

1. Number of Races.

The number of races in the year shall be a maximum of six. All six races, or the maximum run if less than six, shall count towards Team places at the end of the season.

2. Scoring.

2.1 Individuals.

The scoring will be 100 points for first place, 99 for second place, 98 for third, etc. Veterans and Super-veterans score as per their score in the Seniors races.

2.2 Teams

The number of scoring counters for the Teams will be four in the Junior/Senior Men's race, and three in all others. For the Senior Men and Ladies, all six races count. For the Junior Age Groups, the best four scoring races count.

3. Incomplete Teams.

If a Team fails to achieve the required number of counters in a race, the scores of those Team members who finish will be awarded to the Team.

4. Counting Races.

For the individual placings at the end of the season the best four results for each individual will count. If less than six races were held in the season, the Executive Committee shall decide the number to count.

5. Distances of Races

The Maximum distances for the League races shall be as follows. All courses should be as accurate as possible.

Consideration of the severity of the course must be taken into account.

Under-11 Girls/Boys	Maximum 1600 metres
Under-13 Girls/Boys	Maximum 3500 metres
Under-15 Girls/U-17 Ladies	Maximum 5000 metres
Under-15 Boys	Maximum 5000 metres
Ladies	Maximum 6500 metres
Under-17 Males	Maximum 6500 metres
Jun/Senior Men	Maximum 10000 metres

6. Age Groups

All Age Groups are as per the Standard SCOTTISHATHLETICS LTD Age Groups.

Youngest Age allowed for Under 11's is 9 years old.

Veteran Men Age group is over 40, Super-Veteran Men over 50.

Veteran Ladies Age group is over 40, Super-Veteran Ladies over 50.

7. Starting Times of Races

The first race shall commence at 1.15pm and the Senior Men's race not before 2.30pm. Provided the host Club has been informed, the start of the first race may be delayed if a Club has been held up on the way for some reason.

8. Changing Facilities

Changing facilities must be available from 12.30 pm, and someone from the Host Club should be there to answer any queries from that time onwards.

9. Marking the Courses

All the courses should be marked by 12.30pm so that the visiting clubs have adequate time to walk round the courses.

10. Course Plan

A Plan of the courses should be on display at the changing facilities from 12.30pm onwards. It is desirable that course maps be sent to all Clubs prior to the day of the race.

11. Marking and Stewarding of Courses.

All courses must be adequately marked, and stewarding must be by Adults, not Children. A Steward should be placed at all parts of the course where there is any possibility of runners going wrong.

12. Course Referee.

The Host Club must appoint a Referee for the day. This Referee can be from any Club except the Host Club. Any decision made by the Referee can be appealed to the Executive Committee after the final race of the day.

13. Pacing of Athletes.

Pacing of athletes is not allowed and anyone found doing this will be reported to the Executive Committee and could lead to disqualification of the athlete concerned. Stewards must not encourage athletes during the race.

14. Recording.

The recording of races will be done by the funnel system. The recording, and all other official duties, is the responsibility of the Host Club.

15. Club Colours and Identification.

Club Colours must be worn by all athletes. All runners must wear their Registration Number clearly visible on the front.

16. Entry Fees.

Junior/Senior Men, Senior Ladies £2.00 per race.
All other Age Groups - £1.00 per race.

17. Results of Races.

The promoting Club must ensure that the results are sent to participating Clubs within one week, or reasonable time of the race having taken place.

18. Refreshments after Races.

The promoting Club is only expected to provide tea and biscuits after the race.

19. Cancellation of Race.

Only the Executive Committee can cancel or postpone a race. The executive Committee can cancel or postpone a race on advice taken from the promoting Club. A race shall not be cancelled or postponed before 5pm on Thursday preceding the race, or later than mid-day preceding day, except in exceptional circumstances. The Executive Committee's decision shall be absolute.

20. Club unable to travel because of Weather Conditions.

If a Club finds itself unable to travel because of weather conditions, they must inform the Executive Committee immediately. The Executive Committee will decide whether the Club should be given some allowance for non-appearance.

21. Non First Claim Runners

Each Club is allowed to have two Second Claim runners per season. The names of these Second Claim members must be given to the League Secretary before the start of each season.

22. Athlete changing Club.

Once an athlete has competed for a Club in the League, he/she cannot count for another Club in the League during the Season. This however, does not preclude him/her from counting towards the individual placings.

23. First Aid.

It is desirable that First Aid facilities are provided by the Host Club.

24. Guest Competitors.

Guest Competitors will only be allowed to compete twice in a season. They must also pay double the entry fee in advance, plus the SCOTTISHATHLETICS LTD levy if appropriate.

25. Non-Permit meetings.

Anyone competing in an unregistered event which has not been granted a Permit shall disqualify himself/herself from SCOTTISHATHLETICS LTD competition.

26. Executive Committee.

Any dispute regarding the interpretation of these rules will be resolved by the Executive Committee. This committee consists of Chairman, Secretary and Treasurer.

27. Distribution of Awards.

No athlete to receive more than one Individual Award. Any athlete in a position to win more than one can choose which one to receive.

28. Return of Trophies

It is the responsibility of the Club to return the previous seasons trophies in time for the new winners.