

NORTH STAFFORDSHIRE CROSS COUNTRY LEAGUE



CONSTITUTION AND COMPETITION RULES

Approved at A.G.M.	-	20th. March	1998
Amended at A.G.M.	-	24th. March	2000
Amended at A.G.M.	-	20th. March	2001
Amended at A.G.M.	-	21st. March	2002
Amended at A.G.M.	-	8th. April	2005
Amended at A.G.M.	-	27th. April	2012
Amended at A.G.M.	-	17th. May	2013
Amended at A.G.M.	-	11th. April	2014
Amended at A.G.M.	-	24th. April	2015
Amended at A.G.M.	-	20th. May	2016
Amended at A.G.M.	-	28th. April	2017
Amended at A.G.M.	-	13th. April	2018
Amended at A.G.M.	-	26th. April	2019
Amended at A.G.M.	-	22nd May	2021
Amended at E.G.M.	-	21 st May	2022
Amended at A.G.M.	-	6 th April	2023
Amended at A.G.M.	-	6 th March	2024



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Constitution

1. TITLE

- a. The title of the League shall be the North Staffordshire Cross Country League.
- b. The league will allow a sponsor to support either all races, individual races, or the league. The sponsors name will then appear on all communication for that season.

2. AFFILIATION

- a. The League shall affiliate to the:
England Athletics.
Staffordshire Amateur Athletic Association.

3. OBJECTIVES

- a. The objective of the League is to provide competitive experience and to foster and encourage Cross Country running.

4. MEMBERSHIP

- a. League membership shall be open to registered Clubs or Education Establishments.
- b. They should be Affiliated to their appropriate governing bodies.
- c. Runners should be **First Claim** members of their club.
- d. Runners in full time education may compete for their School/College or University, if their club is not affiliated to the League.
- e. Runners can only compete for one team and in one age group in any one season. Guest runners will be allowed but **will not score points for a team.** This includes instances where a runner is second claim for a league affiliated club
- f. Entries will be accepted throughout the season.
- g. Young Competitors should be under the control of a responsible person.
- h. All athletes, other than the Under 11 Age Group, must be affiliated, for the current year starting April, with one of the four Home Country Athletics Federations (England Athletics, Welsh Athletics, Scottish Athletics and Athletics Northern Ireland). The club named by the athlete, when entering on-line, must be affiliated to the League for the current season or register as a guest runner.
- i. Competitors must wear Club Vests.

5. DISSOLUTION

- a. In the event of the dissolution of the League, the assets, after payments of all debts and legal liabilities shall go to the Staffordshire A.A.A. who will decide on its eventual distribution.

6. AFFILIATION FEE

- a. The annual affiliation fee shall be decided at the Annual General Meeting.
- b. Such affiliation fee shall be payable by existing clubs by the 1st. September,



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7. MANAGEMENT COMMITTEE

- a. The Committee shall be elected at the Annual General Meeting and shall consist of:
 - i. President
 - ii. Chairman
 - iii. Vice Chairman
 - iv. Secretary
 - v. Treasurer
- b. Nine representatives (more than one member from a club will be permitted but only one vote per club in any vote will be permitted).
- c. Committee meeting shall be held when deemed necessary.
- d. A quorum at a Committee meeting shall consist of 4 members.
- e. The Committee has the power to co-opt additional members in a non-voting position for specialist information up to a total of three.
- f. Should a member of the Committee resign or leave for any reason, a new member must be voted on by the membership.

8. PRESIDENT

- a. A President may be nominated by the Committee and confirmed at the Annual General Meeting.

