



## **West Midland Young Athletes Cross Country League**

### **League Rules**

**(As agreed at the 2023 AGM)**

1. The name of the League shall be the West Midland Young Athletes Cross Country League.
2. The objects of the League are the promotion of combined races for athletes of all abilities of both genders in the age groups under 11 to under 17 (School years 5 to 12), allowing any number of runners to compete.
3. All meetings will be held under UK Athletics Rules
4. All Member Clubs MUST be affiliated to England Athletics for Cross-Country running.
5. All athletes wishing to take part in the league must be paid up members of their club and, except those in the under 11 age groups, must supply their England Athletics Registration number on the league registration form.
6. The management of the League be vested in a Chairman, Hon. Secretary, Hon Treasurer, Hon. Registration Secretary, Hon Results Secretary, Hon Officials Secretary, Hon Trophies Secretary, Hon Website Manager and Hon Social Media Secretary. These officers will meet at least once a year after the close of each season to discuss relevant matters from the preceding season to make any recommendations for items for discussion at the next AGM, if thought necessary. Also, the officers would have the powers of an appeals committee and as such could be asked to meet, at the discretion of the Hon. Secretary, if any problem should arise throughout the season. They shall have the power to co-opt members as they deem necessary. Their decision on any appeal will be final.
7. The Annual General Meeting of the league will be held by the end of June and the notice of the meeting must be circulated to member clubs at least 28 days prior to the date of the meeting.
8. Competition is for first claim members but second claim athletes whose first claim club is not a member of the league may also compete. Their status must be shown on the

registration form. An athlete shall not compete for more than one club throughout the season.

9. The ages for the age groups are as at midnight on 31<sup>st</sup> August prior to the season. An athlete may not compete outside his/her own age group and for the under 11 age group must have reached their ninth birthday on the day of the final fixture.
10. Where there is a breach of the letter or spirit of these rules or any interference with decisions or abuse of officials, by any person, including coaches and family members of an athlete, the committee will impose a sanction on an individual athlete, an age group club team, a gender club's teams or a club depending on the severity of the breach or continued repeated breaches.
11. Affiliation fees will be charged per club with the amount to be agreed at the AGM. This is to be paid within 28 days of the first fixture each season preferably by electronic transfer to the League's bank account. Any club having not paid by the said date will be deemed to have resigned from the league.
12. The number of races, the dates and venues being will be decided at the AGM. Clubs submitting written offers to stage a league fixture prior to the AGM will be given preference when choosing venues for the coming season.
13. Each promoting club must send directions to the venue to the League Secretary by 1<sup>st</sup> September to allow them to be advertised on the league website. A course map must be sent to the League Secretary no later than two weeks prior to the meeting so that it can be displayed on the league website.
14. Each promoting club will be reimbursed all reasonable costs of hosting a meeting. The claim should be submitted to the Hon Treasurer within 4 weeks of the fixture supported by suitable documentation. In addition, each promoting club will be paid an ex gratia sum for hosting the fixture, such figure will be agreed at the AGM and will be paid at the same time the expenses are reimbursed. If no claim is submitted in the four weeks following a fixture it will be assumed no expenses have been incurred and only the ex gratia sum will be paid.
15. Each athlete will be issued with a unique number which must be worn each time they compete. Any athlete running in other than their number which has been issued by the League will be disqualified (UKA Rule 18(1))
16. Club vests must be worn by all competitors. Under no circumstances will a vest with any form of advertising or publicity, unless provided by the league's sponsor, be allowed. Any athlete breaching rule will be disqualified.
17. A referee will be appointed by the league for each fixture and will be responsible for the conduct of the fixture. The referee's decision on the day will be final.

