

NORTHWESTERN ONTARIO SECONDARY SCHOOLS ATHLETIC ASSOCIATIONS
CROSS COUNTRY RUNNING
PLAYING REGULATIONS
May 2019

1. Championship Date

The date of the NWOSSAA Cross Country Championship shall normally be the Wednesday of the third week in October and must be at least one week in advance of the OFSAA championship to allow the coaches to make their selection and enter the appropriate athletes.

2. Location

The location of the cross country meet will be in a suitable area (parkland, golf course, conservation area) subject to the approval of the meet director and the coaches. The course should include a wide variety of terrain ensuring sufficient challenge to the athletes, within reasonable limits of safety. The meet should avoid the use of roads to qualify as true cross country running.

The meet director is responsible for seeing that the course is clearly marked and is properly marshaled for all races. There should be course markings of plastic flags as well as directional arrows where the course turns. The finish line should be well marked and highly visible.

3. Entries

Entries should be forwarded to the meet director at least five days prior to the championship in the format requested by the meet director.

The number of runners per school per division shall be limited to seven (7).

4. Race Structure

The approximate distance to be covered by each runner in each classification as outlined by OFSAA should be followed.

5. Race Procedures

There will be a ten (10) and a three (3) minute call prior to the start. All athletes must be checked in with the start line marshal prior to the last call.

Athletes will line up according to schools.

The chief starter will give instructions three (3) minutes prior to each race.

Athletes must follow ground markings for each of their designated race courses. Barricade ribbons will define running areas in some places.

Athletes will clear the finish area immediately after race completion.

Only coaches are allowed to approach the finish line marshals or the designated computer specialists recording positions and times.

6. Rules of Play

The uniform consists of a minimum of a shirt/singlet and shorts which are appropriate to the event. Competitors must be wearing colours representative of their school. Runners must wear their assigned number when racing. The number must be displayed on the front of the jersey, pinned in all four corners, and should be visible throughout the entire race.

Any runner who 'false starts' shall be disqualified at the discretion of the convenor/starter.

Any runner who interferes with another runner shall be disqualified. Interference is any action by a competitor that unfairly changes the course or natural running rhythm of another runner during the race. This may include bumping, tripping or running across a runner's path.

Any participant who uses unsportsmanlike or unacceptable conduct shall be disqualified. This would include the use of profanity, disrespectfully addressing an official, criticizing an opponent or an official, or willful failure to follow the directions of a meet official.

A runner shall be disqualified if he or she is aided by a coach, teammate or spectator. Such aid includes any direct physical interaction that enables a runner to finish the race.

Competitors who fail to complete the prescribed course that is defined by a legal marking system shall be disqualified.

7. Scoring of Division and Overall Championships

Division Team Titles

The scoring for the team title in each of the 6 divisions will be determined by a negative point system. The placing of the top four finishers from each school will be totaled to determine the team's score, and the team with the lowest score shall be declared the winner. In the event of a tie, it shall be resolved in favour of the team whose fourth runner finishes nearest to first place.

Overall Team Title, Boys' Team Championship and Girls' Team Championship

This is done differently from scoring within the division. The top 15 finishers in each of the six divisions will be awarded points using the following positive point system:

1 st Place	= 20 points
2 nd Place	= 18 points
3 rd Place	= 16 points
4 th Place	= 14 points
5 th Place	= 12 points
6 th Place	= 10 points
7 th Place	= 9 points
8 th Place	= 8 points
9 th Place	= 7 points
10 th Place	= 6 points
11 th Place	= 5 points
12 th Place	= 4 points
13 th Place	= 3 points
14 th Place	= 2 points
15 th Place	= 1 point

The team points earned by scoring runners in each division will be totaled, and the schools will be ranked from highest to lowest. An overall team champion will be declared.

The number of runners per school per division shall be limited to seven (7). Of those, only the top five (5) can score points. The other runners (6th and 7th) would not score but displace points.

8. Awards

The NWOSSAA championship medals are awarded to the first three finishers in each race. A team trophy is awarded for NWOSSAA as well.

9. OFSAA Qualification

Only student-athletes from the top 5 places (not counting team entries) can be considered for advancement to OFSAA competition. Exact number of entries to OFSAA are determined by OFSAA.

10. Jury of Appeal

In case of disputes that arise during the meet, a jury of appeal will rule on these problems. The jury will be composed of the meet director, and at least two knowledgeable coaches or officials to be appointed by the convenor. The appointees should be people not directly involved in the dispute. The jury shall handle disputes which do not fall within the jurisdiction of the officials.

A protest must be submitted in writing together with a **\$25.00** fee (refundable if the protest is upheld) within thirty minutes of the incident which is being protested.