

# 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 250' (76m) climb/mile (1.6k).
- b. Should not have more than 20% of the race distance on road.
- c. Should be at least one mile (1.6k) in length.

#### Category "B"

- a. Should average not less than 125' (38m) climb/mile (1.6k).
- b. Should not have more than 30% of the race distance on road.

#### Category "C"

- a. Should average not less than 100' (30.4m) climb/mile (1.6k).
- 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 twelve miles (19.3k) or over.
- b. A category "M" (medium) race is six miles (9.6k) and over but under twelve (19.3k).
- c. A category "S" (short) race is under six miles (9.6k).

### 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 2008 (ISBN 978-0-9547401-0-8): 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 which are printed at the front of this Calendar, copies of which are obtainable from the Fixtures Secretary on receipt of an SAE.

### RULE SIX

All competitors must obey the FRA Rules for Competition and any additional rules drawn up by the race organisers 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 a UK Athletics Regional AA and English athletes must be registered with a Regional AA **OR** be members of the FRA.
- b. Club membership : UKA Rules regarding club membership and first claim status apply to all athletes. A six months' waiting period is required between ceasing membership of a club and competing as a team member of another club. ***(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 for six months.)***

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 are as at 1st January in the year of competition.

For FRA Fell Races, the minimum age for competition is six years, and the following distance limits must be applied.

Under 8 - ½ mile (0.8k)

Under 10 - 1 mile (1.6k)

Under 12 - 2 miles (3.2k)

Under 14 - 3 miles (4.8k)

Under 16 - 4 miles (6.4k)

Under 18 - 6 miles (9.6k)

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 - 12 miles (19.2k)

Under 18 - 15 miles (24.0k)

## 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.