

UK ATHLETICS RULES FOR COMPETITION

NOTES:

UK Athletics Rules for Competition, supported by the Memorandum and Articles of Association, define affiliation to a National Association as a prerequisite for entry to competition. The National Associations to which these apply are: England Athletics, Athletics Northern Ireland, Scottish Athletics and Welsh Athletics.

Membership of UK Athletics is granted automatically on affiliation to any of these Associations. UK Athletics has delegated responsibility for governance functions to these National Associations.

Other Organisations or Associations (competition providers) within the sport may request that a Club should become a member of that competition provider in order to participate in its activities.

The Board of UK Athletics is responsible for the interpretation of UKA Rules.

Definitions:

The following terms used throughout the Rules have the following meanings:

<i>Terms</i>	<i>Definitions</i>
UK Athletics (UKA) :	The Member Federation of the IAAF responsible for athletics in the United Kingdom of Great Britain and Northern Ireland.
National Association :	England Athletics, Athletics Northern Ireland, Scottish Athletics Ltd., Welsh Athletics.
Region :	A smaller unit of England Athletics with devolved powers for administrative purposes.
District :	A geographical sub-division of Scotland having a separate Committee for administrative purposes.
Club :	Affiliated Club, University, College, School, Services Unit or Pre-Service Unit.

Attention is drawn to the fact that in the Rules the words 'must', 'shall' and 'should' are frequently used. The variation in phrase is deliberate. When the word 'must' or 'shall' is used the Rule is compulsory. Where 'should' is employed, while UK Athletics hopes that the Rule will be observed, strict compliance is not essential.

The Rules for Competition cover indoor as well as outdoor competition.

RULE 1 ELIGIBILITY TO COMPETE

All competitions under the Rules of UK Athletics (UKA) are confined to amateurs under the following definitions (hereinafter termed amateurs under UKA Rules):

(1) **Definition of Amateur**

An amateur is a person who is eligible to compete under the Rules of UKA.

(2) **Restriction of Competition to Amateurs**

Competition under UKA Rules is restricted to amateur athletes who are under the jurisdiction of a Member of the International Association of Athletics Federations (IAAF) and who are eligible under the rules laid down by UK Athletics.

(3) **Ineligibility to Compete**

The following are ineligible to take part in competition under UKA Rules:

Any persons who:

- (a) have taken part in any competition in which any of the competitors in any of the events were to their knowledge ineligible to compete under UKA Rules.

NOTE: This does not apply to any athletics meeting which is solely restricted to the Masters age group.

- (b) are ineligible to compete in competitions under the jurisdiction of any national governing body of amateur athletics affiliated to the IAAF.
- (c) take part in any athletics meeting which is not sanctioned by UKA or other appropriate Association.
- (d) take part in any competition outside the United Kingdom of Great Britain and Northern Ireland which is not sanctioned, recognised or certified by the Member Association of the IAAF.
- (e) have competed, or are competing in any sport for pecuniary reward, other than as permitted by IAAF Rules which have been accepted by UK Athletics.
- (f) are suspended or banned for a doping offence by UK Athletics, the IAAF, or by the Governing Body of any other sport.
- (g) ask for, or receive, directly or indirectly, any monetary consideration, reward or employment for becoming or continuing as a member of a Club or any other athletic organisation.
- (h) use the services of an Athletes' Representative other than one approved under Rule 11.
- (i) have been suspended or banned for being in breach of Rules 16 or 17 (Advertising and Sponsorship or Clothing).
- (j) have been declared ineligible to compete by the IAAF.
- (k) have committed any acts or made any statements either verbally or in writing, or have been responsible for any breaches of the Rules, or other conduct which, in the opinion of a National Association is considered to

be insulting, improper or likely to bring the sport and/or UK Athletics into disrepute.

- (4) Unless the period of ineligibility is stated in the relevant Rule or Regulation of the IAAF or UK Athletics, those ineligible under this Rule shall be deemed ineligible for a period set down in guidelines produced by the Executive Board of UK Athletics, or, in the absence of such guidelines, for such period as the Board of UK Athletics (for doping matters) or the National Association (for all non-doping matters) shall decide.
- (5) If athletes compete whilst suspended or ineligible, the period of this ineligibility shall be deemed to recommence from the time they last competed as though no part of a period of suspension or ineligibility had been served.

RULE 2 CLUBS

- (1) A Club is a bona fide Club or Society of amateur athletes affiliated to UKA in accordance with its Articles of Association and Rule Book. Each Club must also be affiliated to the National Association in whose geographical area of responsibility the Club's headquarters are located. No Club may form a branch.
- (2) An affiliated Club must supply to the Association to which it is affiliated, and to the UKA itself, such information as that body requires.
- (3) A Club must be properly constituted with a constitution which provides, inter alia, for its democratic management by means of a managing committee and the holding of an annual general meeting of all its members.
- (4) Athletics is organised within the following disciplines:
 - (a) Track and Field
 - (b) Race Walking
 - (c) Road Running
 - (d) Cross Country
 - (e) Fell and Hill Running
 - (f) Trail Running

Clubs are deemed to cater for those disciplines for which they have declared to the appropriate Association the intention to compete in team competitions in that particular activity. Members of a Club may only compete in Championships or other Open Team competitions if their Club is specifically affiliated for that discipline.

RULE 3 CLUB MEMBERSHIP

- (1) **First Claim Club.** The first Club joined by athletes will be known as their First Claim Club and will remain so until they give notice that they wish to

terminate their membership of that Club. Such termination will only be effective once all outstanding dues to the Club have been paid. An athlete who is a member of a First Claim Club is defined hereafter as a **First Claim member**. If athletes wish to commence a new First Claim Club membership then they must comply with the requirements set out in Rules 5 & 6 below.

Once athletes have represented a Club in First Claim Open Team Competition they are ineligible to compete for another Club in Open Team Competition until the transfer process to that Club has been completed in accordance with these Rules (i.e. after six months or a period of partial or total exemption under those Rules).

(2) **Second Claim Club.** Notwithstanding athletes having a First Claim Club as defined in (1) above they are permitted to become a member of a Second Claim Club. Whilst this may be for social, coaching or other reasons that athlete may compete for that Club in competitions which specifically state in its rules that its competition is open to **Second Claim members**. Such an athlete is hereafter defined as a Second Claim member.

(3) **Higher Competition Club. Senior and Under 20** track and field athletes may apply for registration to compete for a 'Higher Competition Club' in **Senior Track and Field league competitions only**. The application, which shall be made to UK Athletics, must be accompanied by the requisite fee which will be determined annually by the Executive Board. The application will require approval and endorsement by UK Athletics.

All applications must be received by UK Athletics 1st March in the year of competition and will be effective for that calendar year only. Such application will only be accepted from athletes who, at the time of registration, are eligible to compete for their First Claim Club in Open Team Competition. (See Rule 4.3) The registration will take effect from 1st April of the year in question. The registration must be renewed with the same or another Club for each and every year that the athlete wishes to benefit from such higher level competition.

Three tiers of league competition are recognised:

- (a) UK level (British Athletics League; UK Women's League)
- (b) Northern Irish; Scottish; Welsh; Midland; Northern and Southern Leagues
- (c) Other Lower Level Leagues

Athletes may only join the 'Higher Competition Club' if their own First Claim Club does not, in that season, compete in that league. Athletes may, at their discretion, decide whether to compete for their Higher Competition Club or their First Claim Club on any one day, but not for both. Athletes competing for their Higher Competition Club are hereinafter defined as **Higher Competition Club members**.

NOTE: Rule 6 is not applicable to this category of membership.

