



## **2014 FRA SAFETY REQUIREMENTS FOR FELL RACES and RULES FOR COMPETITION**

### **PREAMBLE**

If you compete in or organise races permitted through the Fell Runners Association (“**FRA races**”), you must familiarise yourself with the following fundamental aspects of the sport. Both competitors and organisers must study some sections in full and should also study the other sections headed “Competitor” or “Race Organiser” although compliance with requirements under these headings is only obligatory for the named party.

This document is split into the following parts:

- Part 1 Introduction for Competitors: Safety, Rules and Equipment
- Part 2 FRA Safety Requirements For Fell Races.
- Part 3 FRA Rules For Competition.

In this document:

- “**must**” is used in an obligatory sense and non-compliance implies a disciplinary sanction may follow.
- “**should**” is used where the FRA Committee is making a recommendation.

Fell racing only exists because of the voluntary efforts of Race Organisers and the FRA will wholeheartedly support them, including disciplining competitors who fail to meet FRA requirements.

It should be noted that Race Organisers are issued with separate guidelines, which supplement this document, when they apply to register races with the FRA.

## PART 1

### INTRODUCTION FOR COMPETITORS: SAFETY, RULES and EQUIPMENT

#### **i) Safety**

The philosophy of fell running is that for senior competitors the runner is primarily responsible for their own safety whilst competing.

This philosophy is set out below in paragraph 1 of Part 2 FRA Safety Requirements for Fell Races (the “**Safety Requirements**”) which, with the FRA Rules for Competition (the “**FRA Rules**”) found at Part 3 of this document, indicate the part that the runner plays in ensuring their own safety, and that of others, whilst competing in FRA races.

It is essential that competitors understand the decisions that organisers may take in light of:

- equipment requirements (section 12)
- retirement procedures (section 9)
- adverse weather conditions (section 5)
- entering FRA races (section 7).

#### **ii) The FRA Rules.**

Fell running is generally informal in nature but it does have some formal rules, set out below in Part 3. The FRA Rules are also mirrored in UK Athletics’ Rules 400 onwards and apply to competitors, organisers and clubs who wish to compete under the auspices of the FRA. They are mandatory on those who compete in or organise FRA races and therefore must be read, understood and complied with.

The most important FRA Rules from the point of view of *competitors* are:

- Rule 6 - demands that all competitors must obey the FRA Rules and any additional rules drawn up by the Race Organiser for each fell race
- Rule 7 - demands that no runner may take part in any fell race without having entered the race in accordance with the rules and the Race Organiser’s procedures
- Rule 8 - deals with retirement procedures
- Rule 10 - defines age and distance limits for junior competitors
- Rule 11 - explains the disciplinary process for notified breaches of FRA Rules.

There are three aspects to competing in FRA races requiring particular comment:

#### **a) Experience Required (“ER”)**

Certain races carry an ER designation which denotes that experience as a fell runner is required for a competitor to consider entering and running in that particular race.

Gauging whether one's experience is suitable for a particular race may not be straightforward but information and advice may be obtained from a variety of sources:

- Running club colleagues
- Race Organiser or the race website
- Researching the FRA's electronic copy of the late Bill Smith's Studmarks on the Summits available at: <http://www.fellrunner.org.uk/studmarks/>
- "Races" part of the FRA Forum: <http://forum.fellrunner.org.uk/forumdisplay.php?3-Races>.

If any runner doubts their ability to compete in a specific race, they are advised to contact the relevant Race Organiser to outline their fell running history and discuss if the race is suitable for their level of experience. Realism and truthfulness will be important. Race Organisers know their races, may have been organising them for many years in all weathers and underfoot conditions, and should be listened to.

No potential competitor has the right to enter any FRA race and a Race Organiser is free to refuse entry on any grounds including doubt that a competitor can safely complete the race.

#### b) Navigational Skills ("NS")

Anyone who competes in FRA races must be aware that FRA races are organised on the premise that competitors have the necessary skills to cope with the navigational problems which may occur, whatever the weather.

In many FRA races, designated with the NS abbreviation, navigational skills are essential and competitors must find their own way round the course. Visibility can be poor at any time of the year and following the runner in front is not a substitute for the sound exercise of the competitor's own skills and judgement.

