



CLUB RULES

1. The club shall be called Orangegrove Athletics Club. It shall be affiliated to Athletics Northern Ireland and shall adhere to the rules of that association.
2. Its colours shall be Orange, Silver and Black with black shorts.
3. Its purpose shall be the promotion and encouragement of all forms of athletics catered for under the rules and jurisdiction of ANI.
4. It will appoint the following officials at each annual meeting. President, Vice Presidents (any number), Chairman, Vice Chairman (optional), Secretary, Asst. Secretary (optional), Treasurer, Asst. Treasurer (optional), Captain, Vice-Captain (optional), Youth Captain (optional), and Club Coach. The officials, if resigning office, may be replaced by a vote at any monthly meeting or by calling an extraordinary meeting at any time. Also appointed will be a committee of not less than 3 members (excluding ex-office members), 2 Trustees and 2 Delegates to ANI.
5. Revision of club rules shall require 2/3rds majority of members present and may only be revised at the AGM where a quorum of 50% membership at least shall be in attendance.
6. Only members who are clear of arrears of dues and have been a member of the club by at least one moth (i.e. already proposed and seconded as a new member at the previous monthly meeting) before the AGM will be permitted a vote at the AGM.
7. The Secretary and Treasurer will be required, given seven days' notice to furnish to the committee any information that their office entitles them to hold.
8. The club will hold monthly meetings when club business will be discussed and new members with a proposer and seconder may be elected to the Club.
9. All club trophies shall be competed for each year subject to rules and the winners shall hold them for one year.
10. The club shall hold three club races a year, one over road, one over cross-country and one on the track. A member must have been a member for one month after nomination to be eligible to compete in a club race.
11. All members must be clear of any suspension before being allowed to compete in any club race.
12. The club committee shall have power to alter the distances of club races to suit existing conditions.
13. No club trophy shall be competed for if there are less than 5 eligible members of the club on the starting line.
14. The club shall also have a club champion. This will be judged from members competing in open competition. It will be on points basis as proposed at the AGM.
15. The club shall promote an open race each year.
16. The Club Coach shall be responsible for encouraging a higher degree of fitness in all club members to improve their performance.
17. The Club Captain shall be responsible for the general conduct of members when in competition, on visits to other clubs and when those same members are in any way within public view or hearing. He/She will have the authority to delegate members

to minor duties. He/She shall be responsible for selecting teams in relay competition and to assign members to which leg they shall run.

18. All members must at all times endeavour to show sportsmanship both to their fellow members and to all members of other clubs. Any breach of this rule will be dealt with by the committee who shall have the power to caution the member or members concerned or to suspend them for a period to be decided by the committee, or to dismiss them from the club according to the degree of the offence committed.
19. Any member using offensive or abusive language or behaviour or engaging in or in any way conducting him/herself in any manner deemed to be contrary to the public decency shall be brought before the committee who shall have the power to caution the member (or members concerned) or to suspend or dismiss the member (or members) concerned from the club according to the degree of the offence committed.
20. The amount of club dues shall be decided upon at each annual meeting and all members shall be liable for such dues until they notify the Secretary of their intention to leave or suspend their association with the club. Any member who runs into arrears to the extent of not paying in the calendar year 1st January to 31st December shall be suspended from the club until the amount is reduced. Members shall be notified of such arrears.
21. No member may be given a clearance from the club unless he/she is clear on the club books and has surrendered any properties belonging to the club, being held by them.