



CROSS COUNTRY LEAGUE – RULES OF COMPETITION 2017 / 18

1. The Cross Country League shall comprise teams from all Clubs in NI and Ulster affiliated to their governing bodies.
2. Only registered members of affiliated clubs will be eligible to count for team scoring.
3. **Teams (Male and Female)** will consist of a minimum of **4 runners**.
4. Runners must clearly state their club's name on entry forms beforehand, otherwise their finishing position will not be counted.
5. All competitors must be aged 16 years or older
6. **The placings of the first 4 runners will decide the team's finishing position**
7. **Double points will be awarded to teams participating in the NI & Ulster Senior Cross Country Championships. This will apply to both team and participation points.**
8. The teams will be combined seniors/masters squads and take part in the same race.
9. 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.
10. 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

In addition to the team points clubs will score one point for each finisher in the race up to a maximum of 16.

11. The league will consist of a total of 8 events through the Cross Country season. **Five of these events will take place in the pre Christmas period and teams may choose the best four event point scores from the five events. There are three events in the post Christmas period and the points in all these events will count towards the final score.** (N.B. The Men's and Women's leagues will be scored separately so the best 4 events in the Women's and Men's sections do not need to be the same).
12. Prizes will be awarded to the top eight teams in the league (both male and female).
13. Any disputes raised in relation to the competition will be referred to the Athletics Northern Ireland 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.