**British Universities & Colleges Sport**

**Indoor Athletics Championships 2025**

**APPENDIX 1 – COMPETITION RULES**

All competition shall be held under **‘*UKA Rules for Competition*’** (taking into account any championship amendments).

**TRACK**

**ROUNDS AND HEATS**

1. Preliminary rounds (heats/semi-finals) will be held in all Track Events in which the declared number of athletes is too large to allow the competition to be conducted satisfactorily in a single round (Final). Where preliminary rounds are held, all athletes must compete in, and qualify through, all such rounds. The same principles will apply to both male and female athletes.
2. All seeding will be based on the number of declared athletes in an event. Whenever possible, representatives of each institution shall be placed in different heats in all preliminary rounds of the competition. In applying this Rule after the first round, exchanges of athletes between heats should normally only be made where athletes are of similar ranking under 4 below.
3. The following tables shall, in the absence of extraordinary circumstances, be used to determine the number of rounds, and the number of heats in each round, to be held and the qualification procedure. If necessary, alterations may be made to suit the needs of the meeting at the discretion of the Competition Director.

NB P Qualifiers on position T Qualifiers on time

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **60m** |  |  |  |  |  |  |  |  |  |
| **Declared** |  |  |  |  |  |  |  |  |  |  |
| **Entries** | **Heats** | **P** | **T** |  |  | **Semis** | **P** | **T** |  | **Finals** |
| 9-16 | 2 | 3 | 2 | = 8 |  |  |  |  |  | 1 |
| 17-24 | 3 | 2 | 2 | = 8 |  |  |  |  |  | 1 |
| 25-32 | 4 | 1 | 4 | = 8 |  |  |  |  |  | 1 |
| 33-40 | 5 | 2 | 6 | = 16 |  | 2 | 2 | 4 | = 8 | 1 |
| 41-48 | 6 | 2 | 12 | = 24 |  | 3 | 2 | 2 | = 8 | 1 |
| 49-56 | 7 | 2 | 10 | = 24 |  | 3 | 2 | 2 | = 8 | 1 |
| 57-64 | 8 | 2 | 8 | = 24 |  | 3 | 2 | 2 | = 8 | 1 |
| 65-72 | 9 | 2 | 6 | = 24 |  | 3 | 2 | 2 | = 8 | 1 |
| 73-80 | 10 | 2 | 4 | = 24 |  | 3 | 2 | 2 | = 8 | 1 |
| 81-88 | 11 | 2 | 2 | = 24 |  | 3 | 2 | 2 | = 8 | 1 |
| 89-96 | 12 | 2 | 8 | = 32 |  | 4 | 1 | 4 | = 8 | 1 |
| 97-104 | 13 | 2 | 6 | = 32 |  | 4 | 1 | 4 | = 8 | 1 |
| 105-112 | 14 | 2 | 4 | = 32 |  | 4 | 1 | 4 | = 8 | 1 |
| 113-120 | 15 | 2 | 2 | = 32 |  | 4 | 1 | 4 | = 8 | 1 |
| 121-128 | 16 | 1 | 16 | = 32 |  | 4 | 1 | 4 | = 8 | 1 |
| **60mH** |  |  |  |  |  |  |  |  |  |
| **Declared** |  |  |  |  |  |  |  |  |  |  |
| **Entries** | **Heats** | **P** | **T** |  |  | **Semis** | **P** | **T** |  | **Finals** |
| 9-16 | 2 | 3 | 2 | = 8 |  |  |  |  |  | 1 |
| 17-24 | 3 | 2 | 2 | = 8 |  |  |  |  |  | 1 |