(4) **Open Team Competition.** Only First Claim members of a Club may represent that Club in Open Team Competition, as defined in Rule 4.3 below,

unless the organisers have stipulated that such competition is open to either Second Claim members or Higher Competition Club members as defined in 3.2 and 3.3 above. (This option does not apply to Road Running and Rule 203.4 applies)

(5) Membership of a Club, whether under 3.1, 3.2 or 3.3 above, commences on the actual date of election by the Committee of that Club at a properly convened meeting. To be valid the application for membership must be made on a form approved by UKA and accompanied by the appropriate subscription.

(6) An athlete who is not a member of an affiliated Club or Association shall be regarded as 'unattached'. After one year of competition an athlete taking part in any event within disciplines listed in Rule 2.4 (a), (b), (d), (e) or (f) should be a member of a Club affiliated directly or indirectly to UKA, and be individually registered with a National Association.

(7) A notice of resignation from a Club must be made in writing by the athlete or by a parent/guardian of the athlete concerned and shall be considered by the Club Committee within one calendar month of receipt. Membership shall be deemed to have ceased on the actual date of posting of the notice of resignation, unless the athlete be financially indebted to the Club. In this case the acceptance of the resignation shall be withheld until the indebtedness has been met. Where such indebtedness relates to unpaid subscriptions then the Club must have previously given notice of such a debt prior to the date of receipt of the resignation. In other cases of indebtedness the Club must inform the athlete in writing of the specific details of the debt within two weeks of the review of the resignation by the Club Committee. In the case of indebtedness the date of resignation shall be the date on which the debt is fully discharged. Members wishing to join another Club following resignation must comply with the conditions within Rule 5.7 below.

(8) After 28 days from ceasing to be a member of a Club or Association athletes shall not be eligible to compete in Open Competition until they have again become members of an affiliated Club or Association.

(9) Athletes may submit to the appropriate National Eligibility Committee that their membership of a Club shall be deemed to have ceased as from two years since the payment of the appropriate annual subscription of that Club, provided they have not represented the Club in any Open Team Competition during that period of two years.

(10) In the case of a Club amalgamated with, or absorbed by, another Club, membership shall be regarded as continuous. If, however, members on receiving notice of the amalgamation or absorption of the Club, shall within 28 days notify in writing the Secretary of the Club, or other persons issuing such notice that they do not intend to continue in membership, such membership shall be regarded as having ceased on the date of amalgamation or absorption. The position of the athlete in regard to Open Team Competition shall be the same as if the original Club had been disbanded.

(11) Athletes whose former Club has been officially disbanded may seek approval from the appropriate Association's Eligibility Committee to represent another Club in Open Team Competition forthwith.

- (12) (i) The Management Committee of an affiliated Club shall have the power to expel any member whose membership subscription is twelve months in arrears, provided that a month's notice in writing shall have been sent to the member's last known address giving information of the proposed action of the Committee.
- (ii) The name and address of any person so expelled from a Club shall be sent to the Honorary Secretary of the appropriate Association who shall enter the name in a book to be called 'The Suspension Book' kept for that purpose. Every person whose name has been entered in the Suspension Book shall be suspended from competing at any meeting or event held under UKA Rules until the liability causing the expulsion, which shall not exceed one year's membership subscription, shall have been discharged.
- (iii) A Club Secretary sending a name for inclusion in the Suspension Book must send the Post Office Proof of Posting of the letter sent to the Club member concerned, or the name will not be entered.

(13) Disputes between athletes and their Clubs may be referred to the appropriate National Association Eligibility Committee for arbitration under its appeal procedure.

(14) Where the conduct of a Club member is deemed by UK Athletics to be sufficiently serious it may demand that the affiliated Club concerned expel that person from membership either in perpetuity or for such a period of time as UK Athletics shall decide. This process shall only be adopted when the person concerned has not exercised any right of appeal, has exhausted any appeal procedure as laid down within the relevant Rules or procedures of UK Athletics or of the IAAF, or has waived that right, or where he or she has been found guilty of a serious criminal act. An affiliated Club which refuses to sanction the exclusion of such a person in turn renders itself liable to expulsion from membership of UK Athletics, as does any other affiliated Club which allows the person concerned to become a member or to become associated with any of the Club's activities.

(15) **Composite Teams.** Clubs may apply to UKA to become a Composite Team where from 2 to 5 Clubs wish to combine together for specific competitions. UKA will approve such registration if it complies with application guidelines. Approved registrations will be forwarded to the relevant meeting organisers who may accept or reject such an application. Requests for the registration of a Composite Team must be received by UK Athletics no later than 30th September of the preceding year, and be accompanied by the relevant fee which will be determined annually by the Executive Board.

NOTE: Such an amalgamation of teams for competition purposes specifically does not require the Constitution of the Clubs concerned to be amalgamated.

RULE 4 COMPETITION CONDITIONS

(1) For the purpose of determining place of birth for a competition qualification this may be either at the location of actual birth, or at the domicile of the mother at the time of birth, if different. In the event that the different locations are in different Counties or Districts then the athletes may make an irrevocable selection for which County or District they wish to be eligible. Once an athlete has made a decision as to their County or District of birth this may not be changed.

(2) Individual Open Competition

An Open Competition is one which is open to all athletes within a particular geographical location and/or age group.

(3) Open Team Competition

Open Team Competitions, Relay Races and Team Races are competitions open to all eligible affiliated Clubs, including all Clubs in a particular County, District and/or age group. The organisers of such competitions or races may make such qualifying conditions as they think fit, including the right to stipulate that they shall be for First claim and Higher Competition Club members only, but not at the exclusion of either, in Senior Track and Field League Competition.

Notwithstanding the above, Senior Track and Field League Organisation rules may limit the number of Higher Competition athletes allowed to compete per Club in any one fixture. This number must be at least two per Club. The rules of specific Leagues may permit a larger number to compete. Higher Competition Club members competing under these Rules shall not have their points disallowed from their Club's score because of their status as Higher Competition Club members.

There is no restriction to the total number of Higher Competition members that a Club may have registered at any one time.

(4) Jurisdiction

Every promoter of an athletics meeting or competition under UKA Rules, and every person tendering an entry for such meeting or competitions shall be considered to have submitted to the jurisdiction of UKA on all questions which may arise concerning the application, construction, meaning or effect of the Rules of UKA.

(5) Competitions involving Foreign Clubs and Foreign Athletes

- (a) No Club or member of a Club under the jurisdiction of UKA may compete outside the United Kingdom of Great Britain and Northern Ireland, and no foreign Club or a member of a foreign Club may compete or be invited to compete within the United Kingdom without the permission of UKA.
- (b) Any application to compete outside the United Kingdom or for permission to invite any foreign Club or member of a foreign Club to compete within the United Kingdom must be made to UKA.

- (c) Athletes desiring to compete outside the United Kingdom and any foreign athletes desiring to compete within the United Kingdom must present to the body promoting the meeting at which they desire to compete, a letter signed by the proper official of their Governing Body stating that they satisfy the definition of an athlete eligible under IAAF Rule 20, and are permitted to compete.
- (d) No Club or member of a Club desiring to compete outside the United Kingdom is allowed either directly or indirectly to demand or receive from the organisers or the meeting payment of any sum towards the expense incurred except by special permission of UKA and then only in accordance with the regulations of the IAAF.
- (e) No British athlete resident in the United Kingdom may compete under UKA Rules as a member of a foreign Club.
- (f) No one shall be allowed to compete in any competitions under UKA Rules while disqualified or suspended from competing by, or under any Rule of UKA or by any National Governing Body of Athletics affiliated to the IAAF.

