



CROSS COUNTRY LEAGUE CONSTITUTION AND RULES

1. Title

The League shall be called the "West Yorkshire Cross Country League"

2. Aims of the League

To promote and foster Cross Country competition in the West Yorkshire region.

3. Membership

Membership of the League shall be open to all clubs in the West Yorkshire County, and adjoining areas.

4. Officers

Honorary President; Chair Person; Secretary; Treasurer; Registration Secretary; Results Secretary and Welfare Officer. These shall constitute the Executive Committee; the Treasurer, Secretary and Results Secretary shall receive an annual Honorarium; the amount to be agreed at the A.G.M.

5. Committee

The Committee shall consist of the elected officers, together with five representatives from participating clubs, who are elected at the A.G.M. A minimum of six members to form a quorum; at least two of these should be Officers.

6. The Annual General Meeting (A.G.M.)

The A.G.M. shall be held in March, at the end of the current year. Each participating club will be entitled to send two delegates, who will be eligible to vote at the meeting. In addition, officials who have supported the League will be welcome to attend. The Secretary shall give participating Clubs a minimum of 21 days' notice of the date of the A.G.M.

An Extraordinary General Meeting (E.G.M.) may only be called at the request of five participating clubs. They must sign a petition which states the purpose of the E.G.M.

7. Annual Fees

The annual entry fee for the athletes shall be decided at the A.G.M., by the members present.

8. Registration

All athletes who wish to take part in the League must complete a League entry form, using the on-line, entry portal. All athletes taking part must be registered with England Athletics.

9. Closing date for Entries

Closing date for the League, shall be not less than 12 days before the first meeting, and then 7 days before subsequent meetings.

10. League Rules

- a. All meetings shall be held under U.K.A. rules.
- b. Any number of athletes from a club may compete in their age group.
- c. Club colours must be worn.
- d. Athletes may only compete in their age group; age as at midnight on the 31st August in the year of competition.
- e. There will be separate races for males and females, and for each of the age groups U12, U14, U16, U18 & SEN. Race distances will not exceed those recommended by U.K.A.
- f. Athletes will score points as follows :-
In each race individual points are allocated according to their finishing position, so 1st place scores 1 point, 2nd place 2 points etc. If an athlete doesn't complete a race, then they are allocated 999 points for that race.
The athlete with the lowest total score over the season will be the league winner in their age group. If there are 4 races in the season, then the lowest 3 scores are taken into account, and similarly if there are 5 races in the season, then the lowest 4 scores are taken into account. If two athletes' points are equal at the end of the season, then the total of all scores of all races are taken into account. For the Junior/Senior races two sets of scores are used, one to work out overall league winners, and another set of scores for each of

the categories U20, SEN, V35, V40, V45, V50, V55, V60 & V65+, to determine the category winners at the end of the season.

For the team competitions there will be 6 to score for the Junior/Senior Men, 4 to score for the Junior/Senior Women, and 3 to score for all other age groups, at each race. The team with the lowest number of points will be given 1st place, and if two teams tie with the same number of scores, then the position of the final scoring member decides the team position. At each race team points are allocated according to their finishing position, so the 1st placed team scores 1 point, 2nd place scores 2 points etc. If a club doesn't complete a team in a particular race, then the team is allocated 999 points for that race.

The club with the lowest total score over the season will be the league winners in their age group. For the Junior/Senior age group clubs must have completed a team in all races. For the younger age groups, if there are 4 races in the season, then the lowest 3 team scores are taken into account, and similarly if there are 5 races in the season, then the lowest 4 team scores are taken into account. If two teams' points are equal at the end of the season, then the total of all scores of all races are taken into account.

For all age groups, if there is a tie in the team scores at the end of the season, then the sum of all the individual scores is used to determine the final positions.

- g. Athletes must only race in the number issued to them, and must not let other athletes compete using their number.
- h. Any incident reported during or after a meeting must be considered by the Executive committee within 14 days of the incident. The person making the complaint must be notified of the outcome in writing. The matter may be reported to the athlete's Club and to E.A.
- i. All athletes should follow the UKA Athletes Code of Conduct. Anyone found to have breached this code may be disqualified and banned from future meetings.
- j. These rules should only be amended at an A.G.M. or an E.G.M. Any proposed amendments should be sent in writing to the Secretary, at least 14 days before the meeting.

11. League Awards

Individual awards will be given for the first three in each age category for the younger age groups. For the Junior/Senior races there will be individual awards for the first three overall, and then there will be further awards for each of the categories U20, SEN, V35, V40, V45, V50, V55, V60 & V65+, assuming there are

enough athletes competing in the category. If there are 5 or more athletes in a category, then 3 awards will be given, if there are 3 or more, then 2 awards will be given, and if less than 3 then just 1 award will be given. U20 or veteran athletes may not win more than one award, so if they win an overall award then they will not be eligible for an age group award.

For the younger age groups the individual awards will be medals or plaques, and for the older age groups the individual awards will be vouchers.

In addition, there is a trophy for the first man and first woman overall in the Junior/Senior category, which the athlete keeps for 12 months, and on which their name will be engraved.

Team awards will be given for the first three clubs in each age category. This will be medals for each runner from the club, who has scored for the team during the season.

12. Other Awards

Other awards may be awarded at the agreement of the Committee.

13. League Dates

Where possible the dates and proposed venues for the following season should be agreed at the proceeding AGM.

14. Host Clubs

Host club should be paid an amount to cover their costs (i.e. hire of the course; lunches for Marshalls and Officials). This will be agreed at the AGM. The League will provide Medical Cover and Portaloo's at each meeting.

Revised 24.02.26

Jean Jackson. General Secretary