

UKA RULES GROUP

Rules Proposals Consultation 2022 – 2024

The Rules Group has considered all rule change proposals received and conducted an initial consultation with National Associations and Groups. A number of proposals have been approved without further consultation and others rejected – proposers will be notified separately about the outcomes. We are now submitting a number of possible changes that are still under consideration for wider consultation in the sport.

Rule Number & Title	Proposal	Comments
Under 13 Track - Maximum allowed distance TR3 S(1)(iii) & subsequent rules	Reduce the longest event allowed for U13s from 1 mile to 1200m.	There is mismatch in competitions offered by event providers for Male and Female U13s, this was highlighted to the YDL in 2019, where following a debate the distances offered to Boys and Girls were equalised. The boys' distances were reduced to that offered to the girls. this was done on the basis that physiologically boys lag girls in development at that age, the energy systems in U13s are in the development phase and the jump from distances offered in U11 competition did not reflect the development pathway. In the words of an endurance coach and 4 min Miler, '1500m is too far for U13s, they don't know how to run it properly'. The competition pathway allowed in the rules is at variance with the UKA Coaching Pathway. Note that rules allow U13s to run 5000m on the road and 3500m on cross country.
Cross Country U13 Age Group TR3 S3(1)(i)	Delete 'on the day of competition' which means that an athlete must be 11 at the start of the Competition Year.	Bring into line with U15 and U17 Age Rules, all 2 school years wide, no underage athletes. All events would use the same age group for athletes in School Year 6. To avoid athletes in School Year 6 running against athletes 2 School Years above, which does not happen in Under 15 and Under 17 Age Groups. In some meetings they have to do so even when there is an Under 11 race on the programme.

Wheelchair Participation in Road Races TR55 S6(1)	Amend to allow pushed wheelchair participants in road races subject to risk assessment and on condition that they start at the rear of the field and that they do not attempt to compete against others.	If approved, and after consulting insurers and health and safety advisers, UKA will issue risk assessment guidance and the changes will be monitored over a period of 2 years.
Wheelchair Participation in Road Races TR55 S6(2)	Allow wheelchair participants and Race Runners in road races held on roads open to traffic, subject to risk assessment.	If approved, and after consulting insurers and health and safety advisers, UKA will issue risk assessment guidance and the changes will be monitored over a period of 2 years.
Additional Gender Categories New Rule	Allow Competition Providers to add a non-Binary gender category, additional to male and female, to their event. Entrants will only be eligible for awards in one gender category which must be declared at the point of entry. All results must be published but only male and female performances will be recognised for ranking purposes.	Advice in the Endurance Appendix currently notes that a non-Binary category may be added in road races. This proposal will be added as a new rule but will be limited to Endurance disciplines in the life of the 2022 - 2024 rule book. That period will be used to review the possibility of adding Track and Field competition to the rule. Non-Binary competitions have been operating successfully in Scotland for a number of years.

Please reply to rules@uka.org.uk using the Consultation template by Friday November 5th 2021