

2022 UKA Rules Changes Update

Below is a summary of the rule changes applicable to cross country since the release of UKA's 2022-24 Rules for Competition.

Rule T3 S1 UKA SUPPLEMENT

ADDITIONAL UKA AGE GROUPS AND CATEGORIES

(1) The Competition Year for Cross Country and Road Running competitions shall be from 1st September each year to the following 31st August.

Rule T3 S3(1)

Cross Country – U13 Age Group

Athletes must be 11 on August 31st prior to the start of the Competition Year rather than 11 on the day of the race. This means that year 6 pupils cannot compete against years 7 and 8 pupils, and follows extensive consultation. It is hoped that Competition Providers will continue more towards offering appropriate Cross Country competition to U11 athletes.

Rule T16 S1

Starts for Hearing Impaired Athletes

A note has been added to all starters to use methods other than a gun for athletes with a hearing impairment. This corresponds with WPA Rules and supplements a note in WA Rules.

In addition, to avoid any confusion, below are also the age groups and maximum race distances applicable to cross country as stated in UKA's 2022-24 Rules for Competition.

Rule T3 S3 UKA SUPPLEMENT

CROSS COUNTRY AND ROAD AGE GROUPS

(1) Road Race Competition Providers may make such age limits as they think fit provided that the conditions of the race do not contravene any rules regarding distances which may be run, and provided that the race is not advertised under the title of any of the recognised age categories as listed below.

(i) Under 13 Boys and Girls (*School Years 7 & 8*)

Cross Country and Road Running competitions for Under 13s shall be confined to competitors who are aged 11 or 12 on 31st August prior to the commencement of the Competition Year as defined above.

(ii) Under 15 Boys & Girls (School Years 9 & 10)

Cross Country and Road Running competitions for Under 15s shall be confined to competitors who are aged 13 or 14 on 31st August prior to the commencement of the Competition Year as defined above.

(iii) Under 17 Men & Women (School Years 11 & 12)

Cross Country and Road Running competitions for Under 17s shall be confined to competitors who are aged 15 or 16 on 31st August prior to the commencement of the Competition Year as defined above.

(iv) Under 20 Men & Women

Cross Country and Road Running competitions for Under 20 Men and Women shall be confined to competitors who are aged 17, 18 or 19 on 31st August prior to the commencement of the Competition Year as defined above.

(v) Senior Men & Women

For Cross Country and Road Running competitions a Senior is a competitor who is aged at least 20 years on 31st August prior to the commencement of the Competition Year as defined above.

(vi) Masters Men and Women

Cross Country and Road Running competitions for Masters shall be confined to competitors who are at least 35 years of age on the date of the competition.

(2) Cross Country Maximum Distances

Age Group	Maximum Distance All Athletes
Under 13 years	3,500 metres
Under 15 years	5,000 metres
Under 17 years	6,500 metres
Under 20 years	10,000 metres
Seniors	Unlimited

Reference:

2022-24 UKA Rules of Competition

<https://www.uka.org.uk/competition/rules-of-competition/>

Cross Country Handbook, Licence Application and Standards & Risk Assessment:

<http://www.uka.org.uk/competitions/useful-documents/>

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