

FRA Requirements for Race Organisers 2020

FRA Rules for Competition 2020

Introduction

The 'FRA Requirements for Race Organisers' lists the actions that Race Organisers (ROs) must take for their event to be licensed by the FRA. They are mandatory.

The 'FRA Rules for Competition' lists the rules applicable to fell races, and applies in conjunction with the UKA/IAAF Rules for Competition. Where the FRA rule differs from the UKA/IAAF rule the FRA wording takes precedence. The 'FRA Rules for Competition' will be applied to FRA Championship races.

1. FRA Requirements for Race Organisers

The RO must agree to carry out the following actions, as a condition of licensing of the event by the FRA:

- a) Consider and take appropriate steps to minimise and communicate foreseeable risks to all competitors, helpers or members of the public affected by the event where this is reasonably practicable and where the risks are beyond those normally inherent in the sport of fell running. The FRA document 'Guidelines for Race Organisers' should be consulted.
- b) Categorise the race according to the criteria in Table 1 for distance, ascent and the use of electronic devices for route-finding.
- c) Differentiate between adult and young runners, and between all participating age groups of young runners (as Table 2), in determining what steps should be taken to minimise such risks.
- d) Ensure that the distance limits by age group (Table 2) are observed
- e) Take all reasonable steps to contact race route landowners/tenants and anyone else with an interest in the land prior to the event, and take their comments or requirements into account.
- f) Limit the number of competitors to a level which is reasonably and safely manageable and which is acceptable in terms of environmental impact.
- g) Use the FRA entry forms for members and non-members, or a form collecting at least the same information. The form must be completed by all runners admitted into the event, or by an adult on behalf of runners under 18. Entrants must agree to the stated conditions and rules.
- h) In general publicity, state the nature of the event, the severity and type of terrain and the suitability or otherwise for novices. Publicity for junior races should specify age limits.
- i) On or before race day publicise and/or display specific information about the event, including: the 'FRA - Requirements for Runners'; the route; the equipment to be carried; a copy of the FRA race licence; a local weather forecast for the day; specific race rules (if any) covering course requirements (such as 'out of bounds' areas or unusual obstacles or hazards); retirement procedures and closing times for checkpoints and for the finish. Copies of the FRA 'Hypothermia' leaflet, or an equivalent, should also be available.
- j) Decide before the event on criteria either for abandonment of the event, or for the use of a pre-planned alternative 'bad weather route'.
- k) Require competitors, including in relays, mountain marathons and orienteering-style events, to carry the kit shown in Table 3.

- l) Provide a waterproof identifying vest number or number card to be worn by competitors.
- m) Use a robust system for accounting for individual race starters and finishers, with a backup check system to resolve any accounting issues on the day. The RO must ensure that every individual runner is accounted for. The Guidelines give examples of suitable systems.
- n) Put in place and direct a team of competent helpers of sufficient size to meet these requirements and be available at all times during the event.
- o) Report to the FRA Secretary any incidents a) requiring FRA action, b) which might result in an insurance claim, or c) involving an injury when the casualty is advised to seek hospital treatment. Good practice is also to report any learning from the event which might help other Race Organisers in similar circumstances. The FRA Incident Report Form has more details
- p) Complete an FRA Race Organisers' Event Check List prior to the event, to be made available to the FRA on request. Retain a signed copy for one year.
- q) Inform all competitors that if they retire from the race they must report to the race finish, even if they report their retirement to a marshal on the course.
- r) The RO must be present at their own race to ensure the event takes place as planned and to manage any incidents that arise. In order to respond rapidly and authoritatively to any incidents, the RO is not permitted to run in their own race.
- s) Any change of RO must be registered with the Fixtures Secretary by submitting a new licence application prior to the event unless a last-minute illness/emergency prevents this, in which case the Fixtures Secretary should be notified before the race and a new licence application submitted retrospectively at the earliest possible opportunity. A replacement RO takes on all the organiser responsibilities and obligations for the event.

