

## 2024 - RULES AND REGULATIONS

### ACCEPTANCE AS A CLUB MEMBER IS DEPENDENT ON THE FOLLOWING:

- Members must be registered to Athletics Mpumalanga.
- All applications are subject to approval by the Club Committee and such a decision will be taken on a non-discriminatory basis.
- All member applications must be submitted annually, on the approved membership forms.
- Each member must pay their full membership fees annually, in advance.
- Membership fees will be decided upon and approved annually at the last Annual General Meeting of the year.
- Membership fees are payable annually.
- Persons who join outside of the annual membership window will not be members until fees are paid in full. A pro-rata rate may be granted (subject to Club Committee approval) but will not be less in value than the annual ASA License Fee.

### VOTING RIGHTS – ANNUAL, AND SPECIAL GENERAL MEETINGS

- Voting rights are only granted to fully paid-up club members.
- Each member, older than 16 years of age, has 1 (one) vote.
- Proxy votes are accepted. Proxies must be provided in writing by the applicable member.

### CLUB COLOURS AND CLOTHING

- No distinctive marks, badges, or sponsors of any kind may be attached to official club colours, except as prescribed by ASA.
- In the case of a sponsored athlete, the athlete may display a 5cm x 5cm sponsor badge on their running shorts.
- The Club Committee must approve this.
- All shorts, skirts and tights, all lengths) must be black.
- Once an annual licence is received from the club, the athlete may only compete in club colours.
- If a podium position is achieved, the athlete may only appear on said podium in club colours.

I, \_\_\_\_\_, hereby declare that I have read the LowMed Running Club Rules and Regulations. I understand said rules and will adhere to the rules and constitution of the Club to the best of my abilities. I promise to uphold the LowMed Running Club name at all time trails, races and social events. I will respect my fellow club members, the running community at large. I will perform honestly in all aspects of the sport.

\_\_\_\_\_  
Athlete/Guardian

\_\_\_\_\_  
Date

\_\_\_\_\_  
Club Chairman

\_\_\_\_\_  
Date