

MALTA AMATEUR ATHLETIC ASSOCIATION

Cross Country League

2015 – 2016 RULES

- ELIGIBILITY** **Age-Groups**
Kids – born 2005, 2006
Cadets – born 2003, 2004
Youths – born 2001,2002
(categories are as for year 2016)
- ENTRIES** Entries are to be
sent to Mr A. Fava at the following email:
ant.fava47@gmail.com

and copied to:
Mr C. Pullicino
cpullicino@hotmail.com
- REGISTRATION** Clubs are reminded that all athletes are to be Registered on the Official Registration Form.
and entered on Entry Sheets. New registrations and / or Registration Renewals are to be
submitted to:
Mr C. Pullicino
cpullicino@hotmail.com
- RACE FEES** 5.00 Euros - Fees are to be paid for every runner entered on the Official Registration Sheet.
- INDIVIDUAL CLASSIFICATIONS** There will be the following classifications
- Youth Boys Born 2001
 - Youths Boys Born 2002
 - Youth Girls Born 2001
 - Youth Girls Born 2002
 - Cadets Boys Born 2003
 - Cadets Boys Born 2004
 - Cadets Girls Born 2003
 - Cadets Girls Born 2004
 - Kids Boys Born 2005
 - Kids Boys Born 2006
 - Kids Girls Born 2005
 - Kids Girls Born 2006
- The overall individual classifications will be compiled as follows
- The first runner to finish **each race** scores one point, second place two points; third place three points; and so on. All of the competing runners who finish are ranked and scored in this manner.
 - The final **overall score** of each individual is then determined by totaling the points of each race. The athlete with the lowest total is declared the winner.
 - In order to be eligible for the final classification an athlete must run at least **three out of the five league races**.
- NUMBERS** 1. Athletes will be given a number that is to be kept for the whole league
2. Athletes who lose their number will have to pay 0.60 Euros for a replacement number.
3. Athletes are to provide their own safety pins.

4. Folding or tearing of number is disallowed.
5. Athletes not wearing the number assigned to them are liable to disqualification.
6. **After completing a race athletes should take off their number.**

RACE
REGULATIONS

1. Athletes who are paced or followed are liable to disqualification.
2. Spectators are not allowed to run alongside the athletes.
3. Spectators should place themselves at vantage points.
4. Spectators are to refrain from crowding the finish.
5. Athletes who finish the race should not warm down along the route while other runners are still coming in. Nor should they in any way provide assistance to runners still coming in.

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Cross Country League

2015 – 2016 PRIZES

PRIZES

First three overall in each of the following Year Groups:

- Youth Boys Born 2001
- Youths Boys Born 2002
- Youth Girls Born 2001
- Youth Girls Born 2002
- Cadets Boys Born 2003
- Cadets Boys Born 2004
- Cadets Girls Born 2003
- Cadets Girls Born 2004
- Kids Boys Born 2005
- Kids Boys Born 2006
- Kids Girls Born 2005
- Kids Girls Born 2006

A fourth prize will be given if there are 16-20 overall finishers in a particular year group.

A fifth prize will be given if there are over 20 overall finishers in a particular year group.

A participation medal will be given to all overall finishers – i.e. athletes who complete at least three races.