

**ASSOCIATION OF RUNNING CLUBS (ARC)
RULES FOR COMPETITION
ROAD, CROSS-COUNTRY AND TRAIL RUNNING**



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DEFINITIONS & EXPRESSIONS

Definition of road and cross-country running for the purposes of these rules.

Road running is defined as running on metalled surfaces including roads, pavements and other prepared firm surfaces.

Cross-country running is defined as running on unprepared surfaces: surfaces that have not been metalled.

The expressions “event organisers”, “race promoters”, “event promoters”, “race organisers” are interchangeable expressions for the benefit of these rules.

The words “event” and “race” are interchangeable for the benefit of these rules.

The words “competitor” “athlete” and “runner” are interchangeable for the benefit of these rules.

SECTION ONE – MEMBERSHIP & COMPETITION RULES

RULE 1 INELIGIBILITY TO COMPETE

The following are ineligible to take part in competition under ARC Rules.

- (1) Athletes who are suspended or banned for a doping offence by the Governing Body of any sport.
- (2) Athletes who have committed any acts or made any statements either verbally or in writing, or have been responsible for any breaches of the Rules, or other conduct which in the opinion of ARC is considered to be insulting, improper or likely to bring the sport into disrepute.

Those ineligible under this Rule shall be ineligible for such period as the Committee of ARC may decide.

RULE 2 CLUBS

A Club is a club affiliated to ARC or UK Athletics or both in accordance with its Articles of Association or Rule Book.

- (1) A Club affiliated to ARC must supply to ARC such information as ARC requires and pay the periodic affiliation fees determined by ARC when due.
- (2) A Club affiliated to ARC must have a constitution that provides, inter alia, for its democratic management by means of a managing committee and the holding of an annual general meeting of all its members.

RULE 3 CLUB MEMBERSHIP

- (1) Athletes may belong to more than one club and may compete in any event for any of the clubs of which they are a member. This is subject to the Rules of any league/series, (see Rule 14), in which the athlete may wish to compete.
- (2) Valid membership of a club consists of the athlete meeting and maintaining the membership requirements of the said club.
- (3) An athlete who is not a member of a Club or Association affiliated to ARC or UK Athletics shall be regarded as ‘unattached’ for the purposes of ARC rules.

RULE 4 COMPETITION CONDITIONS

- (1) For the purpose of determining place of birth for a competition qualification this may be either at the location of actual birth, or at the domicile of the mother at the time of birth, if different. In the event that the different locations are in different Counties or Districts then the athletes may make an irrevocable selection for which County or District they wish to be eligible. Once an athlete has made a decision as to their County or District of birth this may not be changed.
- (2) **Individual Open Competition**
An open competition is one, that is open to all eligible athletes, including one restricted to a particular County, District, Territory and/or age group.
- (3) **Open Team Competition**
Open Team Competitions, Relay Races and Team Races are competitions open to all eligible affiliated Clubs, including all Clubs in a particular County, District or Territory and/or age group. The organisers of such competitions or races may make such qualifying conditions as they think fit.
- (4) **Jurisdiction**
Every organiser of a race competition under ARC Rules, and every person tendering an entry for such an event or competition shall be considered to have submitted to the jurisdiction of ARC on all questions which may arise concerning the application, construction, meaning or effect of the Rules of ARC.

RULE 5 TEAM EVENTS

- (1) In an Open Relay Race Clubs shall not be allowed to enter more than three times the number entitled to actually compete. A Club entering more than one team in a race shall be allowed to select their teams from the Club entry for that event, but no athlete may compete for more than one team. Teams must be declared before the start of the race.
- (2) Ineligibility of a competitor in an Inter-club or Inter-Team competition does not necessarily disqualify the Club concerned and in such a case the competition shall be decided as if the ineligible competitor had not taken part.
- (3) No athletes shall be allowed to compete in a team unless their names have been declared prior to the event. If it is impractical to issue a programme then a complete list of the entries should be provided for the Referee.

RULE 6 COUNTY QUALIFICATION

- (1) County Championships are open to all eligible athletes meeting the Qualification rules as determined by appropriate County Association or body.

RULE 7 TERRITORIAL, DISTRICT AND NATIONAL CHAMPIONSHIP QUALIFICATIONS

- (1) Territorial, District and National Championships are open to all eligible athletes meeting the Qualification rules as determined by the appropriate Territory District or National Association or body.

RULE 8 PERMISSION TO PROMOTE (See also Rule 21)

- (1) The promotion of the following events requires specific permission:
 - (a) All Road Running Events.
 - (b) All Cross-country Events.
- (2) Permission to Promote will be granted by ARC which may make such procedural arrangements (including delegation to other bodies) for the administration of their powers as they see fit. They shall hereafter be called the Permitting Authority.

- (3) Applications for permission to promote should be made in writing, accompanied by the appropriate fee, to the Permitting Authority. Applications must be made at least eight weeks before the proposed date of a cross-country event, or six months before the proposed date for a road running event. The application shall be made on the standard form approved for the purpose and shall contain such additional detail as the Permitting Authority may require. The Permitting Authority has discretion whether to grant or refuse permission and shall be entitled to apply to a grant of permission such conditions as it thinks fit.
- (4) Applications must include undertakings by the applicant to:
 - (a) Adopt and comply with the ARC Rules for Competition.
 - (b) Include the words "Under ARC Rules" and indicate the permit number upon all advertisements, programmes, printed matter, and electronic communications issued in connection with the event.
 - (c) Organise and manage the event to the appropriate standard and to comply with the additional requirements or conditions of the Permitting Authority.
 - (d) Display the permit at the venue.

RULE 9 ENTRIES (See also rule 33)

- (1) Every entry shall be made to the secretary or other authorised official of the Promoting Body.
- (2) Any Club or Association or Event Organiser has the right to refuse any entry without assigning a reason to the entrant.
- (3) No entry either for individual or team events may be made except upon the form or forms, (be they printed and or electronic), of entry approved by the Permitting Body.
- (4) Every entry must be dated and state fully and accurately the particulars required by the official entry form approved by the Permitting Body. No one shall be allowed to compete unless an entry form is completed in accordance with this Rule.
- (5) Every entry must be made in the true, legally registered name of the competitor and this name shall appear on any programme that may be issued.
- (6) Every individual entry shall be signed by the intending competitor, who shall be responsible for all statements therein and any omissions therefrom, whether the athlete actually made the entry or not. Where entries are made electronically the completion of the entry application constitutes acceptance of the terms and conditions stated on the entry application.
- (7) Every entry for an event limited by age shall state the date of birth and present age in years and months if required of the intending competitor and every such entry shall, if required, be verified by the production of a birth certificate.
- (8) Where a team declaration is required for an event, this entry shall be signed by the Secretary or other authorised official of the Club on whose behalf the entry is made, and the Club shall be responsible for the accuracy of the information given by such official.
- (9) No entry to a competition under ARC Rules may be tendered or accepted unless accompanied by the full amount of the stipulated entry fee.
- (10) Numbers are issued to the individual athlete completing the application form and are non-transferable except with the specific authority of the Race Entry Secretary or other authorised race official.
- (11) A Runner whose entry is accepted after the published closing date may at the discretion of the Promoter:
 - (a) Not be eligible for any individual prize.
 - (b) Not be eligible as a scoring team member in a team race.

RULE 10 PROGRAMME AND PUBLISHED MATTER

- (1) All advertisements, programmes, printed matter and electronic communications shall state that the event is being held “Under ARC Rules” and include the permit number, see Rule 8 (4) (b)
- (2) Promoters of an Open Team event must declare in advance which team awards are included within the event or race and the manner in which they will be decided. In the case of a relay race the distance of each section and the order in which sections are to be run must be similarly declared.

