

# **ATHLETICS AND CROSS-COUNTRY RULES & REGULATIONS 2026**



**"For School Sports for Better"  
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## ATHLETICS AND CROSS-COUNTRY RULES AND REGULATIONS

### INTRODUCTION

The Uganda Secondary Schools Sports Association Athletics rules and regulations will give standardized rules and regulations for all organized Athletics Competition. All matters related to Athletics Competitions will be conducted in a free, fair and orderly manner. In this brief circular, the following will be pointed; -

1. General conditions
2. Qualifying standard for all events
3. Sports Program
4. Technical Rules
5. Draw Procedure
6. Set protests and
7. Procedures





The rules are applicable to all USSSA events

## GENERAL INFORMATION

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The competition will be run according to the USSSA rules and regulations and World Athletics technical rules under the direction of the USSSA Technical Team-Athletics. Any decisions over matters not mentioned in the present document will be taken by the USSSA Technical Team-Athletics.

1. The USSSA athletics events are open to bona-fide secondary school students.
2. A Zone, district or school within Uganda will present an athletics team consisting of boys and girls (U-20).
3. The competition is categorized as: Men and Women
4. Each District/Zonal or School must ensure that all participants to the tournaments have gone through the screening exercise and must submit the player's registration form and an up-to-date player's album.
5. The athlete MUST have registered in the names that appear on his/her academic documents, albums and the system. All documents submitted must bear the Head-teacher's/Principle's signature and school stamp.
6. Eligibility (application of USSSA Rules and Regulations) will apply.

## TEAM COMPOSITION

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Each District Team will consist of: -Team Manager, Chaperone (Gender Sensitivity), Athletes (Boys & Girls), safeguarding officer (preferably trained by USSSA, assistant coach/official who is a student

1. **Team Officials** - Coach/es (preferably qualified) and Other Team Officials
2. **Team Manager (TM)** - Team manager shall be the official intermediary between the delegation and the Local Organising Committee, and the USSSA Technical Team-Athletics. TM may not combine their role with that of a coach. Each district/ is entitled to accredit one (1) TM.
3. **Chaperone** - Must be a female and will relate with the organisers on matters related to welfare of athletes.

4. **Athletes** - Must be students attending school as provided for by USSSA RULES and Ministry of Education and Sports guidelines and must be enrolled as full time students at a school in the District which they represent.

### Coaches

1. The presence of a qualified coach is mandatory.
2. Teams or individuals cannot participate in the competition without the presence of a coach, who can be a games teacher trained from the USSSA Capacity building program
3. The maximum number of coaches is determined by the number of athletes but they **MUST** be accredited.
4. Each district/zone/School shall enter a minimum of two (2) coaches per team where applicable.

### Other Team Officials

1. The function of other Team Officials can be: Doctor, Trainer, Physiotherapist, Statistician, assistant Team Manager who must be accredited
2. The presence of the other team officials is not mandatory and they must be registered with the National Organizing Committee and accredited in the USSSA Portal.
3. The function of the other Team Officials must be specified during the registration/accreditation process.
4. Any person not specified during registration or exceeding the limit will not be considered part of the team.
5. Each delegation shall enter up to one (3) other team official each per team.
6. **Safeguarding** officer (trained at least during USSSA Capacity building training)





## The Athletics Competition Events

BOYS	GIRLS
<b>1)</b> 100m, 200m, 400m, 800m, 1500m, 3000m and 5000m	<b>1.</b> 100m, 200m, 400m, 800m, 1500m, 3000m and 5000m
<b>2)</b> High Jump ( <i>Starting height will be agreed in Technical Meeting</i> )	<b>2.</b> High Jump ( <i>Starting height will be agreed in Technical Meeting</i> )
<b>3)</b> Long Jump	<b>3.</b> Long Jump
<b>4)</b> Triple Jump ( <i>distance from take-off board will be agreed in Technical Meeting</i> )	<b>4.</b> Triple Jump ( <i>distance from take-off board will be agreed in Technical Meeting</i> )
<b>5)</b> Shot Put Women 6kg.	<b>5.</b> Shot Put Women 4kg.
<b>6)</b> Discus 1.75kg.	<b>6.</b> Discus 1 kg.
<b>7)</b> Javelin 800g.	<b>7.</b> Javelin 600g.
<b>8)</b> 4x100 Relay, 4 x 400m Relay, (100m-200m-300m-400m) & (200m-400m-600m-800m) Medley Relays	<b>8.</b> 4x100 Relay, 4 x 400m Relay, (100m-200m-300m-400m) & (200m-400m-600m-800m) Medley Relays

The exact sport program will be set according to the event type.

### ENTRIES PER EVENT

- 1) Each athlete is allowed to compete in any **3 (Three) Events track and field combined.**
- 2) Members of each team and their events must be declared before the start of competitions. Once the competition is started, it is not possible to change between the different events
- 3) Each team may enter **2 (Two)** competitors in each event and **1(One)** team in each relay

