

## **SOSSA INC. COEDUCATIONAL CROSS COUNTRY RUNNING PLAYING REGULATIONS – revised December 2014**

### **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:**

(i) Entries shall be accepted from Zone convenors only.

(ii) Each Zone is permitted to enter three (3) teams of six (6) runners in each age class.  
Note: only five (5) runners per team are permitted to run at OFSAA.

(iii) Each zone is permitted to enter the first ten (10) individuals not on a qualifying team  
At the Zone Championship

(iv) 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.

(v) 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.

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

- (vii) The boys' overall and girls' overall team champions from each Zone be allowed to send all three (3) boys' or girls' teams to SOSSA.
- (viii) The overall (boys' and girls' combined) champions from each Zone will be allowed to send all six teams to SOSSA.
- (ix) 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 convenors.  
Expenses for SOSSA INC. championships – see Article IV  
A championship report of the meet shall be submitted to SOSSA INC. Sec/Treas.

#### 8. Scoring:

- (i) The finishing positions of four (4) of the (5) runners shall count for the team score. These shall be added together to arrive at a team score. The team with the lowest score shall be the winning team. In the event of a tie, it shall be resolved in favour of the team whose fourth runner finishes nearest first place.
- (ii) 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 marshalled. 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. Department:

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, bandaids) for athletes.

14. Appeals and Protest: See Article IX.