

WESSEX CROSS COUNTRY LEAGUE



RULES AND GUIDELINES

League Details

The aim of the Wessex Cross Country League is to provide competition between its member clubs and to promote Cross Country running.

UKA Rules of Competition will apply, except as indicated. Participation in the League is conditional on the acceptance of these rules and guidelines.

The League is organised and supported by the Team Dorset Athletics Network (TDAN). League membership is open to all clubs who are affiliated to England Athletics, plus individuals registered for competition purposes with the governing body. The League is open to all first claim members of the member clubs.

It is expected that participating clubs will provide at least 2 volunteers per match during the league fixtures to supplement those provided by Host Clubs.

The League will normally consist of three to four fixtures held between September and December. For 2024 the League shall consist of three fixtures.

Host Clubs

The League relies on the goodwill and cooperation of a number of host clubs.

Host clubs will be responsible for the organizing and running of their allocated fixture.

All fixtures must be covered by an England Athletics cross country licence. Application forms are available at: <https://cc-event-licensing.myathletics.uk>

Also refer to UKA Guide to Cross Country Event Organisation for more information: <https://www.uka.org.uk/competition/useful-documents/>

Host clubs are responsible for:

- 1 Obtaining the race licence.
- 2 Carrying out appropriate risk assessment.
- 3 Course layout and management.
- 4 Ensuring first aid cover has been obtained.
- 5 Provision of marshals, officials, and paperwork.

Copies of the race licence must be lodged with the League Organiser in good time to be included with the race information on the League website. (Advice on these matters may be sought from the League Organiser.)

The League will be pay for the reasonable hire costs incurred by the host clubs e.g. first aid provision.

Where the fixture is organised by the League instead of a host club, the participating clubs will be asked to provide marshals and event support.

Liability

Under no circumstances will the League Organiser be liable for any loss or injury, however caused, to any competitor, official, volunteer or spectator as part of their participation in the League. Liability insurance is the responsibility of the host clubs and is provided by England Athletics through the Cross-Country Licensing system.

Courses / Health and Safety

Cross Country involves running over mixed terrain. The Wessex League traditionally includes all types of course, including flat, undulating and hilly; grass, sandy trails, stony paths and mud; open ground and wooded trails.

While there are potential risks involved with any course, host clubs should aim to mitigate these as far as is reasonably possible. All competitors should be briefed immediately prior to the start about specific hazards that may be present on the course.

While all competitors should familiarise themselves with the course and its potential hazards, the Risk Assessment should be available for inspection. If a competitor has concerns about the course, they should be directed to the Race

Referee before the race commences. If the risk cannot be mitigated, or if the competitor is then still unhappy, in line with UKA recommendations as referred to in the Guide listed above, they should be advised not to race. Coaches, clubs and athletes should consider carefully the clothing requirements for each individual race. In good conditions, the minimum Rule Book requirement for club vest and shorts (or equivalent clothing) may be sufficient. In very wet or cold conditions, however, insufficient clothing can be detrimental to the athlete's performance and may even result in a medical emergency. It may be appropriate, for example, to consider wearing a T-shirt beneath the club vest and leggings over shorts.

Competitors with pre-existing medical conditions should write the information on the back of their race number along with an emergency contact number. It is the Team Managers responsibility to ensure they have emergency contact details for their athletes and are aware of any medical conditions that may need to be shared with a first aider.

Race Distances

The League will hold races for separate age-groups at each fixture. Race distances should conform to the following guidelines:

<u>Category</u>	<u>League Distance (m)</u>	<u>UKA Maximum (m)</u>
U11	1500 – 2000	
U13G	2500 – 3000	3500
U13B	2500 – 3000	3500
U15G	3000 – 3500	5000
U15B	3000 – 3500	5000
U17W	4000 – 5000	6500
U17M	4000 – 5000	6500
Senior Short	5000 – 7000	none (U20, Seniors, Vets)
Senior Long	8000 – 10000	none (U20, Seniors, Vets)

Athletes are reminded to compete in their correct age group. The recommended league race distances are set with this in mind.

In exceptional cases, the Race Referee may give permission for a young athlete (Under-13 or Under-15) to run in the next age group up. This must be obtained in advance of the race. It can only be given provided the athlete will not exceed the UKA maximum distance for their own age group. If this occurs the athlete will appear as a guest and will not be eligible for any award.

At each meeting, under-20, senior and veteran (over-40 in this League) athletes shall have the option of running either a short or a long course. They may choose on the day. Women running the long course and men running the short course will be included in the results only as 'guests'. They will be ineligible for teams and will not have individual aggregates calculated. Though they may be marked in the results with error messages, their performances will be available for Run Britain results and Power of 10.

Senior runners will only be allowed to run in one of the senior races per meeting. Anyone running both distances will be disqualified from both.

Race Timetable

The recommended order and approximate timetable of races is as follows:

11:45	U11G
11:55	U11B
12:10	U13G
12:25	U13B
12:40	U17M + U17W + senior short course (Seniors, Vets)
13:05	U15G + U15B
13.20	senior long course (U20, Seniors, Vets)

Host clubs may decide on an alternative timetable, which should be provided to the League Organiser two weeks prior to the event so that all clubs can be informed in good time.

Where courses and athlete numbers licence, age categories may be combined to increase competition. It is envisaged that the most appropriate combinations may be U15B + U15G, U13B + U13G, U11B + U11G.

Age Groups

Age groups are as stated in UKA Technical Rule T3 S3, unless detailed otherwise below. Ages are determined on 31st August prior to the start of the season for all age-groups, except veterans.

Simplifying this, the junior age categories will be as follows:

Under-13: School Years 7 and 8.

Under-15: School Years 9 and 10

Under-17: School Years 11 and 12

Under-20: Aged 17, 18 or 19 on 31st August preceding the start of the season.

