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ATHLETICS MPUMALANGA

Cross Country Road Running Track and Field

Club Chairperson/Race Organiser

TRAIL RUNNING – RULES AND REGULATIONS

Trail Running is governed by ASA and it is therefore important that the following rules and regulations be adhered to when hosting a Trail run:

"1 Rule1: Competitions where ASA Rules shall apply

[Refer IAAF Rule 1]

1.2 The Athletics South Africa athlete licensing system will apply at all athletics competitions held in South Africa as per ASA National or Provincial Fixtures list.

1.3 All athletics competitions not listed on ASA National and Provincial Fixtures Lists will automatically be declared ineligible and eligible athletes participating in ineligible competitions and the results of the ineligible competition will also be declared ineligible.

1.4 All competitions held under the auspices of ASA must comply with the provisions of the Safety at Sport and Recreational Events Act, 2 of 2010 and its Regulations and the Occupational Health and Safety Act, 85 of 1993 and its Regulations.

4 Rule 4: Entry forms and results

[Refer IAAF Rules 132 and 142]

4.7 Results for all competitions

4.7.1 Results of competitions must be recorded accurately as they are used at all levels of administration ...

4.7.4 Results of medal winners as well as new records set must be distributed to the media as soon as possible after the completion of the competition and forwarded to the relevant Provincial office....

5 Rule 5: The Eligible athlete

[Refer IAAF Rules 20 & 21]

5.1 an athlete is eligible to compete if he/she is in possession of an ASA license, agrees to abide by the rules of ASA and has not been declared ineligible.

11 Rule 11 : The Eligible Competition / Race Organiser

[Refer IAAF Rules 121 to 124]

11.1 All events held under the auspices of ASA must be under the control of an eligible Competition/Race Organiser who must:

11.1.1 Have a specific mandate to organize a competition listed on the ASA National or Provincial Fixtures List either as a member of a club or contracted to the club or Provincial/Associate Member;

11.1.2 Take steps to ensure that the event remains listed on the ASA National or Provincial Fixtures List;

11.1.3 Act in the interest of the athlete, the club, and the Member ;

11.1.4 Allow only eligible athletes to enter for the event;

11.1.5 Act in accordance with the ASA Constitution, Rules and Regulations;

11.1.6 Use eligible ASA Technical Officials to regulate the event;

11.1.7 Market and advertise the event in accordance with IAAF/ASA Rules ;

11.1.8 Ensure that all financial obligations to the club and Member are adhered to;

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11.1.9 Remain in good standing with the Member.

14 Rule 14 : General

[Refer IAAF Rule 100]

14.1 All Competitions, as defined in ASA Rule 1.1, shall be held under the rules of the IAAF, ASA and Provincial/Associate member (as applicable) and

19 Rule 19 : New Competitions

19.1 All Competitions should be planned with the cooperation of a registered athletics club.

19.5 Medical Insurance and public liability for all events on the National and Provincial Fixtures lists for the following year will be negotiated in October of the preceding year.

19.6 No new competitions for the following year will be listed on the ASA Provincial Fixtures lists after October of the preceding year. Provinces may host such additional competitions, with the condition that the competition will not be covered by the ASA athlete medical insurance. This restriction must be stated on the promotional material.

21 Rule 21: Entries

[Refer to IAAF Rule 142]

21.3 All athletes, participating in a competition listed on the national and/or provincial events calendars, must be, at the time of participation, be a holder of an ASA license issued by or through the provincial athletics member, or must display temporary licence bibs. Note: Only permanent licenses are allowed at a National Championships.

21.5 Any registered athlete that consciously participates in any athletics meeting not sanctioned by ASA in terms of Rule 19, and is aware of it, may be declared ineligible, and may forfeit his/her license.

21.6 Officials who officiate in events that are not sanctioned may be suspended.

21.7 Clubs that consciously send athletes to events that are not sanctioned by ASA may also be suspended.

21.8 Organisers of competitions held according to the Rules of ASA must, through the provincial office, provide each non-registered athlete with temporary licence number bib(s). Provision of the temporary licence bibs is subject to the athlete adhering to all other requirements and rules for participation in South Africa.

24.3 Temporary Licences

24.3.1 To enable unlicensed athletes to compete in sanctioned competitions, and to cater for licensed athletes who left their licence number(s) at home, temporary licences may be issued subject to the following conditions: -

24.3.2 Temporary licences are only valid for the competition for which they are issued.

24.3.5 Provinces/Organisers must provide the necessary administration and facilities to enter temporary licensed athletes. Where temporary licences were not provided or sold, the province will have the right to estimate the number of temporary licenced athletes participating and invoice the organizer accordingly.

