

## **SURREY CROSS COUNTRY LEAGUE RULES OF COMPETITION 2010/11**

1. No alteration in, or addition to, the following rules shall be made except at the Annual General Meeting of the League, which shall be held on or near the last Friday in March each year. Notice in writing of any proposed alteration or addition shall be given to the Honorary Secretary at least 8 weeks prior to the Annual General Meeting. Any such proposals must be included in the Agenda sent to member clubs at least 5 weeks prior to the meeting. Each club and the League's officers are to have one vote each.
2. The League shall consist of divisions of 9 teams. The lowest division will contain any surplus clubs to a maximum of 15, when a further division will be formed, or unless the number drops to 5, then the lowest divisions will amalgamate.
3. Promotion and relegation between divisions shall be decided on the Senior/Junior league table, with "two up" and "two down" being the deciding basis. In the event of a tie, the club with the largest match score shall take the lowest position.
4. Four fixtures shall be planned each season, as decided at the preceding AGM. Promotion and relegation shall be decided on the matches which actually take place.
5. At each fixture there shall be two separate races, viz: Senior/Junior - 5 miles approximately: Youth/Boy/Colt - 2.5 miles approximately. These races shall commence at 3.00pm and 2.30pm respectively unless otherwise announced.
6. A separate result for Colts shall be extracted from the young athletes race, showing an individual result and full team result, irrespective of whether a club has a nil entry. (Note: Club must clearly identify colts on their team declaration.)
7. Team scoring for all three team results shall be by the "University" scoring method, with ten to score in the Senior/Junior race and five to score in the Youth/Boy/Colt races. Where clubs fail to finish the requisite number of scorers, the remaining places of all such clubs shall be totalled up and distributed evenly amongst the blank positions.
8. Youths may run in the Senior/Junior race. They shall not count in the team scoring.
9. No runner may compete for more than one league club (whatever division) in any one season, and such club shall be his first claim club within the league.
10. Bona-fide second-claim members, other than those belonging first claim to another club in the League, are eligible to run and score but only if their names have been declared to the Honorary Secretary before 1st September immediately preceding the season. (This last restriction not applying to over 40 year olds and to members of British Airways Club.) **Bona-fide second claim members are limited to ten per club of which two may count in any one match. Others may run as guests/non-scorers and must wear an X on their back, supplied by the athletes' club.**
11. The league is not open to foreign athletes not correctly registered with the relevant authority.
12. Individual and Team championships shall be held in all three race categories and annual awards made. Boys, Juniors and Veterans (**o/40, o/50, o/60**) shall also receive individual championship awards. These shall be decided on the lowest total of all race positions, except for all the age groups below 20 when individuals only, will be counted as the best three performances from the four events. Only athletes who are declared and compete in every fixture shall be eligible. In Divisions III and IV Youths/Boys/Colts categories will be combined and one set of awards given.
13. The wearing of official club colours shall be strongly encouraged by the participating club officers.
14. The host club shall provide a minimum of six officials in addition to marking the course. Visiting clubs must provide, if required, a named official.
15. All Club and Runners must be registered with England Athletics. It is the Clubs responsibility to see that they are. Should any subsequently be found to be unregistered they will be disqualified.
16. **In Divs 3 & 4 the clubs should supply a number 3 or 4, worn on the back to distinguish between divs.**