RULE 5 FIRST CLAIM STATUS

- (1) Where athletes are at school, that school shall always have first claim on their services irrespective of any other claim on them.
- (2) Under 13 and Under 15 athletes are permitted to change Club once only whilst they are in each group commencing on the 1st day of the following month, without penalty. The change must still be registered with the appropriate National Eligibility Committee. Any subsequent change of club for athletes in these age groups will be subject to rule 5(7) below.
- (3)
 - (i) Full time students at recognised establishments of Higher Education shall be eligible to compete in Open Team Competition for their College or University provided that their First claim Club is not competing in that competition. In the case of a league where there is more than one division, this will be deemed to be the same competition for the purpose of this Rule.
 - (ii) An establishment of Higher Education can only invoke the provisions in (i) above if membership of its Club is solely restricted to students and staff of that establishment.
- (4) A first claim member of a Club serving in HM Forces (excluding Territorial and Auxiliary Forces) may, on application to the appropriate Eligibility Committee, be deemed and shall remain during the period of service first claim member of the Forces Club and be eligible to represent only that Club in Open Team Competition confined to first claim members.
- (5) Where athletes' first claim Clubs do not include all disciplines listed in 2 (4) above, they are eligible to represent an additional first claim Club in any discipline of athletics for which their first claim Club does not cater, following

approval from the appropriate National Eligibility Committee, commencing on the first day of the following month.

(6) Foreign Athletes. Junior and Senior Men and Women who would not be eligible to compete for Great Britain and Northern Ireland under IAAF Rules, whether permanently or temporarily resident in the country, are only permitted to represent a Club in Open Team Competition as a first claim member if they have been registered with UKA by 1st January in the year of competition. Such registration may be made at the appropriate time for subsequent registration. The applicant must give as much information as is required and the registration is subject to an annual charge as determined from time to time by the Board of UK Athletics. This Rule does not exclude foreign athletes making application to the appropriate National Eligibility Committee for relaxation or exemption from the above.

League organisers may decide, in conjunction with UK Athletics, to place a limit on the number of foreign athletes so registered who can compete for an affiliated Club in any given league or other team competition but this number must not exceed 4 such foreign athletes in any one meeting.

NOTE: Athletes possessing dual nationality of Great Britain and Northern Ireland and another country recognised by the I.A.A.F. will be regarded as eligible to seek to represent any Club under the jurisdiction of UKA, unless they represent that other country in international competition when they will henceforth be regarded as an athlete governed by this Rule and will need to seek registration for subsequent seasons. Athletes born in Northern Ireland and resident within the United Kingdom are exempt from the requirement to register even if they have represented the Republic of Ireland in international competition.

(7) Where eligibility is not defined in the paragraph above, athletes are eligible to represent a Club in Open Team Competition when they join their first Club as a first claim member. Where athletes have resigned their membership of their previous Club, without claiming exemption, they are not eligible to represent their next first claim club in any Open Team Competition confined to first claim members until the first day of the month following the expiration of four months from the date of receipt of notice of resignation by the Administrator of the Eligibility Committee of the Association in which the headquarters of the Club they wish to represent are situated. All such changes must be registered with that Association.

Where athletes make an application to the appropriate National Eligibility Committee claiming exemption under Rule 6 below, the date that they become shall be the first day of the month so determined by that Committee. This period shall not be longer than four months, unless the athlete concerned has provided false information to that Committee. In that event, the time of the granting of such first claim status shall run from the date of receipt of correct information and may be longer, therefore, than six months.

RULE 6 ELIGIBILITY COMMITTEES AND EXEMPTION APPLICATIONS

(1) Each National Association shall appoint a Committee consisting of not fewer than five members which shall be called the Eligibility Committee. The Committee shall be responsible for deciding all matters relating to eligibility, including all first claims issues, and for deciding any exemption appeals.

(2) The Eligibility Committee shall have the power, in any case where it considers that the general welfare of athletes or athletics will be best served, to make an exception to the eligibility rules. They may grant exemption, either wholly or in part to these Rules.

(3) Where two National Associations are involved there shall be consultation between these Associations before a decision is reached.

(4) Where a transfer of an athlete occurs this must be registered on a standard form which must be sent to the second Association as referred to in Rule 6(3) above, and also to the offices of UKA by the Association recording the change of Club and eligibility.

(5) All applications for relaxation or exemption from the operation of any of the Rules must be accompanied by a fee of £10, which may be refunded at the discretion of the Committee.

(6) Guidelines for considering cases of claims for relaxation or exemption may include:

- (a) Where the proposed change of Club is related to a genuine and significant change of residence. Such grounds are only considered if the application is made within twelve months of the change of residence provided that the new Club is nearer to the new residence, or
- (b) Where the original Club is unable to provide the athlete with adequate competition or facilities, or
- (c) Where the Club from which the athlete has resigned gives its written support to the move. Such exemption, in whole or part, may be granted on one occasion only, or
- (d) Where a specific welfare issue affects the ability of athletes to compete for their original Club.

(7) Where any relaxation or exemption is approved, either wholly or in part, the date for the establishment of first claim status shall be the 1st day of the following month.

(8) Appeals: In the event that an athlete or a Club is dissatisfied with the decision of the Eligibility Committee they shall write to the Chief Executive of UK Athletics, together with a fee of £30 and complete documentary evidence for the application for exemption. The Chief Executive will immediately pass the papers to a UKA appointed panel of five people, of which three members who are not members of the Clubs involved, will consider and determine the Appeal within four weeks. The decision of the panel will be final and binding. A refund of the application fee may be made at the discretion of UKA. No new evidence

will be accepted by UKA that has not been submitted to the Association concerned.

RULE 7 AGE GROUPS

(1) The Competition Year for all athletic activities shall extend from 1st October to 30th September in the following year.

(2) The operative date for determining membership of age groups for all athletes under the age of 17 shall be for Track and Field and Race Walking, the 31st August at the end of the Competition Year, and for all other disciplines, the 31st August prior to the commencement of the Competition Year.

NOTE: In Northern Ireland the qualifying date for all disciplines is taken at 31st December at the end of the year of competition.

- (3) Track and Field age groups are identified in Rule 107.
- (4) Road Running age groups are identified in Rule 207.
- (5) Race Walking age groups are identified in Rule 307.
- (6) Cross Country age groups are identified in Rule 507.

NOTE: UK Athletics Rules do not specifically cater for athletes under the age of 11 years. This does not necessarily preclude provision by organisers of competitions for events for athletes younger than 11 years, with correspondingly reduced distances to run.

RULE 8 TEAM EVENTS

(1) In any Open Relay Race Clubs shall not be allowed to enter more than three times the number entitled to compete. A Club entering more than one team in a race shall be allowed to select their teams from the Club entry for that event, but no athlete may compete for more than one team. Teams must be declared before the start of the race.

(2) Ineligibility of a competitor in an Inter-Club or Inter-Team competition does not necessarily disqualify the Club concerned and in such a case the competition shall be decided as if the ineligible competitor had not taken part.

(3) No athletes shall be allowed to compete in a team unless their names have been declared prior to the event. If it is impracticable to issue a programme a complete list of the entries should be provided for the Referee.

RULE 9 ENGLISH COUNTY QUALIFICATION

(1) English County Championships are open to all eligible athletes possessing a County qualification.

- (2) A County qualification may be acquired as follows:
 - (a) By birth (See also Rule 4(1)).

- (b) By nine months' continuous bona fide residence in the County immediately prior to the competition.
- (c) By service in a Unit of HM Forces stationed in the County for nine months immediately prior to the date of the competition. Temporary absence on duty shall not break a qualification acquired under this paragraph.