RULE 11 CLOTHING (See also rule 29)

- (1) In all events competitors must wear at least vest and shorts (or equivalent clothing) that are designed and worn so as not to be objectionable, even if wet.
- (2) In team or relay races all competitors must wear vests of the colour and design of the team that they are representing, unless the Referee has given permission for a change to be made.
- (3) In individual County, District, Territorial and National Championships athletes must comply with the clothing rules as determined by the appropriate County, Territory, District or National Association or body.
- (4) Rule 11 (1) (2) & (3) does not preclude the wearing of clothing that is different in style or cut providing the clothing corresponds to the team colours and design.

RULE 12 RACE NUMBERS (See rule 26)

- (1) Event and race promoters/organisers shall provide Competitors with a durable, distinctive race number corresponding with their number in the programme or start list.
- (2) The Competitor shall wear the race number on the front of their upper body, clearly displayed, at all times whilst competing. No competitor shall be allowed to take part in any competition without wearing the appropriate race number and such number must be worn as issued and not be cut, folded or otherwise mutilated in any way. Any perforations on the number must not be made on any lettering or numerals that appear on them.
- (3) Sponsors lettering on race numbers are not to exceed 5cm in height.
- (4) Organisers must ensure that the same style of race number is issued to, and worn by, all competitors taking part in the event.

RULE 13 BETTING

All betting is strictly prohibited

RULE 14 CHALLENGE CUPS, LEAGUES AND SERIES

- (1) Rules for awards of challenge cup and prizes are as determined by the event promoters.
- (2) Rules for Leagues and Series are determined by the leagues/series promoters/organisers, sufficing that said rules do not conflict with the stated rules contained within this rule book.

RULE 15 ASSISTANCE (See also rule 31)

- (1) The following shall be interpreted as assistance:
 - (a) Pacing by persons not participating in a race, unless assisting a blind or partially sighted runner.
 - (b) The use of any mechanical or technical device that physically assists a competitor to achieve a faster time/pace than they would otherwise be capable of without the device.
- (2) The following shall not be interpreted as assistance :
 - (a) Communication during an event between athletes, and with other persons.
 - (b) A medical examination during the progress of an event by medical personnel solely to determine whether an athlete is fit enough to continue in the competition.
 - (c) The use of heart monitors, GPS and Inertia Measurement devices, in races.

- (3) No person is permitted to join in a race, whether to accompany the runners for the whole of the distance or any part or stage of the race, unless he/she has been properly entered for that race.

RULE 16 DISHONOURABLE CONDUCT

- (1) Any competitor (or other Person) interfering or attempting to interfere with the decision of an event official, or indulging in unfair practices or misbehaviour, including the use of offensive or abusive language shall, at the discretion of the Referee, be disqualified from the competition and, if deemed necessary, reported to ARC.
- (2) Athletes or officials who breach the Rules of Competition or conduct themselves in a manner that may bring discredit to the sport of athletics shall be reported to ARC.

RULE 17 OBJECTIONS AND PROTESTS

- (1) Any protest or objection against the qualification to compete, or the statements in the entry form of another competitor team or club, or of the results of an event shall be made to the Referee in the manner described in (2) below. When practical such protest or objection should be made:
 - (a) before the date of the competition, or
 - (b) on the day/s of competition, or
 - (c) no later than 7 days after the date of the end of the competition or after the competition results are published, whichever is the later.
- (2) Every protest or objection lodged under (1) shall be accompanied by a deposit of £10 and shall be made in writing and signed by the individual objector or by an authorised official and forwarded to the event promoter. The event promoter must in turn forward any objection or protest to the event referee. If, upon investigation, the protest or objection shall appear to have been made on no reasonable grounds, the deposit shall be forfeited to ARC.
- (3) The Referee shall decide the protest or objection made under (1) and his decision shall be final.
- (4) The Referee will communicate his decision to the event promoter and the objector.
- (5) In the event of a protest or objection being lodged against a competitor, team or Club, the prize or prizes shall be withheld until the protest or objection shall have been decided. If within a period of three months from the date of the protest or objection shall be sustained the prize or prizes shall be awarded as if the competitor, team or club objected to had not taken part in the competition.

RULE 18 DOPING

Doping in or out of competition is strictly forbidden and is an offence. See Rule 1 (1).

SECTION TWO - RULES FOR PROMOTERS/PROMOTING BODY

RULE 19 GENERAL

- (1) Any promoter wishing to hold a road running event must:
 - (a) Inform and consult with the local Police Force and inform the relevant Local Authorities and Emergency Services.
 - (b) Obtain a Road race Permit from ARC, see Rule 21.
 - (c) Adopt the rules of ARC.
- (2) No Promoter shall allow a road race to be broadcast, either live or recorded, without prior notice to ARC. ARC may attach such conditions as it sees fit.
- (3) The referee presides over the event ensuring that the rules of competition are observed deciding on any issues not within the rules of competition. The Referee may require changes to the course or other changes in the interests of safety.

RULE 20 RACE CLASSIFICATION

- (1) An open race is one that is open to all eligible runners subject to the restrictions on age and distances as defined in Rule 24.
- (2) A closed race is one that is open only to runners in a particular Service, Trade, Business House, or Educational Establishment.
- (3) Team races are inter club/organisation/body competitions determined on the performance of eligible runners within a race.
- (4) An open team race is open to all clubs affiliated to ARC or to UK Athletics. All scoring team members must have declared the club they wish to represent on their race entry form and be a member of that club on race day. All scoring team members must wear the club colours.
- (5) A closed team race is limited to clubs affiliated to ARC or UK Athletics within a particular Service, Trade, Business House, or Educational Establishment. All scoring team members must have declared the club they wish to represent on their race entry form and be a member of that club on race day. All scoring team members must wear the club colours.
- (6) Team races may be included by Promoters within any race subject to the above classifications.
- (7) Promoters must declare in advance which team awards are included within the race and the manner in which they will be decided.
- (8) A Veterans/Masters race shall be confined to runners who are at least 35 years old on the day of competition.

RULE 21 RACE PERMITS (See Rule 8)

- (1) All Promoters who wish to hold a road race under ARC rules must apply for a Road Race Permit from ARC using the official application form “Race Permit Application” (ARC003) and sending it to the address on the application form, (not less than 6 months prior to the event date), together with:
 - (a) The appropriate fee (as detailed on ARC003)
 - (b) A signed Minimum Standards Form (ARC004)
 - (c) A map of the proposed course.
 - (d) The proposed race entry form or forms, be they printed and or available by electronic means, a printed copy of the proposed electronic version/s must be supplied to enable proper scrutiny by ARC.
- (2) Any Promoter to which a Road Race Permit has been granted by ARC must:
 - (a) Include the words “Under ARC Rules” and the ARC Permit Number on any printed matter or in any electronic communication connected with the permitted event. If the race is advertised as being of a particular distance then the ARC “Certified Course” logo must also appear on any printed matter or in any electronic communication connected with the permitted event. See rule 22 (5)
 - (b) Impose, in addition to the basic entry fee, an additional entry fee of £2, the ‘Unattached Runner Levy’ on every entrant in an open road race who is not a member of a club affiliated to either ARC or UK Athletics. The ‘Unattached Runner Levy’ is not applicable where a race is confined to runners who are under 18 years of age on the day of the race.
 - (c) Within 30 days of the race being staged, submit the Post Event Information Return (ARC 005) (a copy of which is issued with the Road Race Permit) with a copy of the full race entry list and any monies arising from the ‘Unattached Runner Levy’ to ARC at the address on the form.
 - (d) Carry out a written Risk Assessment prior to the date of the event for which the permit is issued and make it available for inspection by any authorised ARC representative, emergency service or local authority. Retain a copy of the Risk Assessment for three years after the event.

