

## **East Yorkshire Cross Country. League Rules**

As revised and agreed by Committee Members on 2nd August 2023

### **1. Eligibility.**

Runners must be a first claim member of a EYXC league club.

Second claim and guest runners are not permitted.

### **2. Ages.**

The minimum age to compete in the league is 17 years old. This being the age at the first race of the season.

Likewise, the vets age groups will be determined by the runners age at the first race of the season.

The age categories for both ladies and men are: 17-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80+.

### **3. Official Club Tops.**

Official club tops must be worn as the outer garment. A club top can be a vest, tee-shirt or long sleeve shirt. They must include the clubs name and or logo/badge. A plain top the same colour as the official club top is not permitted.

### **4. Race numbers.**

Race numbers are to be clearly visible, worn on the front of club top and secured by four pins. They must not obscure the club name or badge.

### **5. Headphones.**

Headphones are not to be worn at any of the league races. Also, runners are not allowed to play music from any device carried upon their person.

### **6. Time Limits.**

Runners should be capable running at an approximate minimum pace of 15 minutes per mile, over typical cross-country terrain.

## 7. Points Scoring and Awards.

Team awards will be decided on the results of all season's races.

The first six men and first four ladies at each race will score points for each team.

The points scored will equate to the gender finishing position. The team with the lowest accumulated score over the season will be the winner.

Individual awards will be decided on the runners best 5 results of season.

In the event of a meeting being lost, then 4 out of 5 races will count. The individual with the lowest accumulated score for 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.

## 8. Cancellation of races.

The final decision for cancelling a race, for example in bad weather, lies with the host club.

## 9. Runners changing club's mid-season.

If runners decide to change clubs' mid-season they will no longer be allowed to compete in the league until the following season.

## 10. Failure to comply with League Rules.

Failure to comply with Rules 3, 4 and 5 during a race may lead to disqualification. Disqualification would be from that race and not to the league season as a whole.

For any reported infringements the race referee will interpret the rules on the day, taking into account any mitigating circumstances before making their decision.

Runners are entitled to appeal disqualification, this should initially be through their club rep.

## 11. UKA Anti-Doping Regulations.

All runners must comply with UKA anti-doping regulations, as stated on the league entry form, which must be read and signed.