18. A Club representative will be asked to sign to acknowledge receipt for all trophies and agree to return them, with the engraving complete to date, no later than the third meeting.
19. Promoting clubs must obtain a UKA cross country permit by completing an application form which can be downloaded from the cross country page of the Midland Counties website. This must be completed and sent to the designated Midland cross-country permit secretary at least 8 weeks before the fixture. The permit and risk assessment must be made available to the race referee at least 2 weeks prior to the fixture. The permit must be displayed on the day of the fixture.
20. Declarations MUST be sent to the Registration Secretary via email using the league template by the advertised date which will be no later than two weeks before the first meeting. All additional athletes MUST be received by e-mail using the template by the advertised dates which will be no later than one week before each meeting. Only one template will be accepted from each club for each meeting.
21. If chip timing is being used, the referee shall decide how many judge recorders are required to record the finishing order of athletes. If chip timing is not being used the finishing order of all competitors in all races should be recorded at two separate positions along the funnel.
22. Whenever possible one copy of the finishing order will be displayed on the day of the race. Provisional results will be available on the league website as soon as possible after the race. These results will be considered final 7 days after publication subject to any appeals submitted within those 7 days. The finish of each race will be videoed to assist with finalisation of results and resolving of queries. The images will be deleted 7 days after the results are published when they become final. Note: The video will not be used to decide finishing places as that is responsibility of the referee – see rule 17 above'
23. The winner of each race will receive 200 points, irrespective of the number of finishers. The second placed athlete will receive 199, the third 198 and so on. If there are more than 200 competitors 1 point will be awarded to all finishers after 200. The athlete gaining the highest aggregate points from their best 4 finishes will be the winners of their section after the season's five fixtures. If a fixture is cancelled, then the title will be decided on the best 3 out of 4. If there are fewer than 4 matches, then all the matches will count but if there are fewer than 3 matches then medals and trophies will not be awarded. In the event of a tie for individual championships, the award shall be decided by the comparison of league performances of the individuals throughout the season, of the athletes concerned. In all other positions the medal will be shared.
24. For team results the points scored by the first five athletes from each club in each race shall be added together. (For the under 17 men and women races only the first three athletes will count). These points will be accumulated with the total of each subsequent meeting. The team gaining the highest aggregate points will be the winners of their age group after the season's fixtures. In the event of a tie the trophy will be shared.

Medals will be awarded to the first three teams in each age group. Any athlete who has counted for a medal winning team will receive a medal (Clubs responsibility to advise on numbers). On the day 8 medals will be given out when 5 athletes count and when 3 athletes count 5 medals will be given out.

25. At each fixture the host club will provide all course marshals and three clubs (nominated from the clubs that are not hosting that season) should provide two volunteers to assist the referee in controlling the athletes through the funnels at least one of whom must be female.

26. A fixture abandoned will not be rearranged. In such an event, awards will be made based on the number of meetings held

27. The timetable and distance of league races are as follows:-

Time	Age Group	Max. Distance
11.00	U/17 Women	4000m
11.25	U/11 Boys	1600m
11.40	U17 Men	4800m
12.05	U/11 Girls	1600m
12.20	U/15 Boys	3200m
12.40	U/13 Girls	2500m
13.00	U/13 Boys	2500m
13.20	U/15 Girls	3200m

### **Notes for Guidance of Clubs**

- **The Start:** To reduce the risk of accident and injuries where so many athletes start together the following procedures will be adopted. The Start area will have TWO lines; 1<sup>st</sup> start line and Assembly line each 3 metres apart.

Each club having more than 5 runners in a race will nominate a MAXIMUM of FIVE runners to start from the 1<sup>st</sup> start line. All others will start from the 2<sup>nd</sup> start line.

- **Race Video:** The league will provide a person who will video each race using the League's camera. This person will report to the results team 30 minutes prior to the first race

- **Lost numbers** may be replaced at a charge of £2 for each occasion. The cost of replacement numbers will be invoiced to clubs with the following season's affiliation fees.
- **Pacing of athletes** by coaches, parents or other well-meaning persons will not be allowed. This may lead to disqualification. (UKA Rule 21(1a))
- **The Funnel Marshals and Official** provided under rule 24 should report to the referee at the finish area no later than 30 minutes prior to the first race.
- **First Aid:** League will provide first aid for all fixtures; The minimum requirement is two trained personnel. In the event the required level of first aid not being available the referee will make the decision on whether to continue with the meeting.
- **There is an agreed policy on photography at matches and all clubs should make themselves aware of this policy and advise parents, coaches etc appropriately.**

**Noel Butler**  
**Chair**  
**28<sup>th</sup> June 2023**