

Gloucestershire CC Rules 2026 onwards

1. Rules

1. These rules will be applied as appropriate to GAAA CC Championships and any other cross country event organised by GAAA.

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 at Registration before the race start.
3. Any requests for changes to the provisional race results must be submitted for consideration to the cross country secretary within 5 days following the publication on www.Athletics4u.co.uk. The Referee will be asked to make a decision if the request relates to UKA Rules. 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 or Referee's decision on any change requested will be final.

3. Age Groups

1. Age groupings for all but Masters categories are as defined by UKA rules.
2. Male and female Masters are 35 or over on the date of the County Championship which is usually the third planned event of the season in the League. They remain in this age group for the whole of the season including the first two meetings.
3. Individual Masters awards are given in 5 year age groups; for example M40 covers male athletes aged 40, 41, 42, 43 and 44.
4. We will only promote U12 and upwards events.
5. Athletes in the U12, U14, U16 U18 age groups usually may only compete in the appropriate category and will be scored individually accordingly.
6. The referee can give permission for athletes in the U12, U14, U16 U18 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. Any athlete doing so will not be eligible for any individual award or score in a team.
7. The U20 competition is held within the Senior race; 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.
8. Males aged 65 or over compete in the approximately 6k race. All other rules apply.
9. Males over 65 may opt to "down age" and race in the approximately 10k 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 approximately 10k race is taken as evidence of a decision to down age and the referee's consent is not required.

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Results from male longer 10k and shorter 6k races cannot be combined.

4. Team Competition

1. 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.
2. There are team competitions for each age group except Masters where one team for men and one for women will cover all Masters age groups. Male Masters aged 65 and above who compete in the 6k race will also constitute another Masters team competition.
3. Masters may also score in the appropriate Senior Men/Women team.
4. In the senior men's competition the six highest placed individuals will score for the team result. The race position including U20's and Masters is used for this. Runners belonging to age groups (usually U18M & W) but running in approximately 10k and 6k races and not permitted to make up the senior men's or women's teams will not score when determining the senior men's, women's and master's teams.
5. In the men's Master's competition the four highest placed athletes will make a scoring team. The position in the combined Masters age groups is used for this.
6. 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.
7. Scoring for all teams will be on the lowest aggregate system.
8. Only first claim runners may score in a team.

5 League Awards

1. For individuals and teams the basis will be best three scores from the 4 races.
2. Individuals and teams equal on points share the placing.