| 25-32 | 4 | 1 | 4 | = 8 |  |  |  |  |  | 1 |
| 33-40 | 5 | 2 | 6 | = 16 |  | 2 | 3 | 2 | = 8 | 1 |
| 41-48 | 6 | 2 | 4 | = 16 |  | 2 | 3 | 2 | = 8 | 1 |
|  |  |  |  |  |  |  |  |  |  |  |
| **200m,**  | **400m** |  |  |  |  |  |  |  |  |  |
| **Declared** |  |  |  |  |  |  |  |  |  |  |
| **Entries** | **Heats** | **P** | **T** |  |  | **Semis** | **P** | **T** |  | **Finals** |
| 7-12 | 2 | 2 | 2 | = 6 |  |  |  |  |  | 1 |
| 13-18 | 3 | 1 | 3 | = 6 |  |  |  |  |  | 1 |
| 19-24 | 4 | 2 | 4 | = 12 |  | 2 | 2 | 2 | = 6 | 1 |
| 25-30 | 5 | 2 | 2 | = 12 |  | 2 | 2 | 2 | = 6 | 1 |
| 31-36 | 6 | 2 | 6 | = 18 |  | 3 | 1 | 3 | = 6 | 1 |
| 37-42 | 7 | 2 | 4 | = 18 |  | 3 | 1 | 3 | = 6 | 1 |
| 43-48 | 8 | 2 | 2 | = 18 |  | 3 | 1 | 3 | = 6 | 1 |
| 49-54 | 9 | 2 | 6 | = 24 |  | 4 | 1 | 2 | = 6 | 1 |
| 55-60 | 10 | 2 | 4 | = 24 |  | 4 | 1 | 2 | = 6 | 1 |
| 61-66 | 11 | 2 | 2 | = 24 |  | 4 | 1 | 2 | = 6 | 1 |
| 67-72 | 12 | 2 | 6 | = 30 |  | 5 | 1 | 1 | = 6 | 1 |
| 73-78 | 13 | 2 | 4 | = 30 |  | 5 | 1 | 1 | = 6 | 1 |
| 79-84 | 14 | 2 | 2 | = 30 |  | 5 | 1 | 1 | = 6 | 1 |
| 85-90 | 15 | 1 | 15 | = 30 |  | 5 | 1 | 1 | = 6 | 1 |
| 91-96 | 16 | 1 | 14 | = 30 |  | 5 | 1 | 1 | = 6 | 1 |
| 97-102 | 17 | 1 | 13 | = 30 |  | 5 | 1 | 1 | = 6 | 1 |
| 103-108 | 18 | 1 | 12 | = 30 |  | 5 | 1 | 1 | = 6 | 1 |
| 109-114 | 19 | 1 | 11 | = 30 |  | 5 | 1 | 1 | = 6 | 1 |
|  |  |  |  |  |  |  |  |  |  |  |
| **800m** |  |  |  |  |  |  |  |  |  |  |
| **Declared** |  |  |  |  |  |  |  |  |  |  |
| **Entries** | **Heats** | **P** | **T** |  |  | **Semis** | **P** | **T** |  | **Finals** |
| 9-16 | 2 | 2 | 2 | = 6 |  |  |  |  |  | 1 |
| 17-24 | 3 | 1 | 3 | = 6 |  |  |  |  |  | 1 |
| 25-32 | 4 | 2 | 4 | = 12 |  | 2 | 2 | 2 | = 6 | 1 |
| 33-40 | 5 | 2 | 2 | = 12 |  | 2 | 2 | 2 | = 6 | 1 |
| 41-48 | 6 | 2 | 6 | = 18 |  | 3 | 1 | 3 | = 6 | 1 |
| 49-56 | 7 | 2 | 4 | = 18 |  | 3 | 1 | 3 | = 6  | 1 |
| 57-64 | 8 | 2 | 2 | = 18 |  | 3 | 1 | 3 | = 6 | 1 |
| 65-72 | 9 | 2 | 6 | = 24 |  | 4 | 1 | 2 | = 6 | 1 |
| 73-80 | 10 | 2 | 4 | = 24 |  | 4 | 1 | 2 | = 6 | 1 |
| 81-88 | 11 | 2 | 2 | = 24 |  | 4 | 1 | 2 | = 6 | 1 |
|  |  |  |  |  |  |  |  |  |  |  |
| **1500m** |  |  |  |  |  |  |  |  |  |  |
| **Declared** |  |  |  |  |  |  |  |  |  |  |
| **Entries** | **Heats** | **P** | **T** |  |  | **Semis** | **P** | **T** |  | **Finals** |
| 11-20 | 2 | 4 | 0 | = 8 |  |  |  |  |  | 1 |
| 21-30 | 3 | 3 | 0 | = 9 |  |  |  |  |  | 1 |
| 31-40 | 4 | 5 | 0 | = 20 |   | 2 | 5 | 0 | = 10 | 1 |
| 41-50 | 5 | 4 | 0 | = 20 |  | 2 | 5 | 0 | = 10 | 1 |
| 51-60 | 6 | 3 | 0 | = 18 |  | 2 | 5 | 0 | = 10 | 1 |
| 61-70 | 7 | 3 | 0 | = 21 |  | 2 | 5 | 0 | = 10  | 1 |
| 71-80 | 8 | 3 | 0 | = 24 |  | 2 | 5 | 0 | = 10 | 1 |

