

## **GLOUCESTERSHIRE CROSS COUNTRY LEAGUE RULES SEASON 2008/9**

1. Please ensure that all competitors who have **not** entered in advance should report to the registration desk at least 30 minutes before the start of their race. On payment of the required entry fee competitors will be issued with a number which should be displayed clearly on the front of their vest. These numbers must not be re-used for subsequent venues. Age groupings for all but Veterans categories are as at midnight 31st August of the year of the first event.
2. All competitors must wear Club/School vests. Failure to do so may mean disqualification unless circumstantial reasons are given and accepted before the start of the race.
3.
  - a) Team competitions apply for each age group except veterans where one team for men and one for women will cover all age groups
  - b) In the senior men's competition the six highest placed individuals will score for the team result.
  - c) In the men's veteran competition (Over 40 on the date of the first event in the League) four will make a scoring team
  - d) In all the other age groups the three highest placed athletes will make a scoring team.
4. Scoring will be on the lowest aggregate system in all age groups. For individual awards the basis will be best 3 out of the 4 races. Athletes equal on points share the placing. For team competition all 4 races are eligible to count.
5. Team scoring will be based on the completion of a team finishing in all four races with the exception of Under 11 under 13 under 15 under 17 and under 20 age groups where the best three scores will count. Under 20 competitors run in the senior competition and may score in the senior team race. Second Claim members may form part of the scoring team providing their first claim club is not involved in the league.
6. No entries will be accepted without payment.
- 7 All clubs who are not hosting fixtures are required to provide a person to assist with the organisation at each fixture. This person should report to the registration desk at least 30 minutes before the first race.