

# 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; all five will count towards Team results.
- 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

<b>Time</b>	<b>Age Groups</b>	<b>Distance</b>
1200	Girls U/13	3.0k
1215	Boys U/13	3.0k
1230	Girls U/15	4.0k
1250	Boys U/15	4.0k
1305	Women U/17	4.0k
1335	Women Senior (Including Vets and U/20)	6.0k
1410	Men U/17	6.0k
1430	Men Senior (Including Vets and U/20)	10.0k

*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.athletics.hampshire.org.uk](http://www.athletics.hampshire.org.uk))*

- 6 **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.

- 7 Scoring – any number of members may run for a Club in each race with the following completing a scoring team

<b>Men</b>	Seniors (Div 1&2)	5	<b>Women</b>	Seniors	3	
	(Div3)	3				
	Vets	3			Vets	3
	U/17	3			U/17	3
	U/15	3			U/15	3
	U/13	3		U/13	3	

Team Managers are responsible for collecting and completing team envelopes

- 8 In the Senior Men's race if clubs in Div 1 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. 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 compete as a team member for two affiliated Clubs of the League in any one season  
Guest runners will not be allowed to run in the League.

- 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
	Veterans	First Three		Veterans	First Three
	Vet O/50	First Only			
	U/20	First Three		U/20	First Three
	U/17	First Three		U/17	First Three
	U/15	First Six		U/15	First Six
	U/13	First Six		U/13	First Six

Team awards will be made to Clubs competing in a total of five meetings each season as follows;

Team		1 <sup>st</sup>	2 <sup>nd</sup>	3 <sup>rd</sup>		1 <sup>st</sup>	2 <sup>nd</sup>	3 <sup>rd</sup>
Men	U/17	3			Women	U/17	3	
Boys	U/15	3	3	3	Girls	U/15	3	3
Boys	U/13	3	3	3	Girls	U/13	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 results from the four matches held.
- 14 Two Clubs will be promoted and two relegated in those age categories that consist of two or more Divisions.
- 15 Affiliation fees are to be paid by the first League fixture of each season.