

NORTH STAFFORDSHIRE CROSS COUNTRY LEAGUE

CONSTITUTION AND COMPETITION RULES

| | | |
|--------------------|---|------------------|
| Approved at A.G.M. | - | 20th. March 1998 |
| Amended at A.G.M. | - | 24th. March 2000 |
| Amended at A.G.M. | - | 20th. March 2001 |
| Amended at A.G.M. | - | 21st. March 2002 |
| Amended at A.G.M. | - | 8th. April 2005 |
| Amended at A.G.M. | - | 27th. April 2012 |
| Amended at A.G.M. | - | 17th. May 2013 |
| Amended at A.G.M. | - | 11th. April 2014 |
| Amended at A.G.M. | - | 24th. April 2015 |
| Amended at A.G.M. | - | 20th. May 2016 |
| Amended at A.G.M. | - | 28th. April 2017 |

NORTH STAFFORDSHIRE CROSS COUNTRY LEAGUE

Constitution

1...TITLE

- a.... The title of the League shall be the North Staffordshire Cross Country League.

2...AFFILIATION

- a... The League shall affiliate to the:-
England Athletics.
Staffordshire Amateur Athletic Association.

3...OBJECTIVES

- a... The objective of the League is to provide competitive experience and to foster and encourage Cross Country running.

4...MEMBERSHIP

- a... League membership shall be open to registered Clubs or Education Establishments.
- b... They should be Affiliated to their appropriate governing bodies.
- c... Runners should be **First Claim** members of their club.
- d... Runners in full time education may compete for their School/College or University, if their club is not affiliated to the League.
- e... Runners can only compete for one team and in one age group in any one season.
- f... Guest runners **will not be** allowed.
- g... Entries will be accepted throughout the season.
- h... Young Competitors should be under the control of a responsible person.
- i... All clubs to submit **Date of Birth** of competitors in all age groups, before the start of the season.
- j... Competitors must wear Club Vests.

5...DISSOLUTION

- a... In the event of the dissolution of the League, the assets, after payments of all debts and legal liabilities shall go to the Staffordshire A.A.A. who will decide on its eventual distribution.

6.. AFFILIATION FEE

- a... The annual affiliation fee shall be decided at the Annual General Meeting.
- b... Such affiliation fee shall be payable by existing clubs by the 1st. September, if not a fixed penalty for late payment will be levied.

7...MANAGEMENT COMMITTEE

- a... The Committee shall be elected at the Annual General Meeting and shall consist of:-
- b... President.
- c... Chairman.
- d... Vice Chairman.
- e... Secretary.

NORTH STAFFORDSHIRE CROSS COUNTRY LEAGUE

f... Treasurer.

Constitution

- g... Nine representatives (no more than one member from any one club).
- h... Committee meeting shall be held when deemed necessary.
- l... A quorum at a Committee meeting shall consist of 4 members.
- j... The Committee has the power to co-opt additional members in a non-voting position for specialist information up to a total of three.
- k... Should a member of the Committee resign or leave for any reason, a new member must be voted on by the membership.

8...PRESIDENT

- a... A President may be nominated by the Committee and confirmed at the Annual General Meeting.

9...ANNUAL GENERAL MEETING

- a... The Annual General Meeting shall be held on a suitable date following the end of the financial year.
- b... Any items for discussion at the Annual General meeting must reach the Secretary by the 31st. January of that year in writing.
- c... The business of the meeting shall be:-
- d... To receive and adopt the reports of the Chairman, Secretary and Treasurer.
- e... To elect the Officers of the League.
- f... To elect two Auditors.
- g... To elect two Delegates to the M.C.C.A. and Staffordshire A.A.A.
- h... To agree the programme for the forthcoming season.
- l... To discuss and decide any motion submitted by the members.
- j... To decide affiliation fee.
- k... An Extraordinary meeting may be called at 14 days notice at the request of not less that five clubs.
- l... In the case of a tied vote, the Chairman of the meeting shall have a casting vote.

10.FINANCIAL YEAR

- a... The financial year shall end on January 31st.
- b... All funds shall be banked or invested in the leagues name and all cheques shall be signed by any two of the following:- Chairman, Vice-Chairman, Secretary or Treasurer.

11.CONSTITUTION CHANGE

- a... Any Constitution change must be approved by a simple majority.
- b... Non of the above constitutions may be added to, amended or rescinded except at the Annual General Meeting or an Extraordinary Meeting called for that purpose.

