

Frostbite Friendly League Rules:

(Issue 9)

1. Name

The name of the series is the "FROSTBITE FRIENDLY LEAGUE".

2. Affiliation

All clubs must be affiliated to a recognised athletics governing body in the UK and agree to abide by Frostbite Friendly League rules.

3. Events

There will be six races. Each host club must be responsible for the organisation of their event. Each club must have a race organiser. Events will take place on a Sunday morning.

4. Start

The start will be at 9:45am for the Junior race and 10:30am for the Senior race.

5. Emphasis

The emphasis in these races is on the participation and enjoyment of all runners and helpers without the competitive element, the environment is one where the ordinary runner isn't put off by the elite. Ladies are especially encouraged to take part.

6. Distance

Races will be over the distance of 5 to 6 miles on any terrain. The junior race will not be more than 1.5 miles.

7. Teams

Any number of runners may take part from each club.

For senior teams the first 10 runners to score, 3 of which must be male and 3 must be female. The remaining places may be male or female.

For junior teams the first 5 runners to score, 2 of which must be male and 2 must be a female. The remaining place may be male or female.

8. Scoring

Runners will receive a ticket on the finishing tunnel and must hand it to their team captain. Team captains will be given score card on which they should name their first scoring members and their accumulating score. Hand card in straight away.

9. Note

Please do not write the runner's name on the position ticket. Team captains, after writing all of the runner's full names and positions on the envelope hand it in as soon as possible after the race.

10. Finish

Once runners have gone through the finish they must not go back and run in with other club members.

11. Age and Status.

Junior runners will be 9 and over. Senior runners will be 16 and over. Where a junior is 15 on the day of first race of the season and 16 on the day of the last race of the season, they may elect to run all of the races in that season as either a junior or a senior but not both. The rule applies regardless of when a junior completes their first race of the season.

All runners must be a fully paid-up member of one of the participating Clubs. Runners may run for only one Club throughout the season. No second claim runners without first claim Club approval.

12. Finance

Each participating club/team will pay a fee for each team (senior and junior taking part. Fees will be agreed at the AGM each year. Each club may, if they wish, charge their own runners to recover the fee.

13. Payment

League subscriptions should be paid by August 1st preceding the start of the season preferable by bank transfer, bank details will be provided to all clubs as part of the AGM minutes and financial statement. If paying by cheques they should be made payable to the FROSTBITE FRIENDLY LEAGUE and should be sent to the treasurers address.

14. Disputes

In the event of a dispute the league committee's decision is final.

15. League committee

The league committee will be made up of one member from each participating club with one vote each, the league co-ordinator/chairman will have the casting vote.

16. Prizes

The overall winner, runner-up and 3rd place for both senior and junior teams will receive a trophy to be held for one year. The trophies will be awarded at the last event for both the junior and senior competitions. There are no individual category prizes. Awarding of spot prizes will be decided at the AGM. Each club will be offered two trophies for both competitions to recognise the best achievement through the series. These are awarded at the discretion of individual clubs.

17. Points

After each event points will be awarded to each team. If there are 16 teams the team with the lowest score will receive 16 points, the second lowest 15 points and so on. In the event of two teams having the same amount of points the team with the lowest number of running scores will be above the other,

i.e.

Team A 16 points and a running total of 533

Team B 16 points and a running total of 432

Team B would be in the higher position in the league table.

18. Clubs/teams

There are 16 clubs in the league. If one club drops out the committee may decide at the AGM if another club may apply to join. An individual club may elect to enter 2 teams during a particular season. However individuals must be nominated for a respective team prior to the first race taking place, and will be eligible, as in rule 11, to compete for that one team only during the season

19. Headphones

Runners must not wear headphones while competing

20. Club colours

All runners, both junior and senior must wear club colours vest/tee shirt. Failure to do so will result in disqualification, referee's decision is final.

21. Running with dogs or buggies

Runners must not compete with a dog or buggy.

22. Additional Runner Safety Information.

- a) There are no Water stations on the course or at the finish, runners are advised to ensure they bring water with them.
- b) The courses do not have mile/km markers, no bag storage and due to the terrain, they are not measured.
- c) There is unlikely to be any type of lead vehicle
- d) As numbers are not worn, to replace the Medical Information usually available ALL runners are strongly encouraged to wear ICE/Park Run wrist bands, Cram Tags or similar.

Changes

Iss1. Rules as of July 2000

Iss2. Amended 2004 New fees

Iss3. Amended July 2007

Affiliation was to UK Athletics. Scoring was first 10 at least 2 ladies

Iss4. Amended May 2011

Rule 11. Was: All senior runners will normally be aged 16 years on the day or over, and must be fully paid up members of one of the participating clubs. Runners may run for one club/team only throughout the League. Where a 15 year old runner will attain the age of 16 years during the Frostbite Season (i.e. between the dates of the first and last event) he/she may elect to compete as a senior in all events. No second claim runners without first claim club approval. The league committee cannot give approval or get involved. Junior age is 9 up to their 16th birthday on the day of the race.

Rule 12. Was: £100 & £30

Rule 16. Was: Each club will receive one spot prizes per senior team and one per junior team, for each event, to distribute within their club how they deem fit. There are no category prizes. The overall winning senior and junior team will receive a shield at the last event for the juniors and at the presentation evening for the seniors

Iss5. Amended Aug 2012

Rule 7. Was: Any number of runners can take part from each club.

For senior teams first 10 runners to score, 3 of which must be ladies. (In the event of a predominantly ladies turnout at least 3 of the scorers must be men). For junior teams first 5 children to score one of which must be a girl

Iss6. Amended May 2013.

Rules 19 and 20 added.

Iss7. Amended May 2017.

Rule 21 added, clarification of rule 11 where a junior become 16 during the season.

Iss8. Amended May 2019.

Rule 7, junior scoring amended to: five to score comprising two boys and two girls plus either boy or girl as 5th runner.

Iss9. Amended May 2024

Rule 4. Change of start time for the races.

Rule 22 added to improve compliance with the EA Event Adjudicators checklist: