



Scottish Athletics Indoor League (SAIL)

Competition Handbook

(2026/27 Edition)

1. General Principles

1.1 Eligibility

- 1.1.1 All athletes must be registered members of Scottish Athletics on the day of competition.
- 1.1.2 Athletes must compete only within their designated age group.
- 1.1.3 Guest athletes are not permitted to compete, unless at the discretion of the SAIL Organising Committee.

1.2 Compliance

- 1.2.1 All rules are aligned with UK Athletics and Scottish Athletics competition regulations.
- 1.2.2 Clubs are responsible for ensuring their athletes, coaches, and officials comply with these rules.

2. Age Group Definitions (Effective 1 January 2027)

2.1 Age Group Categories

- 2.1.1 U12: Born 2016-2017
- 2.1.2 U14: Born 2014-2015
- 2.1.3 U16: Born 2012–2013
- 2.1.4 U18: Born 2010-2011

2.2 Application

- 2.2.1 Age groups are determined by year of birth.
- 2.2.2 Athletes must remain in their age group for the full SAIL league season.

3. Event Participation Limits (excluding relays)

3.1 U12 Athletes

- 3.1.1 Maximum of 3 events per athlete.

3.2 U14 Athletes

- 3.2.1 Maximum of 3 events per athlete.
- 3.2.2 Maximum of 2 track and 1 field, or vice versa per athlete.

3.3 U16 Athletes

- 3.3.1 Maximum of 3 events per athlete.
- 3.3.2 Maximum of 2 track and 1 field, or vice versa per athlete.

3.4 U18 Athletes

- 3.4.1 Maximum of 3 events per athlete.
- 3.4.2 Maximum of 2 track and 1 field, or vice versa per athlete..

4. Officials & Volunteers

4.1 Club Officials & Volunteers

- 4.1.1 Each club must provide at least five graded officials or PVG-checked volunteers per match.

4.2 Officials

- 4.2.1 Officials must be appropriately qualified under Scottish Athletics grading.
- 4.2.1 All Officials must sign in using the declaration sheet, noting their club.

4.3 Volunteers

- 4.3.1 Volunteers must be briefed on safety and competition procedures prior to the event by relevant event organiser or official.
- 4.3.2 All Volunteers must sign in using the declaration sheet, noting their club.
- 4.3.3 All helpers must hold a valid PVG certificate.
- 4.3.4 Clubs must maintain records of PVG status.
- 4.3.5 Event organizers may request proof of PVG clearance.

5. Venue Access & Safety

5.1 Access Control

- 5.1.1 Only athletes, coaches, and officials are permitted at track level.
- 5.1.2 Spectators are restricted to designated spectator areas.

5.2 Accident Reporting

- 5.2.1 All accidents must be documented using the official UK Athletics Health & Safety Incident Form:
<https://www.uka.org.uk/governance/health-safety/online-accident-incident-report-form/>
- 5.2.2 Reports must be submitted via the Event Organiser within 24 hours.

5.3 Warm-Up Procedures

- 5.3.1 Athletes must warm up in one consistent direction to avoid collisions.
- 5.3.2 Warm-up areas should be supervised by coaches and team managers.

5.4 Assisted Athletes

Approved by SAIL Delivery Group 24.08.2026

Due for review by 24.08.2027

- 5.4.1 Requests for assisted athletes must be handled by the Event Organiser.
- 5.4.2 Assistance must comply with UKA para-athletics regulations.

6. Competition Conduct

6.1 Technical Rules

- 6.1.1 All athletes must adhere to UKA Technical Rules for indoor competition.
- 6.1.2 Equipment specifications must meet UKA standards.
- 6.1.3 SAIL events will follow UKA Level 1 Licence standards.

6.2 Club Responsibility

- 6.2.1 Clubs must ensure athletes, coaches, and officials comply with competition rules.
- 6.2.2 Clubs are responsible for providing officials and volunteers as per Section 4.

6.3 Sanctions

- 6.3.1 Breaches of eligibility, safety, or conduct rules may result in disqualification.
- 6.3.2 Repeated breaches may result in suspension of club participation.

6.4 Rules

- 6.4.1 False Start disqualifications U12, U14, and U16: one warning per race; a second false start by any runner in that race results in a disqualification.
- 6.4.2 False Start disqualifications U18: zero-tolerance rules, immediate disqualification for any runner that false starts.
- 6.4.3 Kit Requirements: Athletes must compete in their official club vests.

7. Roles & Responsibilities

7.1 Event Organiser

- 7.1.1 Ensure the competition is conducted in accordance with Scottish Athletics and UKA rules.
- 7.1.2 Oversee venue arrangements, including access control, safety, security and emergency procedures.
- 7.1.3 Appoint and brief key officials prior to the start of competition.
- 7.1.4 Handle requests for assisted athletes in line with para-athletics regulations.
- 7.1.5 Collect and review all incident reports and submit them to Scottish Athletics if required.

Approved by SAIL Delivery Group 24.08.2026

Due for review by 24.08.2027

- 7.1.6 Ensure safeguarding and PVG compliance across all helpers and volunteers.

7.2 Club Team Managers

- 7.2.1 Register athletes with the event organiser prior to competition.
- 7.2.2 Ensure all athletes are eligible and entered in the correct age group.
- 7.2.3 Confirm that athletes adhere to event participation limits (see Section 3).
- 7.2.4 Provide the required number of graded officials (see Section 4).
- 7.2.5 Act as the first point of contact for their club in case of disputes, protests, or disciplinary issues.
- 7.2.6 Ensure athletes and coaches remain in designated areas and comply with venue access rules.

7.3 Officials

- 7.3.1 Uphold the technical rules of UKA and Scottish Athletics.
- 7.3.2 Ensure fair and consistent application of competition rules.
- 7.3.3 Record and report results accurately and promptly.
- 7.3.4 Document any accidents or incidents and submit reports via the Event Organizer (in conjunction with First Aid representatives).
- 7.3.5 Maintain impartiality and professionalism at all times.

7.4 Helpers & Volunteers

- 7.4.1 Must hold valid PVG clearance prior to assisting at events.
- 7.4.2 Support officials in the safe conduct of events (e.g., retrieving implements, marshalling athletes).
- 7.4.3 Assist with venue setup and takedown as directed by the Event Organiser.
- 7.4.4 Report any safety concerns immediately to an official or the Event Organiser.

7.5 Coaches

- 7.5.1 Ensure athletes are prepared and warmed up safely.
- 7.5.2 Supervise athletes in designated warm-up areas only.
- 7.5.3 Respect officials' authority and decisions.
- 7.5.4 Promote good sportsmanship and adherence to competition rules.

7.6 Athletes

- 7.6.1 Compete only in their designated age group.
- 7.6.2 Adhere to event participation limits.
- 7.6.3 Warm up in the designated direction and area.

- 7.6.4 Follow instructions from officials and respect competition rules.
- 7.6.5 Report any injury or accident immediately to an official.

8. Qualification for finals

- 8.1.1 The top three teams from the Morning (AM) session and the top three teams from the Afternoon (PM) session for each age group and gender will qualify for the final.
- 8.1.2 In the event of a tie between teams for the 3rd qualification spot, a countback system will be applied in the following strict order:
 - A: Total number of 1st placings achieved across each league match;
 - B: Total number of 2nd placings achieved across each league match;
 - C: Total number of 3rd placings, continuing down the finishing positions until the tie is broken.

9. Finals Results

- 9.1.1 During the final, the same countback method (Rules A, B, and C in Section 8.1.2) will be used to resolve any ties and determine the official 1st, 2nd, and 3rd place podium positions for each age group and gender.