The acquisition of these skills is the responsibility of the competitor. To assist members of the FRA in acquiring or honing these skills, the FRA delivers bi-annual Navigation Skills Courses, details of which are available via both the FRA website and *The Fellrunner* magazine. The FRA also advises on available external courses.

As well as navigating round the route, an important factor for runners to remember is that if injured, or in distress, they may need to get themselves off the fell safely and quickly, without the assistance of others and without putting themselves in greater jeopardy and so escape route planning is an important aspect of the sport.

#### c) Equipment

The purpose of the equipment requirements is to help competitors deal with the effects of the extremely harsh weather conditions in which FRA races may be run. The FRA urges runners to comply with the "Best Practice" standard, know what to carry and when to carry it.

“Best practice” on equipment for fell races is set out in paragraph 12 of the Safety Requirements and is mandatory in full at all:

- category Long A races
- category Medium A races and
- category Long B races.

FRA races are defined in Definition 2 Race Categories in Part 3 Rules for Competition.

Race Organisers have complete freedom to impose additional equipment requirements and it is the responsibility of the competitor to ascertain whether any additional requirements are demanded.

Race Organisers may, in the event of settled fine weather confirmed by a local weather report, decide to waive some of the kit requirements for races, which are not categorised as Long A, Medium A, or Long B. However, competitors should still take at least the “best practice” kit requirement to every FRA race and, more sensibly, additional kit that may be demanded on race day.

The core standard is for WATERPROOF (i.e. not merely windproof) whole body cover. The FRA view of “whole body cover” is an outer layer for the torso with an attached hood (which cannot be lost, blow away or be left behind). For the legs, the outer waterproof layer should reach the ankles; just below the knee layers are not adequate. A hat and gloves must also be carried.

Although waterproof whole body cover is the core standard, organisers are allowed a degree of flexibility for Short A, Medium/Short B and all category C races which take place in settled, fine weather. In such circumstances, organisers may use their judgement to relax the kit requirements.

The FRA regards “waterproof” to be a garment marketed as “waterproof” (i.e. not just “windproof”) with taped seams. Such garments require maintaining (i.e. cleaning and reproofing) to maintain their waterproof quality.

The FRA has not defined technical criteria for equipment (although Race Organisers are free to do so) assuming that competitors will act responsibly with regard to body cover, etc. If this assumption is wrong and Race Organisers, who have the right to turn away runners from their events, require more demanding, specific definitions then the FRA will re-consider its position.

It is emphasised that the FRA defines minimum standards for races and allows the Race Organiser, whose event it is, to supplement, in any way he or she sees fit, these standards. If the organiser demands a lightweight foil bivi bag, mobile phone, first aid kit, head-torch; then that is what competitors must carry. Even when these are not required, fell runners should consider carrying such items when racing (or training) and acquiring basic or emergency first aid skills which could be useful when injuries occur.

Runners with doubts about equipment requirements for any FRA race should make enquiries of the relevant organiser, or a member of the race organising team to whom the organiser has delegated authority, for advice. **PART 2**

## **FRA SAFETY REQUIREMENTS FOR FELL RACES**

*Note to Race Organisers - Failure to implement the FRA Safety Requirements could invalidate an organiser's FRA Membership and FRA Race Permit.*

## **Introduction**

Fell running is hazardous and overcoming its various challenges is an integral part of the enjoyment it provides to participants. It attracts competitors with a wide range of ability and experience and those who are unfit and inexperienced in dealing with the hazards which mountain terrain and weather routinely present should consider the risk of personal harm. Anyone participating in a fell race may suffer an accident, the consequences of which could be fatal.

The Race Organiser takes overall responsibility for the event and must take all reasonably practicable measures to ensure that the race is organised in accordance with the FRA Safety Requirements For Fell Races and FRA Rules For Competition.

Competitors must not only comply fully with the following Safety Requirements but on entering a fell race must accept that fell running takes place in open, rugged, perhaps mountainous country and that some elements of the sport (e.g. weather or communications systems) may be beyond the control of even the most conscientious Race Organiser and his or her organising team.

### **1. SENIOR EVENTS**

The general philosophy behind the following requirements is that the:

#### **1.1 Competitor:**

- must accept primary responsibility for his/her own safety on the fells
- must conform with the requirements of the Race Organiser.