NORTH STAFFORDSHIRE CROSS COUNTRY LEAGUE

Competition Rules

12. RELEVANT AGE FOR COMPETITION

- a... The Date of 31st. August will determine all age groups, other than under 11.
- b... In the Under 11 Age groups, competitors must be 9 years of age on Race Day.

13. RELAYS

- a... Teams to consist of 4 runners.
 - b... Seniors must be at least 17 years of age.
 - c... Juniors must be under 17 years and over 13 years of age.
- Note :- The relays have not been held in recent seasons.

14. RACES

- a... Four races will be held for each age group at dates and venues decided at the Annual General Meeting, conditions permitting and in accordance with Governing Bodies Rules.

15. DISTANCES

These are maximum distances.

| | | | <u>MEN</u> | | <u>WOMEN</u> | |
|------|--------|------|------------|--------|--------------|-------|
| a... | Under | 11's | 2000m | Under | 11's | 2000m |
| b... | Under | 13's | 3500m | Under | 13's | 2000m |
| c... | Under | 15's | 4500m | Under | 15's | 3500m |
| d... | Under | 17's | 5000m | Under | 17's | 4500m |
| e... | Junior | Men | 8000m | Junior | Women | 5000m |
| f... | Senior | Men | 8000m | Senior | Women | 5000m |
| g... | Vets | | 8000m | Vets | | 5000m |

These are within the Governing Body guide lines.

16. SCORING - TEAMS

| | | | <u>MEN</u> | | <u>WOMEN</u> | |
|------|-----------------------|--------------|------------|-----------------------|--------------|------------|
| a... | Under | 11's | 3 to count | Under | 11's | 3 to count |
| b... | Under | 13's | 3 to count | Under | 13's | 3 to count |
| c... | Under | 15's | 3 to count | Under | 15's | 3 to count |
| d... | Under | 17's | 3 to count | Under | 17's | 3 to count |
| e... | Senior | Division One | 6 to count | Senior | Division One | 4 to count |
| f... | Senior | Division Two | 4 to count | Senior | Division Two | 4 to count |
| g... | Vets | O/50's | 4 to count | | | |
| h... | Vets (all age groups) | | 6 to count | Vets (all age groups) | | 4 to count |

- i... Team scores are all 4 races to count in all age groups.
- j... The team with the lowest aggregate score from all four races will be adjudged the winner.
- k... In the event of a tie the best individual placing in the four races will be considered.
- l... Senior Men have Two Divisions with the bottom two teams in Division One

NORTH STAFFORDSHIRE CROSS COUNTRY LEAGUE

relegated to Division Two and the top two teams in Division Two promoted.

Competition Rules

16. SCORING - TEAMS

m... Senior Women have Two Divisions with the bottom two teams in Division One relegated to Division Two and the top two teams in Division Two promoted.

16. SCORING - INDIVIDUALS

n... Individual runners (Under 11 to Under 17) with the lowest aggregate score from the best 3 of 4 races will be adjudged the winner; in the event of a tie the best individual placing in the 3 races will be considered.

o... Senior, Veteran and Under 20 Individual runners with the lowest aggregate score from all four races will be adjudged the winner; in the event of a tie the best individual placing in the 4 races will be considered.

p... The score being based on their finishing position in the race.

17. TIMES OF RACES

| | | | <u>MEN</u> | | <u>WOMEN</u> | |
|------|--------|------|------------|--------|--------------|----------|
| a... | Under | 11's | 12.15pm. | Under | 11's | 12.00pm. |
| b... | Under | 13's | 12.35pm. | Under | 13's | 12.15pm. |
| c... | Under | 15's | 1.00pm. | Under | 15's | 12.35pm. |
| d... | Under | 17's | 1.30pm. | Under | 17's | 1.00pm. |
| e... | Junior | Men | 2.10pm. | Junior | Women | 1.30pm. |
| f... | Senior | Men | 2.10pm. | Senior | Women | 1.30pm. |
| g... | Vets | | 2.10pm. | Vets | | 1.30pm. |

18. VETERANS

| | <u>MEN</u> | <u>WOMEN</u> |
|------|--|---|
| a... | Individual age groups o/40-o/45-o/50-o/55-o/60-o65-o70 o75 | Individual age groups o/35-o/40-o/45-o/50-o/55-o/60-o65-o/70-o75 |

The score being based on their finishing position in the races

19. PERMITS

a... Permits will be applied for from the Governing Body.

20. FIRST AID

a... The League will be responsible for arranging First Aid cover at each event.

21. I PODS OR MP3 PLAYERS

a... Competitors wearing I Pods or MP3 Players during a race will be disqualified.

