

## **SOSSA INC. COEDUCATIONAL CROSS COUNTRY RUNNING**

### **PLAYING REGULATIONS – revised December 2008**

1. **Date:**  
The SOSSA INC. Cross Country Championship shall be held at least seven (7) days before the OFSAA Championship (first Saturday in November) in order to end entries to OFSAA on time.
2. **Location:**  
The location of the Championship shall be decided before the June SOSSA INC Annual General Meeting by the designated SOSSA INC convenor.
3. **Eligibility:**  
As per Article VII and Article VIII of the SOSSA INC Constitution.
4. **Classification:**  
Competition shall be conducted in the three (3) age classifications as per Article VII SOSSA INC Constitution.

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

5. **Meet Structure:**  
Approximate distance to be covered 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 except where a maximum is indicated.

6. **Entry:**  
Entries shall be accepted from Zone convenors only

Each zone is permitted to enter three (3) teams of five (5) runners in each age class.

Each zone is permitted to enter the first 10 individuals not on a qualifying team who finish in the first 20 finishers at the Zone Championship.

If four (4) or five (5) of these individuals happen to be from the same school, they may not be considered a team for SOSSA INC. purposes.

A school that qualifies a team for SOSSA INC. may place any eligible runner on that team provided this competitor competed at the Zone Championship meet.

It is strongly recommended that a member of a qualifying team not be bumped from a team so that a stronger runner may be placed on the team.

Entries must be received by the SOSSA INC. convenor by the date designated by the SOSSA INC. convenor.

The boys' overall and girls' overall team champions from each Zone be allowed to send all three (3) boys' or girls' teams to SOSSA.

The overall (boys' and girls' combined) champions from each Zone will be allowed to send all six teams to SOSSA.

The SOSSA INC. convenor shall be responsible to ensure that the OFSAA entries are submitted.

**7. Expenses**

Zone qualifying meets shall be the financial responsibility of the zone convneors.

Expenses for SOSSA INC. championships – see Article IV

A championship report of the meet shall be submitted to SOSSA INC. Sec/Treas.

**8. Scoring:**

The combined overall cross-country team champion shall be the school with competitors in both the boys and girls categories and with the most points. The overall boys and overall girls champion shall be the school with the most point in the boys section and the girls section respectively. The points shall be awarded as follows: 1<sup>st</sup> place team gets 10 points, 2<sup>nd</sup> place team gets 8 points and 3<sup>rd</sup> place team gets 6 points, 4<sup>th</sup> place team gets 4 points, 5<sup>th</sup> place team gets 2 points and 6<sup>th</sup> place team gets 1 point.

**9. Rules and Officials:**

Every attempt shall be made to insure that the course is clearly marked and marshaled. Marshals shall be recognizable.

**10. Uniforms:**

Runners shall compete in identical tops and school shorts or plain shorts.

**11. Awards:**

Medallions shall be awarded to members of the winning team in each classification. The 1<sup>st</sup> place individuals in each classification shall also receive medallions (one per individual only) (36 medallions). Ribbons for other positions are optional.

**12. Deportment:**

Supervision of athletes, see Article X and XI.

**13. Medical:**

Qualified first aid personnel and equipment shall be available at the championship site. Coaches shall provide all consumable medical supplies (ie. tape, banaids) for athletes.

**14. Appeals and Protest: See Article IX.**