|  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **3000m** |  |  |  |  |  |  | **4x200m** |  |  |  |  |  |
| **Declared** |  |  |  |  |  |  | **Declared** |  |  |  |  |  |
| **Entries** | **Heats** | **P** | **T** |  | **Finals** |  | **Entries** | **Heats** | **P** | **T** |  | **Finals** |
| 13-24 | 2 | 6 | 0 | = 12 | 1 |  | 7-12 | 2 | 0 | 6 | = 6 | 1 |
| 25-36 | 3 | 4 | 0 | = 12 | 1 |  | 13-18 | 3 | 0 | 6 | = 6 | 1 |
| 37-48 | 4 | 3 | 0 | = 12 | 1 |  | 19-24 | 4 | 0 | 6 | = 6 | 1 |
| 49-60 | 5 | 2 | 0 | = 10 | 1 |  | 25-30 | 5 | 0 | 6 | = 6 | 1 |
| 61-72 | 6 | 2 | 0 | = 12 | 1 |  | 31-36 | 6 | 0 | 6 | = 6 | 1 |
| 73-84 | 7 | 2 | 0 | = 14 | 1 |  | 37-42 | 7 | 0 | 6 | = 6 | 1 |
|  |  |  |  |  |  |  | 43-48 | 8 | 0 | 6 | = 6 | 1 |
|  |  |  |  |  |  |  | 49-54 | 9 | 0 | 6 | = 6 | 1 |

Where scheduled Heats and/or Semi Finals are not necessary, Finals will be run at **Final time**.

EXCEPT in the **60mH**, if Semi Finals are not necessary, then Finals will be held at **Semi Final time.**

***Please Note*** that if you qualify for a Semi-Final or Final (track or field) ***you must take part*** unless you have a valid reason which has been approved by the appropriate Referee – saving yourself for another event is not a valid reason and failure to take part is likely to result in disqualification from **all** further events during the Championships.

**RANKING AND COMPOSITION OF HEATS**

1. For the first round, the athletes shall be placed in heats using the zigzag distribution below, with the seeding determined from the relevant list of personal best information supplied in entries.

After the first round, the athletes will be placed in heats of subsequent rounds in accordance with the following procedures based on the results of the previous round and ranked as follows:

Fastest heat winner

2nd fastest heat winner

3rd fastest heat winner, etc

Fastest 2nd place

2nd fastest 2nd place

3rd fastest 2nd place, etc

(Concluding with)

Fastest time qualifier

2nd fastest time qualifier

3rd fastest time qualifier, etc.

The athletes will then be placed in order of the above seeding in a zigzag distribution e.g. 3 semi-finals would consist of the following seedings.

8 lanes:

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| A | 1 | 6 | 7 | 12 | 13 | 18 | 19 | 24 |
| B | 2 | 5 | 8 | 11 | 14 | 17 | 20 | 23 |
| C | 3 | 4 | 9 | 10 | 15 | 16 | 21 | 22 |

6 lanes:

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| A | 1 | 6 | 7 | 12 | 13 | 18 |
| B | 2 | 5 | 8 | 11 | 14 | 17 |
| C | 3 | 4 | 9 | 10 | 15 | 16 |

In all cases, the order in which heats are to be run shall be determined by draw after the composition of the heats has been decided.

**DRAW FOR LANES**

1. For events up to, and including, 800m, and relays, where there are several successive rounds of a race, lanes will be drawn as follows:
	1. In the first round, the lane order shall be drawn by lot.
	2. For the following rounds, athletes shall be ranked after each round in accordance with the procedure shown in 4 above.

3 draws will then be made:

*For 8 lanes events :Rule 20.4*

* + 1. one for the 4 highest ranked athletes or teams to determine placings in lanes 3, 4, 5 and 6;
		2. another for the 5th and 6th ranked athletes or teams to determine placings in lanes 2 and 7, and
		3. another for the 2 lowest ranked athletes or teams to determine placings in lanes 1 and 8.

*For 6 lanes events: Rule 45.2*

* + 1. one for the 2 highest ranked athletes or teams to determine placings in lanes 5 and 6.
		2. another for the 3rd and 4th ranked athletes or teams to determine placings in lanes 3 and 4, and
		3. another for the 2 lowest ranked athletes or teams to determine placings in lanes 1 and 2.
	1. For events with a straight final – no heats or semi-finals - then procedure (b) above will be used to determine the lanes, but with the ranking of athletes determined from personal best information supplied in entries.
1. An athlete shall not be allowed to compete in a heat or lane other than the one in which his name appears, except in circumstances which, in the opinion of the Referee, justify an alteration.
2. For events longer than 800m, procedures 4 will apply, but in each race all starting positions will be drawn by lot.

**RELAYS**

1. ***Relays*** – **4 x 200m** – will not include semi-finals. The fastest six teams from all heats will be ranked according to their times and assigned lane placings in the final as in 5 (b) above.

