/09/12 – 31/08/14*
Under 15	01/09/10 – 31/08/12
Under 17	01/09/08 – 31/08/10
Under 20	01/09/05 – 31/08/08
Senior	born on or before 31/08/05
Masters	aged 40+ on the day of the event (some events will offer Masters age bands, also based on age on the day)**

From 1st April – 30th September 2026, the following age groups will be used:

Under 12	born 2015-2016
Under 14	born 2013-2014
Under 16	born 2011-2012
Under 18	born 2009-2010
Under 20	born 2007-2008
Senior	born 2006 or earlier
Masters	aged 40+ on the day of the event (some events will offer Masters 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 a cross country 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).

**Under UKA Rules, the Masters age group starts from age 35 in road, cross country and track and field. However, in Scotland, only track and field medals are awarded to Masters athletes from 35+. All other off-track disciplines recognise Masters championship performances from age 40+.

Hill - T3 S1 and T3 S4

Competition year: 1st January – 31st December 2026

Under 12	born 2015-2016
Under 14	born 2013-2014
Under 16	born 2011-2012
Under 18	born 2009-2010
Under 20	born 2007-2008
Senior	born 2006 or earlier
Masters	aged 40+ on the day of the event (some events will offer Masters age bands, also based on age on the day)**

Track and Field – T3 S1 and T3 S2; new rules TBC

Competition year: 1st October 2025 – 30th September 2026

Any track and field competitions held between 1st October and 31st December 2025 may use the previous under-odd age groups as defined in T3 S2 for these months. However, organisers are encouraged to adopt the new under-even age groups early to help athletes to prepare for National Indoor Championships in early 2026 and the following Summer T&F season. The age group dates used must be made clear to all participants at the point of entry.

From 1st January – 30th September 2026, the following age groups will be used:

Under 12	born 2015-2016
Under 14	born 2013-2014
Under 16	born 2011-2012
Under 18	born 2009-2010
Under 20	born 2007-2008
Senior	born 2006 or earlier
Masters	aged 35+ on the day of the Championship (some events will offer age bands, also based on age on the day)

Trail - T3 S1 and T3 S5

Competition year: 1st October 2025 – 30th September 2026

Any trail races held between 1st October and 31st December 2025 may use the under-odd Cross Country and Road age groups outlined above for these months, or may choose to adopt the new under-even age groups early. The age group dates used should be made clear to all participants at the point of entry.

From 1st January – 30th September 2026, the following age groups will be used:

Under 12	born 2015-2016
Under 14	born 2013-2014
Under 16	born 2011-2012
Under 18	born 2009-2010
Under 20	born 2007-2008
Senior	born 2006 or earlier
Masters	aged 40+ on the day of the event (some events will offer Masters 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 TR3's supplementary rules regarding maximum distances/event restrictions applicable to young athletes.

Event organisers wishing to offer competition to the U23 age group should refer to the appropriate chapters of the UKA rule book. In Scotland, athletes in the U23 age group typically compete as Seniors so this age group is not specifically listed here.