Table 1 - Race categories

Fell races shall be categorised according to length, amount of ascent, and use of GPS as follows:

Race length categories

L (Long)	M (Medium)	S (Short)
20 kilometres or over	Over 10 but under 20 kilometres	10 kilometres or less

Race severity categories

Category A	Category B	Category C
Should average not less than 50 metres climb per kilometre	Should average not less than 25 metres climb per kilometre.	Should average not less than 20 metres climb per kilometre.
Should not have more than 20% of the race distance on road.	Should not have more than 30% of the race distance on road.	Should not have more than 40% of the race distance on road.
Should be at least 1.5 kilometres in length.		Should contain some genuine fell terrain.

Use of electronic devices (GPS) for route-finding.

Category G	Category NG
Electronic devices, using for example GPS (global positioning systems), may be used.	Electronic devices (GPS) may not be used for route-finding.

If a race is classified NG (non-GPS) then the use of any electronic device to delineate a route, to display current position on a map, or as a compass, will be prohibited. The use of such a device to display distance travelled, time, speed or altitude will be allowed, as will recording of an actual route for post-race analysis. If such a device is used in an emergency situation then that competitor should retire from the race and declare themselves non-competitive.

Table 2 - Age limits for young runners (under 18)

Race Organisers must stipulate age limits for their events. The minimum age for entry to a fell race is 6 years on the day of the race. The following maximum distance limits for young runners must be observed (ages as on the day of the race). (Note – the age limits listed here are not the same as the junior competition categories, which are specified in terms of age on 31st December).

Young runner age categories

Age 6 or 7 years	Age 8 or 9 years	Age 10 or 11 years	Age 12 or 13 years	Age 14 or 15 years	Age 16 or 17 years
1 kilometre	2 kilometres	3 kilometres	5 kilometres	7 kilometres	10 kilometres

Paired mountain marathons

For paired mountain marathon style orienteering events, over one day or longer, where one of the two runners is under 18 years of age, the other runner must be at least 21 and must also be the parent or legal guardian of the young runner. The minimum age for the young runner is 14 years on the day of the race and the following straight line distance limits apply for each day of the event.

Age 14 or 15 years	Age 16 or 17 years
20 kilometres	25 kilometres

Table 3 - Kit requirements for FRA fell races

Race category	Kit requirements	Notes
Long A, Medium A, Long B	FRA Mandatory Minimum Kit plus any additional kit specified by Race Organiser	FRA Mandatory Minimum Kit is listed below. Additional Race Organiser requirements may include, for example, a thermal layer, bivi bag, torch, water etc.
Short A, Medium B, Short B, all category C races	As Race Organiser specifies	Best practice is to carry FRA Mandatory Minimum Kit, but specific requirements are at the Race Organiser's discretion.
Relays	As above, depending on length of longest leg.	For relays, use the category of the longest leg for all legs.
Orienteering events and mountain marathons	As above, depending on length of the shortest possible course.	For orienteering events and mountain marathons, use the shortest possible course which would complete the event.

Note: FRA Mandatory Minimum Kit (for Long A, Medium A and Long B races) comprises: waterproof whole body cover (with taped seams and integrated attached hood) + hat + gloves + map + compass + whistle + emergency food.
Maps must be on paper. Compass must be conventional non-electronic type.

2. FRA Rules for Competition

The management of fell races in England is delegated from UK Athletics (UKA) to the FRA. Official UKA-authorized fell races can only be registered and granted a licence by the FRA.

Fell races are held under the UKA/IAAF 'Rules for Competition' except where specific exceptions have been adopted. The 'FRA Rules for Competition' (this document) over-rides the UKA/IAAF Rules for Competition if they differ. The UKA/IAAF Rules for Competition are obtainable at britishathletics.org.uk.

For clarification concerning any Rule, please contact the FRA Secretary.

2.1 General Rules

Age Categories

A veteran is a woman or man aged 40 or over on the day of the race.

Junior age categories are defined by age at end of year.

Category	U9	U11	U13	U15	U17	U19
Age at 31/12/20	6, 7, 8	9, 10	11, 12	13, 14	15, 16	17, 18
Year born	2014, 13, 12	2011, 10	2009, 08	2007, 06	2005, 04	2003, 02

Entry fee and Licensing Requirements

No runner may take part in any race without having entered the race in accordance with the Race Organiser's procedures and requirements.

