



# COMPETITION RULES 2026

## Definitions

1. A Foreign Athlete shall mean any athlete required to be registered with UKA pursuant to United Kingdom Athletics (UKA) Rules.
2. A Higher Competition Athlete (HCA) shall be an athlete who is a Higher Competition Club Member as defined by UKA Rules and registered for competition in that season.
3. First Claim shall not include athletes who are secondary first claim members of the club they are representing.

## Eligibility Criteria for NAL purposes

4. The Eligibility Criteria are:
  - 4.1 that on the date of the competition the athlete not ineligible to compete and is either:
    - 4.1.1 a first claim member of the club he or she is representing [Rule G2 (21) S3 (1) (UKA Supplement)] or
    - 4.1.2 a Higher Competition Member (HCA) [Rule G2 (21) S3 (4) (UKA Supplement)] of the club he or she is representing and in both cases is eligible to compete for that club under the laws of UKA.
  - 4.2 that the athlete has not competed as a first claim member for any other NAL club in the current National Athletic League season.
  - 4.3 that the athlete's registration must be paid up for the current season with the relevant Home Association in accordance with the UKA rules.
  - 4.4 Foreign Athletes must be registered with UKA prior to 1st May in the season of competition.
  - 4.5 Higher Competition Athletes must be registered with UKA prior to 1<sup>st</sup> March in the season of competition.
5. Under 18s are permitted to compete in league competition subject to NAL Rule 48.
6. No Club at any meeting shall use more than six female and six male HCA's.
7. Clubs
  - 7.1 Only Clubs affiliated to UKA are accepted as Members. In case of doubt, the NAL Committee shall decide whether a club is an open club.
  - 7.2 Composite Clubs are not permitted to be members of the League.
  - 7.3 If two or more NAL Clubs shall amalgamate, the amalgamated Club shall be entitled to continue as a member of the NAL in the position of the higher of the constituent clubs. The lower placed of the constituent clubs shall, for the purposes of these Rules, be deemed to have resigned from the League on the date of the amalgamation.

## Events

8. In each competition, there will be the following events:
  - 8.1 Men's-100m; 200m; 400m; 800m; 1500m; either 3000m or 5000m; 110m Hurdles; 400m Hurdles; Steeplechase; High Jump; Long Jump; Triple Jump; Shot Putt; Pole Vault; Discus Throw; Hammer Throw; Javelin Throw; 4 x 100m Relay; either 4 x 400m Relay or mixed 4 x 400m Relay.
  - 8.2 Women's-100m; 200m; 400m; 800m; 1500m; either 3000m or 5000m; 100m Hurdles; 400m Hurdles; Steeplechase; High Jump; Long Jump; Triple Jump; Shot Putt; Pole Vault; Discus Throw; Hammer Throw; Javelin Throw; 4 x 100m Relay; either 4 x 400m Relay or mixed 4 x 400m Relay.
  - 8.3. Operations Officer shall consult with the member clubs from each division and Committee members before indicating the composition of events in respect of each fixture for men and women, whether there is



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to be a 3000m or a 5000m event, the distance of the steeplechase events and whether 4 x 400m or 4 x 400m Mixed Relay for men and women.

The Operations Officer will consider the composition of events in relation to BMC Grand Prix events, closing dates for HCAF's Championships, UKA promotions and Area Championships, along with events requiring entry standards for team selection purposes.

8.4 Relay event, 4 x 400m and mixed 4x400m shall run in accordance with UKA Rule 24.15.1 (three bends in lanes before the breakline) shall apply.

8.5 Mixed Relay to include A & B String events, order of running, leg one-male athlete, leg two-female athlete, leg three-male athlete and leg four-female.

9. A pre-arranged Lane Draw and Field Event order of competition shall be used.
10. In all field events (except Pole Vault and High Jump) each competitor will be allowed three trials, those competitors with performances which rank them top eight in the Premiership and top 6 in the Championship fixtures shall be allowed three additional trials.
11. The Board may agree to incorporate any other event in any NAL event forming part of the competition if the Board are satisfied that it is in the interests of NAL competition so to do and that facilities are available for it to be done.

