

WESSEX CROSS COUNTRY LEAGUE



RULES AND GUIDELINES

League Details

The aim of the Wessex Cross Country League is to provide competition between its member clubs and to promote Cross Country running.

UKA Rules of Competition will apply, except as indicated. Participation in the League is conditional on the acceptance of these rules and guidelines.

The League is organised and supported by the Team Dorset Athletics Network (TDAN). League membership is open to all clubs and schools, who are affiliated to UK Athletics (UKA), plus individuals registered for competition purposes with UKA. The League is open to all first claim members of the member clubs.

It is expected that participating clubs will provide some volunteers during the league fixtures to supplement those provided by Host Clubs.

The League will normally consist of four fixtures held between September and December.

Host Clubs

The League relies on the goodwill and cooperation of a number of host clubs.

Host clubs will be responsible for the organizing and running of their allocated fixture.

All fixtures must be covered by a UKA cross country race permit. Application forms are available at:

<http://www.britishathletics.org.uk/competitions/useful-documents/>.

Also in this section there is a UKA “Guide on how to organise a cross-country event”.

Host clubs are responsible for:

- 1 Obtaining the race permit.
- 2 Carrying out appropriate risk assessment.
- 3 Course layout and management.
- 4 Ensuring first aid cover has been obtained.
- 5 Provision of marshals, officials, and paperwork.

Copies of the race permit must be lodged with the League Organiser in good time to be included with the race information on the League website. (Advice on these matters may be sought from the League Organiser.)

The League will be pay for the reasonable hire costs incurred by the host clubs e.g. first aid provision.

Where the fixture is organised by the league instead of a host club, the participating clubs will be asked to provide marshals and event support.

Liability

Under no circumstances will the League Organiser be liable for any loss or injury, however caused, to any competitor, official or spectator as part of their participation in the league. Liability insurance is the responsibility of the host clubs and is provided by UK Athletics through the Race Permit system.

Courses / Health and Safety

Cross Country involves running over mixed terrain. The Wessex League traditionally includes all types of course, including flat, undulating and hilly; grass, sandy trails, stony paths and mud; open ground and wooded trails.

While there are potential risks involved with any course, host clubs should aim to mitigate these as far as is reasonably possible. All competitors should be briefed immediately prior to the start about specific hazards that may be present on the course.

While all competitors should familiarise themselves with the course and its potential hazards, the Risk Assessment should be available for inspection. If a competitor has concerns about the course they should be directed to the Race Referee. If the risk cannot be mitigated, or if the competitor is then still unhappy, in line with UKA recommendations, they should be advised not to race.

Coaches, clubs and athletes should consider carefully the clothing requirements for each individual race. In good conditions, the minimum Rule Book requirement for vest and shorts (or equivalent clothing) may be sufficient. In very wet or cold conditions, however, insufficient clothing can be detrimental to the athlete's performance and may even result in a medical emergency. It may be appropriate, for example, to consider wearing a T-shirt beneath the club vest and leggings over shorts.

Race Distances

The League will hold races for separate age-groups at each fixture. Race distances should conform to the following guidelines:

<u>Category</u>	<u>League Distance (m)</u>	<u>UKA Maximum (m)</u>
U11	1500 – 2000	
U13G	2500 – 3000	3500
U13B	2500 – 3000	3500
U15G	3000 – 3500	5000
U15B	3000 – 3500	5000
U17W	4000 – 5000	6500
U17M	4000 – 5000	6500
SW	5000 – 7000	none
SM	8000 – 10000	none

Athletes are reminded to compete in their correct age group. The recommended league race distances are set with this in mind. In exceptional cases an athlete may compete at one age group higher, provided they have permission of the Race Referee and do not exceed the UKA maximum distance for their own age group.

Race Timetable

The recommended order and approximate timetable of races is as follows:

11:45	U11G
11:55	U11B
12:10	U13G
12:25	U13B
12:40	U17M + U17W + SW (including U20W, W40, W45, W50)
13:05	U15G + U15B
13:20	SM (including U20M, M40, M45, M50, M60)

Host clubs may decide on an alternative timetable, which should be provided to the League Organiser two weeks prior to the event so that all clubs can be informed in good time.

Where courses and athlete numbers permit, age categories may be combined to increase competition. It is envisaged that the most appropriate combinations may be U13B + U13G, U11B + U11G.

Age Groups

Unless stated, age groups are as stated in the UKA Rules for Competition (Rule 141 S 3.1), i.e. ages on 31st August prior to the start of the season for all age-groups.

Simplifying this, the junior age categories will be as follows:

Under-13: School Years 7 and 8. Unlike the UKA Rules, however, any Year 6s who are 11 on the day of the race will run as Under-11s. (see below)

Under-15: School Years 9 and 10

Under-17: School Years 11 and 12

Under-20: Aged 17, 18 or 19 on 31st August preceding the start of the season.

