

UKA RULES for COMPETITION - FAQ

From time to time questions where clarification of UKA Rules is required. Answer to questions raised are listed below in rule number order and will continue to be updated as queries occur. Where any changes have been made to the Rule Book then the electronic copy of the Rule Book will be updated on the UKA website at <http://www.uka.org.uk/competitions/rules/> Email: rules@uka.org.uk

Added in this update

Rule no.	Query	Response	Comment
21 S1(i)	Is a Club member who competes only on the Road, Fell or Trail regarded in the same way as an unattached entrant, in other words is he / she exempt from the requirement to register?	He / she is exempt from the requirement to register as long as he / she is only competing as an individual and not as a team member.	The rule requires all athletes to be registered; exemptions apply for anyone competing as an individual only in Road, Fell or Trail races.
21 S3(1)	What are the “tangible assets” that can be applied to withhold acceptance of a First Claim member’s resignation?	“Tangible assets” are defined as physical property that is owned by the club and loaned or temporarily awarded to a member of that club. It will include trophies and equipment such as poles and throwing equipment.	If the athlete’s annual registration fee to the National Association has been paid by his / her first claim club then it is deemed that the athlete has paid any fees due to the club.

Rule no.	Query	Response	Comment
21 S3(6) & 21 S1	Can an athlete who has been a club member and registered with a National Association, but who only competes as an individual in Road, Fell & Hill and Trail races, revert to 'unattached' status?	Yes – the exemption granted in Rule 21 S6 applies to the requirement to join a club, remain as a club member and be registered with a National Association. If reverting to individual status then the athlete must, where appropriate, pay “unattached” entry fees to races. However, once an athlete (including road runners) competes in any team competition then rule 21 S4 (3) applies and that athlete must be a fully registered, paid up, club member.	Should the athlete also participate in any Track & Field, Cross Country or Race Walking events then the exemption cannot apply, and the athlete must be a club member and registered with a National Association.
21 S3(8)	Is the eligibility transfer process for athletes claiming exemption under the three year inactivity condition the same as for regular applications?	All applications are subject to scrutiny to ensure that the option is not abused and that all conditions of non-payment of club fees and not having competed for three years are fulfilled.	The move to online applications will improve scrutiny processes and allow faster decisions where required.
21 S6 (2) & (3)	Can an athlete with a birth / residential qualification in one area (A) and membership of a club in a second area (B) compete as an individual in area (A) and as a club team member in area (B) within the nine month period specified in rule 21 S6(2)(c).	Yes – he / she may not hold the necessary birth / residential qualification to allow competition in the individual championships in which his / her club is situated and consequently individual and team events can be considered separately. The nine month limitation will apply to competition in either individual or team events.	

Rule no.	Query	Response	Comment
21 S7(1) Note 2	Must an entrant to a National Championship which is incorporated in an open event be registered with their National Association?	In any UKA or National Championship “incorporated into another Open event” and endorsed directly by UKA or a National Association athletes on the entry sheet (or those understood to be capable of being included on that National Association result sheet) for that National championship must be registered athletes with a National Association and cannot be “Unattached” regardless of discipline, whereas others competing in that “open event” may be Unattached subject to the conditions of that competition.	
21 S7(1) Note 2	Do these registration conditions apply to members of the FRA or TRA but not registered with a National Association when entering a FRA or TRA championship?	No – FRA and TRA members may enter championships in their particular discipline without being registered with their National Association.	
141 S2(7) and 147 S1	What are the rules concerning mixed track and field competition. In field events boys and girls, men and women commonly compete together below championship standard in local matches etc. When is this permitted for track events, including graded events?	Rule 141 S2(7) says that different age groups can compete against each other if the event is appropriate for their age, specifically in respect of maximum permitted distances. Rule 147 S1 allows mixed competition in track races from 800m upwards.	Mixed graded events may be staged at all distances, subject to maximum distances applicable to each age group.

Rule no.	Query	Response	Comment
143 1	My club is considering a new vest design that does not meet the rule requirement to be the same colour on the front and back of the vest.	The rule that determines kit colour can be ambiguous in that it refers to colour and not design, eg hoops, stripes, etc. Vest suppliers are introducing new designs where the fronts and backs of the vests are significantly different. It is acceptable for designs on the front and back to differ, but the colours used must be the same.	Note that all members of a team must continue to wear kit of the same design to ensure fair competition and awareness of other competitors in team races.
143 S1(2)(i)	Can branded clothing be worn in competition where the number and sizes of the logos exceed the maximum stated in Rules, e.g. Nike Pro+ shorts?	This is permitted in a domestic competition. The last sentence of this rule allows the exception for “branded clothing”. Note that IAAF Advertising Regulation 4.1.2.1 allows a manufacturer’s logo to be 30 cm ² with a maximum height of 5 cms and maximum letter height of 4 cms.	Greater flexibility has been included in this rule book for athletes competing in domestic competitions. This flexibility is not however permitted at meetings held under IAAF Rules. Competition Providers, including organisers of championships, may exclude this flexibility under their competition rules but should notify athletes prior to the event day.