In addition, not under UK Athletics Rules:

Under-11: Under-11s must be aged eight or above on the 31st August prior to the start of the season.
School Years 4 and 5, plus all Year 6s.

Veteran ages will be taken on the date of the first meeting of the season whether the athlete competes or not.
In this League, veterans shall begin at age 40.

Teams etc.

In line with many local leagues, the Wessex Cross Country League allows participation from first claim and some second claim runners. All clubs should note the requirements of the UKA Rules for Competition as regards bona-fide club members. All senior or veteran athletes must be registered with England Athletics or another home nation.

Second claim members will be allowed to compete for a club team provided that their first claim club is not a member of the league. All second claim runners must be declared as such prior to their first appearance in the league in each season.

Athletes who do not meet these stipulations, or are serving a suspension following a change of clubs under the UKA Rules, may still compete; but will not be eligible to score for their new club's teams. All such runners **must** be declared prior to any fixture in which they participate. No competitor can score for more than one club per season.

Runners entering as individuals cannot count for any team.

Team Manager responsibilities

- A team manager for each club entered must be present for each team on the day of the race in good time to support their athletes
- The team manager must collect the numbers prior to each race
- They will ensure their members have the correct kit including club vest

Anti-Doping

An entrant shall be deemed to have made himself/herself/themselves, familiar with, and agreed to be bound by the UKA Anti-Doping Rules and to submit to the authority of UK Anti-Doping in the application and enforcement of the Anti-Doping Rules. The UKA Anti-Doping Rules apply to entrants participating in the sport of Athletics, for 12 months from the date of entering the event, whether or not the participant is a citizen of, or resident in, the UK. Visit their website for full information [Rules and Procedures | UK Athletics](#).

Awards

Awards will be posted to the nominated club contact following the final fixture. The awards will be given in the form of gift vouchers and certificates, as per the breakdown below.

Awards to first individual and certificates to the top three individuals in the following categories:

U11G, U11B, U13G, U13B, U15G, U15B, U17W, U17M, U20W, U20M, SW, SM,

Award to first individual in the following categories:

W40, W45, W50, W60, M40, M45, M50, M60

Only one award will be given per athlete, no certificates provided.

Certificates to first three teams in the following categories: (4 Certificates will be provided for each team):

U11G, U11B, U13G, U13B, U15G, U15B, U17W, U17M.

The following teams will also be scored, but no awards made:

Recording

Each runner will be allocated a running number for the entire season. **The runner is to reuse the number in each race including the county champs and should also bring their own pins.** If the number is lost or becomes unusable, the athlete must wear a clear replacement number from the league organiser. Please ensure that numbers are attached to the front of the vest with at least four pins.

Timekeepers and recorders will be on the finish line. Each club will be required to send their initial list of runners to the League Organiser no later than ten days prior to the first fixture of the season. Thereafter amendments can be made for each fixture one week before. Races may be filmed in order to check results, these recordings will be deleted when results are correct.

Scoring

Individuals will score in their best three results from the series. If the points total is tied, the runner with the better head-to-head record will be the winner.

Teams will score their best three results from the series. If the points total is tied, the team with the better head-to-head record will be the winner.

Teams will consist of the leading three runners from each club, except under-17 age groups, where teams will consist of the leading two runners.

Veteran teams will be made up from only those athletes who are eligible to compete in the league as veterans. Senior teams will include U20s, seniors and veterans.

Team scores will be calculated from the sum of the positions of all scoring runners. In the event of a tie, the team whose last scoring runner finishes first will be the winner.

All league scoring will be made after all guest runners have been removed from the results.

Web Site

The results will be available on the <https://www.dorsetathletics.org/> website.

Results

Provisional results will normally be available on the evening of the race. All clubs are requested to e-mail corrections within 24 hours of receipt.

Clubs may copy portions of the results in part for their own uses, but should refrain from copying complete sets of results in order to ensure that only a single copy of the 'official' results is in existence in the event of corrections becoming necessary. It is preferred that links are made onto the League website.

The final results will be submitted to Run Britain/Power of 10 for publication by the league organisers.

League Fees & Club Declarations

League Fees will be based on a Club Subscription or a per-runner fee. For the 2024/2025 season these will be set as follows: to be determined

Club Subscriptions with 10 or less runners: £145

Club Subscriptions with 11 or more runners: £170

New clubs joining the league will only be charged £120 for their club subscription for the first year they join.

Club subscriptions are due by 14th September. Club officers are responsible for the payment of these fees. Payment is to be made online.

Individuals:

Individual runners will be allowed to join the league provided they are affiliated to England Athletics or another Home Country federation. A fixed fee of £20 for U20, seniors and veterans; but £15 for younger athletes will allow access to all fixtures, and will allow the runner to win INDIVIDUAL league awards.

Guests

Guest runners may be allowed to compete at the discretion of the League Organiser provided they are members of a England Athletics affiliated club and details are given prior to the start of the relevant fixture. A fee of £5 per runner (£6 per U20 or senior) will be payable, prior to the start of the race. Guest runners are not eligible to win any awards.

Where athletes arrive to find they have not been entered they wear a letter 'G' obtained and run but will not be scored in the results.

Club Declarations

Clubs will be required to complete declarations online. They should be completed ten days prior to the first league fixture. Anyone not registered by the deadline will not be able to compete until the next league fixture with exception of the host clubs. For the upcoming season the deadline will be 5pm on Thursday 26th September.

NB: THERE WILL BE NO ENTRIES ON THE DAY!

Organisers' Details

The final say in any League matters will rest with the League Organiser.

The League Organiser can be reached via the following:

Team Dorset Athletics Network

Lindsay's E-mail: teamdorsetpad@gmail.com