

British Universities & Colleges Sport Outdoor Athletics Championships 2022

APPENDIX 1 – COMPETITION RULES

All competition shall be held under '**COMPETITION RULES FOR USE IN THE UNITED KINGDOM 2022-2024**' (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.

Where Heats are not necessary, Finals will be run at **Final time** and where Semi-Finals are not necessary, Finals will be run at **Final time**.

NB Where there are straight A and B finals planned (eg 5000m) results from both races will be combined to produce one result.

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 over the 3 days of the championships (Rule 142 (b)).

NB P Qualifiers on position T Qualifiers on time

100m, 100mH, 110mH, 200m

Declared											
Entries	Heats	P	T			Semis	P	T			Final
9-16	2	3	2	= 8							1
17-24	3	2	2	= 8							1
25-32	4	3	4	= 16		2	3	2	= 8		1
33-40	5	4	4	= 24		3	2	2	= 8		1
41-48	6	3	6	= 24		3	2	2	= 8		1
49-56	7	3	3	= 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	2	8	= 40		5	1	3	= 8		1

400m, 400mH

Declared										
Entries	Heats	P	T			Semis	P	T		Finals
9-16	2	2	4	= 8						1
17-24	3	2	2	= 8						1
25-32	4	2	8	= 16		2	3	2	= 8	1
33-40	5	4	4	= 24		3	2	2	= 8	1
41-48	6	3	6	= 24		3	2	2	= 8	1
49-56	7	3	3	= 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

800m

Declared										
Entries	Heats	P	T			Semis	P	T		Final
10-18	2	3	2	= 8						1
19-27	3	2	2	= 8						1
28-36	4	3	4	= 16		2	3	2	= 8	1
37-45	5	4	4	= 24		3	2	2	= 8	1
46-54	6	3	6	= 24		3	2	2	= 8	1
55-63	7	3	3	= 24		3	2	2	= 8	1
64-72	8	2	8	= 24		3	2	2	= 8	1
73-81	9	3	5	= 32		4	1	4	= 8	1
82-90	10	3	2	= 32		4	1	4	= 8	1
91-99	11	3	7	= 40		5	1	3	= 8	1
100-108	12	3	4	= 40		5	1	3	= 8	1

1500m

Declared										
Entries	Heats	P	T			Semis	P	T		Final
16-30	2	4	4	= 12						1
31-45	3	6	6	= 24		2	5	2	= 12	1
46-60	4	5	4	= 24		2	5	2	= 12	1
61-75	5	4	4	= 24		2	5	2	= 12	1
76-90	6	5	6	= 36		3	3	3	= 12	1

2000m S/C, 3000m S/C

Declared										
Entries	Heats	P	T			Semis	P	T		Final
21-40	2	5	6	= 16						1
41-60	3	4	4	= 16						1
61-80	4	3	4	= 16						1

5000m

Declared										
Entries	Heats	P	T			Heats	P	T		Finals
26-52										A + B

Relays

Declared					
Entries	Heats	P	T		Finals
9-16	2	0	8	= 8	1
17-24	3	0	8	= 8	1
25-32	4	0	8	= 8	1
33-40	5	0	8	= 8	1
41-48	6	0	8	= 8	1

RANKING AND COMPOSITION OF HEATS

- 4 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

- (a) for events of 100m to 400m inclusive, and relays up to and including 4 x 400m, seeding shall be 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.

- (b) for events 800m and upwards, the original performance lists shall continue to be used for seeding, modified only by improvements in performances achieved during the earlier round(s).

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:

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

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

- 5 For events up to 800m inclusive, and relays up to and including 4x400m, where there are several successive rounds of a race, lanes will be drawn as follows:

- (a) In the first round, the lane order shall be drawn by lot.
- (b) 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:
- i) one for the 4 highest ranked athletes or teams to determine placings in lanes 3, 4, 5 and 6;
 - ii) another for the 5th and 6th ranked athletes or teams to determine placings in lanes 7 and 8, and
 - iii) another for the 2 lowest ranked athletes or teams to determine placings in lanes 1 and 2.
- (c) 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 best performance information supplied in entries.

- 6 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.
- 7 For events longer than 800m, procedures in 4 will apply, but in each race all starting positions will be drawn by lot.

RELAYS

- 8 Relays – **4 x 100m** and **4 x 400m** – will not include Semi-Finals. The fastest eight 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 90 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

The qualifying teams must declare no more than 4 additional athletes. The ‘BUCS Relay FINAL Declaration Form’ will name the 4 athletes who participated in the heats and have 4 spaces. Any 4 of these declared athletes will run in the FINALS.

FALSE START DETECTION EQUIPMENT

False start detection equipment will be used for all races up to and including 400m, unless otherwise specified by the Competition Director. ALL athletes in these events 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/IAAF Advertising Rules.

CLOTHING

Please be aware of the UKA Rule regarding clothing (Rule T5 S1).

In all events, athletes must wear clothing which is clean, and designed to be worn so as not to be **objectionable**. The clothing must be made of a material which is non-transparent even if wet.

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 final.
- 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

- 4 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.
- 5 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 1st pool of the respective event. Such personal equipment is not available for use by other athletes without the permission of the owner.
Pole Vaulters should also take their poles to the Technical Room for Storage. Please ensure that bags are clearly labelled as they will be stored separately for the two competitions. A shared Men and Women's bag must be clearly marked.
The Technical Room is at the far end of the stand on the back straight. (See Map)
- 6 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.
- 7 For vertical jumps, the referee or technical delegate withholds the right for a jump off where two or more athletes are tied for first place. This shall be conducted in accordance with UKA Rule 26.9.
- 8 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 and qualification heights/distances will be in place for the pools:

Event	Qualification	Starting Heights/Progressions
Men's High Jump*	2.04	1.54m + 5cm to 1.89m then + 3cm
Women's High Jump*	1.76	1.31m + 5cm to 1.61m then + 3cm
Men's Pole Vault**	N/A	3.15m + 20cm to 4.35m then + 10cm
Women's Pole Vault**	N/A	2.40m + 20cm to 3.40m then + 10cm
Men's Long Jump	7.35	
Women's Long Jump	5.95	
Men's Triple Jump	14.50	(11m and 13m boards only)
Women's Triple Jump	12.00	(9m and 11m boards only)
Men's Shot	13.50	
Women's Shot	12.20	
Men's Javelin	59.00	
Women's Javelin	42.00	
Men's Discus	44.00	
Women's Discus	44.00	
Men's Hammer	N/A	
Women's Hammer	51.00	

*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.