

# NOTTS A.A.A. SUMMER LEAGUE

## RULES OF THE COMPETITION 2007

### TITLE

1. The competition shall be known as the Nottinghamshire A.A.A. Summer League.

### ELIGIBILITY

2. The League shall be open to all Nottinghamshire Clubs, which are affiliated to the Notts A.A.A.
3. Clubs may enter members aged 16 and over to represent them in the League competition.
4. The League competition is for FIRST CLAIM MEMBERS of Clubs, which are affiliated to the Notts A.A.A. (**Clubs running non-members will be disqualified**).
5. If a Runner's First Claim Club is one affiliated to another County Association, he or she may apply to represent a competing Club as A SECOND CLAIM MEMBER.  
Such applications MUST be made on the official form and be submitted, in writing, to the League Secretary not less than 14 days prior to the race.  
The League Committee's decision on all SECOND CLAIM MEMBERS shall be final.  
A full list of second claim runners to be posted up at each race.  
Only runners on the list will be allowed to compete.
6. Clubs must have paid their Notts AAA Affiliation Fees.  
Entry Forms for the Notts AAA Summer League and League Fees **MUST** be returned to the Secretary not later than **14 days before the first race**.  
Failure to do so will **result in the CLUB and its MEMBERS** being unable to compete in any of the **NOTTS AAA SUMMER LEAGUE RACES**.

### FORMAT OF LEAGUE

7. The League shall consist of FIVE races of approximately 5 mile to 10K max in length, to be held in midweek during the months of April to August inclusive.
8. Courses shall be decided and races organised by the promoting Club, which shall be decided at the Annual General Meeting.

9. Club Colours MUST be worn; failure to do so will lead to the team of which that runner would be a member being disqualified from the League.

### **SCORING**

10. The Men and Women's races shall be scored separately; veteran runners will be scored within their own race.  
A Senior Men's Team shall consist of 6 members  
A Veteran Men's Team shall consist of 4 members  
A Senior Women's Team shall consist of 3 members  
A Veteran Women's Team shall consist of 3 members

#### **Team Scoring**

In any said CATEGORY THE LOWEST SCORING RUNNERS for the club shall be the A team and subsequent scores the B, C teams etc.

Competitors may only compete for ONE club in the current years series, but can continue competing as an individual.

A Team shall score only if all members of the Team complete the course.

If teams are level on points after the 5 races in the series, then the overall result will be decided by the result of the final race.

11. Veterans may score for a Senior Team or a Veteran Team but not both in the same race. Scoring for a non-veteran Team will not invalidate Veteran Runners from the Individual Veteran Rankings, nor from qualification for Prizes and Medals.

### **PRIZES AND MEDALS**

12. Medals will be awarded to Team and Individuals on completion of the whole series of races. There will be no separate individual race awards.  
Prizes may be awarded to the Winner of all the various Categories.

Medals will be awarded to the first 3 overall in the following sections:

Men Open, 40-49, 50-59, 60 and over

Men Under 20

Ladies Open, 35-44, 45-54, 55 and over

Ladies Under 20

13. To qualify for Medals and overall ranking, Teams and Individuals must score in all FIVE races.  
Clubs may be able to receive extra TEAM medals at extra cost to the club.
14. In the event of a TIE in the Individual competition, the Medal will be awarded to the runner who has finished ahead of his/her rival in the majority of races in the series.
15. Veterans can receive Prizes in either the Senior or Veteran Sections, but only one Prize per person.

To qualify for Individual Prizes and Medals, a runner must have reached Veteran status at the beginning of the series of races.

16. Under 20's, runners must still be U/20 after the series of races.

### **ENTRY FEES**

Entry Fee will be £25 for Men's teams and £25 for Ladies teams.

### **ANNUAL GENERAL MEETING**

17. The League's Annual General Meeting shall be open to:
- a) Officers of the Nottinghamshire A.A.A., members of the Road Running Sub-Committee and Officers of the League.
  - b) Representatives of Member Clubs but each Club shall have only ONE vote.
18. The Hon. Secretary shall inform the above of the date and venue of the Annual General Meeting at least ONE month in advance of the date of the Meeting.
19. A Quorum at the Annual General Meeting shall require the attendance of not less than FIVE voting members.
20. The Annual General Meeting will consider the following business:
- a) Review of the year's competition.
  - b) Election of the League's Officers.
  - c) Review the League's finances and decide the Entry Fees for the following year's competition.
  - d) Decide dates and venues for the following year's races.
  - e) Any other business provided it has been submitted in writing to the Secretary not less than TWO WEEKS before the date of the Meeting.