#### **1.2 Race Organiser:**

- must ensure that the event complies with the FRA conditions for granting a permit
- must ensure that the event organisation is able to monitor and control the race
- must exercise a 'duty of care' towards all those participating in the event to make it as safe as is reasonably practicable.

### **2. JUNIOR EVENTS**

#### **2.1 Race Organiser:**

In addition to the requirements set out at paragraph 1.2 above:

- must take primary responsibility for runner safety because of the youth, inexperience and greater vulnerability of competitors that would normally be accepted by senior runners for themselves.

### **3. SIZE OF FIELD**

#### **3.1 Race Organiser**

Should be limited to a number that:

- the Race Organiser and their team can monitor and control

- is unlikely to cause lasting environmental damage
- does not pose a foreseeable risk of accidents due to overcrowding.

#### **4. COURSE DESIGN**

Fell race routes are at the discretion of the individual organiser and, by their nature, fell races take place over terrain which can be hazardous and over which competitors are often free to choose their own route variations.

##### 4.1 Race Organiser

Must supplement the usual outline description of the course (see paragraph 6 Event Information below) by specifying, preferably before race day, any particular hazards (e.g. Langdale Horseshoe “bad step”) beyond those normally to be expected in any fell race such as uneven terrain or steep rocky descents. Race Organisers should pay particular attention to this requirement where the competitor has no choice of route.

Should make runners aware of an alternative “bad weather” route for events which traverse high mountain or moorland terrain.

Should not describe any course as “obvious” or “fully marked”, unless the full route is marked with continuous unbroken tape given that visibility in bad weather may be only a few metres.

#### **5. ADVERSE WEATHER CONDITIONS**

##### 5.1 Race Organiser

Should advise runners of the anticipated weather and in extreme conditions consider cancelling the race or shortening the route.

Must base decisions on the safety of competitors and must communicate any decision to abandon, shorten, or re-route the race clearly and firmly to all competitors, however unpopular the decision may be received at the time. Consultation with experienced marshals (and possibly mountain rescue personnel) and consideration of an up to date weather forecast will help Race Organisers to arrive at a decision in marginal cases.

##### 5.2 Competitor

Must comply with the Race Organiser’s decision to abandon/re-route a race and is urged, for the overall good of the sport, not to “unofficially” run the original course.

#### **6. EVENT INFORMATION**

##### 6.1 Race Organiser

Must indicate in the general publicity:

- the nature of the event
- severity and type of terrain
- suitability, or otherwise, for novices.

Must make available to competitors specific event information to be displayed at the point of registration, and preferably before race day, concerning:

- race rules
- race route
- particular hazards (see paragraph 4 Course Design above)
- retirement procedures
- equipment to be carried
- checkpoint closing times
- local weather forecast for race day.

## **7. ENTRIES**

### 7.1 Competitor

Must enter FRA races on the FRA standard race entry form or a race-specific entry form that includes all the items on the standard form which, unless specified to the contrary, are mandatory. FRA entry forms are included here and on the FRA website at <http://fellrunner.org.uk/races.php>

Must ensure, in the case of juniors, that parental consent has been obtained through the standard entry form or from the Parental Consent Form for Junior Fell Runners. Entry forms may be:

- Senior Race Entry Form: used for short senior races in which older juniors can participate
- Junior Race Entry Form: used for normal junior races.

### 7.2 Race Organiser

Must provide the FRA standard race entry form but may collect additional information or modify the race categories on the FRA standard race entry form to meet specific requirements. A supplementary form may be used for this and for on the day updating of pre-entry information such as details of transport arrangements.

Must ensure that event information and requirements are available and presented in an easily understandable format in a prominent place before the competitor signs (or parent/legal guardian if appropriate) the entry form to indicate formal acceptance of these conditions.

Should note that they are protected by the FRA standard race entry form disclaimer to the extent permitted by law but this cannot exclude liability for causing personal injury or death by their negligence.

## **8. COMPETITION NUMBERS**

Once the event is underway, the competitor “vest” number is the vital, unique identifier for runners and must be provided for and worn by every runner. Both the competitor and the race organiser are responsible for ensuring that the competitor monitoring system works.