## Teams

12. There will be 2 competitors per team in each individual event and one team per club in each relay, except mixed 4x400m relay where two teams- A & B string are permitted.
13. An Athlete may compete in a maximum of five (5) events in League competitions except Under 18's athletes who may only compete in a maximum of three events - a relay is regarded as an event.
14. In events where there are separate competitions for 'A' and 'B' string competitors, the club shall in its team declaration nominate one competitor as the 'A' string and the other as the 'B' string. The 'A' string competitor to wear a single number bib and the 'B' string competitor the double number bib.
  - 14.1 Two bibs shall be worn by all track athletes (i.e., one front and back).
  - 14.2 UKA Rule T5 S2(1) applies, and all field event athletes need only wear one bib.
15. All track events from and including 1500 metres upwards shall be run as one competition for both 'A' and 'B' string competitors.
16. If a separate competition is not held for 'A' and 'B' string competitors, the club shall in its team declaration nominate one competitor as the 'A' string and the other as the 'B' string but for the purpose of the result the better placed of a club's representatives shall be considered the 'A' string.
17. An athlete cannot compete in the 'A' and 'B' string competitions of the same event at the same meeting. If the athlete does so they shall be disqualified from both competitions.
18. If a club uses an athlete who is not eligible that athlete shall not score any event points. The event shall be scored as though the athlete had not taken part.
19. Where separate competitions are held for 'A' and 'B' string competitors or relay teams, clubs must put into the 'A' string competition the athlete(s) who are expected to produce the better individual or team performance. Any anomalies of individual or team performances, the club in question may have to explain their selections to the NAL Board.

## Event Scoring

20. The points for each event shall be:
  - 20.1 8 Team Competition-'A' string and relay, 12, 10, 8, 7, 6, 5, 4, 3 'B' string 10, 8, 6, 5, 4, 3, 2, 1.



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- 20.2 6 Team Competition-'A' string and relay, 12, 10, 8, 7, 6, 5. 'B' string 10, 8, 6, 5 4, 3.
21. In the event of there being a tie, the total points for the places involved shall be shared between those tying.
22. At the conclusion of each League Meeting, points shall be allocated as follows: - 1st team 8 points; 2nd team 7 points; 3rd team 6 points; 4th team 5 points; 5th team etc
23. In the event of teams being equal on League points at the end of the season, total match points will decide positions. In the event of a tied League and match point totals the greatest number of 'A' string first places will decide the finishing order. If this does not resolve the matter, then it will be decided on the greatest number of 'B' string first places. If still unresolved, then 'A' string second places, 'B' string second places and so on, until a decisive result is achieved.

## Club Colours

24. Club colours must be worn by all athletes as per UKA rule 143.

## Failure to Complete a Match

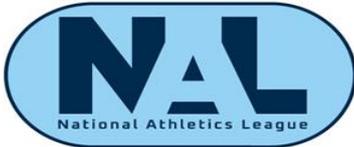
25. If a Club appears at a match with a team which covers less than 36 events ("the Defaulting Club") without an explanation acceptable to the NAL Board, it shall forfeit all match points at that match.
  - 25.1 If that same Defaulting Club does not appear at a subsequent match in the same season with a team which covers less than 36 events without an explanation acceptable to the NAL Board that Defaulting Club shall be deemed to have resigned from the NAL at the date of that subsequent match.
  - 25.2 At the end of the season the Defaulting Club shall be relegated from the NAL and shall not be eligible to compete in the Qualifying Match that year.
  - 25.3 For the purposes of this rule A and B string competitions shall be considered as separate events.
26. In the event of failure to complete all events in a match, the result of the match will stand if at least 36 of the events have been completed.
  - 26.1 Where circumstances allow, the match shall be re-arranged at a date and place determined at the absolute discretion of NAL Board acting reasonably in default of agreement between the clubs taking part in that match.
  - 26.2 If circumstances prevent the rearrangement of the match, the match points shall be awarded on the basis of the team's average point scores during the season.
  - 26.3 For the purposes of this rule A and B string competitions shall be considered as separate events.

