

Age Group Changes:



A green rectangular graphic with a white border, set against a background of a running track. The graphic contains the title 'Key Information' and a list of five bullet points. A small version of the Midland Counties Athletic Association logo is positioned in the top right corner of the graphic.

Key Information

- New rules will be effective from: 1st April 2026
- The rules of competition will include U10 and upwards
- U10-U18 cut off dates will be 31st August within the competition year.
- U20 upper cut off date will be 31st December in the calendar year of competition for track and field.
- Senior track and field athletes are aged 20 or over on the 31st December in the calendar year of competition.

From 1 April 2026, the age groups in which young athletes compete under UKA rules will change from U13, U15, U17 and U20, as is currently the case, to U14, U16, U18 and U20. These changes are to support athletes with their progression through the sport, to help grow participant numbers and to retain more young participants in the sport.

Sitting outside of the formal rules of competition, primary school-aged athletes will be encouraged to compete in U10 and U12 age groups in competitions that will utilise multi-event based run, jump, and throw formats,

The objectives of the age group changes are to:

- Simplify age group dates for all disciplines
- Support athletes in their long-term development
- Retain and recruit more young people in athletics
- Provide a clear, simplified pathway for all areas of the sport, from U10s - Seniors
- Provide better gradual progression for all athletics events
- And in creating an additional age group, better support age and stage appropriate competition formats & events