

# East Yorkshire Cross Country League

## League Rules

As agreed by Committee Members on 23 August 2018.

### 1. Eligibility

Runners must be paid up members of an athletic or running club affiliated to England Athletics.

Runners should be first claim members, other than exceptionally 2<sup>nd</sup> claim provided that;

- a. Their 1<sup>st</sup> Claim Club is not in the region;
- b. They live, work or study in the area; or
- c. They are 2<sup>nd</sup> Claim and participating members of a League Club.

Guest runners are not permitted

### 2. Ages

The minimum age is 17 years on 1 September.

The age group will be the age as at the date of the first race of the season.

The age groups are; M, M40, M45, M50, M55, M60, M65, M70, M75  
L, L35, L40, L45, L50, L55, L60, L65, L70, L75

### 3. Club Vests

Club vests should be worn.

### 4. Time Limits

Runners should be capable of completing the races in no more than 90 minutes, i.e. approximate minimum of around 15 minute per mile over cross country terrain.

### 5. Points Scoring and Awards

Team awards will be decided on the results of all season's races. The first six men and first three women will score points for each team. The points scored will equate to the gender finishing position. The team with the lowest accumulated score is the winner.

Individual awards will be decided on the best 5 results of the season. In the event of a meeting being lost, then 4 out of 5 races will count. The individual with the lowest accumulated score of their age group will be the winner.

A minimum of 5 races, (or 4 if a meeting is lost), must be completed to be eligible for any award.

### 6. Races

All races will start at 10.00 hours.

### 7. Fees

League fees will be payable by clubs based on the total entry of their club members at all the races in the season.