



FRANK ELFORD SPORTS WESTWARD LEAGUE RULES 2016/17

(Held under UK Athletics Rules)

www.city-runs.co.uk/westward

PLEASE NOTE: All Clubs/Organisations competing in the Westward League must be affiliated to England Athletics and include the discipline of Cross Country.

AGE GROUPS

Senior Men	Aged 17 or over on 31 st August 2016
U17 Men	15 & 16 on 31 st August 2016
U15 Boys	13 & 14 on 31 st August 2016
U13 Boys	Aged 11 on day of competition, or 12 on 31 st August 2016
Senior Women	Aged 17 or over on 31 st August 2016
U17 Women	15 & 16 on 31 st August 2016
U15 Girls	13 & 14 on 31 st August 2016
U13 Girls	Aged 11 on day of competition, or 12 on 31 st August 2016

U11 Boys and Girls -Min age 8 on the day

REGISTRATION - All clubs must provide a full list of their members with registration numbers and dates of birth prior to the season start (this does not apply to U11's). This can be added to as the season continues. If an athlete competes who is not registered the club have until the next fixture to provide the registration number otherwise any points gained will be removed. Qualification date for Vet Categories is 9th October 2016. **WE DO NOT NEED A SEPARATE LIST OF VETS OR U17W.**

SCORING

Senior Men – up to and including first five home score for 'A' Team, next five home score for 'B' Team etc.

Vet Men – up to and including first four home score for 'A' Team, next four home score for 'B' Team etc. 200 points awarded for the first Vet Man home, 199 for second etc. 100 points awarded to first Vet Woman, 99 for second etc. Vet Women are based on the first 3 scorers.

All other age groups – up to and including first three home score for 'A' Team, next three home score for 'B' Team etc (U17 Women compete in the Senior Women race and score for the Senior Team).

Six League fixtures with best five results to score for both Team and Individual in the Senior categories only. Points are allocated from 300 downwards in the Senior Men's race, 200 downwards in the Senior Women's race and 100 downwards for all other races. In the junior categories the best four scores will be used. In the event of a tie for Team or Individual the full six results will be taken into account (five for juniors).

No competitor may run for more than one Club/Organisation in the League during the winter season and must be a First Claim member of that Club/Organisation. In certain circumstances, bona fide Second Claim members may compete providing their First Claim club is not a member of the league.

Anyone in this category must be approved/registered with the League Secretary prior to the first fixture. Guests are allowed to run at a cost of £3 per race payable on the day.

Guests can only take part in two fixtures in a season.

Athletes must be affiliated to England Athletics otherwise they will have to run as a non scoring guest.



Club colours must be worn in accordance with UK Athletics' Rules. Failure to do so may lead to disqualification (i.e. no points shall be awarded).

For safety reasons MP3 players or similar shall not be worn in any of the races. Any athlete who is seen with such will be disqualified.

Each Club/Organisation must appoint a Team Manager to be responsible for ensuring that their athletes' correct names and finishing positions are handed to the official recorder immediately after each individual race.

Team Managers are to be aware that all competitors must run in their respective age group. Any athlete competing in the wrong age group will be disqualified for that fixture.

First league race to start no earlier than 12.00pm, unless otherwise agreed prior to the details being circulated to competing clubs. The U11 race should be held first if possible.

A Club organising a fixture shall be responsible for that event and must ensure the Co-ordinator is given all results on the day. Organising Clubs must abide by the Rules of UK Athletics (refer to Cross Country Rules relevant to the granting of a Permit).

Entrance fee for the season, will be **£50** per Club/Organisation. **Entrance fee is payable PRIOR to the commencement of the season.** An additional £1 (and 50p for juniors) per athlete, per race, is payable in advance, or no later than one fixture in arrears. Please make cheques payable to 'Westward Winter League' and post to: Jayne Reed, 41 Cleeve Drive, Ivybridge, Devon, PL21 9BW.

Results will be posted on the League website (see above) and e-mailed to clubs. Please ensure an up to date email address is provided at the start of the season.

AWARDS

First three overall individuals per age group, to include Vet awards as follows:

Men O/40, O/45, O/50, O/55, O/60, O/65

Women O/35, O/40, O/45, O/50, O/55

Awards in certain categories may be subject to entry.

First three teams per age group, except for U17 Women (they score for their respective Senior Team). If there are insufficient complete teams in any age group during the series, awards will be reduced accordingly. No teams for U11.

Any proposed alterations or additions to the Rules are to be notified, in writing, to the League Secretary and a vote will be taken by paid up Clubs/Organisations at the following AGM or EGM.