

NOTTINGHAMSHIRE MINI LEAGUE CROSS COUNTRY

RULES 2019 / 20. (any changes shown in Red)

Competing Clubs

Mansfield Harriers & AC, Newark AC,
Nott's AC, Sutton Harriers & AC,
Worksop Harriers & AC, Retford AC
Rushcliffe AC
Tri Clubs (by arrangement not in the points system)

Age Groups and Maximum Distances (Ages as at 31/08/19) Min age 9 years on the day of the race

EVENT	DISTANCE		
U11 Girls	1500m	U11 Boys	1500m
U13 Girls	2000m	U13 Boys	3000m
U15 Girls	3000m	U15 Boys	4000m

Scoring System

1. Any number of athletes per club may run but only the first three to finish will score points for the club.
2. Scoring to be total of first three finishing positions added together, e.g.
3. Athletes U13 and above must declare an English Athletics URN number to gain Points for their Club
4. Finishing positions 1st, 7th and 16th = 24 pts.
5. Should a club not enter three runners or not have any runners finishing the event, the scoring will be the total of those finishing plus last place plus one,
6. The runners are counted at the start and finish of a race. To avoid any delay with the next race it is Vital then if any runner leaves the race before the finish that this is reported to the finish team straight away.
7. For example a race with 24 runners this additional score will be 25 for each missing athlete
8. Should a club have no runners then three last places +1 will be given. e.g. 24 in the race, 3 x 25 = 75 pts will be added as the clubs score for this race
9. The results works on the "Token System". All athletes who cross the finishing line will receive a token with their position on, these will be taken to their team manager who will be responsible for: writing the athletes name and position on an envelope **clearly**, the tokens are placed into the envelope and sealed (to prevent the token falling out in transits) and returning the envelope to the results table immediately for checking the accuracy and to ensure no tokens are lost.
10. Any New runners not on the supplied team list must have their full name, Date of Birth and the URN number (for Athletes U13 and above) written on the Envelope. Clearly as this name will remain in the computer for publishing the results and to be sent to power and ten.
11. The results may be added to the computer on the day or the envelopes taken away and added later. The results when compete will be sent to team managers for checking and then added to the Notts Mini-League Webb site.
12. To determine the clubs league position the points gained by each team at each meeting shall be added together to give a cumulative total at the end of the season. The teams or individuals with the minimum points will be in award winning positions. This will be shown in a table format on each set of results.
13. These points from each match will be collated so at the end of the season awards can be given, Which will normally be at the end of the last match of the season.
14. Awards (age groups)

15. Certificates will be awarded to the best Age groups as follows:-
U11Girls, U11Boys, U13Girls, U13 Boys, U15 Girls, U15 Boys
 16. **Awards (individual)**
 17. Medals will also be issued to the first three athletes, boy and girl in each age group Points will be awarded to every athlete reflecting their position in the race. (If Athlete's miss a race the points collated will be the "last scoring runner +1").
 18. The end of year individual scores are based on the best 4 out of 5 races (as voted on by all clubs)
- Awards (overall)**
19. There is to be 1 trophy awarded to the Club with the minimum points (which is to be returned cleaned and polished at the last race of the season ready presenting to the new club)
 20. **General**
 21. First Race to be at 11.00 am (unless advised of a new start time) with the others following with the minimum of delay in the following order
 - U11Girls , U11Boys, U13Girls, U13 Boys, U15 Girls, U15 Boys
 - The last race may start 5minutes after the U15Girls race or both U15 races may be combined depending on the numbers
 22. The organizing clubs requires to do the following
 - Set out the course to the distances set out above,
 - Provide a Starter
 - Provide Race officials to marshal the course.
 - Provide a course map prior to the event to be added to the web site
 - Provide a "hare" to lead the races
 - Provide a "Last Man Runner"
 - Provide First Aid provision.

The League will obtain a current Cross Country Permit for all the races at the beginning of the season. from the Midland Counties Athletic Association web site , cross country section , permits .Once form has been completed e-mail to RoadandXC@mcaa.org.uk
 23. Time keepers will be supplied by the league, Further to this a small team will be required to collect the envelopes, sort out the tokens ready for another race, and possibly recorders to list the results should the computer not be available..
 24. Where possible any new Athletes competing at an event should have their details which are Full name, club, date of birth and URN number (for athletes U13 and above) sent to the results recorder at least one day prior to the event at:- john@notts-minileague.co.uk failing this details need to be written on the race envelope or points could be lost if the runner is in the scoring three.
 25. The envelopes will be supplied by the league which can be collected from the recording table before the first race and they are to be filled in by team managers and handed in immediately after each race to the recorders to enable results to be kept up to date.
 26. It is not allowed for anyone to be running at the side or in the front of any young athlete (pacing) if this occurs the said athlete could be disqualified
 27. Club vests must be worn by all Athletes competing