

## **RULES - NORTH DISTRICT CROSS COUNTRY LEAGUE - Revised August 2019**

### **1. Number of Races.**

The number of races in the season shall be a maximum of six.

### **2.1 Scoring.**

Individuals. The scoring will be 100 points for first place, 99 for second place, 98 for third, etc. Veterans and super-veterans score as per their score in the senior races.

2.2 **Teams.** The number of scoring counters for the teams will be **4** in the senior men and women. **3** for all junior age groups.

2.3 **Incomplete Teams.** If a team fails to achieve the required number of counters in a race, the scores of those team members who finish will be awarded to the team.

### **3.1 Counting Races.**

For the individual placings at the end of the season the best 4 results for each individual will count if there have been 6 events. If 5 events, then 3 to count. If less than 5 races were held in the season, the Executive Committee shall decide the number to count.

3.2 For senior teams the best **5** from **6** races will count, **4** for the juniors. If there are **5** races, then the best **4** will count for seniors and **3** for juniors.

### **4. Distances of Races**

The maximum distances for the league races shall be as follows. All courses should be as accurate as possible. Consideration of the severity of the course must be taken into account.

Under-11 Girls/Boys	Maximum 1600 metres
Under-13 Girls/Boys	Maximum 3500 metres
Under-15 Girls/U-17 Ladies	Maximum 5000 metres
Under-15 Boys	Maximum 5000 metres
Ladies	Maximum 6500 metres
Under-17 Males	Maximum 6500 metres
Jun/Senior Men	Maximum 10000 metres

### **5. Age Groups.**

All age groups are as per the standard SCOTTISHATHLETICS LTD Age Groups. Youngest age allowed for Under 11's is 9 years old. Veteran Men and Ladies age group are over 40, Super-Veteran Men and Ladies are over 50.

6. **Start Times**

The first race shall commence at 1.15pm and the Senior Men's race not before 2.30pm. Provided the host club has been informed, the start of the first race may be delayed if a club has been held up on the way for some reason.

7. **Changing Facilities**

Changing facilities must be available from 12.30 pm, and someone from the host club should be there to answer any queries from that time onwards.

8. **Marking the Courses**

All the courses should be marked by 12.30pm so that the visiting clubs have adequate time to walk round the courses.

9. **Course Map**

A map of the courses should be on display at the changing facilities from 12.30pm onwards. Course maps must be sent to the League Secretary 2 weeks prior to the day of the race.

10. **Marking and Stewarding of Courses.**

All courses must be adequately marked, and stewarding must be by adults, not children. A steward should be placed at all parts of the course where there is any possibility of runners going wrong.

11. **Course Referee.**

The host club must appoint a referee for the day. This referee can be from any club except the host club. Any decision made by the referee can be appealed to the Executive Committee after the final race of the day.

12. **Pacing of Athletes.**

Pacing of athletes is not allowed and anyone found doing this will be reported to the Executive Committee and could lead to disqualification of the athlete concerned.

13. **Recording.**

The recording of races will be done by a funnel system. The recording, and all other official duties, is the responsibility of the host club.

14. **Club Colours and Identification.**

Club colours must be worn by all athletes.

15. **Entry Fees.**

Junior/Senior Men, Senior Ladies £2.00 per race. All other age groups £1.00 per race.

16. **Results of Races.**

The host club must ensure that the results are sent to the League Secretary within one week.

17. **Refreshments after Races.**

The host club is only expected to provide tea and biscuits after the race.

18. **Cancellation of Race.**

Only the Executive Committee can cancel or postpone a race. The Executive Committee can cancel or postpone a race on advice taken from the host club. A race shall not be cancelled or postponed before 5pm on Thursday preceding the race, or later than mid-day on the Friday preceding the race, except in exceptional circumstances. The Executive Committee's decision shall be absolute.

19. **Club Unable to Travel Due to Weather Conditions.**

If a club finds itself unable to travel because of weather conditions, they must inform the Executive Committee immediately. The Executive Committee will decide whether the club should be given some allowance for non-appearance.

20. **Non-First Claim Runners.**

Each club can have two second claim runners per race. The names of these second claim members must be given to the League Secretary before the start of the race.

21. **Athlete Changing Club.**

Once an athlete has competed for a club in the league, he/she cannot count for another club in the league during the season. This, however, does not preclude him/her from counting towards the individual placings.

22. **First Aid.**

It is desirable that First Aid facilities are provided by the host club.

23. **Guest Competitors.**

Guest competitors will only be allowed to compete twice in a season. They must also pay double the entry fee in advance.

24. **Executive Committee.**

Any dispute regarding the interpretation of these rules will be resolved by the Executive Committee. This committee consists of Chairman, Secretary and Treasurer.

25. **Distribution of Awards.**

No athlete to receive more than one individual award. Any athlete in a position to win more than one can choose which one to receive.

26. **Return of Trophies.**

It is the responsibility of the club to return the previous seasons trophies in time for the new winners.