NOTE: *A Regimental Depot affiliated to a County Association may include in its team only duly qualified members of a service battalion.*

(3) Competitors who have qualified, and competed, under 2(b) or 2(c) retain that qualification until they have acquired a residential qualification and competed in the Championships of another County, or represented another County in an Inter-County Championship.

(4) A student at school, college or university does not acquire a residential qualification by residence in the County during term time only.

(5) An athlete who has competed in a County Championship (other than is allowed under 10 below), or represented a County in an Inter-County Championship, may not compete in the Championships of, nor represent, another County in that competition year.

- (6) County Inter-Team (including relay) Championships are open to:
 - (a) Any Club affiliated to the County Association, fulfilling the appropriate requirements of Rule 2(4).
 - (b) Any Unit of HM Forces stationed in the County.
 - (c) Any school, college or business house in the County.

NOTE: *Every member of a team must hold a County qualification.*

(7) A County may, at its discretion, limit Team Championships to affiliated Clubs.

(8) Athletes whose first claim Club is not affiliated to the County Association may compete for their second claim Club in a County Inter-Team Championship if they possess the necessary County qualification. Subject to an application of this Rule athletes may represent their Club from the date of election to that Club.

(9) A Club may affiliate to more than one County.

(10) A County may at its discretion relax the residential qualification in the case of Juniors and younger athletes, and of Seniors in residence at a college or university, but competition in any such events shall not be deemed to have established a County qualification.

(11) Where County boundaries are changed by law, affecting the place of birth or residence of an athlete, thereby moving it from County A to County B the following shall apply:

- (a) If athletes have already competed for County A, or in the Championships of County A, under (2) above, they shall retain the existing birth or residential qualification unless notice is given in

writing to the Honorary Secretary of County A that they wish henceforth to be qualified for County B.

- (b) If athletes have not competed for County A or in the Championship of County A under (2) above, the place of birth shall be deemed to have been in County B and any period of residence in County A to have been in County B.

(12) Competitors in an Inter-County Championship must possess a County qualification under (2) above for the County they represent.

RULE 10 SCOTTISH DISTRICT AND WELSH NATIONAL CHAMPIONSHIP QUALIFICATIONS

Scottish District Championships

- (1) A District qualification shall be acquired as follows:
 - (a) By birth.
 - (b) By residence in the District.
 - (c) By first claim membership of an affiliated Club with its headquarters within the District boundary.

(2) Athletes may only compete at District Championships within one District in any six month period (commencing 1st April and 1st October).

Welsh National Championships

- (3) Qualification to compete in the Welsh National Closed Championships shall be acquired as follows:
 - (a) By birth in Wales.
 - (b) By birth of one or both parents in Wales.
 - (c) By two year's continuous bona fide residence in Wales immediately prior to the date of the Championships.

NOTE 1: Having qualified under (c) above and competed for Wales at full senior international level, such qualification may continue until the athlete qualifies and competes for another Home Country.

NOTE 2: A student at school, college or university does not thereby acquire a residential qualification by residence during term time alone.

RULE 11 ATHLETES' REPRESENTATIVES

(1) An athletes' representative is any individual who advises or assists athletes in the planning, arranging and negotiation of their athletic programme.

(2) UK Athletics shall authorise, register and have jurisdiction over all Athletes' Representatives acting within its territory, under the terms of IAAF Rule 7 and associated "Guidance Notes for IAAF Members for the Regulation of Federation/Athletes' Representatives", together with any Regulations and Guidelines published by UKA. UK Athletics will only authorise individuals to be Athletes' Representatives.

(3) No athlete is permitted to use the services of any Athletes' Representative not authorised by UKA and any athlete who does so may be subject to sanctions in accordance with UKA and/or IAAF Rules together with any Regulations made there under. Athletes' Representatives require authorisation from UKA when acting as an Athletes' Representative in relation to any athlete, whether or not the athlete concerned is subject to the jurisdiction of UKA or competing within the United Kingdom.

(4) UK Athletics shall establish such procedures as it thinks fit for the authorisation and regulation of Athletes' Representatives. UKA shall be empowered to withdraw, cancel or suspend the authorisation of any Athletes' Representative and all authorised Athletes' Representatives shall comply with such direction(s) that UKA may issue from time to time.

(5) Athletes may use the services of any authorised Athletes' Representative with the prior consent of UKA but no such consent shall be granted and no Athletes' Representative shall receive authorisation unless a contract exists between the athlete and his/her Representative which contains the minimum terms set out in the Guidance Notes issued both by the IAAF and UKA referred to in paragraph (2) above.

RULE 12 PERMISSION TO PROMOTE

- (1) This Rule applies to all disciplines of athletics as defined in Rule 2(4).
- (2) UK Athletics must be notified in advance of any event which may be broadcast live or subsequently in accordance with Rule 13 below.
- (3) All events, other than those identified in (4) below, require specific permission.
- (4) 'Provided they conform to UKA Rules for Competition and do not fall within (2) above, the following athletic events do not require specific permission:
 - (a) Events promoted by, and confined to employees (and their relatives) of any particular business entity.
 - (b) Events promoted by, and confined to, HM Services.
 - (c) Events promoted by, and confined to employees (and their relatives) of a County or District Council or other Local Authority.
 - (d) Events promoted by, and confined to members of any school or Education Authority, pre-service organisation or other recognized juvenile organisation, provided that the relevant National or County Association or Committee is affiliated to the appropriate National Association.

(5) Permission to Promote will be granted by UK Athletics. UKA may make such procedural arrangements (including delegation to other bodies) for the administration of its powers as it sees fit. It shall hereinafter be called the Permitting Authority.

(6) Applications for permission to promote should be made in writing, accompanied by the appropriate fee, to the Permitting Authority.

(Applications must be made at least eight weeks before the proposed date of a cross country event, or six months before the proposed date for other promotions) The application must be made on the standard form approved for the purpose and shall contain such additional information as the Permitting Authority may require. The Permitting Authority has discretion whether to grant or refuse permission and shall be entitled to apply to a grant of permission such conditions as it thinks fit.

Event Organisers may appeal against the decision of a Permitting Authority, Notice of Appeal must be sent to UKA within 14 days of receipt of such decision and must be accompanied by a deposit of £30 which will be refundable at the discretion of UKA. The Chief Executive of UKA shall, in a timely manner, pass the papers to a UKA appointed panel which will consider and determine the Appeal within four weeks. The decision of the panel shall be final and binding.

- (7) Applications must include undertakings by the applicant to:
- (a) adopt and comply with UKA Rules for Competition.
 - (b) include the words 'Under UKA Rules' upon all advertisements, programmes and printed matter issued in connection with the athletic event.
 - (c) organise and manage the event to the appropriate standard and comply with any additional requirements or conditions of the Permitting Authority.
 - (d) state in all advertisements, programmes and printed matter that a Licence to Promote has been granted and have the licence available for inspection at the venue.
- (8) Any Body that promotes, or is involved in the promotion of any athletics event in contravention of this Rule shall be liable to disciplinary action (including suspension of membership), and any person taking part in such a competition may thereby be disqualified from competing under UKA Rules.

RULE 13 NOTIFICATION OF EVENTS TO BE BROADCAST

(1) No body involved in the promotion or organisation of athletics, whether or not affiliated to UK Athletics and whether or not resident in the United Kingdom, may permit any athletic event, competition or promotion held in the United Kingdom to be broadcast whether live or subsequently or be directly or indirectly party to such broadcasting without having notified UK Athletics in advance

(2) Notification of any athletic event, competition or promotion to be broadcast must be made in writing to the Executive Board of UK Athletics as soon as possible and in any event, at least nine months prior to the date on which the athletic event, competition or promotion is intended to be held. A notification may be made later than nine months prior to the date of the event, competition or promotion only in exceptional circumstances.