In addition, not under UK Athletics Rules:

Under-11: School Years 4 and 5, plus all Year 6s - even those aged 11 on the day of the race. Under-11s must be aged eight or above on the 31st August prior to the start of the season.

Where Wessex League incorporates a County Championships, any athlete aged 11 on the day of the race may choose to run the County Championships as an Under-13. They will need to apply for a guest number on the County Championships form. This performance will not count towards their Wessex League aggregate.

Veteran ages will be taken on the date of the first meeting of the season whether the athlete competes or not.

Teams etc.

In line with many local leagues, the Wessex Cross Country League allows participation from first claim and some second claim runners. All clubs should note the requirements of the UKA Rules for Competition as regards bona-fide club members.

Second claim members will be allowed to compete for a club team provided that their first claim club is not a member of the league. All second claim runners must be declared as such prior to their first appearance in the league in each season.

Athletes who do not meet these stipulations, or are serving a suspension following a change of clubs under the UKA Rules, may still compete; but will not be eligible to score for their new club's teams. All such runners **must** be declared prior to any fixture in which they participate. No competitor can score for more than one club per season.

Runners entering as individuals cannot count for any team.

Awards

Awards will be posted to the nominated club contact following the final fixture. The awards will be given in the form of gift vouchers and certificates.

Awards to first three individuals in the following categories:

U11G, U11B, U13G, U13B, U15G, U15B, U17W, U17M, U20W, U20M, SW, SM,

Award to first individual in the following categories:

W40, W45, W50, W60, M40, M45, M50, M60

Only one award will be given per athlete.

Certificates to first three teams in the following categories: (4 Certificates will be provided for each team):

U11G, U11B, U13G, U13B, U15G, U15B, U17W, U17M.

The following teams will also be scored, but no awards made:
SW, SM, Female Veterans, Male Veterans

Recording

Each runner will be allocated a running number for the entire season. **The runner is to reuse the number in each race and should also bring their own pins.** If the number is lost or becomes unusable, the athlete must wear a clear replacement number. Please ensure that numbers are attached to the front of the vest with at least four pins.

Timekeepers and recorders will be on the finish line. Each club will be required to send their initial list of runners to the League Organiser no later than one week prior to the first fixture of the season. Thereafter amendments can be made for each fixture.

Scoring

Individuals will score in their best three results from the series. If the points total is tied, the runner with the better head to head record will be the winner.

Teams will score their best three results from the series. If the points total is tied, the team with the better head to head record will be the winner.

Teams will consist of the leading three runners from each club, except under-17 age groups, where teams will consist of the leading two runners.

Veteran teams will be made up from only those athletes who are eligible to compete in the league as veterans. Senior teams will include U20s, seniors and veterans.

Team scores will be calculated from the sum of the positions of all scoring runners. In the event of a tie, the team whose last scoring runner finishes first will be the winner.

All league scoring will be made after all guest runners have been removed from the results.

Web Site

The results will be available on the Team Dorset website www.teamdorsetathletics.co.uk

Results

Provisional results will normally be available on the evening of the race. All clubs are requested to e-mail corrections within 24 hours of receipt.

Clubs may copy portions the results in part for their own uses, but should refrain from copying complete sets of results in order to ensure that only a single copy of the “official” result is in existence in the event of corrections becoming necessary. It is preferred that links are made onto the League website.

The final results will be submitted to Power of 10/ Run Britain and hence to “Athletics Weekly” for publication.

League Fees & Club Declarations

League Fees will be based on a Club Subscription or a per-runner fee. For the 2018/2019 season these will be set as follows:

Club Subscriptions with 10 or less runners: £105

Club Subscriptions with 11 or more runners: £120

New clubs joining the league will be charged £80 for the first year they join.

Club subscriptions are due by 15th September. Club officers are responsible for the payment of these fees. Payment is to be made online.

Individuals:

Individual runners will be allowed to join the league. A fixed fee of £20 for U20, seniors and veterans; but £15 for younger athletes will allow access to all fixtures, and will allow the runner to win INDIVIDUAL league awards.

Guest runners may be allowed to compete at the discretion of the League Organiser, provided details are given prior to the start of the relevant fixture. A fee of £4 per runner (£5 per U20 or senior) will be payable, prior to the start of the race. Guest runners are not eligible to win any awards.

Club Declarations

Clubs will be required to complete declarations online. They should be completed two weeks prior to the 1st league fixture. Anyone not registered by the deadline will not be able to compete until the next league fixture with exception of the host clubs.

NB: THERE WILL BE NO ENTRIES ON THE DAY!

Organisers' Details

The final say in any League matters will rest with the League Organiser.

The League Organiser can be reached via the following:

Team Dorset Athletics Network

Lindsay's E-mail: woodlands20@hotmail.com

Ian Kennedy's Email: ian@wimborne10.co.uk