

EACCL - League Rules

1. Declaration/payment of Teams & Individuals
A team / individual, will declare to the league officials prior to the start of the race that the appropriate payment and declaration to the league has been completed prior to competing (details on forms page). You are also requested to notify the officials if you will not be able to complete your full race distance within 70 minutes. Failure to do so may result in disqualification.
2. All runner registration
All runners must register to run to enable the results system to work (details on forms page). There are no entries on the day. Runners cannot change team after the first race they participate in, in the season.
3. Deleted.
4. Deleted.
5. Non-attendance
League teams unable to attend a league fixture will score no points for that fixture. If more than half the League are unable to attend a race, then the fixture will be declared non-scoring or be rescheduled.
6. Appeals
Will be dealt with by the committee. If an Appeal Committee becomes necessary, it will be formed with one representative from each team.
7. Anyone can do either short (up to 4 miles) or long (5-6 miles) course on any race, bearing in mind the 70 minute cut off.
8. Race start times
All league races are planned to start at 14:00 hrs, unless previously agreed and published by the committee. A delay of 15 minutes is acceptable if the runners are known to be arriving late if agreed by the race organiser. Team captains are responsible for notifying the host team if late arrival is anticipated. Runners taking longer than an anticipated 70 minutes may be asked to start early for safety reasons.
9. Guests
Guest teams or individuals can be invited by host teams or the secretary, they should register under the host team.
10. Deleted.
11. Deleted.
12. Deleted.
13. Results
It is the responsibility of runners to present their finish token and barcode to be scanned after a race, **and state if they did the short or long course**. Race results are not automated so take time to compile, they will be published before the next race. If this is not possible an appropriate notification will be published on the Website and Facebook
14. League fees
The league fees for the season will be set prior to the Annual General Meeting, and presented to the Secretary at the AGM and no later than the first race. The fees for this year are detailed on the "Forms" page of the website. Anyone/Team who has not paid will be excluded from any race results. They will only be included from the race from which payment has been made.
15. Interpretation
The Secretary and the Treasurer have complete discretion as to the interpretation of the league rules.

16. Prizes

Will be presented at the last event of the season. To be eligible for season prizes a runner must run at least six races of the same distance.

- 16.1. Should a tie occur, the number of first places will be taken into consideration.
- 16.2. Perfect 10 can be any combination of short/long routes, OR run nine and marshal one.
- 16.3. Season prizes to be determined from best six scores at the same distance.
(note: prior to 2025/6 this was best eight from ten).
- 16.4. End of season prizes awarded to 1st-5th male and female on short and long courses (ie, there are four 1st-5th prizes).
(note: This equals the same number of prizes as awarded prior to 2025/6 as we awarded 1-10 inclusive for short and long courses.)
- 16.5. Age category prizes to be awarded for female and male on short and long courses (ie there are four sets of age category prizes).
- 16.6. Age categories are based on age at the date of the first race of the Winter Season and are (female & male):

Junior (must be 19 or less on date of first race)

Senior (20-34)

Veteran 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85+

- 16.7. First to finish in each distance and gender scores 150 points, second 149, third 148 etc (so first short and long distance female and first short and long distance male each get 150 points).

Note: If we get more runners in either course, this may change this to 200, 199, 198 etc

- 16.8. A Teams to be calculated from the first three to finish in the short course and first four in the long course, male and female. B teams to be the next three/four.
- 16.9. Team prizes at the end of the season awarded to 1st-3rd male and female on short and long courses (ie, there are four 1st-3rd prizes). Team scores to be aggregate of scores from all ten races.

17. Respect and courtesy

All participants must respect the venues and facilities provided at all events including other users of the venues. If internal facilities are provided please remove muddy footwear and clothing before entering the building. Please clear up or report any mess that you make or see, ensuring the facilities are left in a clean and usable state. If you notice that toilet facilities are becoming blocked due to over use, please report this to the venue prior to this causing an issue. If using outside facilities please take away any debris, rubbish and litter with you or place in a suitable disposal unit.

Please treat marshals and officials at each race with respect and courtesy. They give their time freely. Please remember that when you join the Facebook group you agree to the rules.

If the above is not adhered to you will automatically be deleted from the group and the registration database so you will be unable to compete in any further EACCL events.

18. Course time restrictions

Anyone who cannot complete their race distance within 70 minutes should speak to the race organisers before participation for safety reasons.

19. Dogs and pushchairs

No dogs or pushchairs are permitted to race in these events

20. Age restrictions

No persons under the age of 15 are permitted to race, unless prior arrangements are made to ensure the safety of young persons. Under 16's must be accompanied by a guardian, the league will not be responsible.

21. AGM voting

AGM votes will be restricted to one per team, if individuals wish to attend and vote they will need to agree between themselves and vote as one. Any voting will also require each team to be represented in person at the AGM.

22. Head & ear phones

Devices are not permitted to be used during the race to enable marshals' and other runners' warnings and cautions to be heard at all times. This excludes the use of medical hearing aids which are permitted.

23. Deleted.

24. EACCL entry form (including disclaimer)

All runners must complete an online entry form and pay if an individual. Failure to do this can result in the exclusion of your results. A Team entry fee pays for all runners in that team.

25. Course route misinterpretation

It is the runners responsibility to ensure they understand the race briefing and route details. Misinterpretation to this and taking the incorrect route will rest solely with the individual. Changes will not take place to the results if the incorrect route was taken.

9th July 2025