

## HAMPSHIRE CROSS COUNTRY LEAGUE

### Competition Rules

1. The Hampshire Cross Country League is conducted in accordance with the UK Athletic Rules with the following local additions.
2. Five fixtures will be held each season, the best four performances counting towards Individual and Team Results at the end of the season.
3. Club colours will be worn in all races.
4. Host Clubs will be responsible for:
  - a) Obtaining a Race Permit and conducting a Risk Assessment
  - b) First Aid attendance
  - c) Setting, marking and marshalling all individual race courses
  - d) Providing maps and distances of all individual race courses
  - e) Arranging for all meeting officials, Referee, Starter, Timekeepers and marshals
  - f) Advising on parking facilities
  - g) Liaising with the League Secretary in order to notify all participating clubs in the event of a late cancellation
5. Age groups race start times and *maximum course distances* as follows

Time	Age Groups		Distance
1200	Girls	Under 14	3.5km
1215	Boys	Under 14	3.5km
1230	Girls	Under 16	5.0km
1250	Boys	Under 16	5.0km
1305	Women	Under 18	6.0km
1335	Women	Senior (Including Veterans and Under 20)	6.0km
1410	Men	Under 18	6.0km
1430	Men	Senior (Including Veterans and Under 20)	10.0km

*Host clubs are responsible for actual distances subject to local knowledge of terrain, timetable and difficulty in the course setting. Actual distances to be published on the website ([www.hampshireathletics.org.uk](http://www.hampshireathletics.org.uk))*

- 6 a) **Veteran Age Criteria**  
Athletes will compete for the season in the age category (Snr/Vet/V50) at the age category attained on the first meeting of the season, regardless of whether they compete in the first meeting. For both men and women, to be classified as a veteran an athlete must be at least 40 years old.
  - b) **Under 14 Age Group**  
Athletes in the Under 14 age group must be 12 on the 31st August PRIOR to the start of the competition season, rather than 12 on the day of the race, i.e. they were Under 14 for the previous track season.  
The upper age for Under 14 athletes remains per current UKA Rules.
  - c) **Under 18 Women**  
Under 18 Women may elect to compete in the Senior/Veteran/Under 20 race. If they choose to do so, it must be for the whole season. Note: they will be recorded in the results as Under 20 Women.
- 7 Scoring – any number of members may run for a Club in each race with the following completing a scoring team

Men	Seniors (Div1&2)	5	Women	Seniors (Div1&2)	3
	(Div3)	3			
	Veterans	3		Veterans	3
	Under 18	3		Under 18	3
	Under 16	3		Under 16	3
	Under 14	3		Under 14	3

Team Managers are responsible for collecting and completing team envelopes. At the 2017 AGM it was agreed to combine the two male veteran divisions.

- 8 In the Senior Men's race if clubs in Div1 or Div2 fail to return a full team of five runners, points will be added for each missing runner subject to a minimum of three runners finishing (e.g. in a race of 100 finishers, clubs not packing in a full team would add a total of 101 points for each missing runner to a maximum of two runners). Teams with three to score will not be supplemented with any missing runners. Clubs finishing a full team on the day will automatically be placed ahead of those finishing with incomplete teams regardless of the points score.
- 9 Vets and U/20s finishing in the first five (Senior Men Div 1&2) and in the first three (Senior Men Div 3 and Senior Women) will score for their Senior Team and in addition Vets will count for their Vet Teams.

- 10 Any member of a Club affiliated to the League may run in the appropriate race as an individual. To be included in the team race competitors must be first claim or bona fide second claim members to the affiliated League Club. All competitors must be registered with England Athletics or their home body (e.g. Scottish Athletics). The responsibility for confirming registration is with the member clubs.

First claim status will be in accordance with the England Athletics current rules. No competitor can score as a team member for two affiliated Clubs of the League in any one season if they change clubs within the Cross Country season.

Guest runners will not be allowed to run in the League.

No athlete may run for their second claim club if their first claim club is affiliated to the League.

As a special dispensation, university athletes whose first claim club is affiliated to the League may run for their university team if it is affiliated to the League.

Any athlete with more than one recognised second claim club in the League must decide before the first League fixture which club they will compete for. This decision must be agreed and shared with the relevant Results Secretary before the first fixture.

- 11 Individual awards will be made to athletes competing in a minimum of four meetings each season as follows;

<b>Men</b>	Senior	First Four	<b>Women</b>	Senior	First Four
	Veteran	First Three		Veteran	First Three
	Veteran Over 50	First Two		Veteran Over 50	First Two
	Veteran Over 60	First Only		Veteran Over 60	First Only
	Veteran Over 70	First Only		Veteran Over 70	First Only
	Under 20	First Three		Under 20	First Three
	Under 18	First Three		Under 18	First Three
	Under 16	First Six		Under 16	First Six
	Under 14	First Six		Under 14	First Six

Team awards will be made to clubs calculated on the best four performances out of five in the season:

Team	1st	2nd	3rd	Team	1st	2nd	3rd
Sen/Vet/U20 Men Div 1	5	5		Sen/Vet/U20 Women Div 1	3	3	
Sen/Vet/U20 Men Div 2	5			Sen/Vet/U20 Women Div 2	3		
Sen/Vet/U20 Men Div 3	3						
Vet Men	3	3		Vet Women	3	3	3
U18 Men	3	3	3	U18 Women	3	3	3
U16 Boys	3	3	3	U16 Girls	3	3	3
U14 Boys	3	3	3	U14 Girls	3	3	3

Clubs may arrange purchase from the supplier of additional awards if required.

12. If, at the end of the season, two or more athletes tie for first place, the tie will be decided by firstly taking into account the number of first places gained by the athletes involved in the tie. The athlete with the highest number of first places will be declared the winner. If, however, neither athlete has gained a first place then the tie will be decided in favour of the athlete with the highest number of second places, then third places and so on. If the tie remains unresolved, the position of each athlete in the fifth match (or four if only four matches are held) will be used to decide the winner.
13. If, due to exceptional circumstances, a match has to be cancelled, then individual awards at the end of the season will be based on the three best results of each athlete. Athletes' positions in the fourth match may be used to resolve ties as noted above. Team results will be based on the three best results of each club.
14. Two Clubs will be promoted and two relegated in those age categories that consist of two or more Divisions.
- 15 Any club affiliating to the League agrees that information may be published as part of the results of the fixtures, and that the information may be passed to the governing body or any affiliated organisation for the purpose of insurance, licences or for publishing results, either for the event alone or combined with or compared to other events. Results may include (but not be limited to) name, any club affiliation, race times and age category. (Ref- General Data Protection Regulations, effective May 2018)
- 16 Affiliation fees are to be paid by the first League fixture of each season.