

ENGLAND ATHLETICS CROSS COUNTRY LICENSING GUIDELINES 2026 / 2027

Please find information for cross country licensing below.

Appendix 1 includes all licensing standards as agreed by all Home Country Athletics Federations.

Contents

England Athletics Specific Licence Procedures

[How to apply](#)

[Age Group Reminder](#) (New this year)

[Participating Clubs/Athletes](#)

[Event Referee](#)

[Affiliation and Insurance](#)

[Safeguarding](#) (New this year)

[Post Event Report Forms](#)

[Recommended Distances](#) (amended)

Appendix 1

Licence Standards Framework for Licensed Cross County Competitions in the UK

[The Standards](#)

[Planning and Consents](#)

[Licensing Matters](#)

[Event Facilities](#)

[The Course](#)

[Officials and Marshals](#)

[Medical Support](#)

[Refreshments](#)

[Risk Management](#)

[Miscellaneous](#)

How to apply

[Go to the online application website](#)

Apply at least 30 days prior to your competition

Age Group Reminder

Following the introduction of even age groups, in accordance with the UK Athletics Rule Book, TR3 S3:

- Under 14 boys and girls shall be confined to competitors who are aged 12 or 13 on the 31st August within the Competition Year
- Under 16 boys and girls shall be confined to competitors who are aged 14 or 15 on the 31st August within the Competition Year
- Under 18 boys and girls shall be confined to competitors who are aged 16 or 17 on the 31st August within the Competition Year
- Under 20 boys and girls shall be confined to competitors who are aged 18 or 19 on the 31st August within the Competition Year
- Senior men & women shall be confined to competitors who is aged at least 20 on 31st August within the Competition Year

TR3 S1 (2) states that the **Competition Year** shall be from 1st October each year to the following 30th September.

Participating Clubs/Athletes

- All participating clubs participating or entering teams in Senior or Masters cross country league competitions must be affiliated to England Athletics.
- In accordance with UKA Rule G2 S3 (6) athletes may compete as unattached for one year, after which time they must join a club affiliated to England Athletics.
- All clubs participating or entering teams in Senior or Masters cross country league events must be affiliated to England Athletics.

Event Referee

Participant numbers determine the level of Official appointment:

Minimum Level of Qualified Endurance Officials required	Maximum number of runners per race
Level 2+	Up to 300 runners
Level 3+	300-600 runners
Level 4+	Over 600 runners

Assistance on identifying suitable officials can be obtained via your County Endurance Officials' Secretary:

- [Download the COFSec list](#) (PDF)

Affiliation and Insurance

All competition providers (such as organisations or clubs, not individual applicants) must be affiliated to England Athletics. This affiliation ensures that all competitions are covered by the **UK Athletics insurance**. For details relating to the coverage, [refer to the information provided by Marsh - the UK Athletics broker](#).

In the event of an insurance claim the licensing body have the authority to claim back the full or part of the insurance excess.

Safeguarding

Competition providers should appoint a Welfare Lead and make their contact details accessible to all event participants, officials, volunteers and spectators. Wherever possible, the Welfare Lead should be independent of event delivery to ensure they can respond appropriately to any welfare or safeguarding concerns. The Welfare Lead should also understand how concerns should be reported and escalated to UKA or statutory agencies where necessary.

The Welfare Lead must hold a current UK Athletics DBS check and have completed relevant safeguarding training. Home Country Athletics Federations provide training and resources to support the role.

Post-event Report Forms

Upon completion of the event a post-race report form must be completed.

- [Go to the online report form](#)

Recommended permitted age group distances (TR3 S4)

Maximum distances for all terrains are included in TR3 S4, but these are the recommended distances for each age group.

	Senior	U20	U18	U16	U14	U12	
	Unlimited	10000m	8000m	5000m	4000m	3000m	

APPENDIX 1 –

LICENCE STANDARDS FRAMEWORK FOR LICENSED CROSS COUNTRY COMPETITIONS IN THE UK

In order to obtain a Cross Country Event Licence, organisers of athletics events in the UK must agree that their event will comply with the following standards. England Athletics will be on hand to support event organisers achieve the standards set out below.

