

# Saturday League Rules

The Saturday League competition is intended to add a bit of light-hearted competition and fun to the series. Each competition runs for a Club year and the scoring is designed to primarily reward regular attendees. The competition is open to all, but at the end of the season the highest scorers who are HH members at the time of the July event will receive “HH Saturday Champion” certificates.

- The League runs for each club year – September to July.
- The League is for individuals – pairs and groups do not score, although shadowing will be allowed on White, Yellow and Orange courses.
- Runners can freely select their preferred course at each event subject to the following constraint:
  - M/W18 or older runners cannot score on White, Yellow or Orange.
- Runners will be assigned a ranking course which is the competitive course they run most often over the season, or the shorter competitive course if there is a tie.
- At each event runners score points as follows:
  - Winner 100
  - Second 97
  - Then decreasing by 2 points to 9<sup>th</sup> position, 85 points.
  - Then descending by 1 point to a minimum of 2 for a correctly completed course.
  - Runners miss-punching or otherwise disqualified score 10 points less than the last valid finisher on their course, or 1 point if the resulting score would be less than 1.
- A runners league score on their ranking course is the sum of the highest 8 event scores gained in the season in any one or ones of the following ways:

- Running their ranking course,
  - Running a longer course,
  - Running the immediately shorter course but scaled by 75% and only if they are competitive on the shorter course.
- The two winners in each class are the male and female runners with the highest sum score from their best 8 events (out of a potential total of 10).