RULE 22 THE COURSE

- (1) The responsibility for providing a safe course rests with the Promoter who must:
 - (a) Take account of any advice given by the Emergency Services, Local Authority, and the Course Measurer before publishing details of the course.
 - (b) Adequately signpost the course.
 - (c) Appoint marshals to direct runners throughout, particularly at intricate parts of the course and at road junctions. The marshals must be fully briefed as to their duties and responsibilities. At major road junctions at least one marshal must be an adult.
 - (d) Comply with the minimum standards as per the Minimum Standards form (ARC004) submitted with the Permit Application, see Rule 21 (1) (b).
- (2) Races shall be run on tarmac, concrete or paved roads. When traffic or similar circumstances make it unsuitable the course, duly marked, may be on a bicycle path or on a footpath alongside the road, but should not be on soft ground such as verges or the like.

If the course crosses a railway line, via a level crossing, swing bridge or any other mechanism that, if operating, could impede the progress of the race, then written confirmation will be obtained from the railway authority that it will not be in use for the duration of the race. As a precaution railway line crossings must still be marshalled even when written authority has been obtained that the line will not be in use for the duration of the race. Marshals must be briefed to look for traffic on the line and be prepared to stop runners accordingly.
- (3) The Start and Finish area may be in an enclosed ground or athletic arena. If possible the Start should not be on a main road.
- (4) The Start and Finish Lines must be marked.
- (5) If the race is advertised as being of a particular distance, then the correctness of that distance must be verified by a qualified Course Measurer and the ARC “Certified Course” logo must also appear on any printed matter or in any electronic communication connected with the permitted event. See rule 21 (2)
 - (a) The course must be measured along the ideal line of running, i.e. the shortest possible route, in the section of the road permitted for runners. The method of measurement shall be by a bicycle fitted with a Jones Counter and calibrated to IAAF standards.
 - (b) The measured distance must not be less than the advertised distance of the race, nor should it exceed the advertised distance by more than 0.1%.

RULE 23 REFRESHMENTS & SPONGE STATIONS

- (1) In races of 10km and above, Promoters must provide drinks to cater for the entire field at intervals of not more than 5km throughout the race.
- (2) A Promoter must provide additional drinks stations on the advice of the Race Medical Officer.
- (3) A Promoter must provide drinks for the entire field at the Finish.
- (4) Sponging stations, supplying water only, must be provided in all race distances from Marathon distance and above.
- (5) Sponge stations must be positioned between drinks stations and drinks stations and sponge stations must be at least 200mts apart.

RULE 24 AGE LIMITS IN RACES

- (1) The Promoter may make such age limits as he/she thinks 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 recognised age categories (see (3) below).
- (2) The maximum distances permitted in open competition for athletes are as follows:

Age Group on Race Day	-	Maximum distance Male & Female
Under 9 years	-	2000 metres

Under 11 years	-	3000 metres
Under 13 years	-	5000 metres
Under 15 years	-	6000 metres
Under 16 years	-	10000 metres
Under 17 years	-	16100 metres
Under 18 years	-	25000 metres
Under 20 years	-	Up to a marathon
20 years and over	-	Unlimited

(3) For Championships and many other races young athletes are grouped into age categories. The Competition Year extends from 1st October to 30th September in the following year. The age categories are:

- (a) Under 13 Boys and Girls (School Years 7 and 8 & some Year 6)
Road Running competitions for Under 13's shall be confined to competitors who are aged 11 on the day of competition, or 12 on 31st August prior to the commencement of the Competition Year as defined above.
- (b) Under 15 Boys and Girls (School Years 9 and 10)
Road Running Competitions for Under 15's 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.
- (c) Under 17 Men and Women (School Years 11 and 12)
Road Running Competitions for Under 17's 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.
- (d) Junior Men and Women
Road Running Competitions for Junior 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.
- (e) Senior Men and Women.
For Road Running competitions a Senior is a competitor who is aged at least 20 on 31st August prior to the commencement of the Competition Year as defined above. In Road Relay competitions Junior Men and Women, as appropriate may compete in senior events.
- (f) Veterans/Masters Men and Women
Road Running events for Masters shall be confined to competitors who are at least 35 years of age on the date of the competition.

RULE 25 ENTRIES

- (1) Any Promoter applying for a Road Race Permit must set a Closing Date for the normal acceptance of entries.
- (2) A Promoter must exhibit a listing, or provide a programme, showing all entries received by the published closing date. A list of all entrants, including any late entrants, must be handed to the Referee before the start of the race.
- (3) Any Promoter has the right to refuse any entry without assigning a reason.

RULE 26 RACE NUMBERS (see rule 12)

- (1) Event and race promoters/organisers shall provide Competitors with a durable, distinctive race number corresponding with their number in the programme or start list.
- (2) The Competitor shall wear the race number on the front of their upper body, clearly displayed, at all times whilst competing. No competitor shall be allowed to take part in any competition without wearing the appropriate race number and such number must be worn as issued and not be cut, folded or otherwise mutilated in any way. Any perforations on the number must not be made on any lettering or numerals that appear on them.

- (3) Sponsors lettering on race numbers are not to exceed 5cm in height.
- (4) Organisers must ensure that the same style of race number is issued to, and worn by, all competitors taking part in the event.

RULE 27 PRIZES

- (1) Any competitor who is subsequently found to be ineligible for a particular prize or award must return it forthwith on being requested to do so by the organiser.
- (2) Any runner eligible to compete in the same race in open competition and within an age category (eg. Under 21 or masters) who finishes in a position that qualifies for more than one individual prize, shall be allowed to select only one of these prizes, unless the Promoter has decreed otherwise on the race entry form or in other race literature or electronic communication sent to the runner.

SECTION THREE - RULES FOR RUNNERS/COMPETITORS

RULE 28 GENERAL

- (1) All runners must be eligible to compete, see rule 1.
- (2) Any runner found to have taken drugs prohibited by the IAAF will be disqualified and reported to the appropriate authorities.
- (3) The Competitor shall wear the race number on the front of their upper body, clearly displayed, at all times whilst competing. No competitor shall be allowed to take part in any competition without wearing the appropriate race number and such number must be worn as issued and not be cut, folded or otherwise mutilated in any way.
- (4) A runner must retire from a race immediately if ordered to do so by a medical official of the race.
- (5) A runner who retires from a race must not remove their number until the runner has reported to an official as having retired from the race.
- (6) The referee presides over the event ensuring that the rules of competition are observed deciding on any issues not within the rules of competition. The Referee may require changes to the course or other changes in the interests of safety.

RULE 29 CLOTHING (See also rule 11)

- (1) In all events competitors must wear at least vest and shorts (or equivalent clothing) that are designed and worn so as not to be objectionable, even if wet.
- (2) In team or relay races all competitors must wear vests of the colour and design of the team that they are representing unless the Referee has given permission for a change to be made.
- (3) In individual County, District, Territorial and National Championships athletes must comply with the clothing rules as determined by the appropriate County, Territory, District or National Association or body.
- (4) Rule 29 (1) (2) & (3) does not preclude the wearing of clothing that is different in style or cut providing the clothing corresponds to the team colours and design.

RULE 30 CHIP/TRANSPONDER TIMING

- (1) The use of chip timing systems is permitted provided that:
 - (a) The system requires no action by an athlete during the competition, at the finish or at any stage in the result processing.
 - (b) The weight of the chip and its housing carried on the athlete's clothing, race number or shoe is not significant.

- (c) None of the equipment used at the start, along the course or at the finish line constitutes a significant obstacle or barrier to the progress of the athlete.
- (2) At the finish the athletes shall still be placed in the order in which any part of their bodies (i.e. the torso as distinguished from head, neck, arms, hands, feet and legs) reaches the vertical plane of the nearer edge of the finish line. The Referee shall be the final arbiter regarding the finishing order of the athletes.
- (3) In competitions where the event promoter chooses to use a chip timing system, each competitor must wear the necessary equipment, as directed by the event promoter.
- (4) Where chip timing detection is used at both the start and finish, prizes will be awarded on a “gun” to “chip finish” basis unless the race promoter has published alternative arrangements.

