



CROSS COUNTRY LEAGUE – RULES OF COMPETITION 2025/26

1. The Cross Country League shall comprise teams from all Clubs in NI and Ulster affiliated to their governing bodies.
2. **Teams (Male and Female)** will consist of a minimum of **4 runners**.
3. Runners must clearly state their club's name on entry forms beforehand, otherwise their finishing position will not be counted. Only registered members of affiliated clubs will be eligible to count for team scoring.
4. All competitors must be aged 16 years or older in the year of competition.
5. **The placings of the first 4 runners will decide the team's finishing position.**
6. The teams will be combined seniors/masters squads and take part in the same race.
7. Where separate Masters' races are held only the placings and the number of finishers from the open event will count towards a team's score. However, if Masters O60+ compete in a separate race, they will be allowed to count towards club participation points, if the club's quota of participants is not reached in the open race.
8. Scoring will be calculated in each race using the following formula:
First place team – 16 points
Second place team – 14 points
Third place team – 12 points
Fourth place team – 10 points
Fifth place team – 8 points
Sixth place team – 6 points
Seventh place team – 4 points
Eighth Place team – 2 points
9. In addition to the team points clubs will score one point for each finisher in the race up to a maximum of 10. Teams must finish a minimum of 4 runners before participation points can be scored.
10. The league will consist of a total of 9 events. Clubs must take part in at least 1 event outside of the greater Belfast area, i.e. Derry/Londonderry, Armagh or Magherafelt (not including the NI and Ulster Senior XC Championships). **League placement will be decided on the basis of a team's best 5 events plus one outside Belfast.** (N.B. The Men's and Women's leagues will be scored separately so the best 6 events in the Women's and Men's sections do not need to be the same).
11. Prizes will be awarded to the top eight teams in the league (both male and female). There will also be a prize for the Best Combined Team, for a club which competes in both male and female sections. Only 1 award will be made for the winning team, though the combined totals for each club competing in both sections will be published.
12. Any disputes raised in relation to the competition will be referred to the Athletics NI Cross Country and Road Running Committee for decision if they cannot be amicably resolved otherwise. The decision of the Committee in such matters will be final.