

**East District Cross Country League**  
**Instituted 1924-5**  
**Revised & Approved 17/5/2017**

- 1 The East District Cross Country League shall operate as an Association of Scottish Athletics Ltd. and will organise events under SAL, UKA & IAAF rules.
- 2 The Membership of the League is limited to the SAL East District clubs with only 1<sup>st</sup> claim members of those clubs being eligible to compete.
- 3 Clubs applying for membership shall be admitted on a majority vote of the Business Committee of the League.
- 4 The object of the League is to encourage competitive running by means of League Championships. The Clubs shall compete over the course of the season for the following team trophies awarded for the lowest total aggregate for the full list of fixtures in each of the age groups and separately the combined male and female combined teams.

<b>Female</b>	
Under 11	Lanark Cup
Under 13	Lothian Quaich
Under 15/Under 17	Pitreavie Quaich
Senior	Braidburn Shield
Combined Female Teams	Donachie Cup
Masters	<b>J. Ballantyn Trophy</b>

<b>Male</b>	
Under 11	ESH Cup
Under 13	Teribus Cup
Under 15	Edinburgh Evening News Cup
Under 17	GK Aithie Sheild
Senior	Sandilands Shield
Combined Male Teams	League Cup
Masters	Cameron Cup

- 5 A club winning a trophy shall be responsible for its safe custody and return and will be asked to sign to this effect when presented with the trophy – normally at the prize giving at the conclusion of the final meeting. The winning club shall be responsible for the necessary engraving cost.
- 6 The Annual General Meeting (AGM) of the League will appoint a President, Vice-President and Secretary who will also act Treasurer. Each club will be allowed two voting representatives at the AGM with a quorum consisting of representatives from five different clubs. In all matters, except Alterations to the Constitution, in the event of a tied vote the President shall have a casting vote.
- 7 Alterations to the Constitution can only be made by members through a motion passed at the AGM. Any such motion must be proposed by one club and seconded by another club and be given to the Secretary on or before the last League race in each year. For approval the motion requires support from at least two thirds of the eligible votes cast.

- 8 Notice of the AGM shall be given to each member 14 days before the meeting with an agenda and details of the time and venue. The accidental failure to give notice to any shall not invalidate the proceedings at the Annual General Meeting.
- 9 The annual subscription of the League shall be decided at the AGM. Any financial deficit shall be made up by the clubs in membership in equal shares.
- 10 The business of the League will be conducted by a Business Committee consisting of the three office bearers with where necessary the help of a committee consisting of one club representative from each club. In the event of a vote the President shall have a casting vote.

**Rules of Competition (not part of the Constitution decided by the Business Committee or the AGM))**

- 1 The East District Cross Country League will promote at least three events per year.
- 2 The numbers to count in each team race shall be as follows

<b>Female</b>			<b>Male</b>	
Under 11	3		Under 11	3
Under 13	3		Under 13	3
Under 15/17	3		Under 15	3
Senior	4		Under 17	3
Masters	3		Senior	6
			Masters	3

- 3 The Business Committee may from time to time allow composite clubs to participate in the League.
- 4 In the case of incomplete teams each unfilled place will be allocated points as the number of Finishers+50
- 5 Masters teams will be calculated on the basis of their positions in the senior race.