RULE 31 ASSISTANCE (See also rule 15)

- (1) The following shall be interpreted as assistance:
 - (a) Pacing by persons not participating in a race, unless assisting a blind or partially sighted runner.
 - (b) The use of any mechanical or technical device that physically assists a competitor to achieve a faster time/pace than they would otherwise be capable of without the device.
- (2) The following shall not be interpreted as assistance:
 - (a) Communication during an event between athletes, and with other persons.
 - (b) A medical examination during the progress of an event by medical personnel solely to determine whether an athlete is fit enough to continue in the competition.
 - (c) The use of heart monitors, GPS and Inertia Measurement devices, in races.
- (3) No person is permitted to join in a race, whether to accompany the runners for the whole of the distance or any part or stage of the race, unless he/she has been properly entered for that race.

RULE 32 THE COURSE

- (1) All runners must cross the start line and follow the course as designed and follow the normal rules of the road except where otherwise instructed by the Police or Local Authority.
- (2) Where any part of a road used for a race is open to traffic at the same time as the competition is in progress, a runner must remain on the left hand half of the road (unless directed otherwise by the Police or by a race official).
- (3) The Race Referee has the power to disqualify any runner who does not follow the correct course or the instructions of the Emergency Services, Local Authority, and Race Officials.

RULE 33 ENTRIES (See also rule 9)

- (1) Every entry shall be made to the secretary or other authorised official of the Promoting Body.
- (2) Any Club or Association or Event Organiser has the right to refuse any entry without assigning a reason to the entrant.
- (3) No entry either for individual or team events may be made except upon the form or forms, (be they printed and or electronic), of entry approved by the Permitting Body.
- (4) Every entry must be dated and state fully and accurately the particulars required by the official entry form approved by the Permitting Body. No one shall be allowed to compete unless an entry form is completed in accordance with this Rule.
- (5) Every entry must be made in the true, legally registered name of the competitor and this name shall appear on any programme that may be issued.
- (6) Every individual entry shall be signed by the intending competitor, who shall be responsible for all statements therein and any omissions therefrom, whether the athlete actually made the entry or not. Where entries are made electronically the completion of the entry application constitutes acceptance of the terms and conditions stated on the entry application.

- (7) Every entry for an event limited by age shall state the date of birth and present age in years and months if required of the intending competitor and every such entry shall, if required, be verified by the production of a birth certificate.
- (8) Where a team declaration is required for an event, this entry shall be signed by the Secretary or other authorised official of the Club on whose behalf the entry is made, and the Club shall be responsible for the accuracy of the information given by such official.
- (9) No entry to a competition under ARC Rules may be tendered or accepted unless accompanied by the full amount of the stipulated entry fee.
- (10) Numbers are issued to the individual athlete completing the application form and are non-transferable except with the specific authority of the Race Secretary or other authorised race official.
- (11) A Runner whose entry is accepted after the published closing date may at the discretion of the Promoter:
 - (a) Not be eligible for any individual prize.
 - (b) Not be eligible as a scoring team member in a team race.

RULE 34 OBJECTIONS AND PROTESTS (See rule 17)

- (1) Any protest or objection against the qualification to compete, or the statements in the entry form of another competitor team or club, or of the results of an event shall be made to the Referee in the manner described in (2) below. When practical such protest or objection should be made:
 - (a) before the date of the competition, or
 - (b) on the day/s of competition, or
 - (c) no later than 7 days after the date of the end of the competition or after the competition results are published, whichever is the later.
- (2) Every protest or objection lodged under (1) shall be accompanied by a deposit of £10 and shall be made in writing and signed by the individual objector or by an authorised official and forwarded to the event promoter. The event promoter must in turn forward any objection or protest to the event referee. If, upon investigation, the protest or objection shall appear to have been made on no reasonable grounds, the deposit shall be forfeited to ARC.
- (3) The Referee shall decide the protest or objection made under (1) and his decision shall be final.
- (4) The Referee will communicate his decision to the event promoter and the objector.
- (5) In the event of a protest or objection being lodged against a competitor, team or Club, the prize or prizes shall be withheld until the protest or objection shall have been decided. If within a period of three months from the date of the protest or objection shall be sustained the prize or prizes shall be awarded as if the competitor, team or club objected to had not taken part in the competition.

ADDITIONAL RULES APPLICABLE TO TEAM RACES

RULE 35 ELIGIBILITY FOR CLUB TEAMS

A runner who is a member of more than one club affiliated to ARC or UK Athletics, or both, must declare the club for which he/she is competing to the Race Secretary, or other authorised official of the Promoting Body, on the race entry form or on the team declaration as required by the Race Promoter.

RULE 36 CLOTHING

- (1) In team or relay races all competitors must wear registered vests of the team they are representing that are of the same colour and style, unless the Referee has given permission for a change to be made.
- (2) A runner failing to comply with the clothing rules in team races will be liable to disqualification from the team race and the team result shall be scored as if that runner had not taken part in the team race.

RULE 37 ENTRIES

- (1) Where separate team entries are required, these shall be signed by an authorised member of the club on whose behalf the entry is being made, and the club shall be held responsible for the accuracy of the information given and for the eligibility of all the team members so entered.
- (2) A club entering more than one team in a race shall be allowed to select its teams from the total club entry for the race.
- (3) In a race where separate team entry is not required, the individual runner will be responsible for the accuracy of the information with regard to eligibility on the entry form.
- (4) A runner shall not be allowed to score in such a team race unless his/her name appears in the programme along with the name of his/her club affiliated to ARC or UK Athletics. If it is impracticable to issue a programme, then a complete list of teams and runners shall be provided for the information of the Race Referee before the start of the race.

RULE 38 TEAM DECLARATIONS (if required)

- (1) Promoters must specify, prior to the event, whether clubs are to declare their teams prior to the start of the race.
- (2) Promoters may nominate a time before which all team declarations must be submitted.

RULE 39 RESULTS

- (1) The results of a team race will first be notified to the Race Referee, who will ensure that all scoring members were eligible to compete before confirming the result.
- (2) The ineligibility of a runner in a team race held within a race does not necessarily disqualify the club/team he/she represents. In such cases the result shall be decided as if the ineligible runner had not taken part in the team race.

ADDITIONAL RULES APPLICABLE TO ROAD RELAYS

RULE 40 ENTRIES

- (1) In road relays clubs shall not be allowed to enter more than three times the number of runners entitled to compete per team.
- (2) A club entering more than one team in a road relay shall be allowed to select the teams from the complete club entry for the event.
- (3) Every club/team entry for a road relay shall be signed by an authorised member of the club on whose behalf the entry is being made. The club shall be held responsible for the accuracy of the information given, and for the eligibility of the runners.
- (4) A runner whose name does not appear on the club's entry shall not be allowed to compete in a road relay.

RULE 41 RACE NUMBERS

Every runner must wear the supplied number or numbers, which must serve to identify the team and the stage that the runner is running.

RULE 42 TEAM DECLARATIONS

- (1) All teams must be declared before the start of a road relay and the stage order of the runners specified in the manner laid down by the Promoter.
- (2) No changes may be made to the declared stage order of runners in a road relay without prior approval of the Race Referee and the Promoter.

RULE 43 RUNNERS

Where a team includes a runner who has already run a stage of the race that team shall not, subject to the entry conditions of the race, be included in the results.

CROSS-COUNTRY RULES

SECTION FOUR - GENERAL

RULE 44 PERMIT & MINIMUM STANDARDS OF RACE ORGANISATION

- (1) ARC Minimum Standards Of Race Organisation (ARC 004 CC) apply in a Cross-country event.

RULE 45 GENERAL

- (1) Rules 1 to 18 apply.

