

OPEN-EAR HEADPHONES

None of the listed below of the new “Open-Ear or Clip On Open Ear Earbuds are allowed under The UKA Rules for Competition **Rule TR55 S5 UKA Supplement Headphones 2024 TO 2026.**

The wearing of headphones, or similar devices, (other than those medically prescribed), is not permitted on any shared usage courses.

This includes, but is not limited to, open roads, parks, recreation grounds, seafront promenades, public footpaths and other such areas where those not participating in the race may be present.

Competition Providers of races held entirely on roads closed to traffic or on routes entirely closed to all but the competitors may apply this condition where appropriate to local circumstances.

Headphones that work by conducting sound through bones and **do not sit in or on the ears** are acceptable but must leave the ear clear of obstruction to hearing.

A Competition Provider may determine that they cannot be used in their race even on a closed road or course subject to their safety assessment.

This must be made clear at the point of entry to the event.

Only this type of Bone Conducting headphones are allowed and some will also have the England Athletics Logo on them to show they are approved.



The confusion comes when a number of manufactures are using the wording “Bone Conduction Headphones Wireless Earbuds” when they clearly sit in or over the ears and so if used in “Open Road Races would lead to a disqualification.

A pair of black bone-conducting headphones with a sleek, modern design. They have a curved headband and two earpieces that sit on the temples, connected by a thin black cable.	EUQQ Bone Conduction Headphones Wireless Earbuds - Comfort Open Ear Headphone, Clip On Bluetooth 5.3 Ear Clip Buds	A pair of black bone-conducting headphones with a sleek, modern design. They have a curved headband and two earpieces that sit on the temples, connected by a thin black cable.	BlitzMax Open Ear Headphones Bluetooth 5.3, Wireless Open Ear Earbuds, Air Conduction Headphone
A pair of white bone-conducting headphones with a sleek, modern design. They have a curved headband and two earpieces that sit on the temples, connected by a thin black cable.	Wireless Headset Clip On Open Ear Earbuds	A pair of black bone-conducting headphones with a sleek, modern design. They have a curved headband and two earpieces that sit on the temples, connected by a thin black cable.	Shokz OpenFit Bluetooth True Wireless Open-Ear Headphones