## 8.1 Race Organiser

Must provide a waterproof vest number for each competitor

Must ensure that the vest number is the critical competitor identifier even where this is supplemented by e.g. “punch” cards or electronic “dibbers”

Should issue vest numbers on the day, using a consecutive number range. The number range should start at a convenient number (for example 1, 51, 101) to make it easy to calculate the number of competitors. Different number ranges can be used for different categories of competitor

Should take additional steps, if use of a consecutive number range is not possible, to ensure that the number of competitors starting the event is accurately known

Should note that the FRA approves the use of numbers which contain, on either the lower face or the reverse side, information such as emergency contact details or medical conditions.

## 8.2 Competitor

Must wear their competitor number and place it on the chest in a clearly visible way to ensure that it can be read easily during the race and that marshals need not search for it elsewhere on the body.

Must not fold or cut down the number- the background serves the purpose of highlighting the numerals against the vest.

Must be aware of the checkpoint procedures for recording their number.

Must co-operate with checkpoint marshals if the Race Organiser requires the number (and time) of competitors passing through identified checkpoints to be recorded.

Must, if wearing a cagoule, identify him/herself to a marshal and not leave any checkpoint until the marshal acknowledges that their number has been recorded.

Should not obscure their number with straps (e.g. rucksack).

## **9. RETIREMENT PROCEDURES**

Retirement may occur because of a decision by the organising team or the competitor but it is a fundamental rule of fell racing that in all circumstances, including being “timed out”, the competitor must inform race organiser and not just a marshal, of their retirement.

### 9.1 Competitor -accepting that personal safety is the overriding factor

Should:



- report to an identified checkpoint and then return rapidly and directly to the finish to report to race organiser or
- report directly and rapidly to race organiser if retiring between checkpoints, or
- telephone any race emergency number or the emergency services (e.g. if completely lost and finding oneself in the wrong valley), and
- inform another competitor, if practicable, when retiring between checkpoints so they may warn marshals/race organiser of your retirement.

## **10. RACE MONITORING**

### 10.1 Competitor

Must accept having entered a race and collected their vest number or registered with the race organisation, that they are regarded as competitors until they:

- withdraw from the race without starting and report to race organiser, or
- retire during the race and report to race organiser (see paragraph 9 Retirement Procedures above), or
- cross the race finish line.

### 10.2 Race Organiser

Must always be present on race day because of their intimate knowledge of the course, terrain, possibilities for error and likely weather conditions. In cases where this is not possible (e.g. illness) a formal alternative organiser must be registered with the FRA Fixtures Secretary

Must not compete in their own race to ensure they are available to take critical decisions, which may have life threatening consequences.

Must identify a system during pre-race planning and nominate a single person (which may be themselves) to be responsible for the total count and vest numbers of runners starting, retiring from and finishing the race.

Must recognise that no system of counting competitors (starting, retiring and finishing) is free from potential failure and so must have a secondary check to get an accurate count. Checking runners off the start line, through checkpoints and over the finish line using vest number “grids”, containing all issued vest numbers has been proven to be a simple, quick and reliable method of identifying individual runners. Other systems used in races include counting runners through a “gate”, numbered tokens and “Tyvek” wristbands.

Must use reasonably practicable measures to monitor runners in Long /Medium A and Long B races by identifying the number and location of marshals critical to runner safety to ensure that each runner can be checked around the course in such a manner that if a runner becomes overdue at a critical point the fact is communicated quickly to race organiser.

Should recognise that robust monitoring is good practice at all other category races to enable the race organiser to be in a position to make a reasoned judgement as to the need to abandon the race/ call out emergency services.

Must acknowledge that the FRA strongly recommends that all races in the Long/Medium A and Long B categories and other races that traverse high fell country should be monitored by the use of radios, or other suitable portable communication equipment, at strategic points, where technically possible.

Should be aware that the FRA has several sets of radios specifically for loan to Race Organisers (See Fixtures Calendar and Handbook for FRA Equipment Officer) and note that other organisations (e.g. Raynet) may be able to provide high quality support.

Must investigate reports of discrepancies from marshals e.g. arising from runners who have not entered the race but pass near a checkpoint.

Must recognise that all radio/telephone communication systems are fallible and should consider supplementary arrangements, such as a “sweeper” who can tally with successive marshals.

Should not necessarily wait until the completion of longer races before seeking access to emergency services.