SECTION FIVE - RULES FOR PROMOTERS/PROMOTING BODY

RULE 46 GENERAL

- (1) Any promoter wishing to hold a Cross-country event must:
 - (a) Inform and consult with the local Police Force and inform the relevant Local Authorities and Emergency Services.
 - (b) Obtain a Cross-country race Permit from ARC, see Rule 48.
 - (c) Adopt the rules of ARC.
- (2) No Promoter shall allow a Cross-country race to be broadcast, either live or recorded, without prior notice to ARC. ARC may attach such conditions as it sees fit.
- (3) The Referee presides over the event ensuring that the rules of competition are observed deciding on any issues not within the rules of competition. The Referee may require changes to the course or other changes in the interests of safety.

RULE 47 RACE CLASSIFICATION

- (1) An open race is one that is open to all eligible runners subject to the restrictions on age and distances as defined in Rule 51.
- (2) A closed race is one that is open only to runners in a particular Service, Trade, Business House, or Educational Establishment.
- (3) Team races are inter club/organisation/body competitions determined on the performance of eligible runners within a race.
- (4) An open team race is open to all clubs affiliated to ARC or to UK Athletics. All scoring team members must have declared the club they wish to represent on their race entry form and be a member of that club on race day. All scoring team members must wear the club colours.
- (5) A closed team race is limited to clubs affiliated to ARC or UK Athletics within a particular Service, Trade, Business House, or Educational Establishment. All scoring team members must have declared the club they wish to represent on their race entry form and be a member of that club on race day. All scoring team members must wear the club colours.
- (6) Team races may be included by Promoters within any race subject to the above classifications.
- (7) Promoters must declare in advance which team awards are included within the race and the manner in which they will be decided.
- (8) A Veterans/Masters race shall be confined to runners who are at least 35 years old on the day of competition.

RULE 48 RACE PERMITS (See Rule 8)

- (1) All Promoters who wish to hold a Cross-country race under ARC rules must apply for a Cross-country Race Permit from ARC using the official application form “Race Permit Application” (ARC003) and sending it to the address on the application form, (not less than 8 weeks prior to the event date), together with:
 - (a) The appropriate fee (as detailed on ARC 003)
 - (b) A signed Minimum Standards Form (ARC 004 CC)
 - (c) A map of the proposed course.
 - (d) The proposed race entry form or forms, be they printed and or available by electronic means, a printed copy of the proposed electronic version/s must be supplied to enable proper scrutiny by ARC.
- (2) Any Promoter to which a Cross-country Race Permit has been granted by ARC must:
 - (a) Include the words “Under ARC Rules” and the ARC Permit Number on any printed matter or in any electronic communication connected with the permitted event.
 - (b) Impose, in addition to the basic entry fee, an additional entry fee of £2, the ‘Unattached Runner Levy’ on every entrant in an open race who is not a member of a club affiliated to either ARC or UK Athletics. The ‘Unattached Runner Levy’ is not applicable where a race is confined to runners who are under 18 years of age on the day of the race.
 - (c) Within 30 days of the race being staged, submit the Post Event Information Return (ARC 005) (a copy of which is issued with the Race Permit) with a copy of the full race entry list and any monies arising from the ‘Unattached Runner Levy’ to ARC at the address on the form.
 - (d) Carry out a written Risk Assessment prior to the date of the event for which the permit is issued and make it available for inspection by any authorised ARC representative, emergency service or local authority. Retain a copy of the Risk Assessment for three years after the event.

RULE 49 THE COURSE

- (1) The responsibility for providing a safe course rests with the Promoter who must:
 - (a) Take account of any advice given by the Emergency Services and Local Authority before publishing details of the course.
 - (b) Adequately sign & mark the course.
 - (c) Appoint marshals to direct runners throughout, particularly at intricate parts of the course and at road junctions. The marshals must be fully briefed as to their duties and responsibilities. At major road junctions at least one marshal must be an adult.
 - (d) Comply with the minimum standards as per the Minimum Standards form (ARC 004 CC) submitted with the Permit Application, see Rule 48 (1) (b).
- (2) If the course crosses a railway line, via a level crossing, swing bridge or any other mechanism that, if operating, could impede the progress of the race, then written confirmation will be obtained from the railway authority that it will not be in use for the duration of the race. As a precaution railway line crossings must still be marshalled even when written authority has been obtained that the line will not be in use for the duration of the race. Marshals must be briefed to look for traffic on the line and be prepared to stop runners accordingly.
- (3) The Start and Finish area may be in an enclosed ground or athletic arena. If possible the Start should not be on a main road.
- (4) The Start and Finish Lines must be signed.

RULE 50 REFRESHMENTS

- (1) Race organisers must, within their risk assessment, consider the need for refreshment in their risk assessment and make provision accordingly.

RULE 51 AGE LIMITS IN RACES

- (1) The Promoter may make such age limits as he/she thinks 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 recognised age categories (see (3) below).
- (2) The maximum distances permitted in open competition for athletes are as follows:

Age Group on Race Day	-	Maximum distance Male & Female
Under 13 years	-	3500 metres
Under 15 years	-	5000 metres
Under 17 years	-	6500 metres
Under 20 years	-	10000 metres
Seniors	-	Unlimited
- (3) For Championships and many other races young athletes are grouped into age categories. The Competition Year extends from 1st October to 30th September in the following year. The age categories are:
 - (a) Under 13 Boys and Girls (School Years 7 and 8 & some Year 6)
Cross-country competitions for Under 13's shall be confined to competitors who are aged 11 on the day of competition, or 12 on 31st August prior to the commencement of the Competition Year as defined above.
 - (b) Under 15 Boys and Girls (School Years 9 and 10)
Cross-country competitions for Under 15's 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.
 - (c) Under 17 Men and Women (School Years 11 and 12)
Cross-country competitions for Under 17's 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.
 - (d) Junior Men and Women
Cross-country competitions for Junior 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.
 - (e) Senior Men and Women.
For Cross-country competitions a Senior is a competitor who is aged at least 20 on 31st August prior to the commencement of the Competition Year as defined above. In Relay competitions Junior Men and Women, as appropriate may compete in senior events.
 - (f) Veterans/Masters Men and Women
Cross-country competitions for Masters shall be confined to competitors who are at least 35 years of age on the date of the competition.

RULE 52 ENTRIES

- (1) Any Promoter applying for a Cross-country Race Permit must set a Closing Date for the normal acceptance of entries.
- (2) A Promoter must exhibit a listing, or provide a programme, showing all entries received by the published closing date. A list of all entrants, including any late entrants, must be handed to the Referee before the start of the race.
- (3) Any Promoter has the right to refuse any entry without assigning a reason.

RULE 53 RACE NUMBERS (see rule 12)

- (1) Event and race promoters/organisers shall provide Competitors with a durable, distinctive race number corresponding with their number in the programme or start list.
- (2) The Competitor shall wear the race number on the front of their upper body, clearly displayed, at all times whilst competing. No competitor shall be allowed to take part in any competition without wearing the appropriate race number and such number must be worn as issued and not be cut, folded or otherwise mutilated in any way. Any perforations on the number must not be made on any lettering or numerals that appear on them.
- (3) Sponsors lettering on race numbers are not to exceed 5cm in height.
- (4) Organisers must ensure that the same style of race number is issued to, and worn by, all competitors taking part in the event.

RULE 54 PRIZES

- (1) Any competitor who is subsequently found to be ineligible for a particular prize or award must return it forthwith on being requested to do so by the organiser.
- (2) Any runner eligible to compete in the same race in open competition and within an age category (e.g. Under 21 or masters) who finishes in a position that qualifies for more than one individual prize, shall be allowed to select only one of these prizes, unless the Promoter has decreed otherwise on the race entry form or in other race literature or electronic communication sent to the runner.

