



NATIONAL FEDERATION OF YOUNG FARMERS' CLUBS
Competitions Programme 2014 - 15

Status FINAL
July 2014
Direct

NFYFC MALE & FEMALE CROSS COUNTRY RUNNING
(26 & Under)
Rules

County Round: Sunday 24th January 2015, at Tuxford School

Competition Aim

To provide members with the opportunity to take part in a National Cross Country Running Competition.

Learning outcomes

Exercise, fun, sportsmanship, personal development skills and improving own performance

1. **DATE & VENUE**

1.1. The final will be held at the National Sports Championship on Sunday 5th July 2015 in Staffordshire.

2. **REPRESENTATION**

2.1. Counties may enter up to one (1) male competitor & one (1) female competitor per 600 members or part thereof in the final event.

3. **ELIGIBILITY**

3.1. All runners must be aged 22 years and over and 26 or under on 1st September 2014.

3.2. All competitors must be full members of a Club affiliated to NFYFC.

3.3. Competitors are required *in person* to produce on the day of each round of the competition (County/Area/Regional and National) their current and signed Membership Card, with suitable photograph, or a fine of **£20** will be imposed for non-production.

4. **SUBSTITUTION**

4.1. If the original members are unable to go forward to subsequent rounds, then the next highest placed competitors will represent the County.

4.2. **All substitutes must have been eligible to compete in the County Final.**

5. **LATE WITHDRAWAL OF ENTRIES**

5.1. No deposits will be required from county teams prior to the NFYFC final.

5.2. **However**, withdrawals or cancellations made in the two (2) weeks before the day of the final will result in a fine of **£25** to the county federation.

5.3. If an individual withdraws within 48 hrs of the start of the competition final a **£40** fine will be issued.

6. **PROCEDURE**

6.1. Runners will compete as individuals. Male & Female runners will race at the same time however they are separate competitions – Male 26 & under Final & Female 26 & under Final.



- 6.2. Competitors will be racing on an open-air course over natural terrain. The course, will be 5km (approx 3 miles) long, may include surfaces of grass and earth, pass through woodlands and open country, including hills and flat ground. While a course may include natural or artificial obstacles, the cross country course will support continuous running.
- 6.3. Clear markings keep competitors from making wrong turns, and spectators from interfering with the competition. Markings may include tape or ribbon on both sides of the course, cones, flags, banners and chalk on the ground. Marshalls will be placed at strategic points on the course.
- 6.4. Runners will start their time as they start the course by crossing the starting line. The start of the race will be signalled via the referee. Runners crossing the line before the starting signal is given shall be liable to disqualification.
- 6.5. The course ends and times are calculated as runners cross the finish line.
- 6.6. At the NFYFC finals transponder timing will be used to calculate individual and team times. When the runner crosses the finish line an electronic pad records the chip number and matches the runner to a database. Pads may also be used at checkpoints throughout the race to ensure runners cover the entire course. The weight of the transponder carried by the runner either on the shoe or in the race number bib is not significant.
 - 6.6.1. Each competitor must wear the necessary equipment i.e. race number, as directed by NFYFC, failure to do so may result in disqualification.
- 6.7. In the event of extreme weather a safe alternative route will be designed.
- 6.8. Each competitor has the responsibility to take responsibility for their own safety, protect the environment, be courteous to other Rights of Way users, follow the Countryside Code, show etiquette towards other runners and offer assistance to any hurt or ill runners by alerting the closest official.
- 6.9. If runners wish to retire from the race they should report to the nearest official, if they are physically incapable of personally reporting, they should endeavour to get a message passed to an official.
- 6.10. The referee's decision is final.
- 6.11. The three highest placed runners from each age group plus one other from the same County team will win the award for the best team. This will be scored on placings in each race & not individual times.

7. AWARDS

- 7.1. **NFYFC Prize Cards awarded** to the winning Male & Female competitors.
- 7.2. NFYFC Prize Cards to competitors placed 2nd and 3rd in each race.
- 7.3. NFYFC Prize Cards awarded to those competitors placed 1st, 2nd and 3rd in the Team Competition. The team competition will not carry points towards the NFU Trophy.
- 7.4. NFYFC Certificate of Achievement will be awarded to all competitors placed 1st to 10th

8. NOTES

- 8.1. **IMPORTANT:** Competitors are reminded to read carefully the General Rules relating to National Competitions if they are taking part in this Competition. These are available from NFYFC or you're County Office.
- 8.2. This competition **WILL** carry points towards the NFU Trophy.
- 8.3. It is advised to have either St John Ambulance or The British Red Cross with an ambulance in attendance at both County and Area Rounds, and use qualified referees in order to minimise any risk to members





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