

**KASSAA CROSS COUNTRY CHAMPIONSHIP
PLAYING REGULATIONS – June 2013**

1. **Date:** The KASSAA Co-educational Cross Country Championship shall be held 2 weeks prior to the OFSAA Cross Country Championships which are normally 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 1st day of October by the convenor of the event. The location and date should be communicated to coaches as soon as possible prior to the October 1st deadline.
3. OFSAA By-Law 5, Eligibility for Competition, Section 4 - Individuals, subsection (iii), has been amended to read:

Senior the individual's birth certificate indicates that he/she has not yet 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 yet 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 yet 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."

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
Junior Girls' 4000m
Senior Girls' 5000m

Midget Boys' 5000m
Junior Boys' 6000m
Senior Boys' 7000m

A 400m tolerance is permitted in each race.

5. **Entry:**
 - (a) Entries shall be accepted from School Staff Coaches or designates only.
 - (b) Each School can enter unlimited entries into the event. Team members must be from the same school.
 - (c) A scoring team shall be comprised of no more than five (5) runners in boys' events and five (5) runners in girls' events. Awards are given to the
 - (d) A competitor may only compete in one age classification.

- (e) Entries must be received by the KASSAA Convener no later than the Monday prior to the start of the KASSAA Cross Country Championship..
- (f) A competitor may compete in their own age classification or move up an age classification. This does not affect the age category that they will chose to compete in at EOSSAA
- (g) A competitor must be entered and compete fully in the KASSAA Cross Country Championship to be eligible to be entered in the EOSSAA Cross Country Championships the next week.

6. Expenses:

An entry fee shall be charged which shall be sufficient to cover operating costs of the Championships. Any School 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 KASSAA Executive for appropriate sanctions.

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

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
- (vi) be eligible for no more than five (5) consecutive years from date of entry into Grade 9

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.

Team points are awarded as follows: (1st-12, 2nd- 8, 3rd – 6, 4th – 4, 5th – 2, 6th – 1).

The school accumulating the most team points will win the KASSAA Championship team title.

9. Rules and Officials: Revisions to rules governing competition at the KASSAA Championship shall be reviewed by the Sport Advisory Committee and approved at the KASSAA Annual General Meeting in June 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.

10. Uniforms: Runners must compete in their school uniforms. The uniform tops of all team members are not required to be identical, however identical tops are required at EOSSAA and OFSAA. Runners must report to the start and have their uniforms checked by the start official. Runners racing in a top other than a school uniform will be disqualified from competition.

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 with the placement guidelines outlined in the OFSAA Playing Regulations.

11. Awards:

Individual - KASSAA medallions shall be presented to the first place finisher in each race in each classification. KASSAA ribbons shall be presented to the second through sixth place finishers in each race in each classification.

Team – KASSAA Medallions will be presented to each member of the winning team in each classification (6). Ribbons will be given to the members of the second and third place teams only in each classification.

12. Supervision: 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) Each school must have a teacher-coach present at all times during the competition. Teams which have male and female competitors must have same-sex supervision on-site at all times.

13. Registration: Registration materials will only be given to the teacher accompanying the athlete(s).

14. Medical:

(a) Provision shall be made by the Convenor to have first aid personnel in attendance or readily available and to follow appropriate hygienic precautions with regard to bodily fluids and communicable diseases. 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.

15. Jury of Appeal: The Jury of Appeal shall consist of three teacher coaches from three different competing schools.

A dispute must be submitted in writing to the Convenor or Designate together with a \$25.00 fee (refundable if dispute is upheld) within thirty (30) minutes 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 KASSAA

Executive.

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