24.3.6 The host province in whose area the competition takes place may levy an additional fee over and above the entry fee when issuing temporary licenses.

24.3.7 Athletes taking out temporary licenses must sign an indemnity accepting the conditions of the meeting organisers and the rules of ASA. Where Organizers fail to provide indemnity forms to the participants/officials, the organizer will be held liable for any claims related to the event.

24.3.8 Athletes with temporary licenses must adhere to the advertising rules of the IAAF and ASA.

24.3.9 A temporary license may not be issued to an ineligible athlete.

24.3.12 While athletes with permanent licences have signed a registration form and are covered by a national insurance policy; from 2017 onwards temporary licenced athletes are not covered by such policies. To protect organizers, sponsors, volunteers and ASA it is important that all athletes who purchase a temporary license must sign an indemnity form/disclaimer. An example of an “

The following is additional information on Trail Running:

“SECTION IX: OFF-ROAD RACES – CROSS COUNTRY, MOUNTAIN AND TRAIL RACES

[Refer IAAF Chapter 5, SECTION IX]

Note :

Off Road Running has many variations e.g. Cross Country Running, Mountain Running, Trail Running, Park Running, Course Running, Steps Running, Tunnel Running, Fell Running, Mud Running, to name a few.

There are extreme variations in conditions in which Cross-Country Running, Mountain Running, Trail Running and Park Runs are practised throughout the world and it is difficult to regulate international standardisation of these events.

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*It must be accepted that the difference between very successful and unsuccessful events often lies in the natural characteristics of the venue and the abilities of the course designer.
The following Rules are intended as a guide and incentive to assist Members to develop Cross-Country Running, Mountain Running and Trail Running.*

33 Rule 33 : TRAIL RUNNING

[Refer to IAAF Rule 252]

33.1 Courses for Trail Running

33.1.1 Trail Races take place on a variety of terrain (including dirt roads, forest paths and single track footpaths) within a natural environment in open country (such as mountains, desert, forests or plains) that is mainly off-road.

33.1.2 Sections of macadamised surfaces or concrete are acceptable but should be the minimum possible for the desired course and must not exceed 20% of the total distance of the race. There shall be no set limit on distance or altitude gain or loss.

33.1.3 The Organisers shall, prior to the race, announce the distance and total ascent / descent of the course which must have been measured and provide a map and detailed profile of the course together with a description of the technical difficulties to be confronted during the race.

33.1.4 The course must represent the logical discovery of a region.

33.1.5 The course must be marked in such a way that athletes receive sufficient information to complete it without deviating from it.

33.1.6 To distinguish Trail Running from other running disciplines trail routes should include at least 10% of the distance on footpaths, mtb single track or undeveloped jeep-tracks.

33.1.7 Given the wide variety of routes and terrain that are possible, an essential element of a trail running event is the experience with nature the participant realizes during the activity.

33.1.8 Steep inclines and rough sections requiring hiking or scrambling are permissible. Narrow and restricted sections or obstacles, although allowed, should not hinder fair competition.

33.1.9 In line with World Championships, events shall be classified as Short, Medium, Long and Ultra.

33.1.9.1 Short 1km to 15km

33.1.9.2 Medium 16km to 34km

33.1.9.3 Long 35km to 45km

33.1.9.4 Ultra > 45km

33.1.10 However this classification does not restrict organisers from putting on events of any distance to suit the available terrain and the intended participants.

33.1.11 Courses do not have to be accurately measured but should be reasonably close to the distance advertised, as measured by GPS or Google map plot.

33.2 Equipment

33.2.1 Trail Running does not specify the use of a particular technique or specific equipment in its progression.

33.2.2 The Organiser may, however, impose or recommend obligatory security (safety) equipment applicable to the conditions expected or possibly to be encountered during the race which would allow the athlete to avoid a situation of distress or, in the case of an accident, to give the alert and wait in safety for the arrival of help.

33.2.3 A wind proof jacket, survival blanket, whistle, supply of water and a food reserve are the minimum elements which each athlete should possess and carry throughout the event.

33.2.4 Unless specifically disallowed by the Organisers, athletes may use poles such as hiking poles.

33.2.5 Marshals and other race crew must also be kitted to suit the expected weather conditions, bearing in mind they may be stationary for long periods.

33.2.6 Compulsory kit should be based on the worst-case (Bad) weather expected. Organisers may relax the compulsory kit requirement at any time up to the Start.

33.2.7 For all events besides the lowest risk safety grade, organisers shall issue participants with a race bib linked to a database in order to identify runners in the event of an injury and for administrative purposes.

