

ESSEX CROSS COUNTRY LEAGUE

CONSTITUTION

- **TITLE:-**

The League shall be known as the Essex Cross Country League.

- **AIMS :-**

The aim of the League shall be to promote and further the sport of cross country running for men, women and juniors aged 11 and over.

- **MEMBERSHIP :-**

Membership of the League shall be open to any Club recognised by the South of England Athletic Association and which has paid fees due to that Association

- **ANNUAL GENERAL MEETING :-**

The Annual General Meeting (AGM) shall normally be held in May preferably following the Essex County AAA winter fixtures meeting

The business of the AGM shall include:-

- Election/re-election of the Committee. The Committee shall include a Chairman, Secretary and Treasurer and other such officers as may be considered necessary to manage the League
- To determine the levy to be paid by Member Clubs to cover the costs incurred in operating the League for the coming season
- To agree dates of fixtures and programme of races for each fixture during the coming season.

- **SPECIAL GENERAL MEETING :-**

A Special General Meeting (SGM) may be called by the Secretary at his discretion, or on the written request of at least four Member Clubs. Any such request must state the business to be transacted.

- **FINANCE :-**

The Treasurer shall be responsible for the funds of the League which shall be kept in account as agreed by the Committee. Withdrawals may be made on the signatures of both the Treasurer and the Chairman.

The Treasurer shall present a financial statement to the AGM.

- **INTERPRETATION OF THESE RULES :-**

The interpretation of these rules shall be left in the hands of the Committee or such persons nominated at the AGM

- **CHANGES TO THESE RULES :-**

These rules, and also the competition rules, may be changed only by the AGM or an SGM of the League. Details of the proposed alterations must be stated in the notice given for that meeting.

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COMPETITION RULES

1. GENERAL RULES :-

All races promoted in the name of the League shall be run in accordance with the rules of the English Cross Country Association (ECCA).

2. MATCHES :-

At all matches 8 races will be held as follows -

- a) Under 13 Girls *
- b) Under 13 Boys *
- c) Under 15 Girls *
- d) Under 15 Boys *
- e) Under 17/20 Women
- f) Under 17 Men *
- g) Senior/Veteran Women *
- h) Under 20 Men/Senior Men/Veteran Men

- * a) and b) will be a combined race, c) and d) will be a combined race and f) and g) will be a combined race.
- All age groups to be as defined by the ECCA.
- Race distances may not exceed the maximum laid down by the ECCA.
- Whilst the League encourages under 17 and under 20 women to compete in race 3 (Under 17/20 women) the League will permit athletes in these

age groups to compete and score in race 4 (Senior/Veteran Women).
However, when under 17/20 women athletes first compete

- in race 3 they will not subsequently be permitted to compete/score in race 4 in the same season
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3. NUMBERS TO RUN AND SCORE :-

Races are not confined to first claim members. Second claim members may run but cannot score for their club.

Clubs may run as many members as they wish in each race.

The numbers to score per team is four in each age group (including Veteran Men) with the exception of Senior Men where six runners are to score and Veteran Women where three runners are to score.

4. SCORING SYSTEM FOR RACES :-

This shall be in accordance with ECCA rules – i.e. 1 point for first place, 2 for second place and so on. Non scoring runners will not be eliminated from the placings. Veteran Women and Veteran Men can score for both the Senior team and the Veteran team. The team with the lowest total points from its scoring runners will be the winner and so on. Ties shall be resolved in favour of the team of whose last scoring runner is nearest to the winner. Incomplete teams will be placed below the complete teams on the following basis. Those teams with one runner short will be placed amongst others like themselves on the basis of the total points for all their runners and then placed in that order below the complete teams. Clubs with two runners short will then be placed amongst themselves and then placed after teams with one runner short. The process will be repeated for those clubs which are three, four and five members short.

5. SCORING SYSTEM FOR LEAGUE PLACINGS:-

In each match, and in each age group, the winning team will be awarded 1 point, the second 2 and so on. Teams which do not finish a runner will be awarded points equal to the number of Clubs in the League. The season's winner will be the team with the lowest four points total over the season (the worst score being discarded). Ties for first place will be decided by the number of wins over each of the teams involved during the series.

6. SENIOR MEN'S AND SENIOR WOMENS LEAGUE:-

There will be two divisions for both the men's and women's leagues. Division 1 for both men and women will comprise 12 teams. Division 2 for both men and women will comprise all other teams.

At the end of each season the bottom three teams in Division 1 will be relegated to Division 2 and the top three teams in Division 2 will be promoted to Division 1.

7. AWARDS :-

Team awards may be given to the leading clubs in each age group as determined by Rule 5 above.

Awards may also be given to leading individuals in each age group. The placings for individuals will be determined by awarding each runner points equal to their finishing place in each race throughout the season. When the athlete has completed all races during the season their lowest result will be discounted. Athletes missing one race will score all races completed - those runners missing two or more races will not be considered for any awards.

8. DUTIES OF PROMOTING CLUBS :-

The Member Club promoting a match shall make all the necessary arrangements for that fixture and be responsible for meeting all the expenses involved. The League will however make a subvention payment for a sum agreed by the AGM.

- Application for a Race permit to be submitted to the South of England Athletic Association.

- A programme for that match stating starting times and approximate distances of each race together with travel directions giving location of the venue to be sent to the Cross Country Secretary of all clubs no later than two weeks prior to the meeting. The Secretary will post race information on social media i.e. the Essex Cross Country League group on Facebook.

9. VIOLATION OF THESE RULES:-

Any violation of these rules or the Constitution may lead to the disqualification of runners or teams involved.

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NOTES FOR PROMOTING CLUB

The promoting club for each match is responsible for making all the arrangement, including obtaining the necessary permit from the South of England Athletic Association, arranging the course and changing accommodation and any officials required.

Any costs incurred are to be met by the host club. Following the satisfactory completion of the match and distribution of the results to clubs the host club will receive a subvention payment from the League the sum of which is agreed at the previous Annual General Meeting.

The racing programme as below is suggested, but local circumstances (perhaps the course) may require some slight modification to this.

START	COMPETITION	DISTANCE
10:30	Under 13 Girls	3K
	Under 13 Boys	3K
11:00	Under 15 Girls	4K
	Under 15 Boys	4K
11:30	Under 17 &20 Ladies	5K
12:00	Under 17 Men	6K
	Senior Women	6K
12:45	Senior Men	8.5K

NOTE

UNDER 13 GIRLS AND UNDER 13 BOYS START TOGETHER

UNDER 15 GIRLS AND UNDER 15 BOYS START TOGETHER

UNDER 17 MEN AND SENIOR WOMEN START TOGETHER.

This programme may result in overlapping of races i.e. races starting before the previous race has finished.

If the course layout at the venue makes this impractical to have such overlaps the first race will start at 10.30am and starts of subsequent races can be at a later time.

Distances are approximate but should not exceed the maximum set for each age group by the governing body.

The promoting club must send a notice of the match to all member clubs at least two weeks before the match. This should give the programme of races and approximate distances and also adequate travelling information to enable visitors to find the changing accommodation and venue of the match.

The addresses of the correspondents will be supplied by the League Secretary who will also supply a copy of the recording sheet for the match.

The League is responsible for producing result sheets giving full result of the match which should be sent to the League Secretary and all member clubs within a week of the match. A copy is also required by the Essex Cross Country Secretary to assist with team selection for Inter County fixtures.