Should ensure that there are easily identifiable and suitably equipped First Aid facilities at the race finish, preferably with a First Aider to hand. For some events Blizzard Survival Bags might be appropriate to keep a runner warm in the event of hypothermia. Depending on the nature, remoteness, severity and length of the race, Race Organisers should also consider the benefit of the local MRT, Red Cross or St. John’s Ambulance being on standby.

*Note: The FRA registers a small number of primarily orienteering (“O”) or mountain marathon (“MM”) events which are not fell races as categorised under FRA Rules for Competition Definition Two: Race Categories. Competitors entering these events must ensure that they are familiar with the particular requirements applicable in each case.*

## **11. RELAYS**

### 11.1 Competitor

Must carry the equipment specified in paragraph 12 below.

### 11.2 Race Organiser

Must ensure that every competing club has been vetted for the type of event. This is because of the possibility of less experienced runners being included in a relay team, and is additional to the relevant safety requirements contained in this document.

Must ensure that sufficient copies of information/rules/safety procedures are sent to competing clubs for distribution to every competitor (and preferably made available on the internet) and receive formal assurance from clubs that this has been done.

Must ensure that the relay Team Manager or Captain understands that it is their responsibility to ensure that all relay team members comply fully with the appropriate rules (because relay team members may change at short notice, including on race day).

Must ensure that all leg-leading runners and at least 10% of other competitors have their equipment checked on finishing and must disqualify the whole team for breaches by an individual runner.

*Note: Relays listed in the FRA Calendar each have their own particular characteristics and so the FRA Fixtures Secretary, without any dilution of the principles of competitor safety, may issue special written conditions, on an individual event basis, on request.*

## 12. EQUIPMENT

### 12.1 Competitor

**Senior runners, and those junior runners competing in races in which seniors are competing, should arrive at races prepared to carry all of the following “best practice” equipment:**

- WATERPROOF whole body cover (i.e. covering the torso from head to ankles)
- Other body cover appropriate for the weather conditions including, as a minimum, hat and gloves but also e.g. a fleece
- Map, preferably waterproof, of the race route and surrounding area
- Compass suitable for navigating the course (GPS type equipment is not acceptable)
- Whistle
- Emergency food (long races).

Must accept the FRA recognition of “waterproof” to mean a garment marketed as “waterproof” (i.e. not just “windproof”) with taped seams. Such garments require maintaining (i.e. cleaning and reproofing) to maintain their waterproof quality.

Should note that the FRA has not defined technical criteria for equipment (although Race Organisers are free to do so) assuming that competitors will act responsibly with regard to body cover, etc. If this assumption is wrong and Race Organisers, who have the right to turn away runners from their events, require more demanding, specific definitions then the FRA will re-consider its position.

Should recognise that these requirements constitute “best practice” for all races but are mandatory at all Category Long A, Medium A and Long B races as defined in Part 2 Rules for Competition, Definition 2.

Should assume that for races listed in the Calendar they will have to carry the “best practice” kit, even though the organiser may decide to waive some of these requirements for races in categories other than Category A Long and Medium, and Category B Long, in the event of settled fine weather, confirmed by a local weather report.

Must accept as a condition of race entry any additional safety requirements (e.g. lightweight foil bivi bag) demanded by Race Organisers.

### 12.2 Race Organiser

Must ensure that whatever kit requirements they specify on the day are met by holding complete or random checks before and after the start of the race.

Should note that they are encouraged to impose additional safety requirements (e.g. lightweight foil bivvy bag) if appropriate and that competitors are obliged to accept such requirements as a condition of race entry.

Must not allow equipment that restricts hearing but do have discretion to allow “walking poles”.

### 12.3 Equipment Summary

<u>Race Category</u>	<u>Best Practice Kit</u>	<u>Race Organiser Options</u>
Long A, Medium A, Long B	Obligatory #	May add specific kit e.g. bivvy bag
Short A, Medium B, Short B, Long C	Recommended	May relax if local weather forecast (copy kept) allows
Medium C, Short C	Recommended	May relax if local weather forecast (copy kept) allows
# i.e. waterproof whole body cover + hat + gloves + map + compass + whistle + food. <u>No exceptions</u>		

## **13. HYPOTHERMIA**

Hypothermia is dangerous. Most of the deaths in fell races have been caused not by injury but by hypothermia.