33.2.8 The race bib must be visible at all times – normally on the front chest but this is not obligatory unless required by the race regulations.

33.2.9 ASA licences (permanent or temporary) do not need to be displayed but the athlete must be able to present the licenses when requested by the Referee/Organizer.

33.3 Start

33.3.1 Trail races shall be started by the firing of a gun or making any other distinctive sound. the commands for races longer than 400m shall be used (Rule 162.2(b)). in races which include a large number of athletes, five-minute, three-minute and one-minute warnings before the start of the race should be given.

33.3.2 To reduce congestion on the course, participants may be started in batches, with their finish times adjusted accordingly. Aspirant prize winners must start in the same (first) batch to ensure competition on a gun-to-mat basis.

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33.4 Safety

33.4.1 The Organisers shall ensure the safety of athletes and officials and must have a race specific plan for health, safety and rescue, including the means to provide assistance to athletes and other participants in distress.

33.4.2 The deployment of marshals on the course - to supplement route markings - shall be at the discretion of the organiser in accordance with the Safety Plan.

33.4.3 In accordance with the Safety at Sports and Recreational Events Act (2 of 2010) a Safety Officer (preferably familiar with trail running) must be appointed for all events.

33.4.4 For safety reasons the use of personal music players with headphones during trail races is not allowed. Persons using them in contravention of IAAF Rule 144.3b will not be eligible for performance prizes and may be disqualified if they fail to obey a reasonable instruction from a race official.

33.4.5 For the safety of runners, convenience of the public and efficiency of medical/race personnel the race should have a cut-off. This should be stated on the information supplied to the runners. For some (longer) events, realistic intermediate cut-offs should be set at various points along the course to keep runners moving toward the finish in a timely manner. The procedure for dealing with runners who do not make any time limits should be determined as part of the safety plan.

33.4.6 Competitors who miss the cut off must not be allowed to continue on the course "on their own responsibility" as it totally defeats the point of having the cut off in the first place.

33.4.7 Some trail races may be potentially dangerous for tiring competitors, particularly at night or in adverse weather conditions. In these circumstances the Race Director may authorise "individual Trail Guides" for each competitor on specific sections in the interests of safety. The Race Director must carefully define rules for the duration and type of support permitted. The Race Director or Referee may disqualify any competitor whose guide fails to obey those rules.

33.4.8 Such guides may not carry any food, fluid or equipment for the competitors that the competitor would not normally carry if they were on their own.

33.4.9 Assistance at natural obstacles is permitted. Such assistance should be provided only by the race organiser and shall be detailed in pre-race instructions.

33.5 Aid Stations

33.5.1 Since trail Running is based on self-sufficiency, each athlete shall be autonomous between aid stations in relation to clothing, communications, food and drink. Accordingly, aid stations shall be sufficiently spaced out according to the organisers' plan so as to respect the autonomy of athletes but taking in account health and safety.

33.6 Race Conduct

33.6.1 If the Referee is satisfied on the report of a Judge or umpire or otherwise that an athlete has left the marked course thereby shortening the distance to be covered, he shall be disqualified.

33.6.2 Assistance from non-competitors (seconds) may only be provided at aid stations.

33.6.3 Participants may receive minor assistance from other competitors at any time.

33.6.4 Direct physical assistance in order to intentionally improve the result of another competitor is specifically excluded, including but not limited to pushing, the use of ropes, poles and bungee cords for towing, and carrying the compulsory kit for another participant.

33.6.5 Treatment by the event appointed medical staff may take place at any point on the course and shall not be deemed to be assistance except if fluids or medicines are administered intravenously – such intravenous treatment shall make the recipient ineligible for position and performance prizes.

33.6.6 In the case of multi-day events, this restriction on intravenous treatment shall apply for the full duration of the event.

33.6.7 An athlete shall retire from an event if ordered to do so by the official medical staff, identified by armbands, vests or similar distinctive apparel.

33.6.8 The Organisers of each trail race shall publish specific Regulations setting out the circumstances that may result in the penalisation or disqualification of an athlete.

33.6.9 Age category tags are not required for trail running unless specified in the event rules, although organisers might consider other ways such as different coloured bibs to allow the different age groups to be identified both for the officials recording results as well as for the participants themselves so that they know who they are competing against.

33.6.10 When prize money is offered it shall be made known before the race. The amount of prize money and how it is divided is at the organisers discretion provided that prize money must be the same for men and women and prizes for the overall race winner must be regardless of the age of the competitor. "

Please contact Theuns Luus, 083 630 8729, with any further questions in this regard.

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