

John H Collins Gwent Cross Country League

Rules of Competition

Updated June 2019

1. Age Groups

Novice (Under 11)	Must be at least 9 years old on the day of competition and be under 11 years old on 31st August prior to the fixture.
Under 13	Must be at least 11 years old on the day of competition and be under 13 years old on 31st August prior to the fixture.
Under 15	Must be at least 13 years old on the day of competition and be under 15 years old on 31st August prior to the fixture.
Under 17	Must be at least 15 years old on the day of competition and be under 17 years old on 31st August prior to the fixture.
Under 20	Must be at least 17 years old on the day of competition and be under 20 years old on 31st August prior to the fixture.
Senior competition.	Must be at least 17 years old on the day of
Under 23	Must be under 23 years old on 31st August prior to the fixture.
Masters	
Over 35, Over 45, Over 55, Over 65, etc.	Must be at least the age indicated on day of competition.

2. Recommended Approximate Race Distances

Age Group	Male	Female
Novice (Under 11)	1400m - 1800m	1400m - 1800m
Under 13	2500m	2500m
Under 15	3500m	3500m
Under 17	5000m	4300m
Under 20	5000m	4300m
Seniors & Masters	9500m - 12000m (Over 65 5800m-7000m)	5800m - 7000m

3. General Rules for Competition

All events are subject to the overall rules of competition as set down by UK Athletics. Only first claim members of a Club, College or School may take part in team competition in the Gwent Cross Country League.

Athletes competing for Welsh Clubs must be registered with Welsh Athletics Limited (WAL) before the day of the race.

All competitors over the age of 11 years must wear the registered colours of the Club, College or School being represented. Clubs, Colleges, Schools should register their official kit/colours with League Secretary. If and when any changes are made this should also be formally notified. Where teams have more than one style of recognized kit all members of teams should wear the same version unless approved to the contrary by the Race Referee.

Guest runners from within the catchment area will be allowed to compete in the Gwent Cross Country League at the discretion of the League Management Committee, on payment of the requisite fee. Guests from outside the area are always welcome, on payment of the requisite fee.

Entry fees must be paid as decided by the League Treasurer.

For the 2019-2020 season they are:

Club Affiliation fee - £25 per season

Individual Senior race fee - £4 per fixture

Individual Junior race fee (under 20) - £1 per fixture

4. Teams and Declarations

All Teams and Individuals must be properly declared at least fifteen minutes before their race starts.

Athletes in the Under 23 and Masters age groups should be declared as such.

Junior Teams: The first 4 finishers from the declared list of athletes will constitute the first team. The next 4 athletes will constitute the 'B' team and so on. Incomplete teams are allowed but see the rule regarding team awards.

Senior Teams: The first 5 finishers from the declared list of athletes will constitute the first team. The next 5 athletes will constitute the 'B' team and so on. Incomplete teams are allowed but see the rule regarding team awards. Masters and athletes under 23 are additionally scored in their own sections.

Masters Teams:

Masters over 35: The first 5 finishers will constitute the first team. The next 5 athletes will constitute the 'B' team and so on. Incomplete teams are allowed but see the rule regarding team awards.

Masters over 45: The first 4 finishers will constitute the first team. The next 4 athletes will constitute the 'B' team and so on. Incomplete teams are allowed but see the rule regarding team awards.

Masters over 55: The first 3 finishers will constitute the first team. The next 3 athletes will constitute the 'B' team and so on. Incomplete teams are allowed but see the rule regarding team awards.

Masters over 65: The first 2 finishers will constitute the first team. The next 2

athletes will constitute the 'B' team and so on. Incomplete teams are allowed but see the rule regarding team awards.

Athletes Under 23: The first 5 finishers will constitute the first team. The next 5 athletes will constitute the 'B' team and so on. Incomplete teams are allowed but see the rule regarding team awards.

An athlete, having competed for a team in a season, who then changes club, college or school is only eligible to compete as an individual for his/her new team in the league for the remainder of that season. Their individual points will be accumulated accordingly.

5. Team and Individual Match Scoring

5.1 Seniors including Masters

5.1.1 Individual scoring Scoring will be dependent upon the number of starters in each race. For example, if there are 180 starters in a race, then the first runner home will score 180 points, the second runner 179 points and so on.

Within each age group or section, the totals for teams and individuals will be carried forward to the end of the season.

The League Champions (Teams or Individuals) will be those gaining the highest aggregate scores from the five fixtures held throughout the season.

5.1.2 Ties and Cancelled fixtures If there is a tie on points, for Teams or Individuals, the relative finishing positions in the final fixture held will be decisive. If for any reason a fixture is cancelled and not rearranged, the season's awards (individual and team) will be based on the reduced number of fixtures.

With regard to the rule about Awards for Masters and athletes under 23 the qualifying number of races will be reduced accordingly.

