

NYSD XC Rules:

1. ELIGIBILITY

(A) Runners must be fully paid up members of an athletics club affiliated to the N.Y.S.D. League and **be EA registered.(new this year)**

(B) Second claim members may run and score, providing that they are NOT First claim members of another club in THIS LEAGUE, and they must be registered on their N.Y.S.D. Second claim sheet BEFORE CHRISTMAS.

(C) Members of recognised athletics clubs not affiliated to the N.Y.S.D. League may run as guests on payment of the appropriate fee. They cannot score points as individuals but the names will appear on the results sheets but they don't score points.

2. AGE GROUPS AND DISTANCES

ALL AGES CALCULATED AS FROM MIDNIGHT AUGUST 31st /SEPTEMBER 1st

3. (A) U11 GIRLS & BOYS Minimum age 8years

Distance approx. 1mile

(B) U13 GIRLS & U13 BOYS age 11 but under 13 (School years 7 & 8)

Distance 1 to 2 miles

(C) U15 GIRLS & U15 BOYS Age 13 but under 15 (School years 9 & 10)

Distance 2 to 2.5 miles

(D) U17 GIRLS Age 15 but under 17

U20 LADIES Age 17 but under 20

SENIOR LADIES Age 20 but under 35

V35 LADIES Age 35 but under 40

V40 LADIES Age 40 but under 45

V45 LADIES Age 45 but under 50

V50 LADIES Age 50 but under 55

V55 LADIES Age 55 but under 60

V60 LADIES Age 60 but under 65

V65 LADIES Age 65 +

Distance No more than 3 to 4 miles

(E) U17 BOYS Age 17 but under 20 Run with SENIOR LADIES

U20 MEN Age 17 but under 20

SENIOR MEN Age 20 but under 40

V40 MEN Age 40 but under 45

V45 MEN Age 45 but under 50

V50 MEN Age 50 but under 55

V55 MEN Age 55 but under 60

V60 MEN Age 60 but under 65

V65 MEN Age 65 but under 70 Run with SENIOR LADIES

V70 MEN Age 70 + Run with SENIOR LADIES

Senior men V65 and above have the option to compete in the Senior men's race but will not be eligible for individual points.

Distance 6 miles

4. FEES

(A) Clubs shall pay an annual fee of £25 which entitles them to participate in both the Cross Country and Track Field programmes.

(B) INDIVIDUAL FEES are as follows

Seniors and Over 20 £5 for all the season's races

£4 Anyone not commencing to race till after Christmas

All other age groups £4 for all the season's races

£3 Anyone not commencing to race till after Christmas

Guests £4 per meeting

Under 11 FREE

5. RACE NUMBERS

Numbers are issued at the start of the season, the same number is used for all the meetings except relays. Athletes who lose their number must get another number from their team manager (cost £2). Any

athlete running with an unofficial number (hand written) will be disqualified, which could cost them individual or team points.

6. ORDER OF RACES

- (1) Under 11 Boys & Girls
- (2) Under 13 Boys & Girls
- (3) Under 15 Boys & Girls
- (4) Under 17, Under 20, Senior, Vet Ladies. Under 17 Men, Over 65 Vet Men
- (5) Under 20, Senior, Vet Men

7. SCORING

TEAMS

- Under 13, Under 15 Girls & Boys, Under 17 Men First 3 runners home in each race count towards the team score.
- Under 17, Under 20, Senior & Vet Ladies First 4 runners home in each race count towards the Ladies team score regardless of age.
- Under 20, Senior & Vet Men First 6 runners home in each race count towards the Mens team score regardless of age.

At each meeting the clubs are scored according to their points as follows:-

- Under 13, Under 15 Boys & Girls, Under 17 Men 8pts for First team, 6pts for 2nd, then down 5,4,3,2,1.
- Senior Ladies 15pts for First team, 13pts for 2nd, then 12 to 1pt.
- Senior Men 15pts for First team, 13pts for 2nd, then 12 to 1pt.

ALL MEETING SCORES COUNT TOWARDS THE FINAL TEAM PLACINGS

INDIVIDUAL SCORING

First 10 runners to finish in each age group receive points from 10pts for First to 1pt for 10th
At the end of the season, the best 5 performances out of the 6 races are counted towards the individual's final score. Medals are awarded for the 1st, 2nd and 3rd in each age category.
Under 11 Girls & Boys, the best 5 performances out of 7 races (which includes the XC relay meeting) are counted towards the individual's final score.
Individuals must compete in a minimum of 3 races to qualify for a medal.

Other X/C Fixtures 2017/18

- 09/12/2017 NorthEastern X/C championships Redcar Racecourse
- 27/01/2018 Northern X/C championships Harewood, Leeds.
- 24/02/2017 National championships Parliament Hill, London.