

THE LEICESTERSHIRE ROAD RUNNING LEAGUE

RULES

(1/17)

1. RULES OF COMPETITION

- 1.1 The Rules of Competition shall be as laid down in the current UKA 'Rules of Competition' - for ages, distances and first-claim rulings, except where amended as follows:
- 1.2 With the exception referred to in paragraph a) of this rule, only first-claim members of a Club may represent that Club in the League competition.
 - a) First-claim membership of a Club not competing in the League shall not debar an athlete from competing for his/her second-claim Club which is entered in the League.
 - b) Women will be recognised as qualifying for veteran category awards at age 40.
 - c) Age restrictions for races must be compliant with current UK Athletics Rule Book, Rule 207
 - d) Any Club entering a junior in a LRRL race must have a safeguarding policy, an Officer who holds a current CRB certificate and who must be at that race.
 - e) The wearing of earphones of any kind which could potentially prevent the wearer from hearing instructions before, during or after an event will not be permitted in any LRRL Winter or Summer race. Contravention of this rule will result in disqualification.
 - f) Any runner participating in an event qualifying for the Leicestershire Road Running League who runs under someone else's number will be disqualified from the League points system for the whole of that season in which the event counted.
 - g) Runners 'warming down' must not impede or interfere with runners yet to complete the race.
- 1.3 The rules for defining "Club membership", "first-claim status", "hardship exemptions" etc. shall be those in Governing Body Rules except where modified above.
- 1.4 All claims for registration of second-claim members shall be referred via the Results Secretary, whose decision is final.
- 1.5
 - a) In calculating all Men's and Women's individual placings in the Winter and Summer Leagues, all runners will be deemed to remain in the category they are in on the first Winter or Summer League race.
 - b) For the purpose of team awards in the League, Senior Men and Women are eligible to be counted as Veterans from their 40th birthday.
- 1.6 Organising Clubs of League races must take responsibility for arranging, in good

time, an appropriate Race Permit/Licence and the Officials specified by the permit issuing body. The Club must offer to meet any reasonable expense incurred by these Officials.

- 1.7 Medical cover at all LRRL races must meet Governing Body minimum standards or those set by the Management Committee, should these specify a higher level of cover.

2. ALLOCATION OF FIXTURES

2.1 The LRRL programme shall consist of a Summer League and Winter League:

- a) The Summer League shall consist of six races covering distances from five kilometers to half marathon, and to be held between May and September inclusive.
- b) The Winter League shall consist of five races covering distances from five miles to seven miles, and to be held usually between January and March inclusive. Winter League races will be closed races, i.e. open to League Club members only, and will be organised by League Clubs. No guest runners will be allowed to compete.
- c) Where less than 5 races are proposed for the winter league, the committee may designate one or more summer races to count towards winter league awards.

2.2 For both the Summer and Winter Leagues, Clubs wishing to promote a League race for the coming season must submit a written request to the Hon. Secretary prior to the Management Committee meeting at which the League dates will be decided. Prior notice must be given of the date of that meeting. Clubs wishing to promote a race must accept the conditions listed in 2.5.

2.3 Winter League preferences - the dates of the Winter League races shall be decided first. If there are more Clubs wishing to promote Winter League races than the number of dates decided, then the order of preference shall be:

- i) Clubs which have not promoted a League race.
- ii) Clubs which have not promoted a League race in the last Summer and Winter Leagues.
- iii) Any other Clubs - Winter League preference only.

If in the case of ii) or iii) there are more Clubs than fixtures, then a vote will be taken to decide which Clubs have promotions.

2.4 Summer League preferences - the most suitable races should be selected by a ballot of the Clubs present at the meeting. Races that are not chosen will be given priority for the following year's programme.

2.5 The following should be accepted by Clubs proposing to organise League nominated races;

- a) Promoting clubs must abide by 'LRRL Race Organiser Procedures' (appended to these rules).
- b) For Winter League races, the entry fee will be decided by the Management

Committee who will also decide the proportion of the League levy. Current fees are £5 per runner; £2.50 to the organizing club, £1.50 to the League, £1 to Leicestershire Running and Athletics Network (chip timing).

- c) For Summer League races, the League levy will be a fixed amount decided by the Management Committee. Current fees are £1 per runner (chip timing to be organised separately). Event prizes are left up to the promoting Club.
- d) To support Clubs organising races, the League will make available any items of race equipment it possesses, with the understanding that financial recompense shall be made for any losses.
- e) Draft results should be distributed to league delegates as soon as they are available. It is the responsibility of Clubs to notify the Results Secretary of any omissions or amendments and this must be done within 7 days of the draft results being circulated.