5.2 Juniors

5.2.1 Individual Scoring Scoring in each age group will be based on the 'adjusted' position (the position with all guest and disqualified athletes removed). Guest and disqualified athletes are marked as such in the results.

The 'non-participant points' will be the highest of: the last adjusted position plus one; or 25 points. For any athlete not competing (or not finishing) in a fixture, and for any disqualified athlete, this is the number of points counting as his or her 'adjusted' position.

For each athlete competing in the league, the lowest 3 of the first 4 adjusted positions will be added to the adjusted position in the final fixture to give an aggregate for the season.

The Individual League Champions will be those gaining the lowest aggregate scores.

5.2.2 Team Scoring If an athlete was not properly declared, not declared on time or not eligible to represent his/her team in competition, he/she scores points as an individual only, and does contribute towards a team. For each fixture, teams (including B teams etc.) will score points according to the sum of the 4 members of the team. If the team has fewer than 4 finishers, then the sum will include a multiple of 'non-participant points' (as defined above) to make up to 4 team members. In order to be considered for a team award, a club, school or college needs to have more than one scoring member during the season. For each team, the points from all 5 fixtures will be added to give an aggregate for the season. The Team League Champions will be those gaining the lowest aggregate scores.

5.2.3 Ties and Cancelled Fixtures If there is a tie on points, for Teams or Individuals, the relative positions in the final fixture will be decisive. If one of the first four fixtures is cancelled and not rearranged, the season's awards will be based on the best 2 of the first 3 fixtures plus the final fixture for Individuals, and all 4 fixtures for Teams. If the final fixture is cancelled and not rearranged, the season's awards will be based on the best 3 of 4 fixtures for Individuals, and all 4 for Teams. If two or more fixtures are cancelled and not rearranged, the season's awards (individual and team) will be based on all fixtures held.

Individuals and Disqualified athletes If, in the results an athlete recorded as (ind), he/she is a member of an affiliated team but was not properly declared, was not declared on time or was not eligible to represent his/her team in competition. He/she scores points as an individual only. Guest athletes are marked as such and do not score any points. An athlete disqualified for any reason is shown as (disq) and also does not score any points.

At the discretion of the Race Referee (in consultation with the Chief Timekeeper and/or First Aid providers), slow competitors exceeding twice the time of the race winner and/or an excessive distance behind the preceding competitor are liable to be asked to withdraw from the race and discounted from the results.

Masters Teams: There is a Masters Team competition in the following age groups: Men and Women Over 35 (5 to score), Men and Women Over 45 (4 to score), Men and Women Over 55 (3 to score) and Men and Women Over 65 (2 to score).

Male Veterans over 65: Male veterans over the age of 65 may choose to run in the Senior Ladies race. If they choose to run in the Senior Men's race they will be scored as a Male over 55.

Athletes Under 23 - Teams: There are team competitions for Under 23 Males and Under 23 Females. In these cases the first 5 runners will constitute the scoring team and the next 5 the 'B' team and so on.

Award Structure for Senior Individuals: No senior athlete may win more than one award. In the case of an athlete being in the position to win awards in more than one category, the following rules will be applied: The award made will be the highest placed position. If these are the same then the youngest age group award will be made (except in the case of Under 23 where the senior award will be made). Examples:

The men's league champion is a Male Master over 35. He will be awarded 1st Senior Man and the second placed Master over 35 moves up.

The women's league champion is also Under 23. She will be awarded 1st Senior Woman and the second placed Under 23 moves up.

Awards for Masters and Under 23: In order to win an award in a Masters age group or as an athlete under 23, an athlete must complete at least four fixtures.

Team Awards: In order to be considered for a team award, a club, school or college needs to have more than one scoring member during the season. In addition, a school needs to compete in at least four fixtures.

6. Divisional Structure for Senior Teams:

All senior teams are additionally placed into divisions. For Men there are three divisions of 12 teams and all remaining teams will be placed in Division 4.

For Women there are two divisions of 12 teams and all remaining teams will be placed in Division 3.

There are awards to the first three teams in Division 1 and the first two teams in the lower divisions.

In addition there is promotion and demotion of 2-up 2-down between the divisions. New teams will be placed in the lowest division. If a team does not compete during the season they will be removed from the divisional structure and will start again as a new team.

For Men there is also a 'B' Team Division and all teams from 'C' onwards will be placed in a Reserve Division. For Women all teams other than the first team will also be placed in a Reserve Division. There are awards for the winning team in the 'B' team and Reserve Divisions.

There will also be a University Division. All athletes competing for a University Team will be placed in this division. In addition, university students whose first claim club (for whom they must compete and whose club colours they must wear) is within the Gwent League catchment area can additionally score for their university by placing a note on the declaration form and results envelope to indicate as such.

JHC/April 2012 (Mod JRA/June 2015/July 2016/September 2018/June 2019)