



COMPETITIONS GUIDE-2025/26

1. General Provisions

1.1 The AIS Athletics competitions (2025–2056) are organized by AIS Athletics under the regulations of the UAE Athletics Federation (UAEAF) and World Athletics.

1.2 The purpose of these competitions is to provide consistent, fair, and safe opportunities for athlete development across all age categories.

1.3 These rules apply to all league and championship events organized by AIS Athletics during this period.

2. Eligibility & Age Categories

2.1 The competitions are open to all athletes with valid home country identification or valid UAE Emirates ID.

2.2 A valid Emirates ID or passport is required for verification.

2.3 Age categories will be determined by the athlete's age on 31 December in the year of competition (2025 or 2026).

Age Group Categories (by age on 31 December of competition year)

- Under 20 (U20) + Seniors : 18–19 years + 20 years & above
- Under 18 (U18): 16–17 years
- Under 16 (U16): 14–15 years
- Under 14 (U14): 12–13 years
- Under 12 (U12): 10–11 years
- Under 10 (U10): 8–9 years
- Under 8 (U8): 6–7 years

(In Accordance with the UAE Athletics Federation)

3. League Rules

3.1 Athletes will remain in the same age category for the full duration of the league season.

3.2 Points will be awarded at each round as follows:

- 1st place = 10 points
- 2nd place = 9 points
- 3rd place = 8 points
- 4th place = 7 points
- 5th place = 6 points
- 6th place = 5 points
- 7th place = 4 points
- 8th place = 3 points
- 9th place = 2 points
- 10th place = 1 point

3.3 Only an athlete's top 4 scoring performances across each league will count towards their overall league total.

3.4 U20 and Seniors will be competing against each other and will be considered as one age group.

3.5 No medals or awards will be presented at individual league rounds.

3.6 All medals, trophies, or awards will be presented at the AIS Dubai Night 2026.

4. Championships Rules

4.1 Championship winners will be awarded on the day of competition.

4.2 Top 3 Medals will be awarded as well.

5. Events

5.1 Events will be scheduled in line with UAEAF guidelines.

5.2 Standard program may include:

- Track: sprints, middle-distance, long-distance, hurdles, relays
- Field: long jump, triple jump, high jump, shot put, discus, javelin, ball throw (depending on age group)

(In Accordance with the UAE Athletics Federation)

6. Competition Rules

6.1 All events shall follow World Athletics Technical Rules as applied by UAEAF.

6.2 For field events you are not allowed to use your own equipment's, AIS Athletics will provide them to be fair and equal.

6.3 Protests must be submitted in writing within 48hrs of result publication, any protests submitted after will not be taken into consideration.

6.4 Any misconduct, cheating, or use of banned substances will result in disqualification and referral to UAEAF and your home country federation.

6.5 CALL ROOM / REPORTING FOR YOUR EVENTS – All athletes must report and register with the AIS official overseeing their event at least 15mins before their event time. If an athlete has two events at the same time, they must register for the field event before going to their track event and return directly to the field event within 20mins once the track event has finished. As the scheduled times for each event may change slightly on the day, it is the athlete's responsibility to listen for the announcements for their event on the day. AIS Athletics are not responsible for missed events, and these will not be refunded.

6.6 ELECTRONIC TIMING- To ensure accurate timing at all our events we will have access to 2 different electronic timing systems. Photovision Dual Camera System and Lynx Timing System. As a standard we will also always have an official on the Ipad using the Sprint Timer app, incase the electronic timing fails us. (All Ipad timings will not make the national rankings)

7. Field Events

7.1 Each athlete is entitled to 4 attempts in the long jump, triple jump, shot put & javelin. For high jump, we will follow the standard international rules of 3 failed attempt per height.

7.2 The following weights will be used in each age group for the shotput, discus, and javelin. In case of any implement weight discrepancies, (e.g 2.7kg shot put instead of 2.72kg shot put) the results will not be published as part of the national rankings.

