

Midland Women's Cross Country League
Updated rules as of October 2018

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 number upon request.
3. An Annual General meeting shall be held to determine subscription fees, costs and elect a Chairperson and a Secretary/Treasurer.
4. The League is to be self-financing in that monies paid into the accounts are only used to pay for medals, administration costs and the assistance for host Clubs in paying for Medical assistance at races (at present a donation is made to the Birmingham & District invitation Cross Country League at the end of each season to help pay for Hire of Venues and Medical assistance, the amount is agreed at the AGM).
5. Competing clubs shall ensure that their members wear **CLUB VESTS of the same design** for each race.
6. Races to be confined to FIRST CLAIM TEAM MEMBERS of member clubs.
7. Guest runners should be pre-approved by the Secretary of the League, the Race director and Race referee.
8. Athletes must have reached the age of Seventeen 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.
9. University Clubs **MUST** comply with rule **21 S5 First Claim Status (3i)** in the current UK Athletics rulebook.
10. Where any of the rules relating to eligibility to compete in the league are not adhered to the offending individual(s) shall be disqualified for that race.
11. The distance of the race shall be approximately 6,000 metres to be decided on Championship lines. The
12. All races will start at 1:30 pm unless circumstances decree otherwise, in which case Clubs **MUST** be notified, in advance.
13. Affiliation fee to be decided at the AGM (**at present £60 per club, £5 per individual per race**) Numbers and results are to be supplied by the league.
14. Any Club that fails to pay its affiliation fee before the appointed date (currently 16thOctober) will have a £10 levy imposed.
15. Each race shall be in the charge of an appointed Referee whose decision shall be FINAL. Race Referees have been told they **MUST** cancel any fixture where there is no first aid cover provided.
16. 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 6pm on the Friday evening prior to the race day, to enable ALL clubs to be advised as soon as possible.
17. The dates and venues of all League races shall be decided at the AGM.
18. The league will hold four races per season, in conjunction with the Birmingham & District League, where agreed, otherwise there will be 'standalone' races.
19. The League will consist of Two Divisions. The Top Fifteen Clubs comprising of Division One, all other Clubs to be in Division Two. Clubs from both divisions will compete in the same race when venues allow, with the team score (4 to count Senior teams only) deciding their position within their respective Divisions. Both divisions will be scored separately for Seniors, Masters and Juniors.
20. Promotion/Relegation between Division One and Two will be 3 up and down.
21. In the First Division 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 all will be relegated to Division Two and additional clubs promoted to bring Division One up to Fifteen clubs.
22. There will be two separate divisions for the Masters teams (3 to score).
23. 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.

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24. A representative of each promoting Clubs MUST inform all Clubs, the Secretary and Race Referee with travel directions and parking instructions at least 14 days before the race date. The **MCAA** office will be informed so details can be displayed on the Midland Counties website.
25. At Present each athlete in the league is allocated one number for the season.
This to be retained by the Team manager/athlete for use in each of the four races. In the event of a lost or missing number they can be replaced at a cost of £2 per number. 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 them.
26. At the last race of the season a presentation will be made to the following:
- i. The top three Junior Athletes with the best aggregate (the best three out of the four races) A Junior athlete being under 20 on 31st August.
 - ii. The top three Senior athletes with the best aggregate (The best three out of four races).
 - iii. The top three Masters athletes with the best aggregate (The best three out of four races).
A Master athlete being over 35 years on the day of competition. (One Masters age category only)
 - iv. The top three Senior teams from Division One and Two (4 athletes to score per team).
 - v. The top Three Masters teams (3 athletes to score per team).

In the case of a tie in the individual competition an award will be given to all those involved in the tie.

In the case of a tie in the team competition, the team who places highest in the fourth race shall be declared the winner.

If Clubs require extra medals, these may be purchased through the Secretary. However, only those athletes that have scored in one or more fixtures shall be eligible for a medal, purchased or not.

27. **The Wearing of Headphones or other audio devices, during competition, will not be allowed in League races.**