



CROSS COUNTRY LEAGUE – RULES OF COMPETITION 2019/20

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. **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 12 participants is not reached in the open race.**
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 pointsIn addition to the team points clubs will score one point for each finisher in the race up to a maximum of 12. Teams must finish a minimum of 4 runners before participation points can be scored.
11. The league will consist of a total of **9 events** through the Cross Country season. **League placement will be decided on the basis of a team's best 7 events.** **Therefore teams can disregard the scoring (if any) of their worst 2 events** (N.B. The Men's and Women's leagues will be scored separately so the best 7 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 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.