## Match Abandoned

27. Where NAL fixtures experience adverse weather conditions or other extenuating circumstances affecting Health and Safety, the match should be initially suspended for 15 minutes. The suspension will enable the Meeting Manager in conjunction with field and track referee the opportunity to assess the situation and obtain information from local satellite weather forecast to determine whether the conditions show signs of abating within 30 minutes of the suspension time. Any subsequent decision to abandon a match should be taken solely by the Meeting Manager, after consultation with all team managers.

## Events Abandoned

28. If an event cannot be held outside and there are facilities for it to be held indoors, the indoor event should count as part of the NAL match and be scored accordingly.
  - 28.1 The competition should recommence indoors at the beginning of the round as per the event card when the competition was transferred indoors, as defined in UKA Rule 180.
  - 28.2 If circumstances prevent the rearrangement of the match, the match points shall be awarded on the basis of the team's average point scores during the season.



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If an event at a match is not completed

29. If the event does not start, or in the case of a track event the race is abandoned before all competitors have finished or withdrawn and is not re-run or in the case of long and triple jump and the throws is abandoned before the first round is completed, the event points shall be shared between the declared event athletes.
- 29.1 In the case of long and triple jumps and the throws where at least one full round of the competition has been completed before the competition is abandoned then the points will be awarded on the positions at the end of the last full completed round.
- 29.2 In the case of the high jump and the pole vault:
- 29.2.1. Any competitor who has taken part and been eliminated by the time the event is abandoned shall be credited with the height that he actually achieved;
- 29.2.2. If the circumstances do not allow competitors to attempt the height at which the competition is abandoned, then the available points for all the competitors not eliminated shall be divided equally between them.

Starting Heights and Triple Jump boards

30. In the Championship and Premiership High Jump competitions the minimum starting heights and progression shall be in accordance with the following tables.

Championship High Jump												
High Jump	Fixture	Opening Height	2 <sup>nd</sup> Height	3 <sup>rd</sup> Height	4 <sup>th</sup> Height	5 <sup>th</sup> Height	6 <sup>th</sup> Height	7 <sup>th</sup> Height	8 <sup>th</sup> Height	9 <sup>th</sup> Height	10 <sup>th</sup> Height	Then intervals of
Women	1	1.36m	1.41m	1.46m	1.51m	1.56m	1.60m	1.64m	1.67m	1.70m	1.72m	2cms
	2	1.37m	1.42m	1.47m	1.52m	1.57m	1.61m	1.65m	1.68m	1.71m	1.73m	2cms
	3	1.38m	1.43m	1.48m	1.53m	1.58m	1.62m	1.66m	1.69m	1.72m	1.74m	2cms
	4	1.39m	1.44m	1.49m	1.54m	1.59m	1.63m	1.67m	1.70m	1.73m	1.75m	2cms
Men	1	1.61m	1.66m	1.71m	1.76m	1.81m	1.86m	1.90m	1.94m	1.98m	2.01m	3cms
	2	1.62m	1.67m	1.72m	1.77m	1.82m	1.87m	1.91m	1.95m	1.99m	2.02m	3cms
	3	1.63m	1.68m	1.73m	1.78m	1.83m	1.88m	1.92m	1.96m	2.00m	2.03m	3cms
	4	1.64m	1.69m	1.74m	1.79m	1.84m	1.89m	1.93m	1.97m	2.01m	2.04m	3cms
Premiership High Jump												
High Jump	Fixture	Opening Height	2 <sup>nd</sup> Height	3 <sup>rd</sup> Height	4 <sup>th</sup> Height	5 <sup>th</sup> Height	6 <sup>th</sup> Height	7 <sup>th</sup> Height	8 <sup>th</sup> Height	9 <sup>th</sup> Height	10 <sup>th</sup> Height	Then intervals of
Women	1	1.36m	1.46m	1.51m	1.56m	1.61m	1.66m	1.70m	1.73m	1.76m	1.78m	2cms
	2	1.37m	1.47m	1.52m	1.57m	1.62m	1.67m	1.71m	1.74m	1.77m	1.79m	2cms
	3	1.38m	1.48m	1.53m	1.58m	1.63m	1.68m	1.72m	1.75m	1.78m	1.80m	2cms
	4	1.39m	1.49m	1.54m	1.59m	1.64m	1.69m	1.73m	1.76m	1.79m	1.81m	2cms
Men	1	1.61m	1.71m	1.81m	1.86m	1.91m	1.96m	2.01m	2.05m	2.09m	2.13m	3cms
	2	1.62m	1.72m	1.82m	1.87m	1.92m	1.97m	2.02m	2.06m	2.10m	2.14m	3cms
	3	1.63m	1.73m	1.83m	1.88m	1.93m	1.98m	2.03m	2.07m	2.11m	2.15m	3cms
	4	1.64m	1.74m	1.84m	1.89m	1.94m	1.99m	2.04m	2.08m	2.12m	2.16m	3cms

