



Tooting Bec athletics track, 30th May 2026

Rules, guidance and athlete conduct booklet

This document contains guidelines for how to conduct yourself as an athlete at the upcoming LUCA outdoor championships, whether it's your first competition or you are a seasoned athlete. It also contains information about all the events taking place on the day, including their rules. Please take a quick read of all the relevant sections to you.

General guidelines

1. *Be aware of your surroundings.*
 - a. Don't step on or inside the track unless you need to be there as an athlete or volunteer.
 - b. Don't walk across field event areas when they're in use. This includes the long jump/triple jump/javelin/pole vault runways, high jump fan, and all throws landing sectors.
 - c. Do not walk across the infield, especially during throwing competitions, when implements will be landing at high speed in the area.
 - d. Do not walk across the finish line, as this can interfere with the photofinish system or distract timekeeping and track officials.
 - e. Treat equipment with care and use it safely, ensuring nobody nearby will get hurt.
 - f. Headphones and earphones are not permitted in the competition area, which includes the track and all field event spaces.
2. *Be respectful to everybody.*
 - a. Listen carefully to what officials, grounds staff and volunteers tell you. If you have something to say in response, allow them to speak first.
 - b. Be polite and respectful to officials or we may invalidate your LUCA competition performances or prevent your participation for breaching good sporting conduct.
 - c. Be respectful to your fellow athletes and the other teams. LUCA and its member athletes and volunteers thrive on the friendly and inclusive atmosphere at our competitions, poor behaviour that affects this will be treated very seriously.
3. *Take care of yourself and come prepared for the day.*
 - a. Pay attention to weather forecasts and bring appropriate clothing. Stay in the shade where possible on hot days, protect your eyes with sunglasses and your skin with suncream.
 - b. Stay well hydrated and fuelled. You will be able to top up on water for free at the venue and purchase food from local cafés.
 - c. Familiarise yourself with the rules of your events, ensure you are fit to compete, and bring appropriate clothing and footwear.

LUCA competitions are run in accordance with UKA competition rules.

If you are unsure if you are permitted to compete while taking a medication, search for the active ingredient in the WADA prohibited list: <https://www.wada-ama.org/en/prohibited-list>

If you are unsure if your shoes are allowed in competition, consult the World Athletics allowed footwear list: <https://certcheck.worldathletics.org/>

Note that any type of spike is permitted in a competition-legal shoe at this competition, up to a maximum length of 6mm.

LUCA uses a relaxed approach to permitted competition clothing. Where possible, please compete in your team's official kit, but any sportswear you prefer is permitted as long as bib numbers are visible during competition.

Key links for the competition:

See the competition timetable here:

<https://www.london-athletics.com/wp-content/uploads/2026/05/Outdoor-Champs-2026-Final-Timetable.docx.pdf>

Check live results and race times here:

<https://data.opentrack.run/en-gb/x/2026/GBR/luca-outdoor-champs/>

On the day: arrival info

Tooting Bec Athletics Track and Sports Centre
Tooting Bec Road
London
SW17 8AR
England

The track can be accessed conveniently by bus or train. The closest station is Tooting Bec on the Northern line tube.

There are toilets and a café at the venue.

Please pick up your bib numbers from the organisers at the check-in desk if you are a team captain or a guest athlete, or from your team captains otherwise.

Rules of competition: field events

For all field events, please proceed to the event area 15 minutes before the competition start time so that the officials can run the warmups before the start time. If you have a timetable clash between a track and a field event, please notify the lead field official ahead of time and prioritise the track race. We will do our best to shuffle the competition order so that you can take part fully.

You may wear just one bib number on the front or back if you prefer for any field event.

Number of trials:

All athletes in the horizontal jumps and throws will receive three trials. After the first three rounds, the top performing three athletes in an event will be awarded a single further trial each in a fourth round – with the attempts to be made in order the best distances so far, with the current leader going first.

Horizontal jumps:

Long jump - https://youtu.be/OOJ1_1moKKM?feature=shared&t=11

Triple jump - <https://youtu.be/saQiavwabJY?feature=shared>

Make sure to exit the pit promptly and further away from the takeoff board than where you landed or the mark cannot be measured. Please ensure you follow the correct leg sequence when triple jumping (hop, step, jump).

Vertical jumps:

High jump - <https://youtu.be/-DmF8RCIadM?feature=shared&t=12>

Clear the bar by any means necessary from a one-footed takeoff.

Pole vault - <https://youtu.be/A1g43QWLfhw?feature=shared&t=110>

Your hands cannot climb the pole nor can you steady the bar when vaulting. Athletes need to bring their own pole to compete in the event, or gain permission to use another pole.

