

START FITNESS NORTH EASTERN HARRIER LEAGUE

LEAGUE RULES

1. GENERAL COMPETITION

1.1 All events are subject to the overall rules of competition as set down by UK Athletics. Only first-claim members of a League club may take part in team competition. Members of other UKA or similarly affiliated clubs may compete on payment of an individual fee. Club League affiliation fees and individual entry fees will be established at the AGM.

1.2 Athletes must wear their official League number at all League events (including the Sherman Cup / Davison Shield). This number should be retained throughout the season. Replacements may be issued at a charge. Athletes running in an incorrect number or with a mutilated number will normally be disqualified. Club colours must be worn.

2. AGE GROUPS

2.1 League Competition

Competition (inc. the Sherman Cup / Davison Shield) will be for the following age groups:

- U13 Boys* - Aged 11 or 12 on 31 August prior to the season starting
- U13 Girls* - Aged 11 or 12 on 31 August prior to the season starting
- U15 Boys* - Aged 13 or 14 on 31 August prior to the season starting
- U15 Girls* - Aged 13 or 14 on 31 August prior to the season starting.
- U17 Men* Aged 15 or 16 on 31 August prior to the season starting.
- U17 & U20* Women Aged 15 to 19 on 31 August prior to the season starting.
- Senior Men At least 17 years old on 31 August prior to the season starting.
- Senior Women At least 20 years old on 31 August prior to the season starting.

*For brevity these age groups are often referred to later as 'Young Athletes'.

Master's competitors are defined separately for the Grand Prix (see section 4).

2.2 Under 11s

Host clubs may at their discretion hold races for Under 11s (Under 11 on 31 August prior to the season starting and at least 9 years old on the day of competition). These are only intended as a 'fun' race, there is no team competition and there are no Grand Prix awards.

2.3 Race Distances

Race distances should fall into the recommended bands below.

UKA maximum distances must not be exceeded.

Km (Miles)

- Under 11 Boys & Girls 1.2 to 1.6 (0.75 to 1.0)
- Under 13 & Under 15 Boys & Girls 2.8 to 3.6 (1.75 to 2.25)
- Under 20 / Under 17 Women 4.0 to 5.0 (2.5 to 3.1)
- Under 17 Men 4.0 to 5.0 (2.5 to 3.1)
- Senior Women 6.0 to 8.0 (3.75 to 5.0)
- Senior Men 9.6 to 10.4 (6.0 to 6.5)

2.4 Team Competition (League Events)

Winning teams in each League fixture will score 1 point; the second team 2 points etc. A team that does not close in will be awarded 1 point more than the number of finishing teams for each missing counter.

The final League positions will be decided over all the races held during the season.

In the event of a tie the team with the greater number of first team places will be the higher, then the greater number of second team places etc. until the tie is broken. If the tie remains, the team with the lower total of race points will be the higher.

Young Athletes

3 runners count per team in each of these races.

Divisions

There will be 3 Divisions in both the Senior Women's and Senior Men's competitions.

Senior Women

4 runners count per team.

The team result will be calculated separately for each Division.

Senior Men

6 runners count per team.

The team result will be calculated separately for each Division.

Promotion / Relegation

Normally 2 teams will be promoted and 2 teams relegated between Divisions.

3. PACKS

3.1 New Athletes

All athletes who have not run in the NEHL previously start in the Slow Pack.

(They may, on request, start in a higher pack).

3.2 Young Athletes

All athletes (except U20 / U17 Women) finishing in the top 20%* will be promoted to the Fast Pack, where they will remain for the rest of that season and all of the following season until they move into an older age group.

Under 20 / Under 17 Women Slow Pack runners finishing in the top 20% of the field are immediately promoted to the Medium Pack.

Medium Pack runners finishing in the top 20% of the field are immediately promoted to the Fast Pack.

Promoted athletes must remain in that pack for the rest of the season and the whole of the following season.

Medium Pack runners who did not finish in the top 10 in the whole of the previous season can move down to the Slow Pack.

Fast Pack runners who did not finish in the top 10 in the whole of the previous season can move down to the Medium Pack.

3.3 Senior Women

Promotion

Slow Pack runners finishing in the top 10%* of the field are immediately promoted to the Medium Pack.

