



1) Rules

- a) UKA rules apply to all competitions in this League **including U11.**

2) Registration

- a) Runners who enter before the first meeting are issued with four copies of the same number card and run with that number at every event in that season.
- b) All competitors who have not entered in advance should report to the registration desk at least 30 minutes before the start of their race. On payment of the entry fee with a fully completed entry form competitors will be issued with a number card. These number cards must not be re-used for subsequent venues

3) Age Groups

- a) Age groupings for all but Veterans **and Under 11** categories are as at midnight 31st August of the year of the first event.
- b) Competitors in the U11 age group must be aged at least 8 on the day of the race and can not be paced.
- c) Male veterans are 40 or over and female veterans 35 or over on the date of the first event of the season in the League. They remain in this age group for the whole of the season. Individual awards are given in 5 year age groups; for example M40 covers male athletes aged 40, 41, 42, 43 and 44.
- d) 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.
- e) **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. Males over 65 may opt to “down age” and race in the senior men’s race as a M60. They can not compete in both races on the same day but may opt for different races at successive meetings. Results from male (M60) and M65 (female) races cannot be combined.**

4) Team Competition

- a) 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 school vest .
- b) 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.
- c) Veterans and U20s may also score in the Senior Men/Women team.
- d) In the senior men's competition the six highest placed individuals will score for the team result.
- e) In the men's veteran competition the four highest placed athletes will make a scoring team.
- f) In all the other age groups **including the M65 and higher age groups** the three highest placed athletes will make a scoring team.
- g) Scoring will be on the lowest aggregate system in all age groups.
- h) Team scoring will be based on the completion of a team finishing in all four races with the exception of Under 11, Under 13, Under 15, Under 17 and under 20 age groups where the best three scores from the 4 races will count.
- i) In team competitions all 4 races must be completed.
- j) 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.

5) Individual awards

- a) For individual awards the basis will be best 3 out of the 4 races. Athletes and teams equal on points share the placing.