

NORTH DEVON CROSS COUNTRY LEAGUE

(in collaboration with North Devon AC who are their England Athletics affiliated competition provider)

Constitution and League Rules

Updated on 21st August 2023

1. The name of the Association shall be **North Devon Cross Country League** (hereafter in this document called the 'League'). At the discretion of the League Committee, sponsor's names may be added to the title of the League.
2. The League activities are promoted through the League website at www.northdevonxcleague.weebly.com and this is the primary/definitive source of league information.
3. The League is a community activity primarily for the residents of North Devon and open to running clubs, businesses, Schools and individuals.
4. The purpose of the League is to promote the amateur sport of running in its widest form within North Devon and community participation in the same.
5. Membership of the league shall be open to anyone interested in the sport on application and payment of an entrance fee for the season regardless of sex, age, disability, nationality, sexual orientation, religious or other beliefs.
6. NDAC is the league's England Athletics registered competition provider which includes appropriate insurance cover for the event and all registered EA athletes who take part in the league. Full details can be found at <https://www.uka.org.uk/about/what-we-do/insurance/>
7. The day to day management of the League shall be the sole responsibility of a NDAC sub-committee consisting of the Chairperson, League Administrator/Honorary Secretary, Honorary Treasurer and selected members.
8. The committee shall have the power to:-
 - a. Appoint any further sub-committee for the purposes of extra league activities
 - b. To appoint any non-club representative necessary for the running of the league
 - c. Amend the league rules in August each year provided due notice is given on the league website.
8. Competitive members of the league are defined as amateurs according to the current rules of United Kingdom Athletics and those of England Athletics acting as the agent of the governing body.
9. The League will hold an Annual General Meeting in May. The AGM will be open to all interested persons without prejudice.
10. The League holds an account with Barclays Bank plc and the finances of the league are managed by three authorised signatories - Mr Geoffrey Williams (League Administrator), Mr Steven Choules (Co-Treasurer) and Mr Christopher Norman (Co-Treasurer).
11. In the event of the league ceasing to operate, any residue of monies held in the league's account will be transferred to the current account of North Devon AC and the whole sum to be distributed by the club treasurer to local charities and for the benefit of local sporting activities

Appendix 1:

Honorary Committee for 2023-24

Chairperson:	Mr Christopher Norman
Administrator/Website:	Mr Geoff Williams
Co-Treasurers:	Mr Steven Choules and Mr Christopher Norman
Committee:	One representative from each of:- West Buckland School (Mrs A Estevez) Shebbear College (Mr M.Foale/Mr R.Giles) Coxleigh Barton Equestrian Centre (Mr & Mrs J Gay) North Devon Athletic Club (Mr G Berry)
Co-opted:	Mr Mike Baddick (North Devon AC) Mrs Janet Regan (North Devon AC)



Gliddon & Squire North Devon Cross Country League

Competition Information & Rules: 2023-24 Season

LEAGUE DATES / VENUES:

Sunday 1st October - **West Buckland School**

Sunday 6th November - **Northam Burrows short course**

Sunday 27th November - **Coxleigh Barton Equestrian Centre, Shirwell**

Sunday 15th January (with Westward League on Northam Burrows long course)

Sunday 5th February - **Shebbear College**

Sunday 5th March - **FINALS at West Buckland School**

ENTRY / REGISTRATION:

1. Entries and full payment must be made on-line via the league website www.northdevonxcleague.weebly.com
2. To be eligible for the first race entries **MUST BE RECEIVED BY NOON ON THE THURSDAY PRECEDING THAT RACE.**
3. Further entrants can join the league at any time during the season but must register by noon on the Thursday before the next race to become eligible.
4. Schools, Clubs and Businesses may make individual or team entries using a down loadable entry form.
5. Individuals may take part without being part of a team and are deemed 'unattached'
6. Late entries will not be permitted and no entries are taken on the day.
7. All entries will be acknowledged by an auto return email.
8. Following clearance of the entry fee payment a final acceptance email with 'on race day' instructions may be sent to all successful entrants. Government Covid protocols may dictate restrictions on movement on the site, PPE requirement(s) and controlled entry/exit from the race site.

ENTRY FEES:

1. The entry fee is £12 per athlete which covers all six races in the league series.
2. A condition of entry is that only those who have paid their entry fee will be issued with a race number.

NUMBERS:

1. Each runner will be issued with a unique waterproof number which they must keep for the entire season.
2. Substitute numbers will not be available from the organisers.
3. Runners are not permitted to transfer their number to another runner.
4. Athlete numbers will be available for collection on race day between 9am and 10am.

