

OFSAA CO-EDUCATIONAL CROSS COUNTRY CHAMPIONSHIP

The sole basis for the very existence of high school sport is the contribution it makes to the general educational experience of those students who participate.

PLAYING REGULATIONS

1. Date:

The OFSAA Co-educational Cross Country Championship shall be held on the first Saturday of November unless extraordinary circumstances dictate a change.

2. Location:

The location of the Championship shall be decided not later than the OFSAA Annual Meeting held in April of the school year prior to the Championship. The Chairperson of the Sport Advisory Committee, or designate, shall, if requested by the convenor, visit the OFSAA site so as to recommend appropriate alterations to the courses.

THAT the Cross Country Championship be convened by region, on a rotational basis, in effect in 2009 as follows:

2009	Central
2010	Metro
2011	East
2012	North
2013	South
2014	West
2015	Central

The OFSAA office updates this list yearly without requiring a motion.

3. Classification:

Competition shall be conducted in three age classifications:

Senior: the individual's birth certificate indicates that he/she has not reached his/her 19th birthday by January 1st prior to the start of the school year in which the competition is held;

Junior: the individual's birth certificate indicates that he/she has not reached his/her 15th birthday by January 1st prior to the start of the school year in which the competition is held;

Midget: the individual's birth certificate indicates that he/she has not reached his/her 14th birthday by January 1st prior to the start of the school year in which the competition is held. Students may compete in this category for one year only in Grade 9.

There shall be a girls' and boys' run in each classification.

4. Meet Structure:

Approximate distance to be covered by each runner in each classification is as follows:

Midget Girls' 3000m	Midget Boys' 5000m
Junior Girls' 4000m	Junior Boys' 6000m
Senior Girls' 5000m	Senior Boys' 7000m

A 400m tolerance is permitted in each race except where a maximum is indicated.

The starting line must be 65m - 75m in width.

The dimensions of each starting box must be 3m wide and 4m in depth.

5. Entry:

- (a) Entries shall be accepted from Association convenors or designates only.
- (b) Each Association shall be permitted to enter two (2) teams and three (3) individuals (who are not a representative team) in each of the three (3) classifications. The TDSSAA shall be permitted to enter four (4) teams and six individuals. Team members must be from the same school.
- (c) A team shall be comprised of no more than five (5) runners in boys' events and five (5) runners in girls' events. Any one school is allowed representation up to a maximum of five (5) runners (boys) and five (5) runners (girls) in each age group.
- (d) The alternate (individual) listed on the entry sheet for the association will be eligible to compete at the OFSAA Championship if one of the three qualifiers withdraws or does not show at race time.
- (e) The host Association (region) will have a complete second field of teams (2) and individuals (3) in each age category.
- (f) A competitor must compete in the same age classification as he/she did at the Association meet.
- (g) Any suspensions or disciplinary actions in Association play shall be carried forward into OFSAA competitions. The Association convenor shall be responsible for reporting such

players and the nature of the disciplinary action on the OFSAA entry form.

(h) Entries must be received by the OFSAA Convenor no later than the Saturday prior to the start of the Championship. If entries are sent electronically, an original copy of the entry, accompanied by the entry fee must be received by noon on the Wednesday prior to the Championship. Late entries will only be accepted if they can be accommodated and shall be subject to a penalty of an additional entry fee.

prior (i) Should any Association fail to fulfill its prior commitment to attend this OFSAA championship, that Association shall pay a fine equal to the entry fee if they withdraw to the entry deadline and a fine of 1.5 times the entry fee if they withdraw after the entry deadline.

6. Expenses:

An entry fee shall be charged which shall be sufficient to cover operating costs of the tournament. Any Association that does not meet its entry commitment after it has declared an entry, will be required to submit the entry fee and a report will be made to the Board of Reference - Sanctions.

Those schools having entries are responsible for arranging and financing their own travel, meals and accommodation for the event.

Billets for competitors may be arranged at the discretion of the Convenor; when such billeting is requested players must accept billets as assigned as a condition of participation.

7. Eligibility:

To represent a school in any activity co-ordinated by the Federation a student must:

- (i) be eligible for competition under the Constitution, By-Laws and Standing Rules (Playing Regulations) of the Association to which his/her school belongs;
- (ii) be certified as eligible by the Principal of the school;
- (iii) meet the age requirements as listed in Section 3;
- (iv) be in Grades 9 - 12;
- (v) be eligible under the OFSAA Transfer Policy (By-Law 5, Section 4(f));
- (vi) be eligible for no more than five (5) consecutive years from date of entry into Grade 9 (By-Law 5, Section 4(g));
- (vii) have signed the Rules of Behaviour signature form for the competition.
- (viii) Any athlete participating in an OFSAA Championship must have participated as a member of a bona fide high school program during the school season (September to November), in a minimum number of practices (sixteen (16)), at a location where the majority of their high school practices are held under the supervision of a teacher-coach as certified by the school principal. This rule does not preclude the school and/or school coach from instituting more stringent guidelines.