Long throws:

For all long throws, wait for the lead official to blow the warning horn before beginning your throw. All implement, runway and cage use must be supervised by an official, including warmups. If you are using your own implements, you must have these weighed by the field referee at least 30 minutes before the start of competition.

Javelin throw - <https://youtu.be/AdLwhQQc964?feature=shared>

Ensure the front tip lands first, and do not allow your arm to fall below the line of the shoulders when throwing the javelin.

Discus throw - <https://youtu.be/LMUahmjET7Q?feature=shared>

Make sure to exit the throwing circle via the rear half only once the discus has landed for your throw to count as valid.

Hammer throw – Not on offer at the LUCA outdoor champs. If you are interested in throwing the hammer at a LUCA competition, please do get in touch – we'd love to host it again if you want to compete!

Note also that striking the right cage door with the discus as a right-handed/counter-clockwise thrower will result in a foul even if the implement lands in the sector, and vice versa for the left side. Striking the other side will not invalidate the throw.

The short throw:

Shot put - <https://youtu.be/cgg-vCEwiOw?feature=shared>

Ensure that the shot remains close to the neck for the whole throw until projection and release. If the shot drops below the line of the shoulders or moves away from the neck during the acceleration, the throwing style is then not a 'put' – so your attempt will be a foul.

If you are using your own shot, you must have it weighed by the field referee at least 30 minutes before the start of competition.

Rules of competition: track events

Here's video with some general info on all track events:

<https://youtu.be/qvnGHizhUQU?feature=shared>

For all track races, please ensure you are near the start 5 minutes before your race time so that the competition can run promptly.

Sprints:

- You may use starting blocks for 100m, 200m, and 400m if you wish.
- Standing and blocks-free four point starts are also accepted, but a three-point start is not permitted – you must have two or four points of contact with the ground when you hear 'On your marks', 'Set', and the firing of the starting pistol.
- Ambulant athletes may negotiate a different start style to suit their needs, e.g. standing in the blocks until 'Set'.
- All sprint races are run in your own lane from the whole distance
- Stepping out of your lane will usually result in disqualification, but may be allowed if no advantage was gained and no obstruction to other athletes was made.

Hurdles:

- The 100m, 110m and 400m hurdle races take place with the sprint rules in effect.
- You must clear the 10 hurdles in your lane.
- Knocking down hurdles as you clear them does not result in any penalty or disqualification, except if seen as deliberate.
- Bringing round the trail leg to the side of your hurdle but below the height of the hurdle could result in a disqualification as you have not cleared the hurdle fairly.

Middle distance:

Races further than 400m do not have a 'Set' called by the starter – just 'On your marks' and the starting gun.

800m – Two laps of the track, break into lane 1 after the first bend.

1500m – Three and three quarters of a lap of the track. Starting line is 100m past the finish line, so that your first 'lap' is 300m. You may break into the inner lanes immediately after the gun and run wherever you wish on the lanes of the track to get round other athletes.

Long distance:

5000m – Starts at the 200m line, and consists of twelve and a half laps.

Steeplechase:

Women's 2000m steeple – Clear 18 barriers and 5 water jumps. The race should start partway along the home straight if the water jump is inside the 400m track (LMCT Stratford and Tooting Bec both are set up this way).

Men's 3000m steeple – Clear 28 barriers and 7 water jumps. Starting point should be on the back straight with an interior water jump.

Relays:

Please endeavour to have all runners in a relay team wearing the same colours so that you are clearly identifiable as on the same team. Where this is not possible, please confirm it is ok to compete ahead of time with the start team and track officials.

4x100m – four runners carry a baton round one lap of the track. The first runner may use blocks, and the baton must be handed over inside a 30m-wide region, which is marked by yellow ticks on the track. You can use as much of this region as you like to accelerate but you cannot exit it at the near side if you are waiting to receive the baton, nor exit it at the far end if you have not received the baton yet or your team will be disqualified.

4x400m – each runner runs a lap, but now the changeover zone is only 20m wide, marked by blue ticks.

Mixed medley relay 6x884422 – each team must consist of 3 female and 3 male runners, one of each running a 200m, 400m or 800m leg of the race. The race starts at the usual finish line, staggered in lanes for the first two legs, with the third athlete to break into lane 1 after running their first bend. The order of athletes will be M 200/F 200/M 400/F 400/M 800/F 800. Confirm with officials which lines are in use to demark the changeover zone.

Mascot race:

The mascot race will be started in a middle distance fashion, meaning only a two point start is permitted and there will be no 'on your marks' called. We don't want anyone turning up in a lion costume with blocks and a pair of SP4s for this one, please.

Contact

If you have queries about LUCA, please send an email to hello@london-athletics.com