



MIDLAND WOMEN'S CROSS-COUNTRY LEAGUE
RULES FOR COMPETITION

1. That the name of the League shall be the 'Midlands Women's Cross-Country League'.
2. The League is open to all clubs within the Midland Counties AA competition provision area – all clubs **MUST** be affiliated to England Athletics for Cross Country Running and provide that affiliation number upon request.
3. The League is self-financing in that monies raised are paid into the accounts and only used to pay for medals, administration costs, and the assistance for host Clubs
4. Where races are held in conjunction with the Birmingham and District Invitation Cross Country League the promotion costs will be divided on a pro-rata basis based on the number of finishers in each race.
5. Competing clubs shall ensure that their members wear registered (with England Athletics or appropriate National Governing Body) **CLUB VESTS of the same design** for each race.
6. Races to be confined to FIRST CLAIM TEAM MEMBERS of member clubs.
7. University Clubs **MUST** comply with rule **G2 21 First Claim Status** in the current UK Athletics rulebook.
8. Guest runners should be pre-approved by the Secretary of the League, the Race Director, and the Race referee.
9. Athletes must have reached the age of Seventeen (17) years by August 31st / September 1st at the commencement of the coming Cross-Country season. The rules of the E.C.C.A, UKA rules for competition, and MCAA shall apply.
10. Any Club that fails to pay its affiliation fee before the Appointed date will have a £10 levy imposed.
11. Where any of the rules relating to eligibility to compete in the league have not adhered to the offending individual(s) shall be disqualified for that race.
12. Any dispute after a race on Eligibility **MUST** be made in writing to the League Secretary within ten (10) days of the competition with a £20 deposit, which will be refunded should the appeal be upheld.
13. The distance of the race shall be approximately 6,000 metres to be decided on Championship lines. All races will start at 1:30 pm unless circumstances decree otherwise, in which case Clubs **MUST** be notified, in advance.
14. Affiliation fees to be decided at the AGM (at present £120 per club, £5 per individual per race).
Individual athletes will be issued by the League with a bib number, it will be re-usable and retained for the entire season, where an athlete does not have theirs there will be a fee currently £2 for a new one at the subsequent race(s).
15. Athletes **MUST** complete the medical information on the reverse as appropriate. Race numbers should not be defaced and pins used at all four corners. Safety pins are not provided by the league for athletes' numbers. It is the responsibility of individuals and clubs to provide their own.
16. The results services will be the responsibility of the league.
17. Each race shall be in the charge of an appointed Referee whose decision shall be FINAL. The Race Referee **MUST** cancel any fixture where there is no first aid cover provided.
18. The Wearing of Headphones or other audio devices, during the competition, will not be allowed in League races.
19. In case of inclement weather where the host Club feels it is advisable to cancel the fixture, they **MUST** notify the Hon. Secretary and Race Referee by 6.00 pm on Friday evening prior to the race day at the very latest, to enable ALL clubs in the affected Division to be advised as soon as possible.
20. The dates and venues of all League races shall be decided at the AGM.
21. The league will hold four races per season, in conjunction with the Birmingham & District League, where agreed, otherwise, there will be 'stand alone' races.
22. All host clubs **MUST** apply for a Cross Country licence from England Athletics (form on the website). Host Clubs will receive a hosting fee of £50 in appreciation of their efforts.
23. The League will consist of Two Divisions. Eighteen Clubs comprising Division One, all other Clubs to be in Division Two.



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24. Where both divisions race together then they will be scored separately for all age group Juniors, Seniors and Masters.
25. Promotion / Relegation between Division One and Two will be 3 up and 3 down.
26. In Division One, clubs failing to 'close' a team in any of the four races will automatically be relegated to Division Two at the end of the season. In the event of more than three Clubs failing to 'close' a team, all will be relegated to Division Two and additional clubs promoted to bring Division One up to eighteen clubs.
27. There will be a separate Masters' individual and team competition (3 to score). It is the responsibility of individual athletes to inform Divisional Secretary at least two (2) weeks prior to a race where they become eligible to compete in the Masters' category if they wish to compete as a Master.
28. There will be a separate Junior (under 20 years of age) individual competition. There will be no Junior Team competition.
29. It is the responsibility of the host club to ensure that medical facilities are in place commensurate with current legislation/guidance. It is advised to obtain written confirmation of First aid cover and details of any risk assessment carried out by them. These MUST be available on the day for inspection if requested.
30. The League First Aid Sail Flag must be displayed at the post where the provider is stationed from their arrival until departure.
31. A representative of each promoting Club MUST inform all Clubs, the Honorary Secretary, the Divisional Secretary, and Race Referee with travel directions and parking instructions at least 14 days before each race date. Also, they should inform the **MCAA** office so details can be displayed on the Midland Counties website.
32. The scoring process will be the usual Cross Country system, the winning athlete will score one (1) point second will score two (2) points, and so on. The Team score for Seniors will be calculated by the aggregate total of the first four (4) athletes to finish with the lowest aggregate score to win. Where there is a tie on total points the team with the higher placed fourth score will be the higher placed team.
33. The Masters' team event will be scored on the first three (3) athletes to finish with the lowest aggregate score to win.
34. At the last race of the season a presentation will be made to the following:
 - a. The first three Junior Athletes with the best aggregate score (the best three out of the four races) A Junior athlete being Under 20 on 31st August prior to the start of the season.
 - b. The first three Senior Athletes with the best aggregate score (the best three out of four races).
 - c. The first three Masters Athletes with the best aggregate score (the best three out of four races). A Master athlete being over 35 years on the day of competition. Therefore to qualify for a Masters Award the athlete must be 35 years of age on or prior to the second race of the season. (one Masters Age category only).
 - d. The first three Senior teams from Division One and Two (4 athletes to score per team), with scores from all 4 races to count.
 - e. The first three Masters' teams (3 athletes to score per team), with scores from all 4 races to count.
35. Where an athlete is eligible for either Junior or Masters individual award and has finished in the first three of the overall Senior individuals, then they will be entitled to both awards.
36. In the case of a tie in the individual competition, an award will be given to all those involved in the tie.
37. In the case of a tie in the team competition, the team who places higher/ highest in the fourth race shall be declared the winner.
38. If Clubs require extra medals, these may be purchased through the Secretary. However, only those athletes that have scored in one or more race shall be eligible for a medal, purchased or not.