

Gloucestershire CC League Rules

1. UKA rules apply to all competitions in this League including U11.
2. Registration
 1. The registration system may be chosen by the Cross Country Secretary. All competitors will be issued with a number card.
 2. Changes to personal details may be made before the closing entry date on any website used or in writing before the race start at Registration.
 3. Any requests for changes to the provisional race results must be submitted for consideration to the cross country secretary within the 5 weekdays following the race concerned. It must be noted that UKA rules state that the athlete is responsible for the accuracy of the information they provide to registration.
 4. The cross country secretary's decision on the change request will be final.
3. Age Groups
 1. Age groupings for all but Veterans and Under 11 categories are as at midnight 31st August of the year of the first event. .
 2. Competitors in the U11 age group must be aged at least 8 on the day of the race and can not be paced.
 3. Male veterans are 40 or over and female veterans 35 or over on the date of the first planned event of the season in the League. They remain in this age group for the whole of the season.
 4. Individual awards are given in 5 year age groups; for example M40 covers male athletes aged 40, 41, 42,43 and 44.
 5. Athletes in the U11, U13, U15, U17 and U20 age groups usually may only compete in the appropriate category. The referee can give permission for athletes in these age groups to compete in a higher age group if the distance of that race is not more than the maximum for that age group.
 6. Where the U20 competition is held within the Senior race, permission is not required: runners will remain in their age group for Gloucestershire Cross Country League individual and team competition, but may also be included in the Senior age group team competition.
 7. Males aged 65 or over compete alongside the women – but in a separate competition - ensuring that the distance of their race is shorter. All other rules apply.
 1. Males over 65 may opt to “down age” and race in the senior men’s race as a M60. They cannot compete in both races on the same day but may opt for different races at successive meetings. Competition within the senior race is taken as evidence of a decision to down age and the referee's consent is not required.
 2. Results from male M60 (male) and M65 (female) races cannot be combined.
4. All competitors must wear Club or School vests. Failure to do so may mean disqualification unless the referee or a registration official acting with delegated permission accepts a request to run in a non-club or non-school vest.
5. Team Competition
 1. There are team competitions for each age group except veterans where one team for men and one for women will cover all veteran age groups. Male veterans aged 65 and above who compete in the Women's race will also constitute another veteran's team competition.
 2. Veterans may also score in the Senior Men/Women team.
 3. **Where** U20 age groups are included in the Senior Men and Women's races, **and** runners in these age groups **may also will** score in the Senior **Men/Women** team.
 4. In the senior men's competition the six highest placed individuals will score for the team result.
 5. In the men's veteran competition the four highest placed athletes will make a scoring

team. The position in the race is used for this.

6. In the men's veteran M65 competition the three highest placed athletes in the Women's race will make a scoring team. The position in the race is used for this.
7. In all the other age groups the three highest placed athletes will make a scoring team. The position of the runner in the age group is used for this.
8. Scoring for all teams will be on the lowest aggregate system.
6. Second Claim members may form part of the scoring team providing not enough other runners, including them, from their first claim club to complete a team is competing in any one race in the age group of the second claim runner. If the first claim club completes a team then all runners must compete for that first claim club at that and subsequent races in that season.
7. Awards
 1. For individuals the basis will be best three scores from the 4 races.
 2. Team scoring for Seniors and Veterans will be based on the completion of a team finishing in all four races.
 3. Team scoring for Under 11, Under 13, Under 15, U17 and U20 age groups will be based on the best three scores from the 4 races.
 4. Individuals and teams equal on points share the placing.