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| **East Yorkshire Cross Country. League Rules**  As revised and agreed by Committee Members on 14th July 2022 |  |
| **1. Eligibility**  Runners must be a first claim member of a EYXC league club  Guest runners are not permitted  **2. Ages**  The minimum age is 17 years on 1 September.  The vets age group will be determined by the runners age on 1 September.  The Age Groups are; M, M40, M45, M50, M55, M60, M65, M70, M75, M80  L, L40, L45, L50, L55, L60, L65, L70, L75  **3. Club Vests**  Club Vests must be worn as the outer garment.  **4. Race numbers**  Race numbers are to be clearly visible, worn on the front of club vests and secured by four pins.  **5. Headphones**.  Headphones are not to be worn at any of the league races. Also runners are not allowed to play music from any device carried upon their person  **6. Time Limits**  Runners should be capable running at an approximate minimum pace of 15 minutes per mile, over typical cross-country terrain.  **7. Points Scoring and Awards**  Team Awards will be decided on the results of all season’s races. The first six men and first four women will score points for each team. The points scored will equate to the gender finishing position. The team with the lowest accumulated score is the winner.  Individual Awards will be decided on the best 5 results of season. In the event of a meeting being lost, then 4 out of 5 races will count. The individual with the lowest accumulated score of their age group will be the winner.  A minimum of 5 races, (or 4 if a meeting is lost), must be completed to be eligible for any award  **8. Races**  All races will start at 10.00am.  **9. Fees**  League Fees will be payable by clubs based on the total entry of their club members at the first two races in the season.  **10. Cancellation of races.**  The final decision for cancelling a race (e.g. in bad weather) lies with the host club.  **11. Runners changing clubs mid-season.**  If runners decide to change clubs mid-season they will no longer be allowed to compete in the league.  **12. Failure to comply with League Rules.**  Failure to comply with Rules 3, 4 and 5 will lead to disqualification from that race and not the whole league. In any disputes the race referees will interpret the rules and their decision will be final. |  |
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