9. ANNUAL GENERAL MEETING

- a. The Annual General Meeting shall be held on a suitable date following the end of the financial year.
- b. Any items for discussion at the Annual General meeting must reach the Secretary by the 31st. January of that year in writing.
- c. The business of the meeting shall be:
 - i. To receive and adopt the reports of the Chairman, Secretary and Treasurer.
 - ii. To elect the Officers of the League.
 - iii. To elect two Auditors.
 - iv. To elect two Delegates to the M.C.C.A. and Staffordshire A.A.A.
 - v. To agree the programme for the forthcoming season.
 - vi. To discuss and decide any motion submitted by the members
 - vii. To decide affiliation fee.
- d. An Extraordinary meeting may be called at 14 days notice at the request of not less than five clubs.
- e. In the case of a tied vote, the Chairman of the meeting shall have a casting vote.

10. FINANCIAL YEAR

- a. The financial year shall end on January 31st.
- b. All funds shall be banked or invested in the leagues name and all cheques shall be signed by any two of the following:- Chairman, Vice-Chairman, Secretary or Treasurer.

11. CONSTITUTION CHANGE

- a. Any Constitution change must be approved by a simple majority.



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- b. None of the above constitutions may be added to, amended or rescinded except at the Annual General Meeting or an Extraordinary Meeting called for that purpose.

Competition Rules

12. RELEVANT AGE FOR COMPETITION

- a. The Date of 31st. August will determine all age groups, other than under 11.
b. In the Under 11 Age groups, competitors must be 9 years of age on Race Day.

13. RELAYS

- a. Teams to consist of 4 runners.
b. Seniors must be at least 17 years of age.
c. Juniors must be under 17 years and over 13 years of age.
Note :- The relays have not been held in recent seasons.

14. RACES

- a. Four races will be held for each age group at dates and venues decided at the Annual General Meeting, conditions permitting and in accordance with Governing Bodies Rules.

15. DISTANCES

These are maximum distances and within the Governing Body guidelines.

Male	Age Group	Female
2000m	Under 11s	2000m
3500m	Under 13s	2000m
4500m	Under 15s	3500m
5000m	Under 17s	4500m
8000m	Junior	5000m
8000m	Senior	5000m
8000m	Vets	5000m

16. SCORING TEAMS

Male	Age Group	Female
3 to count	Under 11s/13s/15s/17s	3 to count
6 to count	Senior Division 1	4 to count
4 to count	Senior Division 2	4 to count
6 to count	Vets (Over-35s)	4 to count
4 to count	Vets (Over-50s)	4 to count

- a. Team scores are all 4 races to count in all age groups.
b. The team with the lowest aggregate score from all four races will be adjudged the winner.
c. In the event of a tie the best individual placing in the four races will be considered.
d. Senior Men have Two Divisions with the bottom two teams in Division One relegated to Division Two and the top two teams in Division Two promoted.



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- e. Senior Women have Two Divisions with the bottom two teams in Division One relegated to Division Two and the top two teams in Division Two promoted.

17. SCORING - INDIVIDUALS

- a. Individual runners (Under 11 to Under 17) with the lowest aggregate score from the best 3 of 4 races will be adjudged the winner.
- b. Senior, Veteran and Under 20 Individual runners with the lowest aggregate score from all four races will be adjudged the winner; in the event of a tie the best individual placing in the 4 races will be considered.
- c. The score being based on their finishing position in the race.

18. TIMES OF RACES

Male	Age Group	Female
12:15	Under 11s	12:00
12:35	Under 13s	12:15
13:00	Under 15s	12:35
13:30	Under 17s	13:00
14:10	Junior	13:30
14:10	Senior	13:30
14:10	Vets	13:30

19. VETERAN AGE GROUPS

Male – Over 35, Over 40, Over 45, Over 50, Over 55, Over 60, Over 65, Over 70, Over 75

Female – Over 35, Over 40, Over 45, Over 50, Over 55, Over 60, Over 65, Over 70, Over 75

The score being based on their finishing position in the races

20. PERMITS

- a. Permits will be applied for from the Governing Body.

21. FIRST AID

- a. The League will be responsible for arranging First Aid cover at each event.

22. I PODS OR MP3 PLAYERS

- a. Competitors wearing I Pods or MP3 Players during a race will be disqualified.

