

# NESS Cross-Country League Junior Rules

## THE JUNIOR RUN

The NESS Cross-Country League junior run will be classed as a fun run and will be run in conjunction with the main adult race. All junior runs will start at 10:00, and the entry is free.

The host club will organise the junior run which should be over a distance of 1 to 1.5 miles (1.5 to 2K). The host club is to provide a rear marker for the run, as well as someone to hand out the discs at the finish.

## INSURANCE

All host clubs must ensure that they include the option for junior runners when submitting their race permit applications to ensure that all juniors are covered by the applicable insurance.

## JUNIOR AGE GROUPS

The run is based on a child's school year, the minimum age for the run is 8 years old (school year 3), and the maximum age is School year 12 however boys and girls in School year 12 may run in junior run or the main adult race, however they cannot take part in both events, therefore year 12's must choose which event to run in at the start of the season.

The age groups are as follows:

School Years 3, 4, 5 and 6	(Under 11's)
School Years 7 and 8	(Under 13's)
School Years 9 and 10	(Under 15's)
School Years 11 and 12	(Under 17's)

## SCORING

The top 3 boy and girls from each club will score, in the event that a club does not have 3 boys or girls they will incur the score of the last boy or girl runner plus one.

The total 3 scores will be placed into boys and girls leagues where the club/s with the lowest score will be top of each league, points will be awarded to each club in both leagues, should two or more clubs have the same score they will be awarded the same amount of points.

After each run points from both leagues will added together into a combined league. In the event that two or more clubs finish the season on top of the league with the same amount of points, the junior shield will be awarded to the club that has the lowest total cumulative score form all six runs.

The NESS Cross-Country League junior shield will be awarded at the first race of the following season.

## OVERALL WINNERS

The prizes awarded to the overall top boy and girl, will be based on the best age group results from all six races, in the event of a tie it will go the best total individual results. The overall prize will be handed out at the committee meeting.

## AGE GROUP AWARDS

Trophies will be awarded to the first three boys and girls in each age group, the awards will be based on the amount of races in the season. Should there be 6 or 5 races the top 4 races results will counted however if there are only 4 races in a season it will be the top 3 races to count. In the event of a tie, it will go to the best age group result of the race that did not count.

**Amended July 2023**