(In Accordance with the UAE Athletics Federation)

Age Group	Event	Boys (kg / g)	Girls (kg / g)
U8	Shot Put	1.0 kg	1.0 kg
	Javelin	300 g	300 g
U10	Shot Put	1.5 kg	1.5 kg
	Javelin	400 g	400 g
U12	Shot Put	2.0 kg	2.0 kg
	Discus	0.75 kg	0.75 kg
	Javelin	400 g	400 g
U14	Shot Put	3.0 kg	2.0 kg
	Discus	1.0 kg	1.0 kg
	Javelin	600 g	400 g
U16	Shot Put	4.0 kg	3.0 kg
	Discus	1.0 kg	1.0 kg
	Javelin	700 g	500 g
U18	Shot Put	5.0 kg	3.0 kg
	Discus	1.5 kg	1.0 kg
	Javelin	700 g	500 g
U20	Shot Put	6.0 kg	4.0 kg
	Discus	1.75 kg	1.5 kg
	Javelin	800 g	600 g
Seniors	Shot Put	7.26 kg	4.0 kg
	Discus	2.0 kg	1.0 kg
	Javelin	800 g	600 g

(In Accordance with the UAE Athletics Federation)

8. Hurdle Events

8.1 We follow the same standard as world athletics progression model.

Age Group	Event	Hurdle Height	Hurdles	Spacing (m)
U12	70m H (girls), 75m H (boys)	68.5cm (girls), 68.5cm (boys)	7 (girls), 8 (boys)	11m start, 7m between, 10m finish (girls) / 11.5m start, 7.5m between, 11m finish (boys)
U14	75m H (girls), 80m H (boys)	68.5cm (girls), 76.2cm (boys)	8	12m start, 7.5m between, 15.5m finish
U16	80m H(girls), 100m H (boys)	76.2 cm (girls), 84 cm (boys)	8 (girls), 10(boys)	12m start, 8m between, 12m finish (girls) /13m start, 8.5m between, 10.5m finish (boys)
U18	100m H (girls), 110m H (boys)	76.2 cm (girls), 91.4 cm (boys)	10	13m start, 8.5m (girls) / 9.14m (boys), 10.5m finish
U20	100m H (women), 110m H (men)	84 cm (women), 99 cm (men)	10	13m start, 8.5m (women) / 9.14m (men), 10.5m finish
Seniors	100m H (women), 110m H (men)	84 cm (women), 106.7 cm (men)	10	13m start, 8.5m (women) / 9.14m (men), 10.5m finish

9. Awards & Recognition

9.1 Top 3 Medals will be awarded in every other competition apart from The AIS League Matches.

9.2 All medals, trophies, or awards for top 3 of the league phase will be presented at the AIS Dubai Night 2026.

9.3 Results will be officially recorded and will be uploaded to
<https://www.aisathleticsuae.com/>

(In Accordance with the UAE Athletics Federation)

10. Officials & Jury of Appeal

10.1 Officials will be appointed by AIS Athletics.

10.2 A Jury of Appeal will decide on disputes unresolved by referees.

11. Medical & Safety

11.1 A qualified medical team will be present at all competitions.

11.2 Participation is at the athlete's own risk; AIS Athletics accept no liability for injuries, accidents, or lost property.

11.3 Hydration, heat precautions, and emergency protocols will be maintained in line with UAEAF standards.

12. Refund Policy

12.1 No refunds will be provided once a booking is made or for missing any events. Refunds will be issued only if the organizer cancels the event due to unforeseen circumstances such as adverse weather conditions or track-related issues..

13. Contact

13.1 Member Happiness Executive – Tanya Sullivan

13.2 Mobile: +971557241519

13.3 Email: Tanya.sullivan@aisathletics.ae

(In Accordance with the UAE Athletics Federation)



ANNUAL EVENTS

AIS EVENTS

AIS League Match 1

Saturday 25th October 2025 | Gems World Academy, Al Barsha

Age Group	Gender	Track				Field			
U8	M/F	60m	150m	300m	1000m	Long Jump	Javelin	-	-
U10	M/F	60m	150m	300m	1000m	Long Jump	Javelin	-	-
U12	M/F	80m	150m	300m	1000m	Long Jump	Javelin	High Jump	Shot Put
U14	M/F	80m	150m	300m	1000m	Long Jump	Javelin	High Jump	Shot Put
U16	M/F	100m	200m	400m	1500m	Long Jump	Javelin	High Jump	Shot Put
U18	M/F	100m	200m	400m	1500m	Long Jump	Javelin	High Jump	Shot Put
U20 + Seniors	M/F	100m	200m	400m	1500m	Long Jump	Javelin	High Jump	Shot Put