- 30.1 Where there are three or fewer competitors left in the competition the height may be raised as agreed with the Chief High Jump Judge, or continue with the height progression outlined in rule 30.

31. In the Championship and Premiership Pole Vault competitions the minimum starting heights and progression shall be in accordance with the following tables.

Championship Pole Vault										
Pole Vault	Fixture	Opening Height	2 <sup>nd</sup> Height	3 <sup>rd</sup> Height	4 <sup>th</sup> Height	5 <sup>th</sup> Height	6 <sup>th</sup> Height	7 <sup>th</sup> Height	8 <sup>th</sup> Height	Then intervals of
Women	1	2.21m	2.51m	2.66m	2.81m	2.96m	3.11m	3.26m	3.36m	10cms
	2	2.22m	2.52m	2.67m	2.82m	2.97m	3.12m	3.27m	3.37m	10cms
	3	2.23m	2.53m	2.68m	2.83m	2.98m	3.13m	3.28m	3.38m	10cms
	4	2.24m	2.54m	2.69m	2.84m	2.99m	3.14m	3.29m	3.39m	10cms
Men	1	2.61m	3.01m	3.21m	3.41m	3.61m	3.76m	3.91m	4.06m	10cms
	2	2.62m	3.02m	3.22m	3.42m	3.62m	3.77m	3.92m	4.07m	10cms
	3	2.63m	3.03m	3.23m	3.43m	3.63m	3.78m	3.93m	4.08m	10cms
	4	2.64m	3.04m	3.24m	3.44m	3.64m	3.79m	3.94m	4.09m	10cms

Premiership Pole Vault										
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Pole Vault	Fixture	Opening Height	2 <sup>nd</sup> Height	3 <sup>rd</sup> Height	4 <sup>th</sup> Height	5 <sup>th</sup> Height	6 <sup>th</sup> Height	7 <sup>th</sup> Height	8 <sup>th</sup> Height	Then intervals of
Women	1	2.21m	2.51m	2.81m	3.01m	3.21m	3.41m	3.56m	3.71m	10cms
	2	2.22m	2.52m	2.82m	3.02m	3.22m	3.42m	3.57m	3.72m	10cms
	3	2.23m	2.53m	2.83m	3.03m	3.23m	3.43m	3.58m	3.73m	10cms
	4	2.24m	2.54m	2.84m	3.04m	3.24m	3.44m	3.59m	3.74m	10cms
Men	1	2.61m	3.01m	3.41m	3.81m	4.11m	4.31m	4.51m	4.71m	10cms
	2	2.62m	3.02m	3.42m	3.82m	4.12m	4.32m	4.52m	4.72m	10cms
	3	2.63m	3.03m	3.43m	3.83m	4.13m	4.33m	4.53m	4.73m	10cms
	4	2.64m	3.04m	3.44m	3.84m	4.14m	4.34m	4.63m	4.74m	10cms

31.1 Where there are three or fewer competitors left in the competition the height may be raised as agreed with the Chief Pole Vault Judge,, or continue with the height progression outlined in rule 31.