(3) Notification must contain all such details as the Executive Board may require and in particular adequate details (as to date, venue, format, organiser, likely competitors and proposed sponsor) to enable a broadcaster to respond to a proposal. Any changes must immediately be notified to the Executive Board which may regard any previous notification as void and require anew notification based on the revised details.

(4) No person may permit any athletic event, competition or promotion held in the United Kingdom to be broadcast whether live or subsequently or be directly or indirectly party to such broadcasting unless that event, competition or promotion has been offered to UK Athletics' broadcaster of first choice for broadcasting and that broadcaster of first choice has declined to broadcast that event, competition or promotion.

(5) If UK Athletics' broadcaster of first choice has indicated that it would wish to broadcast an event, competition or promotion, the persons or bodies organising or promoting that event, competition or promotion must cooperate with UK Athletics' broadcaster of first choice in relation to all aspects of the organisation, promotion, recording and televising of that event, competition or promotion.

NOTE: UKA aims to raise the profile of the sport to a higher level by obtaining as much broadcast coverage of athletics events as possible and believes that this can best be achieved by a co-ordinated approach to such broadcasting. UKA considers it is in the best interest of all concerned that athletics events, competitions or promotions are televised or recorded for radio or broadcast by any other means by UKA's broadcaster of first choice from time to time.

RULE 14 ENTRIES

(1) Every entry shall be made to the Secretary or other authorised official of the promoting Body.

(2) Any Club, Association or Managing Body has the right to refuse any entry without assigning a reason to the entrant, but the reason must be disclosed to UKA if requested.

(3) No entry either for individual or team events may be made except upon the form of entry issued or approved by the Permitting Authority.

(4) Every entry must be dated and state fully and accurately the particulars required by the official entry form issued or approved by UKA. No one shall be allowed to compete unless an entry form is completed in accordance with this Rule and anyone whose entry form is not so completed shall forfeit the entrance fee.

(5) Every entry must be made in the true, legally registered name of the competitor and this name shall appear on the programme.

(6) Every individual entry shall be confirmed by the intending competitor, who shall be responsible for all statements therein and any omissions there from,

whether the athlete actually made the entry or not. Any individual making a false entry shall be dealt with for misconduct.

(7) For twelve months following a change of name, whether by marriage or otherwise, a competitor must include both the new and former names on every entry.

(8) Every entry for an event limited by age shall state the date of birth and present age in years and months of the intending competitor and every such entry shall, if required, be verified subsequently by the production of a birth certificate.

(9) Where a team declaration is required for an event, this entry shall be verified by the Secretary or other authorised official of the Club on whose behalf the entry is made, and the Club shall be responsible for the accuracy of the information given by such official. Any affiliated Club making a false entry shall be dealt with for misconduct.

(10) Participation in a competition under UKA Rules shall only be valid if the stipulated entry fee has been received.

RULE 15 PROGRAMME AND PUBLISHED MATTER

(1) All advertisements, programmes and printed matter shall state that the meeting or competition is being held "Under UKA Rules".

(2) Promoters of an Open Team event must declare in advance which team awards are included within the event or race and the manner in which they will be decided. In the case of a relay race the distance of each section and the order in which sections are to be run must be similarly declared.

RULE 16 ADVERTISING AND SPONSORSHIP

(1) All advertising and sponsorship contracts (other than the sponsorship of events) with any Club or individual athlete under the jurisdiction of UKA must be registered with UKA.

(2) Advertising on competition clothing by the sponsor of a Club or Association is permitted subject to the following conditions:

- (a) The specific design of the advertising material to be used, together with the name of the sponsor(s) shall be submitted by the Club or Association to UKA for prior approval and registration.
- (b) The advertising material may appear only on the vest of the Club or Association and/or a tracksuit.
- (c) Only one such identification may appear on each vest or tracksuit. The identification shall be maximum of 40 square cm, with lettering maximum height of 4cm. The size of the identification is to be measured while worn by the athlete.

(3) In competitions held under UKA Rules (but not IAAF Rules) an athlete may wear an identification of a personal sponsor. The identification may appear only once and must be maximum of 20 square cm, with any lettering maximum

height of 4cm. If the identification is solely a logo then this must be maximum of 20 square cm with maximum height of 5cm.

RULE 17 CLOTHING

(1) In all events competitors must wear at least vest and shorts (or equivalent clothing) which are clean and so designed and worn as not to be objectionable, even if wet.

(2) In team or relay races all competitors must wear registered vests of the same design and colour of the team they are representing, unless the Referee has given permission for a change to be made.

NOTE 1: This Rule does not preclude the possibility of clothing being different in style between participants in the same team e.g. vests of different length, cut of sleeve or collar etc. Any team clothing should, though, still broadly correspond in colour and design notwithstanding these differences.

NOTE 2: Clubs are permitted to have two sets of colours registered at any one time. In team or relay races all competitors should wear registered vests of the same design.

(3) In individual English County, Scottish District, Welsh Regional and National Championships, (but excluding Road Running) athletes must wear the vest of their first-claim affiliated Club, their County or National vest, or any other Representative vest approved by UKA. The affiliated Club concerned must be the one which in terms of Rule 2(4) caters for that particular discipline of athletics.

NOTE: In exceptional circumstances the Referee may grant permission for an alternative vest to be worn.

(4) Except as is allowed for in Rule 16, competitors are not allowed to take into an arena or course any form of advertising material, nor to display on their person any such advertising other than:

- (a) the accepted name of their affiliated Club in lettering which should not exceed 4cm in height. In the case of County vests the lettering indicating the name shall not exceed 6cm in height.
- (b) a single Trade Mark of the manufacturer of the clothing they are wearing which may appear on the upper body attire. This Mark must not exceed 20 square cm, with the lettering maximum height of 4cm and the total logo maximum height of 5cm. On lower body attire the logo shall not exceed 20 square cm with maximum height of 4cm and may only appear once.

RULE 18 NUMBER CARDS

(1) Competitors shall be supplied with and wear during competition a distinctive number card corresponding with their number in the programme or

start list. No competitor shall be allowed to take part in any competition without wearing the appropriate number card(s) and such card(s) must be worn as issued and not be cut, folded or otherwise concealed or mutilated in any way. In races in excess of 10,000m these cards may be manufactured with perforations to assist the circulation of air, but the perforations must not be made on any of the lettering or numerals which appear on them.

(2) Organisations which have contracts with commercial sponsors for the addition of lettering on number cards to be worn at meetings, are not to allow this lettering to exceed 5cm in height.

(3) Organisers must ensure that the same style of number card is issued to, and worn by, all competitors taking part in the meeting.

RULE 19 BETTING

All betting is strictly prohibited.

RULE 20 CHALLENGE CUPS

A Challenge Prize belongs to the Promoting Body unless won outright, and must be returned by the holder on request, even in the event of the competition not being held or being discontinued.

RULE 21 ASSISTANCE

- (1) The following shall be interpreted as assistance
 - (a) Pacing by persons not participating in a race, unless assisting a blind or partially sighted runner.
 - (b) Receiving advice or similar assistance during an event from an individual located within the competition area.
 - (c) The use of any technical device. Athletes receiving assistance as defined above are liable to be disqualified.
- (2) The following shall not be interpreted as assistance:
 - (a) Communication during an event between athletes, and other persons not within the competition area.
 - (b) A medical examination during the progress of an event by medical personnel solely to determine whether an athlete is fit enough to continue in the competition.
 - (c) The use of heart monitors in races in excess of 10000m.