3. SCORING AND LEAGUE STRUCTURE

3.1 Individual scoring:

- a) In each Winter and Summer League, points shall be awarded to each individual finishing a race as follows:

Men and Women 500 points, 2nd Men & Women 499 points and so on.
- b) For individual League points, the total of the best four results shall count in the overall League placing. Where the number of races deviates from five (Winter) or six (Summer), delegates will agree on the number to count.
- c) If runners have equal total scores the following tests are applied (in order) to these best four results up to the point where it is possible to separate individual runners:
 - (i) comparisons of best results; i.e. best result, second best result etc.
 - (ii) comparisons of head-to-head results.

If the above tests do not separate runners a tied result is declared.

3.2 Team scoring and League structure:

- a) Each Winter and Summer League competition shall consist of three A divisions, the first comprising the top eight Clubs (Men, Women, Men Vets and Women Vets), the second division comprising the next best eight and the third division comprising the remainder.
- b) Each Winter and Summer League competition shall also consist of two B divisions, the first comprising the top ten Clubs (Men, Women, Men Vets and Women Vets), the second division comprising the remainder.
- c) All races will count into the total team points for the combined (Winter and Summer League) Club positions.

- d) Teams shall score in each race using individual League points as follows:
 Men - first eight for each Club (including vets) for A leagues and next eight for B leagues.
 Women – first six for each Club (including vets) for A leagues and next six for B leagues.
 Men Vets - first four for each Club. for A leagues and next four for B leagues.
 Women Vets – first three for each club for A leagues and next three for B leagues.
- e) On the basis of the above team total for each race, the winning team in each Men's or Vet's division will score 20 points, second team 17 points, third team 15 points, fourth team 14 points and so on downwards. For divisions of more than 10 teams, League points will be 25, 22, 20 19, 18 etc. In the event of an equal score between Clubs on this basis of team points, then the aggregate individual totals as above will determine team positions in each division. Clubs fielding complete teams will always score more League points than Clubs fielding incomplete teams.
- f) Promotion and relegation between the three divisions shall be from one annual League to the next and shall be decided on the basis of the top two Clubs in the second division replacing the bottom two Clubs in the first division and the top two Clubs in the third division replacing the bottom two Clubs in the second division.
- g) In the event of a tie between clubs at the end of the season, the divisional finishing order will be determined by head to head record between those two clubs across the year.

4. AWARDS

Awards shall be made as follows:

4.1 Team Awards - Annual League (combined Winter and Summer results):

- a) Annual (first division) team award;
 Men's winning team.
 Women's winning team.
 Men Vets' winning team (the Norman Kershaw Trophy).
- b) Team commemorative awards (A League);
 Men (eight to count) - first division 1st, 2nd, 3rd, - second division 1st, 2nd – third division 1st, 2nd.
 Women (six to count) - first division 1st, 2nd, 3rd. - second division 1st, 2nd, - third division 1st, 2nd.
 Men Vets (four to count) - first division 1st, 2nd, 3rd, - second division 1st, 2nd – third division 1st, 2nd.
 Women Vets (three to count) - first division 1st, 2nd, 3rd, - second division 1st, 2nd – third division 1st, 2nd.
- c) Team commemorative awards (B League);
 Men (eight to count) - first division 1st.
 Women (six to count) - first division 1st.
 Men Vets (four to count) - first division 1st.
 Women Vets (three to count) - first division 1st.

4.2 Individual Awards - each Winter and Summer League:

- a) Annual individual award (Winter League); Men - 1st (the Jim and Joyce Sharlott Shield)
- b) Individual commemorative awards (men and women); U20 – 1st; Senior - 1st, 2nd, 3rd, 4th, 5th, 6th. O/40 - 1st, 2nd, 3rd; O/45 - 1st, 2nd, 3rd; O/50 -1st, 2nd, 3rd; O/55 - 1st, 2nd; O/60 - 1st..
- c) In the individual categories above an athlete will only qualify for one award. Vets will compete in their registered vets category. This applies to both men and women. If a vet athlete wins the series outright, they will be deemed Overall Champion and therefore forgo the Vet's award.
- d) Adversity award (Winter and Summer Leagues combined); For success under handicap - the Norman Kershaw award.