THE STANDARDS

Planning and Consents	
1	a) UK Athletics and World Athletics (where appropriate) rules will be applied to the event. • View UKA Rules • View World Athletics rules b) A copy of the UKA Rules for Competition will be available on the day of the event (hard copy or electronic).
2	Consideration will be given to the participation of disabled participants (including those with physical, sensory and intellectual impairments) and any necessary reasonable adjustments that may need to be made to enable them to take part will be implemented.
3	Possible inconvenience to residents and other members of the public at / near the event site / stadium and surrounding areas will be considered and minimised where reasonably possible. This also includes consideration of the impact on local emergency services provision.
4	a) UKA Rules TR3 S3 regarding young athletes will be observed, and event organisers will not offer events unsuitable for specific age groups. b) Parental or guardian permission will be requested on the entry form for athletes under 18 years old. c) The event will meet UK Athletics' welfare and safeguarding requirements. Note: DBS checks are not required for general race activities such as taking entries, handing out drinks, marshalling, etc.
5	a) Competitors' age groups shall be determined by UKA rules TR3 S3. b) Masters athletes must be 35+ years old on the day of the event, under UKA rules.
6	For non-stadium events: a) The land owner, local authority and any other relevant body will be consulted with regard to the course and safety matters, and all necessary consents will be obtained. b) If requested, the local authority, or other relevant authority, should be provided with all relevant information relating to the event.
7	Observations made by the local authority, highways authority, police and/or emergency services regarding the course or other aspects of the event will be carefully considered and, if not adopted, will be drawn to the attention of the appropriate Home Country Athletics Federation at the time of the licence application.

8	The venue for a race start and finish will be free from moving traffic and be able to cope with expected numbers and conditions, and the course adequate for the type of event being staged.
---	--

Licensing Matters

9	Organisers will display: 1) "Under UKA Rules" and the Home Country licence number plus World Athletics Permit where applicable. 2) The course measurement certificate number and logo, if applicable on: a) Event website (if applicable) b) Event entry form (online and offline) c) All pre-event athletes' information
10	Event Organisers will record and report the number of Home Country registered members and non-members entering their licensed event by completing and submitting an event return form within 28 days following their event date. • Go to the online event return form
11	It is a licensing condition to provide results to Power of 10. Results should be sent to Power of 10 (admin@thepowerof10.info) for publication within 7 days and to enable the accurate recording of the distances ensure that relevant course maps are included.
12	England Athletics reserve the right to request a copy of the entry list from any licensed event. Lists must be received within 28 days of the request being made.
13	Within 48 hours of any licensed event, race organisers are required to notify England Athletics and UK Athletics separately in the event of any fatality or any resuscitation, hospitalisation, serious incident, accident or circumstances which might reasonably be expected to give rise to an insurance claim. • Go to online incident report form

14	England Athletics a) Cross Country Organisers are required to collect an Additional Unattached Entry Fee (see Rule CR31 S2 (3)) of £2 per entry from any entrant who does not have current individual registration with England Athletics or the equivalent for another Home Country Athletics Federation ("HCAF"). Additional Fees collected must be paid to England Athletics within 28 days following the event date. b) Registration status will be confirmed by requesting the entrants provide their seven-digit England Athletics Unique Reference Number, at the point of entry. To qualify, the athlete must hold a current registration (i.e. with the England Athletics Registration Fee or other HCAF equivalent paid for the relevant competition year). c) Additional Fees do not need to be collected when the full entry fee is £2 or less; the event is open only to athletes in the U17 age group and below; or the event is open to school pupils or students only (athletes must represent their educational institution in this case). In the case that the event hosts all age groups, the levy is only relevant to athletes U20 or above. d) Please contact England Athletics for BACS payment details.
----	--

Event Facilities

15	There will be well-signed and adequate male, female, accessible and gender neutral (wherever possible) toilets within a reasonable distance of the: a) Race HQ b) Start c) Finish
16	There will be sufficient parking provision for volunteers, officials, competitors and spectators on or near the event site, including access for buses/coaches if expected. This may include on-street parking in suitable areas. Exceptions may apply for non-stadium events in city locations. Parking arrangements will be outlined within the event's suitable and sufficient Traffic Management Plan, which may be a standalone document, or included within the wider Event Management Plan as appropriate.
17	There should be provision for clubs/teams to erect tents wherever suitable for the scale and location of the event.

The Course

18	The course route and marshalling arrangements will be suitable for the size of the field, ref TR56 S1.
19	The course will be signed, taped and marshalled, where appropriate, with all turnings clearly indicated, to ensure runners keep to the approved route.
20	The course will be cleared of all race signs, debris, etc. as soon as reasonably practical.