8. Scoring:

The scores of four (4) of the five (5) team runners shall count for a team score. In the event of a tie it shall be resolved in favour of the team whose fourth runner finishes nearest first place.

9. Rules and Officials:

Revisions to rules governing competition at the OFSAA Championship shall be reviewed by the Sport Advisory Committee and approved by the Board of Directors prior to implementation at any Championship.

The Meet Director is responsible for seeing that the course is clearly marked and properly marshalled for all races.

No portable audio devices (excluding hearing devices) are permitted during competition.

Start Protocol includes:

- A start official per association box with a red/white (or green) flag.
- When the association “box” is ready, each official will raise the appropriate flag (white or green)
- An assistant starter will communicate an “all ready” to the chief starter (via visual or aural cue) – athletes are now under “orders/vigil” (hence the silent start)
- After 60 seconds, gun is fired.

10. Uniforms:

Runners must compete in their school uniforms. A school uniform is defined as one which has one of the following crested on it: school name, team name or team crest. The uniform tops of all team members must be identical. Runners must report to the start and have their uniforms checked by the start official.

All competitors are expected to dress in uniforms that are neat, clean and which maintain the integrity of the school's/Association's name, colours and logos. No sport club insignia on uniforms shall be permitted. A sport club is defined as a community, provincially or nationally based organization whose primary purpose is participation in organized competition in single or multi sport programs. Sponsorship recognition is permitted to be visible but must conform to the placement guidelines outlined in By-Law 6, Section 2(h). These criteria must be met both on and in the immediate vicinity of the competitive area and during the awards ceremonies.

Student-athletes must remain fully clothed in the appropriate team uniform in the competition area, AND use the designated locker room or change area to change to and from competition attire. Incidents of non-compliance shall be forwarded to the Competition Committee for resolution.

11. Awards:

Individual - OFSAA medallions shall be presented to the first three (3) finishers in each race in

each classification. OFSAA ribbons shall be presented to the fourth through eighth place finishers in each race in each classification.

Team - Gold OFSAA medallions shall be presented to each member of the winning team in each classification (6). The school represented by the Championship team in each classification shall receive a banner to be retained by the school.

Members of the runner-up team in each classification shall receive silver OFSAA medallions (6). Members of the third place team in each classification shall receive bronze OFSAA medallions (6).

Members of the fourth through eighth place teams shall receive OFSAA ribbons (6).

OFSAA-ineligible athletes, who were permitted to compete at the local league or Association level, shall not receive OFSAA medals, either at the Championship or after the event.

12. Supervision: (Reference By-Law 6, Section 1)

A teacher is defined as a member of the Ontario College of Teachers or a holder of an Ontario Teacher's Certificate or equivalent.

- (a) For team sports ("A team consists of all athletes from the same school who qualify for Federation competition as a unit..." {reference By-Law 5, Section 3}), a teacher from the same school, or a retired teacher, as approved by the principal of the school, must accompany and be responsible for the team.
- (b) For individual sports (those sports in which athletes from a school qualify for federation competition as individuals), the principal of the school may designate an adult who is not a teacher to accompany the athletes. In addition, a teacher, or a retired teacher, must be present and on site and designated by the principal to be responsible for the athlete(s).
- (c) For all sports, where the teacher, as indicated in (a) and (b) above, is not of the same sex as the athlete(s), and where the athletes(s) are required or might be required to stay overnight, a supervisory adult, as approved by the principal of the school, of the same sex as the athlete(s), must be present and available at the accommodation site for the duration of their stay in the accommodation.

13. Registration:

Registration materials will only be given to the teacher accompanying the athlete(s), upon receipt of a completed Rules of Behaviour signature form and photo forms.

14. Deportment: (Reference By-Law 6, Section 2)

- (a) A team is defined as, "All participants representing the same school at an OFSAA Championship event".