## Recommended selection standards

TRACK	TIMES/SECONDS		FIELD EVENTS	DISTANCES/METRES	
	BOYS	GIRLS		BOYS	GIRLS
100m	<b>12</b>	<b>15</b>	Long Jump	<b>4.50m</b>	<b>3.10m</b>
200m	<b>23</b>	<b>27</b>	Triple Jump	<b>12.25m</b>	<b>9.25m</b>
400m	<b>53</b>	<b>65</b>	High Jump	<b>1.30m</b>	<b>1.20m</b>
800m	<b>2.09</b>	<b>2.20</b>	Javelin	<b>45.20m</b>	<b>31.25m</b>
1,500m	<b>4.32</b>	<b>5.15</b>	Shot-Put	<b>6.50m</b>	<b>4.50m</b>
3,000m	<b>10.05</b>	<b>13.05</b>	Discuss	<b>30.50m</b>	<b>23.50m</b>
5,000m	<b>15.20</b>	<b>18.10</b>	Pole Vault		
4x100m		-	Medley (100,200,300,400)		
4x400m			Medley (200,400,600,800)		
Hurdles ( <b>NEW EVENT</b> )					
Steeple chase (girls and boys) ( <b>NEW EVENT</b> )					

## COMPOSITION OF ATHLETICS – UNDER THE REFORMS: -

1. Every Zone presents **1** Athletics Team (Boys and Girls) with a Maximum **50 (25 Boys/25 Girls)**
2. Schools continue to compete as schools at the District competition.
3. At Zone, we have a competition of two in one. For individual events, an athlete score for both his school and also for his District. For relays, two sets are held for each category. One for individual schools, then the other for each District. At the end of the tournament, two sets of trophies are given out. One set for schools and the other for Districts.
4. At the National Level, the same format is upheld, but this time, for schools and for Zones. We should have District Teams as at the Zone. However, Every ZONE MUST be represented.

## TECHNICAL RULES

1. **SYSTEM OF (PLAY) Competition: Rounds or Heats –Semi Final – Final**
2. **Number of heats** will be determined by the number of athletes in that event, where heats are not necessary, the event will be a straight final out.

## SPECIFIC RULES

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1. Each athlete is not allowed to have a false start in track event and also the first leg in relays. A false start by any competitor will result in Disqualification.
2. Three (3) attempts will be allowed for the qualifying rounds of field events apart from high Jump.

## TIC (Technical Information Centre)

1. There will be a Call-Room managed by USSSA Technical Team Athletics and TIC
2. Athletes must Report to the Call-Room after notification with **15minutes** before the start of the Event.
3. The technical official will escort the athletes to the competition area from the Call-Room.
4. The TIC will act as point for easy communication between team and the competition managers. Start list, Competition programs, results, protests and appeals etc may all pass through the TIC.
5. Bib(chest) numbers shall be prepared for all participants. They will be given to coaches (TMs) at the Technical Meeting (preferably) or distributed in the Call-Room (on production of an Accreditation card of each athlete).

## SCORING

The scoring table will be as follows: to a scale of **1-9 Points**

<b>POSITION</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>
<b>SCORE</b>	9	7	6	5	4	3	2	1
<b>RELAYS</b>	12	10	9	8	7	6	5	4

The team with the highest number of points will be declared the winner. Where there is a tie the team with the best Medal Standing will be declared the winner.

## DRAWS

1. The USSSA is responsible for establishing, criteria and fixing timing of the draw.
2. The USSSA Technical Team Athletics is responsible of the draw. Not applicable in athletics. Maybe here we can talk about the Competition program.



## CROSS – COUNTRY GUIDELINES

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The following are guidelines that will be used during X

- 1) At the Nationals, every Zone should present a cross country team for the Men and Women.
- 2) At the Zone Competitions every District should present the same teams and at the District Championships every school may present the same.
- 3) The participants presented will follow the same eligibility rules of USSSA competitions.
- 4) Race Distances will be:
  - i) Approximately **8 Km** run on a circuit of approximately **2 km** for the **Men**. It means they will make **4 laps**.
  - ii) Approximately **6 Km** run on a circuit of approximately **Km** for the **Women**. They will make **3 laps**.
- 5) The competition will be held on open ground, grassland, parkland or woodland where possible. Athletes may use spikes rather than canvas shoes. The course may include such as logs, hills, bends and uneven terrain.
- 6) **Team Entries:** A maximum of 6 athletes may be entered for both the Men and women category. However, the best 4 athletes of each team will score for the team. The placings of the best 4 athletes are added together and the team with the lowest total points wins. If teams tie, the team whose 4<sup>th</sup> scorer finishes higher is ranked ahead.
- 7) Individual Competitions: Athletes shall compete for both individual and team honors. Zones without complete team may still compete and qualify for individual medals.
- 8) Athletes shall start together from a designated start line. The finish order from a designated finish line, determines both individual and team results

## **PROTESTS AND APPEALS**

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1. Protest regarding the status of an athlete to participate must be made before the commencement of the competition to the competition director or during the time of screening. NOTE: The eligibility of an athlete to compete in the can be withdrawn at any time by the organizers when discovered guilty to be guilty. All points made by the athlete will be deducted and the team may be disqualified or banned.
2. Protest concerning the result or conduct of an event shall be within 30 minutes of the official announcement of the results of the event.
3. Any protest shall be made orally to the referee by an athlete, or by someone acting on their behalf or by an official representative of a team.
4. Such person or team may protest only if they are competing in the same round of the event.

Appeals involving results or any matter not concerning discipline will be heard by the Jury of Appeal. The appeal must be lodged within **30 minutes** of the incident and be submitted in writing. The payment of amount **UGX 100,000 (One Hundred Thousand Shillings Only)** must accompany the appeal and is to be paid to **NOC** in Cash. This payment will be refunded only if the appeal is upheld or at the discretion of the Jury of Appeal. In the case of an unsuccessful appeal, the payment will be retained.

### **PLEASE NOTE:**

1. These rules will be discussed and improved upon during the Technical Meeting.