

CROSS COUNTRY RUNNING

AGES: Midget - under 15 on December 31st of the competing year.
Junior - under 16 on December 31st of the competing year.
Senior - under 20 on December 31st of the competing year.

ELIGIBILITY: To comply with OFSAA Regulations.

All competitors at NOSSA must have been eligible for and participated in their respective district championship meet.

SERIES: A combined Midget, Junior and Senior Championship for boys and girls to be held on the Wednesday in the week prior to the OFSAA Championships. There shall be no arbitrary date change - valid reasons must be given ahead of time. The starting times shall be established at the discretion of the Convener. The site of the NOSSA Cross Country Championships will rotate between North Shore, North Bay, Sudbury and Sault Ste. Marie.

ENTRIES:

- 1) For the NOSSA meet as opposed to the OFSAA meet, the teams shall consist of an unlimited number of runners with the best four to count. Individual entries will be allowed. Each school will be allowed one (1) team in each category. The members of each team MUST be declared on the date that entries are due to the convener. No age class changes can be made after this date.
- 2) That all competitors be required to wear numbers issued by the convener and these numbers be visible to judges along the course.

FINANCING:

- a) Each school will finance its own team.
- b) That the entry fee be at the discretion of the convener.
- c) That the convener be allowed to bill participating and/or responsible schools for any damages incurred during the competition.

RULES: The following order of rules of interpretation will be used:

- a) N.O.S.S.A. Rules.
- b) O.F.S.A.A. Rules.
- c) C.T.F.A. Rules and By-Laws for the current year.
- d) I.A.A.F. Handbook for the current year.

CROSS COUNTRY RUNNING (cont'd)

SCHEDULE:

The schedule of events will run as follows:

11:30am	Midget	Girls
12:00pm	Midget	Boys
12:30pm	Junior	Girls
01:00pm	Junior	Boys
01:45pm	Senior	Girls
02:15pm	Senior	Boys

The convener can make changes in the starting time at his discretion.

RULES OF COMPETITION:

1. The starter should VISUALLY inspect the field before the start of the race to ensure that all competitors are in respect of the uniform requirements.
2. All races must be started by a starting pistol.
3. A "Funnel" system must be used at the finish of the race.
4. Finishing cards must be issued to every competitor who completes the course.
5. At least one finishing judge must be at the head of the finishing funnel.
6. The course must be clearly marked by stakes, flags, paint, etc. and/or marshalls. Marshalls should wear distinctive marking of some type.
7. No runner may run in more than one race.
8. That no more than two runners from any one team may run side by side.
9. Runners may not use any Personal Electronic Devices (PED's) during competition.

COURSES:

1. The host District must conform as closely as possible to the suggested O.F.S.A.A. Distances.

	<u>BOYS</u>	<u>GIRLS</u>
MIDGET	5,000m	3,000m
JUNIOR	6,000m	4,000m
SENIOR	7,000m	5,000m (max.)

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

CROSS COUNTRY RUNNING (cont'd)**COURSES** (cont'd):

The course used must be 2/3 cross country - e.g. fields, bush trails and irregular terrain. Gravel roads, asphalt and flat running should be avoided if not eliminated completely. All courses must be adequately marked and supervised by Judges along the course.

2. That conveners of NOSSA meets set courses that will ensure the maximum safety of runners in all weather conditions.
3. When NOSSA Cross Country Championships are held at a site without washroom facilities, portable toilets must be provided.

OFFICIALS:

There must be a minimum of five (5) finish judges. The convener must also provide a sufficient number of field marshalls and chute judges. The convener shall appoint a referee for the meet as well as a Jury of Appeal consisting of one representative (male/female) from each District.

SCORING:

The method of scoring shall be as follows:

1. The first place shall be awarded one (1) point, second place two (2) points, third place three (3) points, etc. All competitors who finish the course shall be ranked and tallied in this manner.
2. If less than four (4) competitors from a school team should complete the course, then the points for all members of the team shall be disregarded in determining the team scoring.
3. The method of scoring for team aggregate awards will be as follows: Teams placing in the top six positions in each age category will be awarded points as follows: 10, 8, 6, 4, 2, 1, which will be totalled to decide women's team aggregate, men's team aggregate and combined team aggregate.

TIES:

1. Between competitors - competitors who finish simultaneously be awarded the same order of finish and points determined by dividing the sum of the points concerned (as if they had finished in file) and dividing such sum by the number or tied competitors.

CROSS COUNTRY RUNNING (cont'd)

- TIES** (cont'd):
2. Between Teams - should two or more teams be tied in points, the order of finish shall be determined by the placing of the fourth (4) place runner. Should a tie still exist, then by the placing of the third (3rd) place runner, etc.
 3. Ties for Aggregate - The school with the most team first places be awarded the aggregate title. If there is still a tie, the most team seconds, thirds and so on, be counted.

AWARDS:

The type of awards shall be:

1. First, place individual finishers.
2. Championship team members will receive gold medals (**NOTE: TEAM AWARDS ARE TO BE LIMITED TO 7 MEMBERS**).
3. Ribbons to 2nd to 6th place individual finishers.
4. Ribbons to 2nd and 3rd placed teams.
5. Banners shall be presented to the Boys' Aggregate, Girls' Aggregate and Combined Champions.

UNIFORMS:

Runners must compete in their school uniforms. The uniform tops of all team members should be identical. Minor inconsistencies in school tops are acceptable. **FAILURE** to abide by these regulations will result in disqualification.

**O.F.S.A.A.
QUALIFIERS:**

1. Teams qualifying for OFSAA Competition will be accepted as teams and the individual makeup of each team is at the coach's discretion subject to existing OFSAA rules re eligibility. It is recommended to all associations that they allow their teams to compete under this ruling.
2. That registration for OFSAA take place throughout the NOSSA meet as results are posted following each event, with a brief coach's meeting to follow the conclusion of the meet.

**RECOMMEN-
DATIONS:**

1. St. John Ambulance personnel on the site.
2. Washrooms available at the site (if at all possible).
3. Snack bar available.
4. Course judges should be adults and a meeting of all judges should be held to brief them on their duties.
5. Course guides should be available to all competitors through the courses prior to the meet.
6. Maps of the courses should be available to all competitors the day before the meet.