SECTION SIX – RULES FOR RUNNERS/COMPETITORS

RULE 55 GENERAL

- (1) All runners must be eligible to compete, see rule 1.
- (2) Any runner found to have taken drugs prohibited by the IAAF will be disqualified and reported to the appropriate authorities.
- (3) The Competitor shall wear the race number on the front of their upper body, clearly displayed, at all times whilst competing. No competitor shall be allowed to take part in any competition without wearing the appropriate race number and such number must be worn as issued and not be cut, folded or otherwise mutilated in any way.
- (4) A runner must retire from a race immediately if ordered to do so by a medical official of the race.
- (5) A runner who retires from a race must not remove their number until the runner has reported to an official as having retired from the race.
- (6) The Referee presides over the event ensuring that the rules of competition are observed deciding on any issues not within the rules of competition. The Referee may require changes to the course or other changes in the interests of safety.

RULE 56 CLOTHING (See also rule 11 & 63)

- (1) In all events competitors must wear at least vest and shorts (or equivalent clothing) that are designed and worn so as not to be objectionable, even if wet.
- (2) In team or relay races all competitors must wear vests of the colour and design of the team that they are representing unless the Referee has given permission for a change to be made.
- (3) In individual County, District, Territorial and National Championships athletes must comply with the clothing rules as determined by the appropriate County, Territory, District or National Association or body.
- (4) Rule 56 (1) (2) & (3) does not preclude the wearing of clothing that is different in style or cut providing the clothing corresponds to the team colours and design.

RULE 57 CHIP/TRANSPONDER TIMING

- (1) The use of chip timing systems is permitted provided that:
 - (a) The system requires no action by an athlete during the competition, at the finish or at any stage in the result processing.
 - (b) The weight of the chip and its housing carried on the athlete's clothing, race number or shoe is not significant.
 - (c) None of the equipment used at the start, along the course or at the finish line constitutes a significant obstacle or barrier to the progress of the athlete.
- (2) At the finish the athletes shall still be placed in the order in which any part of their bodies (i.e. the torso as distinguished from head, neck, arms, hands, feet and legs) reaches the vertical plane of the nearer edge of the finish line. The Referee shall be the final arbiter regarding the finishing order of the athletes.
- (3) In competitions where the event promoter chooses to use a chip timing system, each competitor must wear the necessary equipment, as directed by the event promoter.
- (4) Where chip timing detection is used at both the start and finish, prizes will be awarded on a "gun" to "chip finish" basis unless the race promoter has published alternative arrangements.

RULE 58 ASSISTANCE (See also rule 15)

- (1) The following shall be interpreted as assistance:
 - (a) Pacing by persons not participating in a race, unless assisting a blind or partially sighted runner.
 - (b) The use of any mechanical or technical device that physically assists a competitor to achieve a faster time/pace than they would otherwise be capable of without the device.
- (2) The following shall not be interpreted as assistance:
 - (a) Communication during an event between athletes, and with other persons.
 - (b) A medical examination during the progress of an event by medical personnel solely to determine whether an athlete is fit enough to continue in the competition.
 - (c) The use of heart monitors, GPS and Inertia Measurement devices, in races.
- (3) No person is permitted to join in a race, whether to accompany the runners for the whole of the distance or any part or stage of the race, unless he/she has been properly entered for that race.

RULE 59 THE COURSE

- (1) All runners must cross the start line and follow the course as designed except where otherwise instructed by the Police, Local Authority, or Race Official acting in an emergency.
- (2) Where any part of a road used for a race is open to traffic at the same time as the competition is in progress, a runner must remain on the left hand half of the road (unless directed otherwise by the Police or by a race official).
- (3) The Race Referee has the power to disqualify any runner who does not follow the correct course or the instructions of the Emergency Services, Local Authority, and Race Officials.

RULE 60 ENTRIES (See also rule 9)

- (1) Every entry shall be made to the secretary or other authorised official of the Promoting Body.
- (2) Any Club or Association or Event Organiser has the right to refuse any entry without assigning a reason to the entrant.
- (3) No entry either for individual or team events may be made except upon the form or forms, (be they printed and or electronic), of entry approved by the Permitting Body.
- (4) Every entry must be dated and state fully and accurately the particulars required by the official entry form approved by the Permitting Body. No one shall be allowed to compete unless an entry form is completed in accordance with this Rule.

- (5) Every entry must be made in the true, legally registered name of the competitor and this name shall appear on any programme that may be issued.
- (6) Every individual entry shall be signed by the intending competitor, who shall be responsible for all statements therein and any omissions therefrom, whether the athlete actually made the entry or not. Where entries are made electronically the completion of the entry application constitutes acceptance of the terms and conditions stated on the entry application.
- (7) Every entry for an event limited by age shall state the date of birth and present age in years and months if required of the intending competitor and every such entry shall, if required, be verified by the production of a birth certificate.
- (8) Where a team declaration is required for an event, this entry shall be signed by the Secretary or other authorised official of the Club on whose behalf the entry is made, and the Club shall be responsible for the accuracy of the information given by such official.
- (9) No entry to a competition under ARC Rules may be tendered or accepted unless accompanied by the full amount of the stipulated entry fee.
- (10) Numbers are issued to the individual athlete completing the application form and are non-transferable except with the specific authority of the Race Secretary or other authorised race official.
- (11) A Runner whose entry is accepted after the published closing date may at the discretion of the Promoter:
 - (a) Not be eligible for any individual prize.
 - (b) Not be eligible as a scoring team member in a team race.

RULE 61 OBJECTIONS AND PROTESTS (See rule 17)

- (1) Any protest or objection against the qualification to compete, or the statements in the entry form of another competitor team or club, or of the results of an event shall be made to the Referee in the manner described in (2) below. When practical such protest or objection should be made:
 - (a) Before the date of the competition, or
 - (b) On the day/s of competition, or
 - (c) Not later than 7 days after the date of the end of the competition or after the competition results are published, whichever is the later.
- (2) Every protest or objection lodged under (1) shall be accompanied by a deposit of £10 and shall be made in writing and signed by the individual objector or by an authorised official and forwarded to the event promoter. The event promoter must in turn forward any objection or protest to the event referee or ARC. If, upon investigation, the protest or objection shall appear to have been made on no reasonable grounds, the deposit shall be forfeited to ARC.
- (3) The Referee or ARC shall decide the protest or objection made under (1) and this decision shall be final.
- (4) The Referee or ARC will communicate this decision to the event promoter and the objector.
- (5) In the event of a protest or objection being lodged against a competitor, team or Club, the prize or prizes shall be withheld until the protest or objection shall have been decided. If within a period of three months from the date of the protest or objection, and the said protest or objection being sustained, the prize or prizes shall be awarded as if the competitor, team or club objected to had not taken part in the competition.

ADDITIONAL RULES APPLICABLE TO TEAM RACES

RULE 62 ELIGIBILITY FOR CLUB TEAMS

A runner who is a member of more than one club affiliated to ARC or UK Athletics, or both, must declare the club for which he/she is competing to the Race Secretary, or other authorised official of the Promoting Body, on the race entry form or on the team declaration as required by the Race Promoter.

RULE 63 CLOTHING

- (1) In team or relay races all competitors must wear registered vests of the team they are representing that are of the same colour and style, unless the Referee has given permission for a change to be made.
- (2) A runner failing to comply with the clothing rules in team races will be liable to disqualification from the team race and the team result shall be scored as if that runner had not taken part in the team race.

RULE 64 ENTRIES

- (1) Where separate team entries are required, these shall be signed by an authorised member of the club on whose behalf the entry is being made, and the club shall be held responsible for the accuracy of the information given and for the eligibility of all the team members so entered.
- (2) A club entering more than one team in a race shall be allowed to select its teams from the total club entry for the race.
- (3) In a race where separate team entry is not required, the individual runner will be responsible for the accuracy of the information with regard to eligibility on the entry form.
- (4) A runner shall not be allowed to score in such a team race unless his/her name appears in the programme along with the name of his/her club affiliated to ARC or UK Athletics. If it is impracticable to issue a programme, then a complete list of teams and runners shall be provided for the information of the Race Referee before the start of the race.

