ND Relay Rules

These inter club relays are a fun social competition - but with all events of this nature we need a few rules to give it some structure. The following rules must be adhered to, failure to do so could lead to disqualification.

The Rules

1. Runners must run in a team category appropriate to their gender and age on the date of the race according to the team category table below. i.e. a male runner who is age 39 in race 1 and age 40 in race 2 must run as a Senior in race 1 but can run as Senior or Vet 40 in race 2.

2. A junior runner can stay as a junior for all races in the season if they were under 17 on the date of the first race of the season.

3. Each team must be made up of 4 (for Men - Sen, Vets and V50) or 3 (all other categories) distinct runners - no runner should run more than one leg in a single team.

4. Team sheets must be completed and handed in to the officiator by the start of the race.

5. Teams may enter more than one team in a category. A, B and C teams will be identified on the team sheets and only A teams will count for point scoring.

6. "A" Teams are given points based on the finishing position of the final runner in the team compared to the other "A" teams in their category. Points are awarded as follows: 12 for 1st, 10 for 2nd, 8 for 3rd, 6 for 4th and 4 for 5th.

7. Trophies will be awarded to the top teams in each category at the end of the season.

8. Each team is allocated runner bib numbers as shown on the team sheets - all runners must wear the correct numbers for their team category - failure to do so **WILL** result in disqualification of the team.

9. Headphones must NOT be worn whilst running. This is for runner and marshal safety.

Team Categories

Category	Age	Runners in team
Junior Boys	Under 17	3
Junior Girls	Under 17	3
Junior Mixed	Under 17	3
Senior Men	Any	4
Senior Ladies	Any	3
Vet Men 40	Age 40 and over	4
Vet Ladies 35	Age 35 and over	3
Vet Men 50	Age 50 and over	4
Vet Ladies 50	Age 50 and over	3
Vet 55 (any gender)	Age 55 and over	3