Officials and Marshals

21	The appointment of a UKA licensed Race Referee is required for off-track races, with support from other suitably qualified endurance officials. Note: Persons appointed to Chief/Referee roles should not be a member of the organising committee. Officiating requirements for events at all levels are published by UKA seasonally.
22	In a cross country event, particularly in the early stages of a race, the general public should only be allowed to cross the course at well-organised cross-over points, marshalled by stewards.
23	Marshals will be fully briefed before the start of any event. They should receive written instructions as to their role, position, emergency procedures and race information. All instructions, including, but not limited to, role descriptions and emergency procedures must be understood by everyone.
24	All course marshals will wear distinctive tabards/bibs/tops at all times whilst on the course (this includes start/finish areas).
25	Marshals will remain on the course until released by the sweep vehicle, chief marshal or event control.

Medical Support

26	a) The first aid and or medical cover for the event will meet the <u>requirements of the recommended minimum standards for their discipline</u>. The race organiser is required to provide details and justification for any departures from the recommended minimum standards. b) A Medical Risk Assessment will be undertaken by an appropriately competent person and must be made available for inspection before or post-race by the England Athletics upon request. The medical assessment can be incorporated within the overall risk assessment if appropriate. c) A Medical Operations plan is a helpful tool for ensuring suitable first aid cover across the whole event.
27	The event organiser is required to provide confirmation that adequate first aid cover is in place when applying for a licence. We recommend your medical provider is detailed in your Risk Assessment. This should include the name of an employed first aid provider or the number and qualifications of any individuals from within the organisation who will act as first aiders during the event. Note: a UKA coaching qualification (which includes a first aid module) is not a sufficient level of qualification to provide first aid at a licensed event.

Refreshments

28	Any drinks or catering provided at the event will fully comply with current food hygiene regulations.
----	--

29	Drinks stations will be provided on the course and/or at the start/finish for the duration of the event, in accordance with UKA Rule TR 56.8 at cross country events. All drink stations will be under the control of adults (16 years+) who will be well briefed. Where additional helpers aged under 16 are used, they will be of a responsible age and always under full-time adult supervision. All drink stations personnel should wear distinctive tabards/bibs/tops.
----	--

Risk Management

30	A risk assessment is a legal requirement for all events. Organisers must be able to demonstrate suitable and sufficient consideration to duty of care and that any risks associated with the event, including medical requirements, have been appraised and planned accordingly. The risk assessment will evaluate the significant risks to participants, spectators, event staff, volunteers and members of the general public. • Go to UKA risk assessment template The risk assessment has taken account of the requirements of the Health and Safety Executive's guidance on event safety, as applicable to your event, as well as any other relevant guidance and legislation.
31	England Athletics reserve the right for the final risk assessment and medical risk assessment to be made available for inspection pre- or post-race.
32	Planning for the event will also take account of: - Any relevant data protection legislation concerning the handling of personal data Equality Act 2010 UKA guidance on Welfare and Safeguarding matters All the above legislation and guidance may impact on your event, and this list is not exhaustive.

Miscellaneous

33	Under Rule TR 56 S3 (3) The wearing of headphones, or similar devices, other than those being used following a medical diagnosis supported by a recommendation from a medically qualified professional, is not permitted. The event organiser's approach should be made clear at the point of entry and justified in the event risk assessment.
34	- Race numbers/bibs as issued by the event will be worn by all competitors on the front of their top, or front and back for track events. - Competitors will be advised that numbers must not be folded, cut or mutilated.
35	All participants (including athletes and athlete support personnel) in any licensed event are bound to UK Athletics' anti-doping rules and must make themselves familiar with these rules. Organisers of licensed events are expected to cooperate with UK Anti-Doping with regards to any code-compliant

	anti-doping investigations and proceedings linked to their event or participants in their event, and to include the following statement regarding anti-doping compliance, provided by UKAD, within their event registration process:
--	--

	"An entrant shall be deemed to have made himself/herself/themselves, familiar with, and agreed to be bound by the UKA Anti-Doping Rules and to submit to the authority of UK Anti-Doping in the application and enforcement of the Anti-Doping Rules. The UKA Anti-Doping Rules apply to entrants participating in the sport of Athletics, for 12 months from the date of entering the event, whether or not the participant is a citizen of, or resident in, the UK."
--	---