- (b) A participant is defined as, "Anyone who has been granted proper authorization to enter a restricted area." "Restricted area" includes "those areas occupied by athletes and to which access by the general public is restricted or prohibited."
- (c) All participants are expected to abide by the, "Rules of Behaviour for Participants to OFSAA Championships". (see Appendix to By-Laws)
- (d) Supervising adults are responsible for the behaviour of participants for the duration of the Championships.
- (e) Teams are open to censure for failure of its participants to abide by the "Rules of Behaviour".
- (f)
 - (i) All coaches are expected to adhere to the Code of Ethics for Coaches to OFSAA Championships. (See Appendix II)
 - (ii) School personnel and coaches are expected to adhere to the Statement of Principle on Recruiting. (See Appendix IV)
 - (iii) Spectators are expected to adhere to the Code of Behaviour for Spectators. (See Appendix III)
 - (iv) All coaches are expected to adhere to the "Return to Play Guidelines". (See Appendix VI)
 - (iv) School personnel and coaches are expected to adhere to the Policy on dispensing drugs, medication and food supplements. (See Appendix IX)
- (g) All schools entering a Federation Championship shall, by signature of the school principal on the Championship Entry Form, acknowledge responsibility for making restitution for damage resulting from misconduct by their participants.

15. Social:

If a special event is arranged all team members and coaches must attend.

Dress Code for Banquets:

- no person shall wear jeans, shorts or a hat;
- boys shall wear dress pants, a dress shirt and a tie;
- girls shall wear dress pants or skirt with a dress top;
- if a themed event is planned by the convenor, then the convenor must apply to the OFSAA office for permission to vacate these rules;
- should there be an instance of improper attire, the Competition Committee shall deal with the matter and forward a report to the OFSAA Board of Reference - Sanctions.

16. Medical:

- (a) Provision shall be made by the Convenor to have a medical doctor in attendance or readily available and to follow appropriate hygienic precautions with regard to bodily fluids and communicable diseases. (See Appendix IV to the By-Laws.) Qualified first-aid personnel and equipment shall be available at the Championship site. Coaches shall provide all consumable medical supplies (e.g. tape, bandaids) for their athletes.

- (b) If weather conditions warrant the need for fluids, a convenor may designate a fluid consumption area(s) on the course. Fluids may be provided by coaches or team members.
- (c) Disqualification could result if the distribution and consumption process interferes or impedes the progress of an athlete.

17. Jury of Appeal:

The Jury of Appeal shall consist of three (3) individuals: the chairperson of the OFSAA Cross Country Sport Advisory Committee or designate, a tournament committee member and one (1) other member appointed by the Championship Convenor. The Jury of Appeal shall handle disputes which fall within the realm of:

- (a) Tournament Structure and Procedure;
- (b) Rules and Officials;
- (c) Uniforms and Equipment;
- (d) Scoring.

Tournament structure and procedure concerns shall be addressed no later than the end of the coaches' meeting.

A dispute must be submitted in writing to the Convenor or Designate together with a \$50.00 fee (refundable if dispute is upheld) within thirty (30) minutes, except as provided within specific sport governing regulations, of the conclusion of the race in which the incident under dispute occurred. Decisions of the Jury of Appeal shall be final.

A report of the Jury of Appeal decisions shall be forwarded to the Board of Reference - Sanctions.

18. Competition Committee:

- (a) The Competition Committee shall consist of three (3) individuals: the Championship Convenor, or designate; an OFSAA staff or Executive Committee Member, or designate; and the Chairperson of the OFSAA Cross Country Sport Advisory Committee, or designate. The Competition Committee shall handle disputes regarding:
 - (i) Eligibility;
 - (ii) Department;
 - (iii) Supervision and registration;
 - (iv) Social;
 - (v) Medical personnel;
 - (vi) Awards.

If a dispute cannot be resolved by the Competition Committee within a reasonable period of time, the event will continue and the dispute may be referred to a Board of Reference - General. (Please note that eligibility under the OFSAA Transfer Policy cannot be

addressed at OFSAA events (By-Law 5, Section 4 (f)).

Disputes which fall within the jurisdiction of the Competition Committee must be received in writing to the Convenor or designate, together with a \$50.00 fee (refundable if dispute is upheld) within a reasonable time frame.

Appeals to the decisions of the Competition Committee shall be addressed to the Board of Reference - General.

A report of the decisions of the Competition Committee shall be forwarded to the Board of Reference - Sanctions.

- (b) The Competition Committee shall be the body empowered to delay/cancel an event(s) due to unforeseen circumstances at the site(s).

***All Federation Championships are non-smoking events.
This includes the use of all tobacco related products.***

Participants must obey the Ministry of Education's Code of Conduct

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