RULE 65 TEAM DECLARATIONS (if required)

- (1) Promoters must specify, prior to the event, whether clubs are to declare their teams prior to the start of the race.
- (2) Promoters may nominate a time before which all team declarations must be submitted.

RULE 66 RESULTS

- (1) The results of a team race will first be notified to the Race Referee, who will ensure that all scoring members were eligible to compete before confirming the result.
- (2) The ineligibility of a runner in a team race held within a race does not necessarily disqualify the club/team he/she represents. In such cases the result shall be decided as if the ineligible runner had not taken part in the team race.

ADDITIONAL RULES APPLICABLE TO RELAYS

RULE 67 ENTRIES

- (1) In relays clubs shall not be allowed to enter more than three times the number of runners entitled to compete per team.
- (2) A club entering more than one team in a relay shall be allowed to select the teams from the complete club entry for the event.
- (3) Every club/team entry for a relay shall be signed by an authorised member of the club on whose behalf the entry is being made. The club shall be held responsible for the accuracy of the information given, and for the eligibility of the runners.
- (4) A runner whose name does not appear on the club's entry shall not be allowed to compete in a relay.

RULE 68 RACE NUMBERS

Every runner must wear the supplied number or numbers, which must serve to identify the team and the stage that the runner is running.

RULE 69 TEAM DECLARATIONS

- (1) All teams must be declared before the start of a relay and the stage order of the runners specified in the manner laid down by the Promoter.
- (2) No changes may be made to the declared stage order of runners in a relay without prior approval of the Race Referee and the Promoter.

RULE 70 RUNNERS

Where a team includes a runner who has already run a stage of the race that team shall not, subject to the entry conditions of the race, be included in the results.

SECTION 7 TRAIL RUNNING COMPETITION RULES

RULE 71 GENERAL

Rules 1–18 apply to all Trail Running Race competitions.

RULE 72 DEFINITION OF TRAIL RACES

- (1) Trail races are races that are primarily along:
 - (a) public rights of way that do not include a public carriageway or which do not have a made up sealed surface ; and/or
 - (b) private paths with the consent of the owner or occupier as appropriate
- (2) Trails may include connecting stretches of road and/or private or public land without a path when the owner's permission has been obtained if legally required. However for championships the courses must be on trails as defined in Rule 72(1) for at least 60% if the race is longer than 50km, 70% if the race is between 21.1 and 50km and 80% if under 21.1km. Non-championship events should follow this rule as closely as possible.

SECTION 8 RULES FOR PROMOTERS/ORGANISERS

RULE 73 COURSE MEASUREMENT

The length and total climb of any race should be measured as accurately as reasonably practicable. The method of measurement is at the discretion of the organiser but to facilitate comparison with other races the organiser should state the method of calculation.

RULE 74 COURSE DESIGN

- (1) Management of Hazard. Races that include mountains, high moors and coastal cliffs tend to attract competitors who enjoy a challenge. When catering for athletes with a sense of adventure the courses must NOT be designed to be potentially dangerous.
- (2) Bad Weather Alternatives. Races that include mountains, moor land, coastal cliffs or anywhere else that becomes hazardous in rain, fog, strong winds or snow must have a safe alternative route.
- (3) Short Cuts. The possibility of competitors taking short cuts should be examined. If these go over dangerous terrain the organiser must consider taking appropriate measures when preparing the risk assessment.
- (4) Protecting the Environment. The need to avoid damage to the environment should always be borne in mind. Therefore the maximum number of competitors that the course can accept should be calculated in consultation with the appropriate authority.
- (5) At the Beginning. Safety and protection of the environment require that the first part of the course should be wide enough for the expected number of competitors. Therefore:

- (a) Fields with growing crops should be avoided.
- (b) There should be no stiles, kissing gates or other obstacles so early on in the course as to make it likely that long queues will build up.
- (c) Similarly steep and narrow descents should be avoided until the competitors have spread out.
- (6) Tests of Navigation and Night Running. When planning races involving skilled navigation or night running it should be borne in mind that physical hazards become more severe, that lost competitors may trespass and that noise may disturb sleeping house-holders.

RULE 75 RACE PERMITS (See Rule 8)

- (1) All Promoters who wish to hold a Cross-country/Trail Running race under ARC rules must apply for a Cross-country/Trail Running Race Permit from ARC using the official application form “Race Permit Application” (ARC003) and sending it to the address on the application form, (not less than 8 weeks prior to the event date), together with:
 - (a) The appropriate fee (as detailed on ARC 003)
 - (b) A signed Minimum Standards Form (ARC 004 CC)
 - (c) A map of the proposed course.
 - (d) The proposed race entry form or forms, be they printed and or available by electronic means, a printed copy of the proposed electronic version/s must be supplied to enable proper scrutiny by ARC.
- (2) Any Promoter to which a Cross-country/Trail Running Race Permit has been granted by ARC must:
 - (a) Include the words “Under ARC Rules” and the ARC Permit Number on any printed matter or in any electronic communication connected with the permitted event.
 - (b) Impose, in addition to the basic entry fee, an additional entry fee of £2, the ‘Unattached Runner Levy’ on every entrant in an open race who is not a member of a club affiliated to either ARC or UK Athletics. The ‘Unattached Runner Levy’ is not applicable where a race is confined to runners who are under 18 years of age on the day of the race.
 - (c) Within 30 days of the race being staged, submit the Post Event Information Return (ARC 005) (a copy of which is issued with the Race Permit) with a copy of the full race entry list and any monies arising from the ‘Unattached Runner Levy’ to ARC at the address on the form.
 - (d) Carry out a written Risk Assessment prior to the date of the event for which the permit is issued and make it available for inspection by any authorised ARC representative, emergency service or local authority. Retain a copy of the Risk Assessment for three years after the event.

RULE 76 RACE INFORMATION

- (1) Race information and competitors’ application forms shall cover the following points:
 - (a) That the race is held under ARC Rules of Competition.
 - (b) The approximate length and approximate total climb of the course.
 - (c) Any age or other limitations.
 - (d) If survival equipment has to be carried.
 - (e) Entry fee(s) and unattached runner’s levy.
 - (f) Facilities (for changing and washing, lavatories, shelter, secure baggage storage, etc.) at or near the start and finish (where different).
 - (g) The general nature of the course (particularly if the course crosses mountainous or wild terrain and a level of experience is required) and if it is linear, circular, out and back, multi-lap, etc.
 - (h) Method of navigation and if a level of skill required.
 - (i) Structure of prizes and mementoes.

RULE 77 ORGANISER'S RESPONSIBILITIES

The Organiser has the following responsibilities:

- (1) Risk Assessment. Carrying out the risk assessment required by ARC to ensure all hazards are reduced to an acceptable level.
- (2) Railway Level Crossings. If the course includes a railway level crossing, the Organiser must refer to this in his Risk Assessment and alert all runners in the race info pack.
- (3) Course Inspection. The Race Organiser should, if reasonably practicable, inspect the course during the week prior to the event.
- (4) Exceptionally Severe Weather. The Organiser must be prepared to take firm decisions in good time to shorten the race, use the alternative course or cancel the race if the weather is predicted to become exceptionally severe.
- (5) Control of Race. The Organiser must ensure that race headquarters can monitor and control the race so that, if an accident occurs, or a competitor becomes lost, help is directed to the competitor in trouble without delay.