NOTE: The competition area is defined as the area where the competition is being staged and which has access restricted to the competing athletes and appropriate officials.

RULE 22 MISCONDUCT

(1) Any individual athlete or official of an affiliated Club making a false entry for competition shall be dealt with by the appropriate National Association for misconduct.

(2) Any competitor (or other person) interfering or attempting to interfere with the decision of an event official, or indulging in unfair practices or misbehaviour, including the use of offensive or abusive language shall, at the discretion of the Referee, be disqualified from the competition and, if deemed necessary, reported to the appropriate National Association for further action. Performances achieved in the competition from which they were disqualified shall not stand.

NOTE: The use of offensive language audible to others should normally attract a warning from the Referee, but, if targeted at an official should immediately attract a disqualification.

(3) Athletes or officials who breach the Rules of Competition or conduct themselves in a manner which may bring discredit to the sport of athletics may be reported to the appropriate National Association to take such action as it deems necessary .

(4) The Board of UK Athletics may, at its discretion, refer any matter to its Independent Appeals Panel once a decision has been taken by the appropriate National Association.

(5) The Board's decision as to which Association is the appropriate National Association to deal with any matter falling within this Rule shall be final and binding.

RULE 23 PROTESTS AND APPEALS

(1) Any protest or objection against the qualification to compete, or the statements in the entry form of another competitor or Club shall be made to the Referee or to the appropriate National Association in the manner prescribed in (2) below. When practicable such protest or objection should be made before the date of the competition, or normally within 14 days of the date of the competition.

(2) Every protest or objection lodged under (1) shall be accompanied by a deposit of £10 and shall be made in writing and be signed by the individual objector or by an authorised official. If, upon investigation, the protest or objection shall appear to have been made on no reasonable grounds, the deposit shall be forfeited to the appropriate National Association.

(3) The Referee may decide the protest or objection made under (1) on the ground, but if the decision is objected to at the time, the Referee shall be required to refer the matter to the appropriate National Association. Any protest or objection referred in this manner shall be decided within one month of receipt by that Association.

(4) In the event of a protest or objection being lodged against a successful competitor, team or Club, the prize or prizes shall be withheld until the protest or objection shall have been finally disposed of in a manner provided for in this Rule. If within a period of three months from the date of the competition the protest or objection shall be sustained the prize or prizes shall be awarded as if the competitor, team or Club objected to had not taken part in the competition.

(5) Any competitor, team or Club may appeal against the decision of a National or other appropriate Association. Notice of Appeal must be sent to UKA within 14 days of receipt of such decision and must be accompanied by a further deposit of £50, which will be refundable at the discretion of UKA. The appeal will be determined in accordance with the procedures established by UKA.

(6) Without prejudice to the foregoing, where any dispute exists between any person, or between any person and a National or other appropriate Association, or UKA, any party to such dispute may refer the matter for resolution in accordance with the Appeal Procedure established by UKA. Any application for such an appeal must be received within two calendar months of the date of the event or of the decision being contested. UKA shall convene a Hearing within two months of receipt of the Notice of Appeal and shall notify all parties deemed to be involved in the Appeal. No new evidence will be accepted by UKA that has not been submitted previously to the Associations concerned.

RULE 24 DOPING

Doping in or out of competition is strictly forbidden and is an offence. (For details of the rules, regulations and procedures regarding doping control, together with currently banned substances, refer to the Rules, Procedures and Guidelines on Doping Control produced by UKA).

ROAD RUNNING RULES

In reading these rules the term 'Promoter' can be taken as 'Promoting Body'. Where the Race Secretary is mentioned this can refer to the person in the race organisation who performs a similar function. Separate sections deals with rules for long distance track races and for those with a disability.

RULE 201 GENERAL

General Rules 1 – 24 apply.

RULE 202 LICENCES

- (1) Any Promoter wishing to hold a road race must:
 - (i) Consult the local Police Force and inform the relevant Local Authorities and Emergency Services
 - (ii) Obtain a Road Race Licence from UKA
 - (iii) Adopt the Rules of UKA.
- (2) The following shall be deemed to be a race under UKA Rules and will require the issue of a Road Race Licence before they can be held:
 - (i) Events in which awards or prizes are given in accordance with the finishing order of runners and/or
 - (ii) Events which pay appearance money or otherwise contract athletes to appear.
- (3) All Promoters who wish to stage any road race must apply for a Road Race Licence must make an application on the official Road Race Licence Application Form to the Road Race Secretary of the appropriate Association in the manner specified by that Association.
- (4) An application for a Road Race Licence must be accompanied by a draft copy of the planned race entry form / advertisement / prospectus, a map of the proposed course and the current Registration Fee identified on the Road Race Licence Application Form. The appropriate Association shall have the power to reduce or waive the Registration Fee.
- (5) Any Promoter to whom a Road Race Licence has been granted by UKA must:
 - (i) insert the words 'Under UKA Rules', and the unique Licence Code as issued to the race when the licence is granted, upon all printed matter associated with the Road Race.
 - (ii) make the Road Race Licence available for inspection by any runner or official.
 - (iii) grant a minimum discount of £2 from the advertised race entry fee to any member of an affiliated Club which is also registered with a National Association.
 - (iv) within one month of the race being staged, submit the Road Race Promoter's Return Form issued with the Licence, with copies of the

full race entry and results list, together with a completed questionnaire form for grading purposes, to the relevant Permitting Authority.

Failure to comply with the requirements of the Permitting Authority in the issue of a Race Licence may lead to the withholding of future licences to the Promoter or such person as the Authority deems fit.

RULE 203 RACE CLASSIFICATION

(1) An open road race is one which is open to all eligible runners subject to the restrictions on age and distance as defined in Rule 207.

(2) A closed road race is one open only to runners in a particular Service, occupation, business house or educational establishment.

(3) An open team road race is open to all Clubs affiliated to UKA or to other recognised Governing Bodies of athletics. All scoring team members must be eligible first claim members of that Club.

(4) A closed team road race is confined to Clubs affiliated to UKA or other recognised Governing Body of athletics, within a particular category, e.g. Services, trade, occupation, business house, educational establishment.

NOTE: Team races may be included by Promoters within any race subject to the above classifications.

(5) Promoters must declare in advance which team awards are included within the race and the manner in which they will be decided.

(6) Events for Masters shall be confined to athletes who are at least 35 years of age on the day of competition.

RULE 204 TEAM RACE ELIGIBILITY, DECLARATIONS AND SCORING

(1) All athletes in an open team race must be First Claim members of the Club they are entered to represent.

(2) First Claim membership of a Club which has no road running section shall not debar a runner from competing in a road running team race for the Club which has next claim upon the athlete's services.

- (3) (i) Where separate team entries are required, these shall be verified by an authorised member of the Club on whose behalf the entry is being made, and the Club shall be held responsible for the accuracy of the information given, and the eligibility of all team members so entered.
- (ii) In a race where separate team entry is not required the individual athlete will be responsible for the accuracy of the information with regard to eligibility on the entry form.
- (iii) The ineligibility of a runner in a team race held within a race does

not necessarily result in the disqualification of the Club concerned. In such cases the result shall be decided as if the ineligible runner had not taken part in the team race.

(4) In the event of a Club that has not operated a road running section and subsequently does so, that Club cannot claim the services of any runner who has previously represented another Club in road running team races unless that runner had resigned from membership of the Club which he/she last represented in a road running team race.

(5) In closed team races, or races confined to runners with a definite National / Regional / County / District qualification, the first claim rule only applies to those Clubs eligible to take part.

(6) Promoters must specify, prior to the event, whether Clubs are to declare their teams prior to the start of the race.