Medium Pack runners finishing in the top 10%* of the field are immediately promoted to the Fast Pack.

Demotion

Medium Pack runners who did not finish in the top 20%* in the whole of the previous season can move down to the Slow Pack.

Fast Pack runners who did not finish in the top 20%* in the whole of the previous season can move down to the Medium Pack.

3.4 Senior Men

Promotion

Slow Pack runners finishing in the top 10%* of the field are immediately promoted to the Medium Pack.

Medium Pack runners finishing in the top 10%* of the field are immediately promoted to the Fast Pack.

Demotion

Medium Pack runners who did not finish in the top 20%* in the whole of the previous season can move down to the Slow Pack.

Fast Pack runners who did not finish in the top 20%* in the whole of the previous season can move down to the Medium Pack.

* Note: The percentages should be rounded down to the nearest whole number.

3.5 Time Gaps (except Senior Women)

Slow Packs should receive 50 seconds per mile start from Fast Packs.

Medium Packs should receive 25 seconds per mile start from Fast Packs.

Senior Women

Slow Pack should receive 1m-15 seconds per mile start from Fast Pack.

Medium Pack should receive 40 seconds per mile start from Fast Pack.

3.6 Wrong Pack

Any runner running from the wrong pack will be disqualified from that race.

Further violations may result in suspension for the remainder of the season.

3.7 Avoiding Promotion

At the discretion of the Referee, any runner deemed to be deliberately avoiding promotion between packs may be compulsorily promoted.

3.8 Male Masters

Male Masters Over 65 (on 31 August prior to the season starting) may, if they wish, take part in the Senior Women's races. They must register separately to take part in this category and may not revert to the Men's races in the same season. They will be excluded from the team competition but included in calculations for promotion and demotion between packs

4. INDIVIDUAL GRAND PRIX

4.1 Grand Prix points will be awarded for each race category plus for Masters Men (Over 40) and Masters Women (Over 35) based upon their place on net time (i.e. with the handicaps taken off).

4.2 The fastest runner in each category receives 1000 points, second 999, third 998 etc.

4.3 The Grand Prix will be based on the best 4 scoring points from 6 races. (In the event of a race being cancelled or declared void, the competition will be based on the best 4 from 5, 3 from 4, 2 from 3, 2 from 2, 1 from 1).

5. SHERMAN CUP / DAVISON SHIELD

5.1 Sherman Cup

This is decided on aggregate team positions over the 5 male categories - U13 Boys, U15 Boys, U17 Men, Senior Men and master's Men - with 3 counting in each category.

Senior Men and master's Men run at the same time but are scored separately.

Athletes registered as Master's must compete in that section and may not transfer to compete as Seniors.

5.2 Davison Shield

This is decided on aggregate team positions over the 5 female categories - U13 Girls, U15 Girls, U20 and U17 Women, Senior Women and Master's Women - with 3 counting in each category.

Senior Women and Master's Women run at the same time but are scored separately.

Athletes registered as Master's must compete in that section and may not transfer to compete as Seniors.

5.3 Incomplete Teams / Countback

Where clubs have incomplete teams, final team positions are decided firstly by the most complete teams and then by lowest aggregate team positions. In the event of a tie, the team with the lowest aggregate team points will place higher.

6. MISCELLANEOUS

6.1 Unforeseen Circumstances

In the event of unforeseen circumstances, not provided for by these Rules, the decision of the Committee (where appropriate in consultation with the Referee) will be final.

6.2 Obstruction of athletes

Athletes must not warm up or cool down on the course so that they obstruct runners in races in progress. This may render them liable to exclusion from the meeting concerned (UKA Rule 18.5) or even from future league events.

6.3 Headphones

Headphones UKA T56 S3 3

The wearing of headphones, or similar devices is not permitted in Cross Country races. Athletes infringing this rule shall be liable to disqualification.

6.4 Unsporting behaviour

UKA CR 18.5 Unsporting or improper Behaviour and Misconduct

Spitting or similar will be treated as a conduct offence and will be dealt with by a warning or disqualification. Likewise other serious offences e.g., not using the toilets provided will be similarly dealt with.

6.5 Race Numbers

UKA T5.9

Race numbers must be worn as issued, not folded etc. Noncompliance: athletes should note disqualification may follow.

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