

# York and District Road Race League

## Rules

1. The league is a series of 10k races to be held on a Tuesday fortnightly between April and July commencing at 7.30 .pm.
2. Eligibility is restricted to members of affiliated clubs.
3. Each Race will be organised by a nominated club who will take responsibility for each aspect.
4. The cost of entry will be decided by the committee each year
5. Guests may take part with the formal permission of the League committee but will not be counted in the results.
6. Club colours of the affiliated club must be worn
7. The number allocated to the specific individual, or a duplicate, must be worn.
8. The minimum age is 17 at 31 August in the previous year, as per UKA rules
9. Age categories for the league are determined by reference to age on the day of the first race in any year
10. No person may represent more than one club in a season
11. Only "first claim" members of a club will count for team results
12. Individual results will be determined by aggregate points. Points are awarded for position, 1 for the winner, 2 for second and so on. .The number of races to count for the final results is the number of races that take place, less one .Runners completing fewer than the number of races to count will not qualify for the final results. Runners who have completed all the races will have their worst result disregarded
13. Male and Female and age category results will be determined by reference to that category

14. Age categories will be 10 year bands from age 35 for females and 40 for males.
15. Teams will be the leading 6 from a club in any race (A team) , subsequent 6 (B team ) and so on , for Males. For females it will be the same principle with 4 in a team. The order is determined by reference to total points as individuals in a category aggregated.
16. The final position for the year is decided by reference to total points in all the races, disregarding the worst performance.
17. Awards of trophies will be decided by the committee
18. Matters of doubt will be determined by the league committee whose decision will be final. The membership of the Committee is covered in the constitution.
19. Personal Music players must not be worn during races .(Added at agm 2 February 2010 )

**Adopted by the committee 31 March 2009**