AIS EVENTS

AIS League Match 2

Saturday 22nd November 2025 | GEMS School of Research & Innovation, Sports City

Age Group	Gender	Track					Field			
U8	M/F	-	60m	150m	300m	600m	Long Jump	Javelin	-	-
U10	M/F	-	60m	150m	300m	600m	Long Jump	Javelin	-	-
U12	M/F	70m H / 75m H	80m	150m	300m	600m	Long Jump	Javelin	High Jump	Discus
U14	M/F	80m H / 75m H	80m	150m	300m	600m	Long Jump	Javelin	High Jump	Discus
U16	M/F	100m H / 80m H	100m	200m	400m	800m	Long Jump	Javelin	High Jump	Discus
U18	M/F	110m H / 100m H	100m	200m	400m	800m	Long Jump	Javelin	High Jump	Discus
U20 + Seniors	M/F	110m H / 100m	100m	200m	400m	800m	Long Jump	Javelin	High Jump	Discus

AIS EVENTS

AIS Dubai Night 2026

Saturday 24th January 2026 | GEMS School of Research & Innovation, Sports City

Age Group	Gender	Track				Field			
		60m	-	300m	1000m	Long Jump	Javelin	-	-
U8	M/F	60m	-	300m	1000m	Long Jump	Javelin	-	-
U10	M/F	60m	-	300m	1000m	Long Jump	Javelin	-	-
U12	M/F	80m	70m H / 75m H	300m	1000m	Long Jump	Javelin	High Jump	Shot Put
U14	M/F	80m	80m H / 75m H	300m	1000m	Long Jump	Javelin	High Jump	Shot Put
U16	M/F	100m	100m H / 80m H	400m	1500m	Long Jump	Javelin	High Jump	Shot Put
U18	M/F	100m	110m H / 100m H	400m	1500m	Long Jump	Javelin	High Jump	Shot Put
U20 + Seniors	M/F	100m	110m H / 100m H	400m	1500m	Long Jump	Javelin	High Jump	Shot Put

AIS EVENTS

AIS Sprints & Relays Seniors

Saturday 31st January 2026 | GEMS World Academy, Al Barsha

Age Group	Gender	Track				
U16	M/F	60m	300m	100m H / 80m H	4 x 400m Mixed	4 x 100m
U18	M/F	60m	300m	110m H / 100m H	4 x 400m Mixed	4 x 100m
U20 + Seniors	M/F	60m	300m	110m H / 100m H	4 x 400m Mixed	4 x 100m

AIS Sprints & Relays Juniors

Saturday 14th February 2026 | Gems World Academy, Al Barsha

Age Group	Gender	Track				
U8	M/F	60m	150m	-	4 x 100m	4 x 200m Mixed
U10	M/F	60m	150m	-	4 x 100m	4 x 200m Mixed
U12	M/F	60m	150m	70m H / 75m H	4 x 100m	4 x 200m Mixed
U14	M/F	60m	150m	80m H / 75m H	4 x 100m	4 x 200m Mixed

AIS EVENTS

AIS Abu Dhabi Night 2026

Saturday 25th April 2026 | Nord Anglia Abu Dhabi

Age Group	Gender	Track				Field			
U8	M/F	60m	150m	300m	1000m	Long Jump	Javelin	-	-
U10	M/F	60m	150m	300m	1000m	Long Jump	Javelin	-	-
U12	M/F	80m	150m	300m	1000m	Long Jump	Javelin	-	Shot Put
U14	M/F	80m	150m	300m	1000m	Long Jump	Javelin	High Jump	Shot Put
U16	M/F	100m	200m	400m	3000m	Long Jump	Javelin	High Jump	Shot Put
U18	M/F	100m	200m	400m	3000m	Long Jump	Javelin	High Jump	Shot Put
U20 + Seniors	M/F	100m	200m	400m	3000m	Long Jump	Javelin	High Jump	Shot Put

AIS EVENTS

AIS Championship 2026

Saturday 23rd May 2026 | GEMS School of Research & Innovation, Sports City

Age Group	Gender	Track						Field			
U8	M/F	60m	150m	300m	600m	-	Long Jump	Javelin	-	-	-
U10	M/F	60m	150m	300m	600m	-	Long Jump	Javelin	-	-	-
U12	M/F	80m	150m	300m	600m	70m H / 75m H	Long Jump	Javelin	High Jump	Discus	
U14	M/F	80m	150m	300m	600m	80m H / 75m H	Long Jump	Javelin	High Jump	Discus	
U16	M/F	100m	200m	400m	800m	100m H / 80m H	Long Jump	Javelin	High Jump	Discus	
U18	M/F	100m	200m	400m	800m	110m H / 100m H	Long Jump	Javelin	High Jump	Discus	
U20 + Seniors	M/F	100m	200m	400m	800m	110m H / 100m H	Long Jump	Javelin	High Jump	Discus	



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