



Oxfordshire Cross Country League

ESTABLISHED 1987

2021 UKA Rules Changes Update

Below is a summary of the rule changes applicable to cross country since the release of UKA's 2020-22 Rules for Competition.

Rule CR18.5 Unsporting or Improper Behaviour - *old rule: 125.5*

New UKA Supplementary Note:

"Spitting (or similar) in warm up, call room, field of play or any other public area may be treated as a conduct offence and will be dealt with by a warning or disqualification (yellow card and / or red card offence)."

Rule T3 S1 - *old rule: 141 S1*

The Competition Year for Cross Country will be from 1st September to 31st August (previously from 1st October to 30th September).

Rule T5.2 - *old rule: 143.2*

World Athletics amended the rules relating to Shoes after the book went to print. These rules will apply to competitions in the UK and it is not planned to add a UKA Supplement. A copy of the rule will be posted on the UKA website:

<https://www.uka.org.uk/wp-content/uploads/2021/05/UKA-World-Athletics-Shoe-Rule-FAQs-April-2021.pdf>

TR5.2 - 5.6, 5.12, 5.13 Shoes - *old rule: 143.2-6*

Detailed guidance on the acceptable construction of shoes. An extract is available at <https://www.uka.org.uk/competitions/rules/> or it is included in the World Athletics Technical Rules at pages 5 – 9 (<https://www.worldathletics.org/about-iaaf/documents/book-of-rules>) The World Athletics Shoe Rule introduced in July 2020, reference TR5.2 – 5.6, 5.12 and 5.13, does apply to competitions in the UK and athletes who wear shoes listed by World Athletics as not compliant with the Rules will be liable to disqualification and any records set will not be ratified.

Where a Call Room is operated it is the responsibility of the Call Room Manager to apply appropriate checks on equipment. At other events the Referee will resolve any issues.

In case of doubt the list of shoes that are approved and not approved can be found at the above links.

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See: <https://www.uka.org.uk/wp-content/uploads/2021/05/UKA-World-Athletics-Shoe-Rule-FAQs-April-2021.pdf>

Rule T5 S1(2) - old rule: 143 S1(2)(i)

The dimensions for sponsors' logos are increased to 80 sq cms, lettering max. height 8 cms, logo max. height 10 cms.

Rule T5 S1(5) - old rule: 143 S1(5)(i)

Club name lettering maximum height is increased to 8cms.

Rule T5 S1(5) - old rule: 143 S1(5)(ii)

The dimensions of a single trademark of a kit manufacturer on upper body attire is increased to 30 sq cms with maximum letter height 5cms and logo 6cms. Logo may appear on the back and front. The printing of website addresses on vests is not permitted.

Note:

The club website addresses restriction does not apply to vests in existence before April 2020, but future changes must adhere to the rule.

Reference:

2020-22 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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