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|  | **MID LANCS CROSS COUNTRY** **Rules etc for 2017/18 season**  |  |  |  |  |
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| **Rules**  |
|   | *(Changes from 2016-17 are sidelined in red.)* |
| 1**|** | Competing clubs can count within their teams their first claim, first claim other discipline and second claim members who are eligible to compete under UKA Rules provided that the first claim club of second claim members is not a member of the League for cross country.  |
| 2 | Club vests must be worn. |
| 3 | Athletes serving a suspension can run but not count for their new club.  Notification of these athletes’ status must have been given in advance. |
| 4 | Clubs new to the League and member clubs changing their uniform must register their colours in advance.  |
| 5 | Each competing club must have a team manager whose responsibility it is to collect and distribute the club's numbers at the first Mid Lancs event and at the Liverpool Cross Challenge, to register previously unregistered members at least 30 minutes before the start of the relevant race and to distribute numbers. |
| 6 | Each runner will keep the same number (with the exception of the Liverpool event) for the season .  It will be the responsibility of the runner to wear the correct number at each race.  Competitors without numbers will not appear in the results. Lost numbers can be replaced with legible home-made numbers. Lists of competitor numbers are held at registration for reference. |
| 7 | Clubs must host or co-host a fixture once every 3 years. |
| 8 | Competitors must run in the following age groups: |
|   | under 11 girls & boys | aged 9 or 10 \*\* on 31st August \* |
|   | under 13 girls & boys | aged 11 or 12 on 31st August \*  |
|   | under 15 girls & boys | aged 13 or 14 on 31st August \* |
|   | under 17 women & men \*\*\* | aged 15 or 16 on 31st August \* |
|   | junior women and men  | aged 17, 18 or 19 on 31st August \* |
|   | Women V35 / V45 / V55 / V65 | age 35/45/55/65 on day of 1st fixture of the season |
|   | Men V40 / V50 / V60 / V70 \*\*\* | age 40/50/60/70 on day of 1st fixture of the season |
|     | Competitors running in the wrong age group may be disqualified. \* This is the August prior to the commencement of the competition year. The competition year extends from 1st October to 30th September in the following year.\*\* 8 year olds may also compete at the discretion of team managers if able to run the distance comfortably. The responsibility for running 8 year olds rests with team managers.\*\*\* under 17 men will run with the junior, senior and veteran women. Vet 70 men may chose to run with the women, and count for Vet 70 awards, or to run in the senior men's race. |
| 9 | Guests can run Mid Lancs cross country fixtures on payment of an entry fee by registering on the day at least 30 minutes before the start of the race. (NB Guests are taken to be members of clubs affiliated to England Athletics who are not members of the Mid Lancs League)  |
| 10 | New clubs entering the League will start in the lowest divisions.. |
| 11 | The team scoring the least number of points, according to the positions in which the members of the team finish whose positions are to count, shall be the winner; the positions of the non-scoring members of a team, whether it finishes all of its members or not, shall be scored in computing the totals of the other teams. In the event of a tie on points, the team whose last scoring member finishes nearest first place shall determine the result.  |
| 12 | Corrections to results are to be submitted to the Cross Country Secretary within 4 weeks of a fixture or 2 weeks after the final fixture. |
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| **Scoring**  |
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| ***All Jnr age groups, Senior Men Div 4, Senior Women Div 3, Vet 40 Men Div 3, Vet 35 / V45 / V55 / V65 Women , Vet 50 / V60 / V70 Men*** | For each race teams will score as follows: |
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| 1st | 10 points | | | 6th | 5 points |
| 2nd | 9 points | | | 7th | 4 points |
| 3rd | 8 points | | | 8th | 3 points |
| 4th | 7 points | | | 9th | 2 points |
| 5th | 6 points | | | 10th | 1 point |

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|    | In the event that any category has more than 10 teams finishing, the 11th finisher onward will also receive one point. Any club that does not complete a team will score 0 points for that race.  Overall team positions at the end of the season will be decided from the highest points scored in 4 out of the 6 meetings, or 3 out of 5 if a 6th fixture isn't held. |   |
| ***Snr Men Div 1, 2 & 3, Vet 40 Men Div 1 & 2, Snr Women Div 1 & 2***      | For each race, teams will score as follows:

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| --- | --- | --- | --- |
| 1st | 7 points |   |   |
| 2nd | 6 points |   |   |
| 3rd | 5 points |   |   |
| 4th | 4 points |   |   |
| 5th | 3 points |   |   |
| 6th | 2 points |   |   |
| 7th | 1 point |   |   |

Any club that does not complete a team will score 0 points for that race. Overall team positions at the end of the season will be decided from the highest points scored in 4 out of 6 meetings, or 3 out of 5 if a 6th fixture isn't held.  ***In the event of a tie (all age groups)*** the winning team will be that team with the lowest total time of all the scoring runners in the team.   |  |
| ***Promotion and Relegation***             |

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| **Senior Men** |   |
| ***Division One*** |   |
| Relegation | The bottom two clubs. |
| ***Division Two*** |   |
| Promotion | The top two clubs. |
| Relegation | The bottom two clubs. |
| ***Division Three*** |   |
| Promotion | The top two clubs. |
| Relegation | The bottom two clubs ***if*** the top two clubs from Division Four qualify for promotion. |
| ***Division Four*** |   |
| Promotion | The top two clubs ***if*** they have completed a team in at least 4 out of 6 races or 3 out of 5 if a 6th fixture isn't held. |
|   |   |
| **Veteran 40 Men and Senior Women** |
| ***Division One*** |   |
| Relegation | The bottom two clubs. |
| ***Division Two*** |   |
| Promotion | The top two clubs. |
| Relegation | The bottom two clubs ***if*** the top two clubs from Division Three qualify for promotion |
| ***Division Three*** |   |
| Promotion | The top two clubs ***if*** they have completed a team in at least 4 out of 6 races or 3 out of 5 if a 6th fixture isn't held. |

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| **Awards**  |
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| ***Team Awards*** |   |
| No. of runners to count in team race will be: |   |
| Under 11, Under 13 & under 15 girls  | 3 | Under 11, Under 13 & under 15 boys  | 3 |
| Under 17 women & junior women | 3 | Under 17 men & junior men  | 3 |
| Senior women Divisions  | 3 | Senior men all Divisions | 6 |
| Women vets  | 3 | Vet 40 men all Divisions | 4 |
|   |   | Vet 50 men  | 3 |
|   |   | Vet 60 men | 3 |
|   |   | Vet 70 men \* | 2 |
|   |   | \* Vet 70 men may chose to run in either the 6K race or the 10K race, counting for the Vet 70 men's team in the 6K race |   |
| **O**verall 1st, 2nd and 3rd will be given for the following age groups: |
| u11, u13, u15 girls, u17 women and junior women  |
| u11, u13, u15 boys, u17 men and junior men  |
| Senior women Division One, vet 35 / vet 45 / vet55 / vet65 women |
| Senior men Division One, vet 40 men Division One vet 50 men and vet 60 men |
| **O**verall 1st and 2nd will be given for the following age groups: |
| Senior women Divisions Two and Three |
| Senior men Divisions Two, Three and Four |
| Veteran 40 men Divisions Two and Three |   |
|   |
| ***Individual Awards*** |   |   |
| Overall individual positions at the end of the season will be decided from the points scored in 4 out of the 6 meetings, or 3 out of 5 if a 6th fixture isn't held. |
| Overall 1st, 2nd and 3rd will be given for the following age groups: |
| u11, u13, u15 girls, u17 women and junior women  |
| u11, u13, u15 boys, u17 men and junior men  |
| Senior women, vet 35 women, vet 45 women, vet 55 women and vet 65 women  |
| Senior men, vet 40 men, vet 50 men, vet 60 men and vet 70 men |
| There will be no individual awards in Second, Third and Fourth Divisions |
|   |   |   |
| ***End of Season Awards in the Event of a Tie - All Age Categories*** |
| There will be no tied places for any individual or team awards at the end of the season. A 'tie-breaker' will come into play as follows. |
| ***Individual*** |   |   |
| If two runners finish on equal points the winner will be the runner who has beaten the other the most times in races where they have both competed ie 'head to head'. Should this result in each having beaten the other at two races, then the winner will be the runner with the lowest total time in the races where they have competed 'head to head'. |
| ***Team*** |   |   |
| If two teams finish on equal points the winner will be the team with the lowest total of positions in every race where they have both competed. |

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