

NORTH WEST SUNDAY CROSS COUNTRY LEAGUE

RULES

Concept

- The emphasis of the league is to provide the ordinary Club runner with an opportunity to participate in a series of cross country / multi-terrain events in an enjoyable and sociable atmosphere

Organisation

- The League will be organised on a day to day basis by the **League Coordinator** who will be appointed on an annual basis at the A.G.M.
- The A.G.M will take place in August / September of each year.
- At the A.G.M. each Club will have the same single vote on all issues discussed.
- It is the responsibility of the A.G.M to:
 - Agree the rules for the coming season.
 - Set the date for the races for the coming season.
 - Set the level of contributions towards providing refreshments after each race.
 - Appoint the League Coordinator.
 - Decide on applications from other Clubs who wish to join the League.
 - Confirm that previous League members wish to continue.

Events

- Each event should be:
- Between four and five miles long.
- Start at 11.00am on a Sunday morning.
- Organised and marshalled by the host Club.
- Have a finish funnel where tickets showing finishing positions, for Men and Women, can be given out.
 - After each event, the host Club will organise refreshments and a venue for the working out and announcement of the results by the League Coordinator.

Clubs

- It is the responsibility of each Club to ensure that all runners wear a **Club Vest**. Only runners in club vests will be given a ticket at the finish.
- Must ensure that only registered **First Claim** members of their Club wear a Club vest. All second claim members must register with the host Club to run as **Guests** and not score for their Club.
- Must follow England Athletics rules for competition eligibility and notify them accordingly of any Club runner transfers.
- All runners must be aged 15 years or over on the day of the race.

Guest Runners

- All runners who are not first claim with a participating Club will be guest runners.
- Guest runners will make themselves known to the host Club in the hour before the race and receive a number or other distinguishing mark.
- On finishing, guest runners will **not** be given or ask for a ticket.
- To run as a guest, the fee will be £2.00. This will be kept by the host Club to help with the cost of refreshments.

Scoring

- Scoring will be on the basis of first runner home in each race (Men and Women) scoring one point, second home scoring two etc. until the last runner in each race is home.
- Team scoring will be on the basis of the first **six** Men (one of whom must be a Vet) and the first **three** Women (one of whom must be a Vet). The men's and ladies races are scored separately.
- Incomplete teams will be scored with the last runner plus 10 for each missing team runner.
- Full teams are always ranked higher than incomplete teams for team scoring. Teams with one runner incomplete will rank higher than any team with two runners incomplete etc.
- The winning team will be the one with the lowest number of points.
- League points will be awarded on the basis of the first team receiving the number of points equivalent to the number of teams in the League, the second team one point less etc.
- In any season the number of events contributing to the overall final score will be one less than the total number of events in that season. Thus a Club may drop its lowest scoring event.

Results

- The League Coordinator will announce the results on the morning of the race at the venue provided for the refreshments and will send out a copy of the results with the League tables, to all Clubs the following week.

Awards

At the end of the season the winning Men's and Women's teams will be awarded the League trophies after the final race.