



Mayo Cross Country Dispensation & Eligibility Policy

1. Purpose

This policy sets out the requirements for juvenile athletes who wish to compete at Connacht Cross Country Championships Participation in the Mayo County Cross Country Championships is mandatory except where a formally approved dispensation has been granted.

2. Mandatory County Participation

All juvenile athletes intending to compete at Connacht Cross Country Championships must compete in the Mayo

County Cross Country Championships. This requirement applies to all age groups, including U17–U19 athletes, regardless of open entry at higher levels. Athletes who do not compete at county level and do not hold an approved dispensation will not be eligible to compete at Connacht or All-Ireland level.

3. Grounds for Dispensation

Dispensations to not compete at the Mayo County Cross Country Championships will only be considered in exceptional circumstances. The grounds listed below are non-exhaustive but restrictive. Meeting one of the criteria does not guarantee that a dispensation will be granted. The decision will be made by the XC Exemptions Committee, subject to the appeals process outlined in this policy.

Acceptable grounds:

- Medical reasons: injury or illness preventing participation.
- Education commitments: state examinations or official school trips.
- Overseas Athletics Ireland sanctioned competition.
- Close family bereavement.
- Competing at an Athletics Ireland higher regional or national level (at committee discretion).

Unacceptable grounds:

- Training for another sport.
- Training with another athletics squad.
- Participation in any organised match, fixture, competition, tournament, league, or event in another sport.

These reasons will not be accepted under any circumstances.

4. Withdrawal of Approved Dispensation

Athletes granted a dispensation must not train or compete in any other sport or athletic event on the day of the Mayo County Cross Country Championships or in the days immediately after it. If an athlete is found to have participated in another sport or athletic event, the dispensation may be withdrawn and the athlete deemed ineligible for Connacht and All-Ireland competition.

5. Application Process

- All dispensation requests must be submitted through one designated club official, agreed and nominated by each club.
- Applications submitted directly by athletes or parents will not be accepted.
- The designated club official (e.g. Club Secretary or Competition Secretary) must submit requests:
 - In writing (email), and
 - To the County Secretary no later than 6:00pm on the Friday before the County Championships.
- The County Board reserves the right to seek additional information or clarification in support of any dispensation request. Where such information is requested, it must be provided within the timeframe specified by the County Board. Failure to provide the requested information in a timely manner will result in the dispensation request being cancelled.
- Clubs will be notified on Saturday whether the dispensation has been granted or refused.

6. Late Applications

Late dispensations will only be considered in exceptional circumstances such as illness occurring on the competition weekend. Requests must be submitted on the Monday following the competition and will be reviewed by the County Appeals Committee.

7. Appeals

Appeals must be submitted by email to the County Secretary on the Monday following the Mayo County

Championships. Appeals will be considered by the XC Exemptions Committee, whose decision will be final.

XC Exemptions Committee Composition

- County Chair
- Vice Chair
- County Secretary
- County Entries Secretary
- Club Representative

8. Final Provisions

Lack of knowledge of this policy will not be accepted as grounds for exemption or appeal. The County Board reserves the right to withdraw dispensations where breaches of this policy are identified.

Approved by: Mayo County Board
19 January 2026