SCORING:

1. **Individuals:** The winner of each race is awarded 100pts with the second finisher being awarded 99pts and so forth down the finishing order. Should there be over 100 finishers in any race finishers in 101st place onwards will all be awarded 1pt. Overall league winners score their best 4 scores. Where runners finish with the same number of points, their 'head to head' performances will be used to decide the final position, if this proves inconclusive their result on Finals day will decide the order. If this proves inconclusive then the awards will be shared equally,
2. **Teams:** Schools, Clubs and businesses may enter any number of runners with their first three finishers making up their 'A' team and subsequent groups of three runners make up further teams. Should teams tie on the same score their 3rd scorer will decide final overall placing. Team compilation does not have to be declared so can change race by race.

3. All Under 11 category athletes (Years 5/6) are eligible to score for their School team in the special Primary Schools Trophy irrespective their entry form designated affiliation.

TIMING OF RACES:

1. a) Not earlier than 10am Under 9 Girls
b) Not before 10:10am Under 9 Boys
c) Not before 10:20am Under 11 Girls
d) Not before 10:30am Under 11 Boys & Under 13 Girls
e) Not before 10:40am Under 13 Boys & Under 15 Girls
f) Not before 10:55am Under 15 Boys & Under 17 Women
g) Not before 11am Under 20 Women & Senior Women
h) Not before 11:15am Under 17/20 Men & Senior Men
2. Race Timing: All runners will be timed in each race.

MATCHDAY: MATCH DAY EMERGENCY CONTACT NUMBER IS 07868369741

1. In the event of severe bad weather causing the cancellation of any league race a notice will be posted on the home page of the League website by 8am on the day of the race – go to: www.northdevonxcleague.weebly.com
2. A full list of confirmed entries will appear on the League website by 10pm on the Friday before races.
3. The First Race in every meeting is ordinarily at 10am. Subsequent races will follow at appropriate time intervals with a double whistle 'FIVE MINUTE WARNING' given before each race followed by an announcement of the next race.

RESULTS will be published by 6pm on the day after each race.

RACE PHOTOGRAPHS will be downloaded to the website during the week after each league meeting. The official league photographers is Mr M.Oliveira

AWARDS:

1. Information to be decided after the first race of the season and are dependent on numbers of entries in each category.

HEALTH & SAFETY / RISK MANAGEMENT:

1. **A RISK ASSESSMENT** for each venue will be available on the website in advance and posted on the league notice board at Race HQ on race day.
2. **INDIVIDUAL DUTY OF CARE:** All runners are advised to walk the course on each race day before their race starts. The published course maps are generic and not specific, by which they give an indication only of the direction and running line. Therefore the exact course is that laid out on the ground with posts/tapes, flags and ticker tape. All Cross Country events have an element of risk to/for competitors, officials and spectators. Each of these groups of persons is advised that they have a duty of care to themselves and it is recommended that they wear appropriate clothing and footwear according to the weather/underfoot conditions. They should report any hazards they believe are not covered by the risk assessment to the meeting referee without delay. The organisers of The North Devon Devon Cross Country League adopt the UK Athletics Guidance relating to athlete welfare.
3. **NORMALLY THE VERY NATURE OF CROSS COUNTRY RUNNING** includes competition over mixed terrain and in a wide range of atmospheric and underfoot conditions. Cancellations are unlikely to be made before the day of the competition. Should weather conditions dictate, modification(s) to the course will be made before each race starts and a notice to this effect published on the 'Event Board' by Race HQ.
4. **ELECTION TO COMPETE:** Individual runners have the right to elect not to take part should they feel that conditions are unsuitable. Parents / Team Managers have a duty of care/advice to all runners.
5. **FIRST AID:** Two fully trained paramedics will be in attendance at each race. There is no provision for physiotherapy.

HOSTS: We are greatly indebted to each of the organisations who stage the races; without their skilful, experienced support of the BREMCO North Devon Cross Country League this important activity could not take place.

ADMINISTRATION:

Hosts are responsible for the following aspects of organisation:

1. Setting / Clearing of courses.
2. Course marshals as required.

3. **Setting up start and finish areas in consultation with the Organisers**
4. **Setting up a dry Race HQ with two tables + four chairs**
5. **Course maps**
6. **A Starter**

League organisers are responsible for the following aspects of organisation:

1. **Management of entries through the League website**
2. **Supply & Issue of numbers / collection of fees**
3. **Chief Officials – Referee, 2 Timekeepers and 2 Finish Recorders.**
4. **Results publication**

Updated: GLIW 21.8.23