

North Yorks & South Durham Harriers League

LEAGUE RULES updated 9th August 2023

1. ELIGIBILITY

(A) Athletes must be fully paid up members of an athletics club affiliated to the NYSD League.

(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 the NYSD. Second claim sheet BEFORE CHRISTMAS.

(C) Members of recognised athletics clubs not affiliated to the NYSD 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.

(D) All competing athletes except under 11's must be registered with UK Athletics and have a current/valid URN number.

(E) Club vests or a tee-shirt in club colour must be worn.

2. AGE GROUPS AND DISTANCES

ALL AGES CALCULATED AS FROM MIDNIGHT AUGUST 31st

(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 No more than 3.5K

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

Distance No more than 5K

(D) **SENIOR LADIES**

U17 GIRLS Age 15 but under 17(School years 11 & 12)

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 6.5K

(E) U17 BOYS Age 15 but under 17 (School years 11 & 12) **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

V70 MEN Age 70 +

Run with SENIOR LADIES
Run with SENIOR LADIES

Senior men V65 and above have the option to compete in the Senior men's race but will be classed as Over 60s for the purpose of individual points scoring and can only claim points in one category. The category cannot swapped and changed during the season.

SENIOR MEN Distance No more than 10K

3. **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

Under 20, Seniors and Vets £7 for all the season's races

All other age groups £5 for all the season's races

Guests £5 per meeting

Under 11 FREE

RELAY TEAM FEES

Senior men £8 Juniors & Senior Ladies £6 (£2/athlete)

4. **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.

5. **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

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 TOTAL

Teams must have in a minimum of 3 team scores to qualify for the League Trophy.

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. **Individuals must compete in a minimum of 3 races to qualify for a medal.**

Under 11 Girls & Boys, the best 5 performances out of 6 races are counted towards the individual's final score.