

# LINCOLNSHIRE RUNNER CROSS COUNTRY LEAGUE

## RULES

1. First-claim athletes only, possessing the current year's England Athletics (EA) registration.
2. First-claim club colours must be worn.
3. The lowest three finishing places from the four races determine the final league positions for individuals & teams.
4. Male/female age groups are U11, U13, U15, U17, U20, Senior & Veteran.
5. U11s are aged 9 on the day of competition or in school year 5 or 6.
6. U13s are in school year 7 or 8.
7. U15s are aged 13 or 14 on 31<sup>st</sup> August immediately prior to the cross country (XC) season.
8. U17s are aged 15 or 16 on 31<sup>st</sup> August immediately prior to the XC season.
9. U20s are aged 17, 18 or 19 on 31<sup>st</sup> August immediately prior to the XC season.
10. Seniors are aged at least 20 on 31<sup>st</sup> August immediately prior to the XC season, but:
11. Veterans are aged at least 35 on the date of match 1 of the XC league.
12. Vest numbers are not required. Team captains collect results envelopes from the XC Secretary. Each finisher will be handed a numbered disc which must be given to the team captain and placed in the results envelope. The names and corresponding disc numbers are then written on the envelope prior to handing-in to the XC Secretary.
13. U11s will each be awarded a medal for completing at least three races.
14. In all other age groups, athletes with the best three individual total scores will be awarded a trophy. In the event of a drawn total, the finishing positions will be compared match by match to determine the rankings.
15. Three runners to count for team scores in U13, U15 & U17 age groups. Three medals each will be awarded to 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> places.
16. Three runners to count for team scores in combined U20, Senior & Veteran age groups. Three medals each will be awarded to 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> places.
17. Additional medals can be ordered (at cost price) by team captains via the XC Secretary if more than three athletes contribute to a team score.
18. 1<sup>st</sup>-claim members of EA-affiliated clubs with official headquarters registered in Lincolnshire or 1<sup>st</sup>-claim members of invited EA-affiliated clubs from adjacent counties are automatically entitled to compete in the XC League. Pre-registration is not necessary.
19. 1<sup>st</sup>-claim members of other EA-affiliated clubs may run as non-scoring guests, wearing the registered vest of their 1<sup>st</sup>-claim club. Pre-registration is not necessary.
20. The entry fee is £3.50 per athlete per match, but £5 per match for guests.
21. No electronic devices are permitted to be carried or worn whilst competing in a race.
22. Competitors new to the XC league must declare their EA-registration number (URN) and date of birth (DoB), either on the results envelope or a separate sheet of paper. U11s are not compelled to register with EA. URNs will be checked on the EA website. Posted results will not include any athlete with an undeclared DoB or a query with the URN.
23. Taking part in the XC league gives consent to store data (name, DoB, URN and club) for use in administering the XC league.
24. Timetables, venues, provisional and final results will be published on the Lincolnshire Athletic Association (LAA) website [www.lincsathletics.com/fixtures.htm](http://www.lincsathletics.com/fixtures.htm) and final results on Power of 10; selected results may appear in Athletics Weekly. It can take several days for results to appear on the LAA and Power of 10 websites.
25. All queries regarding any matter pertinent to the XC league must be channelled through team captains to the XC Secretary, not by individual competitors or their parents.