

# MANCHESTER & DISTRICT CROSS COUNTRY LEAGUE

*Affiliated to the North of England Athletic Association*

## GENERAL RULES

- 1) All races in the League shall be run strictly in accordance with UK Athletics and English Cross Country Association Rules.
- 2) Entry to the League shall be confined to Athletic Clubs affiliated to the North of England Athletic Association.
- 3) There will be an annual meeting of representatives of affiliated clubs between seasons - Annual Representatives Meeting (ARM).
- 4) The affiliation fee will be determined at the ARM and shall be payable by the first match date. *Cheques payable to "M&DCCL"*. The fee per runner, also determined at the ARM, will be paid retrospectively at the end of the season. *It was further ruled at the ARM on 19<sup>th</sup> February 2002 that those clubs fielding competitors in the junior races only, be given the opportunity to affiliate at half the affiliation fee. Should any of their members then compete in the senior race they would be treated as guests and would pay the quest fee.*
- 5) Secondary first claim members (second claim) whose first claim clubs are not affiliated to the League may compete in the team competition for their second claim club but they must first have applied for and received authorisation from their territorial or national association. Second claim members to be reported as such on the finish envelope.
- 6) Members serving temporary suspension or on transfer from one club to another may take part on the strict understanding that they be recorded individually.
- 7) Junior U23 members to run in the Senior race throughout the competition.
- 8) Only the "A" team in each age group shall count to determine the final position in the League.
- 9) With the exception of the Senior race in which six count: All age groups, including "Veterans" (counting separately in the Senior race) shall count 4 in a team. The Club scoring the lowest number of points will be awarded 10 points, the second lowest, 9 points, and so on.
- 10) An award is presented to the winner of each group at the end of each race and the following minimum awards are presented at the final meeting: first three teams in each group scoring in all four meetings; overall individual winner with the lowest score from three meetings.
- 11) Starting times. The first race, Colts, to commence at 1:30 pm. The Boys will follow on upon completion of the Colts. The Youths will follow on upon completion of the Boys. The Boys and Youths races may be started sooner at the discretion of the Referee. The Senior race will commence at 2:30 pm unless the Referee feels it necessary to delay the start. It will not start earlier than 2:30 pm.

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## GENERAL RULES *continued*

- 12) Team Managers to complete a finish envelope for each race. All finishers to be declared on the finish envelope - not just scorers.

- 13) Special attention should be given to the wearing of Club vests. This is the only means in which officials and spectators can identify progress of the race. Competitors without a club vest should report to the Referee before the race.
- 14) Participating clubs are asked to delegate two persons to assist the Host Club. If assistance is not required, it is satisfying to know that all aspects of the meeting are adequately covered.
- 15) The League will have three honorary officers who will be appointed at the ARM, namely: Secretary, Chairman, Treasurer. *It was further agreed at the ARM on 10<sup>th</sup> March 2003 that a second, joint, secretary could be appointed if required.*
- 16) Each affiliated Club shall have one vote at the ARM.
- 17) Competitors aged 11 on the 29<sup>th</sup> September or 12 on the 31<sup>st</sup> August will compete in the Colts U13 race. Competitors aged 13 or 14 on the 31<sup>st</sup> August will compete in the Boys U15 race. Competitors aged 15 or 16 on the 31<sup>st</sup> August will compete in the Youths U17 race. Seniors aged at least 23 on the 31<sup>st</sup> August, Veterans aged at least 40 at the first League race and Juniors aged at least 17 and not older than 22 on the 31<sup>st</sup> August will compete in the Senior race.
- 18) Approximate race distances to be: Colts 2,400 to 3,000 metres; Boys 3,200 metres, Youths 6,000 metres, Seniors/Veterans/Juniors 9,600 metres.
- 19) The League to provide the following officials: Referee, Starter, Starter's Assistant, Timekeeper, Timekeeper's Recorder, Funnel Steward, Announcer.
- 20) A divisional structure is used for both the Senior and Veteran groups. The first three in Division Two to be promoted to Division One. The bottom three in Division One to be relegated to Division Two. *It was further ruled at the ARM on 19<sup>th</sup> February 2002 that clubs competing in two or three matches with sufficient points should gain promotion but not at the expense of another club scoring less points in all four matches.*
- 21) Guest runners may run at the discretion of the Secretary. They should report to the Secretary before the race commences. The fee is £2 and they will not be eligible for any awards. Their finish position and time will be noted but will be extracted from the results and listed separately. *[The fee was increased from £1 at the ARM on 10<sup>th</sup> March 2003.]*
- 22) Results will be sent to the Club Representative as designated at the ARM unless otherwise notified. Each club to receive two sets plus additional sets if fielding competitors in the Colts, Boys and Youths races. Individual winners of each group will also receive a set.