Competitors and organisers should be aware that if injury to runners causes them to stop or slow to a walking pace then body heat is lost quickly. In cold, wet or windy weather, the onset of hypothermia can be very rapid unless sufficient clothing is worn. This fact should influence decisions on the extra equipment runners should be required to carry in severe weather conditions. If race day weather may create a high risk of hypothermia this should be stressed to competitors.

An Appendix HYPOTHERMIA summarises key facts for organisers and competitors.

HYPERTHERMIA can also be dangerous and runners /organisers should be conscious of the need to carry/provide sufficient fluids taking into account the nature and length of the event.

## **14. RACE MARSHALS**

### 14.1 Race Organiser

Should ensure in selecting checkpoint marshals that they are:

- experienced fell walkers or runners who are dressed and equipped to withstand severe weather conditions over a prolonged period
- carry first aid and sustenance, as appropriate, depending on such factors as the length, severity and remoteness of the event, to help competitors in an emergency
- have a thorough understanding of the race organisation's monitoring procedure and have tested any communications system (e.g. radio, mobile phone) in use on the day.

Should note that reliable communication between checkpoint marshals and race organiser is more important than siting marshals at "landmark" checkpoints with poor communications.

Should consider factors such as:

- the length and severity of the race
- the remoteness and altitude
- the available communications
- what other forms of shelter exist

and must then arrange that marshals at checkpoints critical to runner safety:

- have some agreed means of contacting race organiser (not necessarily electronic), and
- are equipped with some form(s) of shelter: a tent and/or a KISU (Karrimor Instructor Survival Unit for sheltering several mutually warming people) and/or a Blizzard Survival Bag (reflective insulated bag for one person), and
- are provided with weather proof equipment to be able to gather and accurately record competitors' race numbers, and ideally times.

Must have agreed steps for critical checkpoint marshals to contact race organiser if for any reason (e.g. weather conditions) the monitoring procedures cannot be carried out as planned.

Should consider, given that the role of race marshal carries great responsibility for the safety of runners, if two (or more) marshals operating fewer checkpoints provides for better runner safety than more single-manned checkpoints.

Should ensure that marshals receive the same information because of the likelihood that they will be communicating directly with each other as the race progresses.

Should ensure that documentation used by marshals to record runner vest numbers is consistent with the format used by the race organiser team.

*Note: Race organisers will wish to provide well-ordered events with appropriate technical and human resources but it must be recognised that the effectiveness of race marshals will always be dependent on factors such as terrain, weather and the efficiency of communication systems on race day. The above section should therefore be read in conjunction with Section 10 Race Monitoring and Rescue Procedure.*

## **PART 3**

### **FRA RULES FOR COMPETITION**

#### **NOTE TO ORGANISERS**

Failure to comply with the FRA Rules for Competition could invalidate an organiser's FRA Membership or Race Permit.

#### **INTRODUCTION**

These Rules have been drawn up for the conduct of the sport of fell running. They apply to competitors, organisers and clubs who wish to compete under the auspices of the FRA. When a fell race is held in compliance with these Rules, registered and advertised as such, then the race will be recognised by the FRA as being an "official FRA fell race." This recognition involves publication of the race details in the FRA Calendar, "The Fellrunner" magazine or on the FRA website and payment of the appropriate registration fee. This will ensure that the race is deemed to have a permit and is covered by UK Athletics insurance.

#### **DEFINITION ONE : "OFFICIAL FRA FELL RACE"**

An "official FRA fell race" is one held under FRA Rules for competition and UKA Rules for competition in so far as they concern fell running.

#### **DEFINITION TWO: RACE CATEGORIES**

A fell race is one run on fell, hill or mountain terrain and shall be categorised as follows:

##### Category "A"

- a. Should average not less than 50 metres climb per kilometre
- b. Should not have more than 20% of the race distance on road.
- c. Should be at least 1.5 kilometres in length.

##### Category "B"

- a. Should average not less than 25 metres climb per kilometre.
- b. Should not have more than 30% of the race distance on road.

##### Category "C"

- a. Should average not less than 20 metres climb per kilometre.
- b. Should not have more than 40% of the race distance on road.
- c. Should contain some genuine fell terrain.

### **DEFINITION THREE : RACE LENGTH CATEGORIES**

- a. A category “L” (long) race is 20 kilometres or over.
- b. A category “M” (medium) race is over 10 kilometres but less than 20 kilometres.
- c. A category “S” (short) race is 10 kilometres or less.

### **DEFINITION FOUR : CLUBS**

A “club” as referred to in these Rules indicates a club which is affiliated to a UKA Regional Association.

### **DEFINITION FIVE: NATIONAL COMMITTEES**

For the purpose of Rule 3 the term “National Committees” refers to:-

- a. Fell Runners’ Association (England).
- b. Northern Ireland Mountain Running Association.
- c. Scottish Athletics Hill Running Commission.
- d. Welsh Athletics.

### **RULE ONE**

UKA Rules for Competition - Effective from 1st April 2012 (ISBN 978-0-9547401-2-2): Rules 1-24 apply to fell-running.

### **RULE TWO**

In fell running, a veteran is a man or woman aged 40 or over on the date of competition.

### **RULE THREE**

All official UKA fell races must be registered with the National Committee of the Territory or Home Country in which the event takes place. Registration with the FRA will be effected by supplying the Fixtures Secretary with relevant details of the race on the form provided and by its subsequent appearance in the Fixtures Calendar or in “The Fellrunner” magazine or on the FRA Website. A nominal charge may be made to cover Calendar publication.

### **RULE FOUR**

“Official FRA fell races” must be advertised and decided under FRA and UKA Rules for Competition. Such advertisement may be abbreviated to read “under FRA Rules.”

### **RULE FIVE**

All “official FRA fell races” must be organised to comply with the FRA Safety Requirements For Fell Races.

## RULE SIX

All competitors must obey the FRA Rules for Competition and any additional rules drawn up by the Race Organiser for each fell race.

## RULE SEVEN

No runner may take part in any fell race without having entered the race in accordance with the rules and procedures.

## RULE EIGHT

All competitors must ensure that if they retire from a fell race for any reason the fact is reported as soon as possible to the race officials, including those at the finish. Race Organisers MUST report infringements of this rule to the FRA Secretary.

## RULE NINE

- a. Team events: Runners may count in competition for their first claim fell running club only, which may be different from their first claim road, cross-country or track club if that club does not cater for fell running. To be eligible to count in British and English Championships, English clubs must be affiliated to England Athletics and English athletes must be registered with England Athletics OR be members of the FRA.
- b. Club membership: UKA Rule 5 regarding club membership and first claim status applies to all athletes. Information about the waiting period required between ceasing membership of a club and competing as a team member of another club is given in UKA Rule 5. (Note that this does not prevent an athlete running for another club immediately on resigning from his previous club, simply that he cannot count for them in a team during the waiting period.)

Claims for exemption from this Rule may be made to the appropriate Regional Eligibility Committee in accordance with UKA Rule 6.

## RULE TEN

Race Organisers must stipulate age limits for their events but the following maximum distance limits for juniors must be observed.

Ages as on the day of the race. For FRA Fell Races the minimum age for competition is six years.

- Under 8- 1 kilometre
- Under 10 - 2 kilometres
- Under 12 - 3 kilometres
- Under 14- 5 kilometres
- Under 16- 7 kilometres
- Under 18- 10 kilometres



For paired Mountain Marathon style orienteering events, over one or two days, where one of the two runners is under 18, the other runner must be over 20 and must also be the parent or guardian of the junior runner. The minimum age for the junior runner is 14, and the following straight line distance limits must apply for each day of the event.

Under 16- 20 kilometres

Under 18- 25 kilometres

RULE ELEVEN

The FRA executive committee is empowered to take whatever action is deemed necessary on a report in writing of the breach of any of these Rules by competitors or organisers at an “official FRA fell race.”

There is a right of appeal to UK Athletics.

The following time scales shall be adhered to in any such process:

- a. Notification shall be in writing to the FRA Secretary within fourteen days of the event in question.
- b. The FRA executive shall investigate and conclude its findings and make a decision within seven weeks of the event in question.
- c. Notification of the FRA’s decision will be given in writing to the parties concerned within eight weeks of the event in question.

The above are maximum time scales; the process would be expedited as rapidly as possible, hopefully in a briefer time span than outlined above.

~~~~~

N.B. This whole of this document is located on <http://www.fellrunner.org.uk/pdf/committee>

Agreed FRA Committee 7.11.13. Kennedys – 11.11.13