32. Triple Jump competition boards will be confined to two active boards, Men- 11 meter and 13 meter, women 11 meter and 9 meters. Those athletes who are unable to take off on the active changeable boards will have access to a white plastic tape on the runway at 9 meters for men and 7 meters tape for women.

## Athlete Declarations

33. Clubs must declare their teams of athletes through the NAL Team Managers portal, at least 48 hours before the commencement of the match.

33.1 Any subsequent changes to athlete names and events, including changes during the match must be made through the Opentrack Results Management System, when and where possible.

33.2 No changes to team declarations are permitted 48 hours after the completion of the match.

33.3 Any Club which has any undeclared athletes on Opentrack results management system 48 hours after the completion of the match, shall forfeit the event points with the match score recalculated. In the event of exceptional circumstances Club's may appeal the decision to the Board.

## Officials Declarations

34. Clubs must declare their initial team of Club Officials 7 days prior to match date to the hosting Club. Any subsequent amendments must be communicated asap.

34.1 All participating clubs, including the host club, must declare the following officials - 1 Track Judge, 1 Timekeeper, 5 Field Judges of whom one must be qualified at Level 2.

## Relegation and Promotion

35. Two Clubs to be automatically relegated from the Premiership with the top two Clubs promoted from the Championship Promotion Final to the Premiership Division. The 6<sup>th</sup> placed Club from each of the four Regional Championship Competition Groups to undertake paper match exercise with Clubs seeking promotion to the NAL Championship Division, top 4 Clubs from the paper match are promoted to or remain in the Championship Division.

## Officials

36. For the purposes of this section Officials are defined as UKA graded/licensed officials including Trainees who have already started on their official's qualification pathway, or one volunteer,

37. All participating clubs, including the host club, must provide the following officials - 1 Track Judge, 1 Timekeeper, 5 Field Judges of whom one must be qualified to Level 3 or above..

37.1 As Officials are regarded as part of each Club's team, clubs will be awarded 5 points for each of the officials listed above that they bring to the fixture.

37.2 Clubs providing all 7 officials listed above including the Level 3 (or above) Field Judge will earn an extra bonus of 15 points bringing the club's total maximum points contribution from Officials to 50 points.

37.3 Any Club who repeatedly fail to provide the requisite number of officials shall be referred to the NAL Dispute Resolution Committee.



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## Disqualification

38. If an athlete is disqualified for any reason after the match is completed, the match shall be re-scored as though the athlete had not taken part.

## Competition Footwear

39. All NAL events must comply with World Athletics Rules, including heel and spike dimensions.
  - 39.1 It is the athlete responsibility to ensure that the shoes to be used for NAL competition are on the current list of approved shoe models by the World Athletics.
  - 39.2 In the case of non-compliance with World Athletics list of approved shoes, an athlete will not be allowed to compete, or shall be disqualified after the competition with their result being void