Rule no.	Query	Response	Comment
143 S1(3)	My club has two vests registered for use in competition – can they both be used in a track & field team competition or can we only use one of them?	Rule 143 S1(3) says that “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 2 endorses this and Note 3 adds that “Clubs are permitted to have two sets of colours registered at any one time”. With regard to the query raised in respect of track & field team competition all team members in a relay team must wear the same vests and, to avoid confusion, this also applies to all other races where more than one competitor from the same club is competing in the same race. Competitors competing in separate races (A & B string races) may wear differing vests.	The rule specifically refers to races and so the same condition does not apply to field events unless the Competition Provider has an overriding condition in place (Rule 21 S4(6)). Any permission given by the Referee to agree a change to this rule must be made before the athlete commences a competition
143 S1(3)	Is it acceptable to wear a T-Shirt in competition?	Yes - as long as it is in the same colours as your registered club vest.	In team races clothing of different styles may be worn – vest, crop top, t-shirt but they must all be of the same colours and clearly of the same club.

Rule no.	Query	Response	Comment
144 (1)(b)	What is the definition of the Competition Area?	The note to this rule defines it as <i>“The competition area, which normally also has a physical barrier, is defined for this purpose as the area where the competition is being staged and which has an access restricted to the competing athletes and personnel authorised in accordance with the relevant Rules and Regulations.</i>	
147 S1	Are there any restrictions on young athletes competing against older athletes in Mixed Graded track races?	No. The rule introduced in the 2018 Rule Book has been rescinded and no restrictions are placed on U13 and U15 athletes.	The age group rules that set maximum distances for young athletes continue to apply in Mixed Graded track races.
144 (4)(a)	Can athletes and coaches communicate during the event?	This rule allows communication but states that coaches will have reserved seats in the stand.	The allocation of specific seating areas is not necessary in domestic competition but coaches can only operate outside the competition area.
163.14	Is it acceptable for intermediate times to be given by someone outside the competition area?	Whilst the practice might not be encouraged, it is possible to be given intermediate times by unofficial persons who are situated outside the competition area.	
180 S3	It is understood in domestic competitions that it is necessary to change the order of throws/ jumps after three rounds.	Not so - the competition may be decided by each competitor being allowed from three to six trials, with the number, order and method of qualification decided according to the competition regulations governing that event.	Much greater flexibility is allowed in domestic competitions.

Rule no.	Query	Response	Comment
187 S1	Using another athlete's implement in championships; is it correct that this clause only applies to Age Group competition?	Not so - all references in blue font in the rule book refer to domestic competitions whatever Age Group	Using another athlete's implements without permission only applies at meetings held under IAAF Rules
200 S1	Where do I find Young Athlete Combined Events rules that previously appeared in Rule 140 of the 2014 Rule Book?	References to appropriate Combined Events rules for Young Athletes that appeared in the 2014 Rule Book have now been added to the online Rule Book at http://www.britishathletics.org.uk/competitions/rules/ , page 157.	
214(6)	Is it necessary to run 300m Indoor races in lanes as stated in IAAF Rules?	No - a UKA Supplement will be added to allow athletes to break after the second bend.	Indoor tracks will not normally have the necessary markings for 300m in lanes.
240 S5	Use of headphones - If the athlete wears conductive headphones should they be excluded from these regulations?	Headphones that work by conducting sound through bones and do not sit in the ears are acceptable. Note that whilst Rule 240 applies to Road Running, headphones of all types are not acceptable in Cross Country events.	Hearing is not affected as the ears are not blocked.
240 S5	If headphones are banned should runners with hearing impairment be allowed to run in races on roads open to traffic?	Yes - runners with hearing impairment will be fully aware of road traffic and marshals' instructions through observation.	There is no intention to apply this condition to runners with genuine hearing impairment.

Rule no.	Query	Response	Comment
Rule 240 (3) Note (v)	The rule states that road race courses should be re-measured every five years. The Association of UK Course Measurers (AUKCM) requires that an unchanged road race course should be re-measured every ten years.	The five year rule referred to is an IAAF one incorporated into the UKA 2016 Rule Book. Unchanged road race courses in the UK should be re-measured every ten years, but re-certified by the AUKCM each year.	The UKA 2018 Rule Book will be updated to reflect this.
Appendix 2 (5)	Please explain the object of the introduction of a Level 4P Official status	Level 4P is a designation which could be compared to a driver showing green P plates having recently passed their driving test. Apart from the need for the Official to be assessed it also indicates that they should be provided with an appropriate level of support and mentoring. They would be expected to have the technical skill required to act as a team member at the highest level meetings but may need to be guided as to the procedure and protocols at such meetings which can only be developed in situ. The Peer Group will ensure that Officials at 4P are selected for appropriate meetings for this purpose.	The UKA 2018 Rule Book will be updated to reflect this.