Race entry fees for FRA-registered events shall be the same for all entrants in each category of event (senior, veteran, junior under 9, junior under 11 etc). Pre-entry and entry on the day may be charged at different rates. A small variation to allow for the different costs of on-line or credit card administration is permissible.

2.2 Championship Rules

The following age and eligibility requirements will apply for Junior and Senior English Fell Championships, and may be adopted for any FRA Licenced race at Race Organiser discretion.

Under 23 category.

For Championship races the Under 23 category will include any runner who has not reached their 23rd birthday on 31st December of the year of competition. (This definition will also apply to British Championship events). For races which are not in the Championship the Race Organiser may decide either to adopt the 'age at end of year' or 'age on the day' definition, provided that this is made clear in the race information and at registration.

Individual eligibility

Individuals are eligible to compete if they meet one of the following criteria:-

1. They are a member of an English club affiliated to England Athletics and currently registered (paid up for the year) with England Athletics.
2. They are a member of a club affiliated to another National Association, are currently registered with the National Association, and meet England eligibility criteria (either born in

England or resident in England for a minimum of 12 months before the first Championship race).

3. They are members of the FRA and meet England eligibility criteria (either born in England or resident in England for a minimum of 12 months before the first Championship race).

Team eligibility

Runners may count for a team for their first claim fell running Club only. This Club must be affiliated to England Athletics or other National Association. For runners who are simultaneously members of two clubs, in the event of ambiguity over which club has 'first claim' status an appeal should be made to the Chairman or Membership Secretary at the start of the season.

Runners may change clubs during the season, and will become eligible to count for their new club when the UKA/IAAF 'Transfer from one club to another' has been completed. This applies both to individuals registered with a National Association and to FRA members.

Club vests must be worn for runners to score team points.

2.3 Protests and Disciplinary Matters

The Protest and Disciplinary rules apply to all FRA-licenced races.

- i. The FRA may take such action as the FRA deems to be necessary following a breach of the Rules of Competition or other misconduct by competitors, organisers and other officials at any event coming within the jurisdiction of the FRA.
- ii. Any person who makes a false entry for a race may be dealt with by the FRA for misconduct.
- iii. Any competitor who indulges in unfair practices or misbehaviour, including the use of offensive or abusive language, or who fails to comply with any requirement contained within the current FRA Requirements for Runners (including failure to carry the kit specified by the Rules and/or by the Race Organiser), may be disqualified from a race, at the discretion of the Race Organiser. The Race Organiser must report any such disqualification to the Secretary of the FRA.
- iv. Competitors or Race Organisers who breach the Rules of Competition or who breach any FRA Requirements for Runners or who conduct themselves in a manner which may bring discredit to the sport of fell running may be reported to the Secretary of the FRA. In the case of a breach of the Rules of Competition or of the FRA Requirements for Runners or other misconduct by a competitor in the course of a fell race, then the Race Organiser must report the matter to the Secretary of the FRA.
- v. Any protest or objection against qualification to compete in a race must be made to the Race Organiser, who may refer the matter to the Secretary of the FRA.
- vi. Any protest or objection by a competitor or club against the placing of that or another competitor or a club's team or against the conduct of another competitor must be made to the Race Organiser within one week of the publication of the results.
- vii. Any report or complaint under paragraphs iii) or iv) must be made in writing to the Secretary of the FRA within 21 days of the incident.

- viii. In the event of a report of misconduct or complaint having been made to the Secretary of the FRA, the Disciplinary Sub-Committee of the FRA shall review the matter and determine what, if any, penalties are to be imposed. The review and determination must be completed within one month of the referral of the matter to the Secretary. However, in the case of investigations involving abuse or safeguarding where another party is involved e.g. the Police or Social Services, then the review and determination must be completed within one month of the Secretary of the FRA being notified of the final outcome of the investigations of the other party.
- ix. Any competitor or club may appeal to UK Athletics against the decision of the FRA Disciplinary Sub-Committee. Any appeal must be made in writing within 14 days of receipt of the decision from the FRA