**RELAY TEAMS:**

Please note the following instructions regarding relay declaration:

Declaration forms, detailed below, **must be submitted 120 minutes before the published time for each round of the competition.** Athletes must be from among those registered for the championships. One team per Institution can take part, the team will each wear the Relay Team Institution letters provided and retain for the final. All members of the same Institution must wear vests of the same design and colour, unless the Referee has given permission for a change to be made.

**UKA Rule 24 (10) will apply:**

“However, once a relay team has started in a competition, up to a total of four additional athletes may be used as substitutes in the composition of the team. If a team does not follow this Rule, it shall be disqualified.”

**BUCS Relay HEAT Declaration Form**

Institutions must declare teams of no more than 8 athletes, 4 of these declared athletes will run in the HEATS.

**BUCS Relay FINAL Declaration Form**

Teams qualifying for the final will collect their declaration forms from the registration desk on Sunday morning. The ‘BUCS Relay FINAL Declaration Form’ will name the 4 athletes who participated in the heats and have 4 spaces. The qualifying teams must declare no more than 4 additional athletes. Any 4 of these declared athletes will run in the FINALS.

**FALSE START DETECTION EQUIPMENT**

False start detection equipment will not be used in these championships. ALL athletes in races up to and including 400 metres, including the first leg of a relay race SHALL be required to use only the starting blocks provided.

**BUCS ADVERTISING AND SPONSORSHIP**

The Institution name may be displayed once on the front and once on the back of Vests/Leotards and once on the Lower Body Attire.

The Manufacturer’s Name/Logo may be displayed once on the front and once on the back of Vests/Leotards and once on the Lower Body Attire.

**NB** If you wish to compete in other competitions wearing your Institution kit it will need to conform to UKA/WA Advertising Rules.

**FIELD**

1. A qualifying round shall be held in field events in which the number of athletes is too large to allow the competition to be conducted satisfactorily in a single round (final). When a qualifying round is held, all athletes shall compete in, and qualify through, that round. Performances accomplished in a qualifying round shall not be considered as part of the competition proper but would be eligible for record purposes.
2. If there is no Qualifying round, the competition shall be run as a straight final at **FINAL time.**
3. In a qualifying competition, the athletes shall be placed in pools using the zigzag distribution below, with the seeding determined from the relevant list of personal best information supplied in entries.

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Qualifying A | 1 | 4 | 5 | 8 | 9 |  |
| Qualifying B | 2 | 3 | 6 | 7 | 10 | etc |

1. The pools will be of approximately equal size and standard unless otherwise specified by the Competition Director. Whenever possible, representatives of each institution will be placed in different pools in the qualifying round. The order of competition within qualifying pools and the Final will be drawn by lot.
2. Outdoor Shot will be used in the pools for this competition, some will be provided. Competitors may use their own implements. These must be passed for competition by the technical manager, to whom they should report **not less than 90 minutes before the respective event**. Such personal equipment is not available for use by other athletes without the permission of the owner. All private implements are to be returned to the equipment room after pools and collected by those not in the final from there. Implements can be taken from the event site after the final.
3. The conditions for qualifying, the qualifying standard and the number of athletes in the final, shall be decided by the Competition Director. There should be 12 athletes in the final.
4. After a review of the qualifying standards and the guidelines of UKA these standards have been set based on the nationally recognised method of looking at the PBs submitted for the event.

The following starting heights/progressions and qualification heights/distances will be in place:

|  |  |  |
| --- | --- | --- |
| **Event** | **Qualification** | **Starting Heights/Progressions** |
| Men’s High Jump | 2.00m | 1.53m + 5cm to 1.88m then + 3cm |
| Women’s High Jump | 1.72m | 1.25m + 5cm to 1.60m then + 3cm |
| Men’s Pole Vault | B FinalA Final | 3.23m then + 10cm 4.03m then + 10cm |
| Women’s Pole Vault | B FinalA Final | 2.53m then + 10cm 3.23m then + 10cm |
| Men’s Long Jump | 7.15m |  |
| Women’s Long Jump | 5.95m |  |
| Men’s Triple Jump | 14.50m | (11m and 13m boards ONLY) |
| Women’s Triple Jump | 12.30m | (9m and 11m boards ONLY) |
| Men’s Shot | 13.61m |  |
| Women’s Shot | 12.50m |  |

\*The progressions may be adjusted in the finals according to the heights cleared in the pools.

\*\***NB** Where there are straight A and B finals planned (Pole Vault) results from both competitions will be combined to produce one result.