(7) Promoters may nominate a time before which all team declarations must be submitted.

(8) Team positions in road race team competitions may be decided by the total achieved by adding the times of all scoring members together, the team with the lowest aggregate time taking precedence. Alternatively the competition may be decided according to the finishing positions of the scoring members of the team.

The team scoring the least number of points, according to the positions in which the members of the team finish whose positions are to count, shall be the winner; the positions of the non-scoring members of a team, whether it finishes all of its members or not, shall be scored in computing the totals of the other teams. In the event of a tie on points, the team whose last scoring member finishes nearest first place shall determine the result.

(9) All teams in a Road Relay must be declared before the start of the race and the stage order of runners specified in the manner laid down by the Promoter. No changes may be made in the declared order of running without the prior approval of the Race Referee and the Promoter.

RULE 205 ROAD RELAYS

(1) Rule 8.1 applies.

(2) Where the number of stages in the relay exceeds eight, the number of entries will be restricted to twice the number of runners entitled to compete per team, or 24 whichever is the greater.

(3) Where a team includes a runner who has already run a stage of the race that team shall not, subject to the entry conditions of the race, be included in the official results.

RULE 206 ENTRIES

(1) Any Promoter applying for a Road Race Licence must set a closing date for the normal acceptance of entries. Any competitor entering after this date may, if the entry is accepted, be charged an additional late entry fee if the Promoter so wishes.

(2) Every entry for a race shall be made to the Race Secretary on the official entry form, or the Universal entry form (if acceptable to the Promoter) as approved by the appropriate Association.

(3) Entries shall be made in the competitor's true name as legally registered and must be completed with the correct age/date of birth and other details.

(4) A Promoter must exhibit a listing, or provide a programme, showing all entries received by the published closing date. A list of all entrants, including any late entrants, must be handed to the Referee before the start of the race.

(5) Any Promoter has the right to refuse any entry without assigning a reason, but the reason must be disclosed to UKA if requested.

(6) A runner whose entry is accepted after the published closing date may, at the discretion of the Promoter:

- (i) not be eligible for any individual prize.
- (ii) not be eligible as a scoring team member in a team race.

(7) Runners who compete in any road race which does not have a UKA Licence may thereby render themselves liable to suspension. This does not apply in the case of Fun Runs.

RULE 207 AGE GROUPS

(1) Promoters may make such age limits as they think fit provided that the conditions of the race do not contravene any rules regarding distances which may be run, and provided that the race is not advertised under the title of any of the recognised age categories as listed below.

(2) For Championships and many other races young athletes are grouped into age categories. The Competition Year extends from 1st October to 30th September in the following year.

- (i) Under 13 Boys and Girls (School Years 7 & 8 and some year 6)
Road Running competitions for Under 13's shall be confined to competitors who are age 11 on the day of competition, or 12 on 31st August prior to the commencement of the Competition Year as defined above.
- (ii) Under 15 Boys & Girls (School Years 9 & 10)

Road Running competitions for Under 15's shall be confined to competitors who are aged 13 or 14 on 31st August prior to the commencement of the Competition Year as defined above.

- (iii) Under 17 Men & Women (School Years 11 & 12)

Road Running competitions for Under 17's shall be confined to competitors who are 15 or 16 on 31st August prior to the commencement of the Competition Year as defined above.

(iv) Junior Men & Women

Road Running competitions for Junior Men and Women shall be confined to competitors who are aged 17, 18 or 19 on 31st August prior to the commencement of the Competition Year as defined above.

(v) Senior Men & Women

For Road Running competitions a Senior is a competitor who is aged at least 20 years on 31st August prior to the commencement of the Competition Year as defined above. In Road Relay competitions Junior Men and Women, as appropriate, may compete in Senior events.

(vi) Masters Men and Women

Road Running events for Masters shall be confined to competitors who are at least 35 years of age on the date of the competition.

(3) The maximum distances permitted in Open Competition for runners are as follows:

Age on day of competition	Maximum Distance for all athletes
Over 11 – Under 13	5000 metres
Over 13 – Under 15	6000 metres
Aged 15 years	10000 metres
Aged 16 years	16000 metres
Aged 17 years	25000 metres
Over 18 – Under 20	Marathon
Seniors	Unlimited
Masters	Unlimited

NOTE: UK Athletics Rule do not specifically cater for athletes under the age of 11 years. This does not necessarily preclude provision by organisers of competitions for events for athletes younger than 11 years, with correspondingly reduced distances to be run.

RULE 208 CLOTHING

- (1) Rule 17 applies.
- (2) A runner failing to comply with the various rules relating to clothing in team races will be liable to disqualification from the team race and the team result shall be scored as if that runner had not taken part in the team race.

RULE 209 NUMBER CARDS

- (1) Rule 18 applies.
- (2) There should be provision for medical information and contact details on the reverse of the number card for prior completion by the athlete.

(3) In Road Relays every athlete must wear the supplied number card(s), which must serve to identify the team and should also identify the stage that the athlete is running.

(4) Numbers are issued to the individual athlete completing the application form and are non-transferable, except with the specific authority of the Race Secretary.

(5) A runner must retire immediately if ordered to do so by a medical officer of the race.

(6) Runners who retire from a race must not remove their number card until they have reported to an official as having retired from the race.

RULE 210 COURSE

(1) The responsibility for providing a suitable course rests with the Promoter who must:

(i) take account of any advice given by the local Police Force, Local Authority and the UKA Course Measurer before publishing details of the course.

(ii) adequately signpost the course.

(iii) appoint marshals to direct runners throughout, particularly at intricate parts of the course and at road junctions.

(2) Races shall be run on tarmac, concrete or paved roads. When traffic or similar circumstances make it unsuitable the course, duly marked, may be on a bicycle path or on a footpath alongside the road, but should not be on soft ground such as verges or the like.

(3) A course that includes a railway level crossing will only be deemed safe and a licence issued where a written undertaking has been obtained from the Railway Track Authority that no train will use the line on the day of the race.

(4) The start and finish area may be in an enclosed ground or athletics arena. If possible the start should not be on a main road.

(5) If a race is advertised as being of a particular distance, then the correctness of that distance must be verified by a UKA registered and graded Course Measurer.

(i) The course must be measured along the ideal line of running, i.e. the shortest possible route, in the section of the road permitted for runners, using a bicycle fitted with a Jones Counter and calibrated to IAAF standards.

(ii) The measured distance must not be less than the advertised distance of the race, nor should it exceed the advertised distance by more than 1%.

(6) All runners must follow the course as designed and follow the normal rules of the road except where otherwise instructed by representatives of the Local Police or Local Authority.

(7) Where any part of a road used for a race is open to traffic at the same time as the competition is in progress, a runner must remain on the left hand half of the road (unless directed otherwise by the Police or a race official)

(8) The Race Referee has the power to disqualify any runner who does not follow the correct course or obey the instructions of Police or race officials.

RULE 211 REFRESHMENTS

(1) In full Marathons and longer races, Promoters must supply drinks to cater for the entire field at a minimum of every 5km throughout the race.

(2) In races of 10km and above Promoters must supply drinks at intervals of at least 5km.

(3) In races of less than 10km, drinks may be provided by the Promoter.

(4) A Promoter must provide additional drink stations on the advice of the Race Medical Officer.

(5) A Promoter should provide drinks for the entire field at the finish.

RULE 212 ASSISTANCE

(1) No attendant shall accompany any runner in a race unless to assist a blind or partially sighted athlete.

(2) No person is permitted to join in a race, whether to accompany the runners for the whole of the distance or any part or stage of the race unless he / she has been properly entered for the race and is eligible to run.

