

KEY RULES

Track Events (Sprints, Middle Distance, Relays): Runners must remain in their own lane for sprints and relays; stepping into another lane leads to disqualification. Relays must pass the baton within the changeover zone – dropping the baton or passing outside the zone is not allowed. False starts are not permitted; athletes must only run on the starter's signal. The winner is judged by the first part of the torso crossing the finish line.

Field Events (Jumps & Throws): Long jump and triple jump must take off from the take-off board; fouls occur if the foot is beyond the line. In high jump, the bar must be cleared cleanly without knocking it off; athletes have limited attempts per height. Throws (shot put, javelin, discus) must be made from inside the marked circle or runway and land within the sector lines. Athletes must only collect equipment when instructed and after the official/teacher signals it is safe.

General Competition & Safety: Each competitor must complete their attempt within the time allowed once called. Only the athlete taking part may be in the competition area. Spectators and other athletes must remain outside throwing/jumping zones for safety. Respect for others is vital – congratulate successes, encourage teammates, and play fairly.

Personal Best & Effort: The focus in athletics is self-improvement; pupils should aim to achieve personal bests each time. Recording scores, times, and distances helps track progress across the term. Effort, determination, and positive attitude are valued as much as winning.

NATIONAL GOVERNING BODY (NGB)

UK Athletics (UKA) – Oversees athletics nationally, including rules, competitions, and coaching pathways.

Primary Schools Athletics Association (PSAA) – Provides age-appropriate rules, competition structures, and opportunities for children in primary schools to take part in athletics.

USEFUL LINKS

UK Athletics: uka.org.uk

England Athletics: englandathletics.org

Primary Schools Athletics Association (PSAA): psaauk.org

Scottish Athletics: scottishathletics.org.uk

Welsh Athletics: welshathletics.org

Athletics Northern Ireland: athleticsni.org

School Games: yourschoolgames.com/taking-part/our-sports/athletics/