## Guests and non-scoring events

40. Only athletes on the NAL Approved Guest List may compete in a particular NAL fixture as a guest.
41. NAL only accepts guest applications via HCMF or UKA coaches for,
  - 41.1 athletes seeking UKA Level 2 competition to potentially achieve entry qualification for European or Global Championships, and UK Senior Championships.
  - 41.2 Ambulant para-athletes
42. Guest athletes may be allocated a place within the scoring track and field timetable where appropriate.
43. The selection of guests for any meeting is at the absolute discretion of the Board and not subject to appeal.
44. Where there is a "cut" in the course of the event, the "cut" should be made based on the performances of the NAL athletes only. If the guest's performance is equal to or above the performance of the lowest placed NAL competitor who makes the "cut", the guest will be allowed further trials
45. Para athletes must have achieved a performance within the first three rounds to receive three further competition trials.
46. The following events which apply for both men and women athletes are open ONLY to members of NAL Clubs competing at that meeting, four 100m non-scoring events, two 200m non-scoring event and two 400m non-scoring event.
  - 46.1 The 100m, 200m and 400m will be immediately after the last scoring 100m, 200m and 400m event respectively.
  - 46.2 Competing clubs may nominate as of right up to four female and four male 100m competitors, two female and male competitors for the 200m and 400m non-scoring races.
47. When there are insufficient competition athlete numbers to justify separate A&B string events or non-scoring events the following changes must be implemented to the competition programme,
  - 47.1 Amalgamation of A & B events through the utilisation of all available track lanes
  - 47.2 Incorporate 200m and/or 400m non scoring event athletes and/or guest athletes within A & B string scoring events utilising available lanes.

## Under 18 athletes

48. Under 18's athletes shall be confined to competitors who are aged 16 or 17 on 31<sup>st</sup> August within the Competition Year, as defined in UKA Rule TR3 S2.
49. Under 18 athletes may only compete in a maximum of three (3) events - a relay is regarded as an event.
50. Under 18 athletes are only allowed to compete in those events documented in paragraph 50.1 and 50.2
  - 50.1 *Female Under 18 athletes -100m; 200m; 400m; 800m; 1500m; 3000m; 5000m, 100m Hurdles, 400m Hurdles; Steeplechase; High Jump; Long Jump; Triple Jump; Pole Vault; Shot Putt; Discus Throw; Hammer Throw; Javelin Throw; 4 x 100m Relay; 4 x 400m Relay or mixed 4 x 400m Relay.*



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50.2 *Male Under 18 athletes-100m; 200m; 400m; 800m; 1500m; 3000m, 5000m, 400m Hurdles; Steeplechase; High Jump; Long Jump; Triple Jump; Pole Vault, Javelin Throw; 4 x 100m Relay; 4 x 400m Relay or mixed 4 x 400m Relay.*

51. Under 18 athletes must have attained the following event standards to compete in the 3000m steeplechase prior to the competition date. Female athletes- 11.37.59 and male athletes 9.31.41.

## Athlete Inducement

52. No NAL Club shall directly or indirectly approach any athlete who is registered as a first claim member of another UK Athletics affiliated Club, to induce or attempt to induce such athlete to leave their current Club.

52.1 Where the contact is initiated directly by the athlete their recruitment shall not fulfil Rule 52 criteria.

52.2 Inducement shall include monetary or in-kind incentives such as gift, loan, fee, reward, consideration or advantage.

52.3 Where a Club becomes aware of an incident of inducement they should contact the NAL General Secretary, providing details including date, time, location, name of witnesses and any supporting paperwork.

## Protests and Appeals

53. The NAL will not consider any protests or appeals which are the responsibility of UKA under IAAF rule 146, UKA Rule 21 S1 and the associated UKA supplements.

## General Conduct & Equality Statement

54. The NAL considers that all those participating in its competition are equal and deserve mutual respect at all levels. Any behaviour to the contrary undermines the essence of the League. We expect everyone to act in a respectful and polite manner towards one another. We will neither condone nor tolerate behaviour that undermines the dignity or self-esteem of any individual or creates an intimidating, hostile or offensive environment. Assault, spitting and discriminatory speech or conduct which is racist, sexist, transphobic or homophobic are NOT acceptable in any circumstances, and are unlawful. All other forms of harassment and discrimination based on ability, age, class, religion, language, and ethnic origin are also regarded as highly offensive.

55. Breaches of this Statement and any issues involving any athletes, officials, team managers or officials of member clubs who conduct themselves in a manner which may bring discredit to the League, will be considered by the Board in the first instance. Proportionate sanctions may be applied at the sole discretion of the Board to the individual concerned and his/her club. This can include reporting the matter to UK Athletics, and other authorities for further action, particularly when the offence is likely to bring the sport into disrepute or breaks the law.