RULE 213 TRANSPONDER TIMING

- (1) The use of transponder timing systems is permitted, provided that:
- (i) the system requires no action by an athlete during the competition, at the finish or at any stage in the result processing.
 - (ii) The weight of the transponder and its housing carried on the athlete's uniform, race number or shoe is not significant.
 - (iii) None of the equipment used at the start, along the course or at the finish line constitutes a significant obstacle or barrier to the progress of the athlete.

(2) At the finish the athletes shall still be placed in order in which any part of the torso reaches the leading edge of the finish line. (See Rule 113.3) The Referee shall be the final arbiter regarding the finishing order of the athletes.

(3) In competitions where the promoter chooses to use a transponder timing system, each competitor must wear the necessary equipment, as directed by the event promoter. Failure to wear the necessary equipment as issued may result in disqualification.

RULE 214 PRIZES

(1) Any competitor who is subsequently found to be ineligible for a particular prize or award must return it forthwith on being requested to do so by the organiser.

(2) A Promoter may award team prizes to non-affiliated organisations provided that members of such an organisation are not also members of affiliated athletics Clubs.

(3) Any runner eligible to compete in the same race in open competition and without an age category (e.g. Under 21 or Masters) who finishes in a position that qualifies for more than one individual prize, shall be allowed to select only one of these prizes, unless the Promoter has decreed otherwise on the race entry literature supplied to the runners.

RULE 215 OBJECTIONS AND APPEALS

(1) Any runner or affiliated Club objecting to the conduct or the result of a race, shall raise that objection with the Race Referee on the day of the race

(i) if the results are not available on that day, then such an appeal may be made at any time up until 14 days after the publication of the results.

(ii) in such cases the appeal should be made to the Race Referee through the Race Promoter.

(2) If, as a result of an appeal under (ii) above, a runner is disqualified or the race result otherwise altered, the Referee shall inform the Race Promoter of the amended result, in writing, within 14 days. The Race Promoter must then inform the individual(s) affected by the decision and, if required, take steps under Rule 214.1 to recover any prizes or awards made to the athlete(s).

CROSS COUNTRY RULES

RULE 500 GENERAL

Rules 1–24 apply to all cross country competitions held under UKA Rules.

RULE 501 CLUBS

A Cross Country Club is defined as one which annually declares to the appropriate Association that it intends to compete in team competition in cross country events.

RULE 502 SPARE

RULE 503 OPEN EVENTS

Open cross country races must be advertised and decided under these Rules. Appropriate entry forms must be used for all individual entries. Inter-Club races for which no entry fee is charged are not considered Open Events.

RULE 504 ENTRIES

(1) All entries must include the full name, address, date of birth and affiliated Club of the competitor. Any Promoter granted a Cross Country Licence by UKA must impose, in addition to the basic entry fee, an additional fee of £2 (to be known as the "Additional Unattached Entry Fee") on every entrant in an Open Cross Country race who is not a member of a Club affiliated to a National Association. The additional entry fee is only applicable to participants in Senior competitions. Any additional entry fees collected are payable to the Permitting Authority within one month of the date of the competition and must be accompanied by copies of the full entry list and results.

(2) Upon changing surname competitors must, for one year, insert both names on all entry forms.

RULE 505 INFRINGEMENTS

No athlete shall join a cross country race who is not qualified to compete. Athletes infringing this rule shall be liable to expulsion from any race under the jurisdiction of UKA and could render their Club liable to disqualification.

RULE 506 THE START

The start should be signalled by the firing of a gun or other similar apparatus. An athlete crossing the starting line before the starting signal is given shall be liable to disqualification.

RULE 507 AGE GROUPS

For Championships and many other races young athletes are grouped into age categories. The Competition Year extends from 1st October to 30th September in the following year.

(i) Under 13 Boys and Girls (School Years 7 and 8 and some Year 6)

Cross country competitions for Under 13's shall be confined to competitors who are aged 11 on the day of competition or 12 on 31st August commencement of the Competition Year as defined above.

(ii) Under 15 Boys and Girls (School Years 9 and 10)

Cross Country competitions for Under 15's shall be confined to competitors who are aged 13 or 14 on 31st August prior to the commencement of the Competition Year as defined above.

(iii) Under 17 Men and Women (School Years 11 and 12)

Cross Country competitions for Under 17's shall be confined to competitors who are aged 15 or 16 on 31 August prior to the commencement of the Competition Year as defined above.

(iv) Junior Men and Women

Cross Country competitions for Junior Men and Women shall be confined to competitors who are aged 17, 18 or 19 on 31st August prior to the commencement of the Competition Year as defined above.

(v) Senior Men and Women

For Cross Country competitions a Senior is a competitor who is aged at least 20 on 31st August prior to the commencement of the Competition Year as defined above. Junior Men and Women may compete in Senior events as appropriate and subject to the maximum distances for their age group not being exceeded.

(vi) Masters Men and Women

Cross Country events for Masters shall be confined to competitors who are at least 35 years of age on the date of the competition.

RULE 508 MAXIMUM DISTANCES

Age Group	Maximum distance
	Male/Female
Under 13 years	3500 metres
Under 15 years	5000 metres
Under 17 years	6500 metres
Under 20 years	10000 metres
Seniors	Unlimited

NOTE: UK Athletics Rules do not specifically cater for athletes under the age of 11 years. This does not necessarily preclude provision by organisers of

competitions for events for athletes younger than 11 years, with correspondingly reduced distances to be run.

RULE 509 TEAM SCORING

The team scoring the least number of points, according to the positions in which the members of the team finish whose positions are to count, shall be the winner; the positions of the non-scoring members of a team, whether it finishes all of its members or not, shall be scored in computing the totals of the other teams. In the event of a tie on points, the team whose last scoring member finishes nearest first place shall determine the result.

RULE 510 MIXED COMPETITION

Licences for mixed competitions will be considered provided all competitors are 17 years or over.

RULE 511 RELAY COMPETITIONS

In cross country relay races where a team includes a runner who has already run a stage of the race, that team shall not, subject to the entry conditions of the race, be included in the results. Competitors must compete within their respective age groups as defined in Rule 507.

RULE 512 TEAM RACES

An Open Team Race is one open to all affiliated Clubs within a defined geographical area. All scoring members must be eligible first claim members of that Club.

RULE 513 REGISTRATION OF CROSS COUNTRY LEAGUES

All Cross Country Leagues must be registered with the respective National Association, setting out its Constitution, together with the names, addresses and telephone numbers of its Officers. These details must be updated immediately following each Annual General Meeting of that League. Before any new Cross Country Leagues are formed at any level, the organisers must apply to the appropriate National Association prior to commencing activities. The application must identify the aims and objectives of the League and include a copy of the draft or agreed Constitution, together with the names and addresses of those persons intending to establish that League.

RULE 514 TRANSPONDER TIMING

- (1) The use of transponder timing systems is permitted provided that:
 - (a) the system requires no action by an athlete during the competition, at the finish or at any stage in the result processing.

- (b) the weight of the transponder and its housing carried on the athlete's uniform, race number or shoe is not significant.
- (c) none of the equipment used at the start, along the course or at the finish line constitutes a significant obstacle or barrier to the progress of the athlete.

(2) At the finish the athletes shall still be placed in order in which any part of their bodies (i.e. the torso as distinguished from head, neck, arms, hands, feet and legs) reaches the vertical plane of the nearer edge of the finish line. The Referee shall be final arbiter regarding the finishing order of the athletes.

(3) In competitions where the event promoter chooses to use a transponder timing system, each competitor must wear the necessary equipment, as directed by the event promoter. Failure to wear the necessary equipment as issued may result in disqualification.