



2018-20 UKA Rules Update

Below is a list of UKA rule changes that will come into force for next season.

Headphones Ban

The UKA Rule 250 now incorporates the addition that headphones of all descriptions are not permitted in cross country races.

This is good news as the new ruling now aligns with the OXL stance on this matter.

UKA / IAAF Championship Race Distances – Gender Equality

In addition clubs should be aware of current discussions likely to be driven by the IAAF rules regarding whether or not the distances for senior male and female cross country championship races should be the same, as is currently the case for international championship events. Should the proposed change be ratified, albeit the change may not be brought into force for the 2019-20 season, the OXL has agreed it would be prepared to incorporate the change that would affect the current, combined OXL Round 3 & Oxfordshire County Cross Country Championships fixture.

It should be borne in mind that a proposal has also been put forward to attain gender equality with respect to race distances for all OXL fixtures – see **Appendix E**.

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League Manager

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