RULE 78 PREPARATION OF COURSE

- (1) Up to 10km. A course of 10km or less should be adequately marked and marshalled. On such short courses the leading competitors are usually running too fast to read maps and narratives.
- (2) Over 10km. On courses longer than 10km maps and course narratives may be used instead of, or in addition to, route marks, way-marks and marshals.
- (3) Support Stations. Unless stated otherwise in the advertisements and competitors' brief, refreshment stations with at least drinks should be not more than 10km apart and stocked with sufficient for the whole field.
- (4) Clearing Up. The sites of refreshment and sponge stations must be cleared up afterwards.
- (5) Crossing Roads. If the course crosses roads the Organiser, when preparing the risk assessment, must consider the risk involved and take appropriate measures. These may involve:
 - (a) Notices being put out to warn traffic.
 - (b) Notices before the crossing to warn competitors.
 - (c) Marshals.
- (6) Along Roads. ARC rules for road running shall apply for parts of a course that are on roads.
- (7) Supporters' Cars. At longer races, designated car parking areas for supporters should be set up where they will not cause traffic congestion that could lead to accidents. They may need marshals.

RULE 79 COMPETITORS' INFORMATION

- (1) Competitors' Briefing. The nature of the race and instructions relating to safety must be formally communicated to each competitor in the competitors' information.
- (2) Display of Permit. The race permit must be displayed at the race registration.
- (3) Weather Forecast. The weather forecast should be displayed if the race is over marathon distance or the course goes over wild countryside.
- (4) Availability of Risk Assessment. The full risk assessment must be available to any authorised official.
- (5) Prizes. See Rules for Competitors Rule 76.

RULE 80 AGE LIMITS

Subject to satisfying the ‘Adventure Activity Licensing Regulations’ and other relevant legislation, for young people under eighteen, the maximum distances permitted for the following age groups are:

- Under 8 years 1km
- Under 10 years 2km
- Under 12 years 3km
- Under 14 years 5km
- Under 16 years 6km
- Under 17 years 10km
- Under 18 years 25km
- Under 20 years 45km

RULE 81 ADDITIONAL RULES

Race organisers may draw up additional rules for their events that must be obeyed by competitors as though they were ARC Rules.

RULE 82 AGE GROUPS

Veterans - Men and Women. For Trail Running a veteran is a competitor aged at least 40 years on the date of the competition.

SECTION 9 RULES FOR COMPETITORS

RULE 83 COMPETITORS’ RESPONSIBILITIES

Competitors have the following responsibilities:

- (1) Safety. Primary responsibility for their own safety.
- (2) Course. Follow the whole of the course as designed, unless they are leaving it for the purpose of retirement, in which event they may proceed by to the nearest control station by a practically convenient route without trespassing. If they get lost or take a wrong turning competitors must return to the correct course without trespassing where they left it. They may be assisted in regaining the correct course.
- (3) Other Rights of Way Users. Unless the County Council has closed the route to all other users, recognise they have equal rights to be on the path and be courteous.
- (4) Behaviour at Obstacles & Narrow Paths. Competitors should not jostle at stiles and other obstacles. Nor should they push past slower runners on narrow paths. The correct etiquette is for the overtaking runner to shout ‘track’ and the slower to step out of the way as soon as practical, standing still if necessary.
- (5) Countryside Code. In England and Wales The Countryside Code must be obeyed, and in Scotland, The Scottish Access Code.
- (6) Injured Competitors. If they come across another competitor who is ill or hurt they **MUST** offer assistance.
- (7) Voluntary Retirement. If they wish to retire from the race they must report this to the nearest race official and to the finish, and then remove their number. If they become physically incapable of personally reporting, they should endeavour to get a message passed to an official.
- (8) Compulsory Retirement. Retire immediately if asked to do so by a race official.

RULE 84 HANDLERS & SUPPORTERS

- (1) Assistance Whilst Running. Notwithstanding Rule 15 a competitor may only be accompanied by an attendant for all or part of a race when the rules for that particular race authorise this. Failure to comply may lead to disqualification of the competitor being helped.
- (2) Supporters' Cars. When the competitors' brief states that handlers and supporters following the race may park their cars only at designated places, failure to comply may lead to the disqualification of the competitor being supported.

RULE 85 LATE ENTRIES

The Organiser may accept entries after the published closing date, but decide such competitors are not eligible for individual prizes and/or are not eligible to be scoring team members. These limitations should be made clear at the time of accepting the entry.

APPENDIX 1

Rule amendments

Rule 21 (2) (a) originally read;

- (2) Any Promoter to which a Road Race Permit has been granted by ARC must:
 - (a) Include the words “Under ARC Rules” and the ARC Permit Number on any printed matter or in any electronic communication connected with the permitted event.

Rule 21 (2) (a) amended 12th June 2009 to read;

- (2) Any Promoter to which a Road Race Permit has been granted by ARC must:
 - (a) Include the words “Under ARC Rules” and the ARC Permit Number on any printed matter or in any electronic communication connected with the permitted event. If the race is advertised as being of a particular distance then the ARC “Certified Course” logo must also appear on any printed matter or in any electronic communication connected with the permitted event. See rule 22 (5)

Rule 22 (5) (a) & (b) originally read;

- (5) If the race is advertised as being of a particular distance, then the correctness of that distance must be verified by a qualified Course Measurer:
 - (a) The course must be measured along the ideal line of running, i.e. the shortest possible route, in the section of the road permitted for runners. The method of measurement shall be by a bicycle fitted with a Jones Counter and calibrated to IAAF standards.
 - (b) The measured distance must not be less than the advertised distance of the race, nor should it exceed the advertised distance by more than 0.1%.

Rule 22 (5) (a) & (b) amended 12th June 2009 to read;

- (5) If the race is advertised as being of a particular distance, then the correctness of that distance must be verified by a qualified Course Measurer and the ARC “Certified Course” logo must also appear on any printed matter or in any electronic communication connected with the permitted event. See rule 21 (2)
 - (a) The course must be measured along the ideal line of running, i.e. the shortest possible route, in the section of the road permitted for runners. The method of measurement shall be by a bicycle fitted with a Jones Counter and calibrated to IAAF standards.
 - (b) The measured distance must not be less than the advertised distance of the race, nor should it exceed the advertised distance by more than 0.1%.

Rule 24 (2) originally read;

(2) The maximum distances permitted in open competition for athletes are as follows:		
Age Group on Race Day	-	Maximum distance Male & Female
Under 13 years	-	4000 metres
Under 15 years	-	6000 metres
Under 17 years	-	10000 metres
Under 20 years	-	Up to a marathon
Seniors	-	Unlimited

Rule 24 (2) amended 12th June 2009 to read;

(2) The maximum distances permitted in open competition for athletes are as follows:		
Age Group on Race Day	-	Maximum distance Male & Female
Under 9 years	-	2000 metres
Under 11 years	-	3000 metres
Under 13 years	-	4000 metres
Under 15 years	-	6000 metres
Under 16 years	-	10000 metres
Under 17 years	-	16100 metres
Under 18 years	-	25000 metres
Under 20 years	-	Up to a marathon
20 years and over	-	Unlimited

Rule 24 (2) originally read;

(2) The maximum distances permitted in open competition for athletes are as follows:		
Age Group on Race Day	-	Maximum distance Male & Female
Under 9 years	-	2000 metres
Under 11 years	-	3000 metres
Under 13 years	-	4000 metres
Under 15 years	-	6000 metres
Under 16 years	-	10000 metres
Under 17 years	-	16100 metres
Under 18 years	-	25000 metres
Under 20 years	-	Up to a marathon
20 years and over	-	Unlimited

Rule 24 (2) amended 12th July 2010 to read;

(2) The maximum distances permitted in open competition for athletes are as follows:		
Age Group on Race Day	-	Maximum distance Male & Female
Under 9 years	-	2000 metres
Under 11 years	-	3000 metres
Under 13 years	-	5000 metres
Under 15 years	-	6000 metres
Under 16 years	-	10000 metres
Under 17 years	-	16100 metres
Under 18 years	-	25000 metres
Under 20 years	-	Up to a marathon
20 years and over	-	Unlimited