

Rule changes for 2021 (reprinted for 2022)

This section covers the most significant rule changes for FRA events that came into effect from 1st January 2021. The FRA website contains a fuller description of the changes including the rationale for them.

Owing to the reduced calendar for 2021, **there are no significant rule changes for 2022.**

FRA Principles of Fell Running

Principle	New text
Self-sufficiency and self-navigation	“Self-sufficiency and self-navigation (without the assistance of technologies such as GPS) are central to the ethos of fell running and especially fell racing.”
Non-commercialism	“Fell running is a non-commercial sport. Races should be run on a not-for-profit or charity/“good cause” basis.”

FRA Rules for Competition

Location in rules	Relates to	Summary of change
Intro	Remit of rules (Championship and non-Championship races)	New statement that the rules apply to all FRA races unless otherwise stated (but that ROs of non-Championship races may override certain aspects, as described).
1 (a)	Limitations for Juniors	The distance limits for Junior athletes have been moved into this table.
1 (a)	Definition of “Under-23”	Under-23 is now defined as “age at end of year” for Championship races (and all other races unless otherwise stated by the RO).
1 (a)	Juniors in mountain marathon-style events	It is now permissible for ROs to allow Juniors in paired mountain marathon-style events to be accompanied by an adult (of at least 21 years of age) other than a parent or guardian, provided that the parent/guardian has given consent. Some additional notes are provided for ROs’ guidance.
1 (b)	Advertisement of race entry fees	The race entry price listed on the website and in the FRA Handbook must be the actual (minimum) price payable by an entrant.
1 (b)	Dual entry fees (FRA members / non-members)	Organisers of most Senior races may now implement dual entry fees, with lower prices for FRA members and higher prices for non-members. The maximum permissible difference is £2/3/4 for S/M/L races respectively.
1 (b)	Tiered pricing	Tiered pricing (e.g. “late entry fees”) is only permissible for O and MM events (to reflect the additional challenges in organising those events, including e.g. bespoke map production). Standard fell races (using the ABC/SML categories) may distinguish between “pre-entry” and “entry on the day” only.
1 (b)	Priority race entry for FRA members	Race organisers may open entries earlier to FRA members. ROs of Championship races (except British Championship races) are obliged to do so (up to 80% of the race limit).

Location in rules	Relates to	Summary of change
1 (c)	Use of GPS	The use of GPS devices (or similar technologies) to assist with navigation or positioning in any way is now completely prohibited in <i>all</i> FRA races. This includes (but is not limited to) display of a map, fixing current position, following a “breadcrumb trail” and any “off-track” visual or audio warnings.
3 (v)	Disciplinary cases involving Juniors	New note stating that the FRA may take action against supervising adults, parents or guardians of Juniors who commit disciplinary offences.

FRA Requirements for Runners (the “Runners’ Rules”)

Location in rules	Relates to	Summary of change
Intro	Relevance of FRA Rules for Competition	Addition of a note that the Rules for Competition must also be read.
1 and Table 1 (Note 2)	Use of GPS	The use of GPS devices (or similar technologies) to assist with navigation or positioning in any way is now completely prohibited in <i>all</i> FRA races. This includes (but is not limited to) display of a map, fixing current position, following a “breadcrumb trail” and any “off-track” visual or audio warnings. Runners who use such a device – even momentarily for repositioning – must retire and declare themselves non-competitive to the Race Organiser.
1	Prohibited equipment	New note that runners must comply with any race-specific rules regarding prohibited equipment.
8	“Absolute no-nos” of fell running	Two additions to the “absolute no-nos” of fell running: (i) using someone else’s FRA number or membership card; (ii) using GPS (or equivalent) for navigation or fixing position.
Table 1 (Note 3)	Map and compass types	Clarification that maps and compasses must be physical (not electronic), and that the use of electronic compasses is prohibited.

FRA Requirements for Race Organisers

Location in rules	Relates to	Summary of change
Intro	References to other documents	Addition of a note that the FRA Rules for Competition and the FRA’s guidance documents for ROs (Senior and Junior) should also be read.
1, 2 and 3	Structure	The list of requirements has been broken down into ‘Pre-race’, ‘On race day’ and ‘After the race’; the list has been re-ordered slightly.
1 (b)	G and NG categories	The G and NG categories have been removed.
1 (h) and 1 (i)	Conveyance of nature of race to participants	ROs must emphasise, especially at the point of entry, that the race is run under FRA rules, that it is a <i>fell</i> race (not a trail race) and that principles such as self-sufficiency and self-navigation are paramount. The FRA logo should be displayed; for online publicity, a link to the FRA’s website and rules should be conspicuous.

Location in rules	Relates to	Summary of change
1 (j)	Race details	Race publicity must include any prohibited kit (e.g. walking poles or headphones) and (for non-Championship races) any changes to categories or eligibility requirements (e.g. special prizes).
1 (k)	Route description	ROs must describe the route fully, including checkpoints and any special requirements (e.g. mandatory sections, uncrossable boundaries or out of bounds areas); however, electronic (GPX) traces should <i>not</i> be provided.
1 (k)	On-sight navigation	Maps for on-sight navigation races or legs should follow standard marking conventions and provide necessary explanatory details.
2 (f)	Checkpoint placement and course markings	Checkpoints must be exactly where advertised; mandatory crossings must be clearly marked and any flagged sections must be easy to follow (etc).
3 (b)	Provision of results	Race organisers must publish race results in a timely manner, containing a certain minimum level of detail.
4	Championship races	New section specific to Championship races.
4 (a)	Guaranteed entry lists	Runners on the English and British 'guaranteed entry lists' must be given a window of at least one week to claim their guaranteed place in Championship races.
4 (b)	Priority entry for FRA members to English Championship races	FRA members must be given a window of at least one week to apply for entry to English Championship races, with the number of places available equivalent to 80% of the total race capacity. (This does not apply to the English race in the British Championship.)
6	Fell race criteria	(i) Clarification that all FRA races must contain genuine fell terrain. (ii) New note referring to the FRA's race licensing guide for ROs [<i>see next page</i>].
6	Race categories	Addition of an explanation of the O, MM and Relay categories.
Table 2	Use of GPS	GPS is now prohibited in all FRA races. A note has been added to confirm that ROs may require that competitors do not wear e.g. GPS watches even for tracking or distance display.