

HEREFORDSHIRE & BORDERS CROSS COUNTRY LEAGUE

SUMMER LEAGUE RULES

1. The League is for the benefit of clubs affiliated to the Herefordshire Athletic Association, with the aim of promoting cross country running within the county of Herefordshire. Other affiliated clubs around the borders may be invited at the discretion of the committee.
2. The costs of the League will be shared between the participating clubs on a fair and equitable basis.
3. All runners competing in the League must be First Claim members to participating clubs that have been invited into the league. Any clubs invited into the league that are not affiliated to England Athletics or Welsh Athletics must ensure that their members are primarily members of their club.
4. Guest runners will NOT be allowed.
5. Club colours must be worn.
6. Start time for each race will normally be 19.30.
7. Numbers will be allocated to each team at the start of the league. Numbers must be displayed on the front of runners' vests and securely attached at each corner.
8. Each individual runner will retain the same number throughout the season. The numbers issued are waterproof and re-useable. If the number is lost, the number can be replaced, but at additional cost. Under no circumstances should anyone create their own number or use someone else's number, and this may result in disqualification of the individual and their team.
9. Team scoring will be based on the finishing times in each race of the series. The first 3 male runners across the line and the first 3 female runners will be the mixed 'A' team, etc. The total of the finishing times of these runners will constitute the team time for each race. Team times from each of the 4 races will be added together and the team with the lowest cumulative time after the fourth race will be declared the winning team. In the event of a tie on time, the team that has recorded the most race wins over its opponent(s) in the 4 race series will be the winner.
10. Individual runners' scores for the series will be the sum of the finishing times from the 4 races. In the event of a tie, head-to-head results will determine the series position.
11. The Race Timing provider will provide a sign-up link which individual runners should use to sign-up themselves, this link will be close at midnight on the Sunday prior to each event and reopened again after. Additional runners can be entered during the Race Series via the sign-up link.

12. Trophies will be awarded to the overall Men's and Women's winners, and medals to the 1st, 2nd and 3rd in the following categories:

Junior Men (under 20)

Senior Men

Veteran Men (in 5-year categories from 35 upwards)

Junior Women (under 20)

Senior Women

Veteran Women (in 5-year categories from 35 upwards)

13. Veteran category status will be determined by age on the 1st June. For award purposes, competitors will remain within their category status, with the exception of the overall winner who may come from any category.

14. Each race to be organised by a different club. The "home" club will be responsible for the organisation of the race, including the issuing of course details and travelling instructions to other participating clubs. All races must be covered by a Permit issued by England Athletics or Wales Athletics. A course risk assessment must be undertaken, and First Aid cover provided. Each organising club must ensure that all race officials and marshals are fully aware of their duties and the nature of the course.

15. Headphones may be worn, but in accordance with Rule T55 (240) S5 of the UK Rules of Competition, they must be a type that works by conducting sound through bones and do not sit in the ears.

16. Any disputes to be lodged, in writing, with the League Secretary within 10 days of the relevant race.

NW/18.06.23

Review date Mar 26